

# FEDERAL way Kings

## c u r r @ n T S



### M A S T E R S S W I M M I N G

JUNE 2006

#### PRESIDENT'S LETTER

By Hugh Moore

Federal Way Kings,

Here's a chance for you to improve three organizations that you belong to. As many of you are aware, in addition to being team president, I'm active on the PNA board as secretary and at the national level as the USMS Communications Committee chair. I attend most of the monthly PNA board meetings and I've attended the national USMS convention for the past 22 years. As always I'd like to hear your ideas on how Federal Way Masters, PNA, and USMS can improve. Please send your comments to me at [swimmoore@comcast.net](mailto:swimmoore@comcast.net).

How can we improve Federal Way Masters? Would you like more social events, shorter practices, more sprints, more stroke technique, more team "goal" events, more open water swims, etc? Are our fees appropriate? Are we providing enough

**Many event deadlines are coming up. Be sure to take time and get your entries mailed so you don't miss any. Check out the schedule and meet entries forms.**

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#### COACH'S COLUMN

By Wendy Neely

Congratulations to surviving your first real month of long course, especially you evening folk. Rest assure that on June 24th, the real lane lines return and the bottom black line with actually mean something again!

Friday for all practices has traditionally been "Fin Day". The new tradition for the 7 p.m. group is Thursday "Fin Day"! Please bring your fins! If you do not have fins, not to worry, you are still able to participate.

A lot of you swimmers are fired up for lake swimming! However, some of you are not. To accommodate all of you, this year we will alternate Saturday / Sunday with a lake swim and then to Marine Hills the next Saturday for a pool swim. Please check the web or read the weekly e-mails to see the venue for that particular week.

One cancellation coming up is Saturday, July 15th, due to The Fat Salmon open water swim! The Fat Salmon was cancelled last year

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## AN UNBIASED ANALYSIS OF THE FOUR STROKES

By Laurie Kilmartin

*Used by permission*

This piece is an objective look at the four strokes as seen through the eyes of a breaststroker. The reviews of the strokes themselves are presented in no particular order.

### FREESTYLE

Oh yes, let us begin with the aquatic F-word, freestyle. Truly a dull and unimaginative stroke. Left arm, right arm, left kick, right kick. We detect a pattern here. What kind of person finds intellectual stimulation in this sort of repetition? Clomp, clomp, clomp. Freestyle is an elephant's stroke, all apologies to elephants. It is a stroke for people who stop at yellow lights and excel at algebra. Informal polling has led us to conclude that, to a person, freestylers prefer Windows to Macintosh, Kenny G to Miles Davis and day to night. Coaches wanting to see eyes literally bug out of sockets need only move a freestyler to the breaststroke lane. Yes, Virginia, there is more to life than catch-up drills and flutter kick.

*Breaststroker's recommendation: Use this stroke for warmups only.*

### BACKSTROKE

We have many questions to ask of the world's backstrokers. First, what is the matter with you? That's right, you heard us. What is your problem? Do you not realize that you are upside down? Does light not shine in your sinister eyes? Are you reptiles with a second pair of eyelids, opaque in nature, that protect you from the sun's rays? Speaking of eyes, what about the ones in the backs of your heads, allowing you to spot the wall? Is it true that you can see through Speedos? And what of your start... crouched in front of the blocks as if praying to your "god." Who sent you to Earth? What have you done with Elvis? And why, when you grab at our private parts in practice, do you pretend that it is an accident?

*Breaststroker's recommendation: Skip this one altogether; it is wholly unnatural.*

### BUTTERFLY

Good Lord. When will this most violent of strokes be committed to an insane asylum? With a recovery that emphasizes arms outstretched and hurling dangerously through the air, we wonder how many more breaststrokers have to be smacked across the face by an errant flier's paw before this experiment gone awry is canceled. Butterfly is a bad seed, borne out of breaststroke and mistakenly given its own place in the medley relay. The loud uncle of swimming, butterfly boorishly hogs the remote control, making all the other strokes watch football on Thanksgiving Day. We cannot help but think that witnessing butterfly is like babysitting a spoiled child who constantly screams, "look at me!"

Enough, butterflyers, enough. It's time to grow up. You are making a scene. You are hereby grounded to your room, where you shall consume copious amounts of Ritalin and think about the turbulent waves your savage dol-

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### WELCOME NEW SWIMMERS

Be sure to welcome the new members that joined since last month:

#### New Members:

Bill Cray  
Tara Dafoe  
Eric Durban (Cov.)  
Julie Hazelton  
Sunzanne Klobucher  
Meaghan McKasy  
Mike Reid (Cov.)  
Penny Shen

#### Welcome back:

Ron Cho  
Frank Newquist  
John Sobus  
Tom Taylor

#### Welcome our NEO friends (training long course for Worlds):

Charlott Davis  
Mary Lippid  
Mike McColly

## 10 HEALTHY HEART FOODS YOU SHOULD TRY TO "STOMACH"



Several dietitians were asked for their favorite heart-protective foods. Here's the list of the 10 superfoods that may help lower your risk of developing heart disease: *(These may have been their favorite foods, but I would like to see them eat some of them)*

1. Sardines -- great source of omega-3 fatty acids and niacin.
2. Mackerel -- another source of omega-3 fats and the antioxidant mineral selenium.
3. Walnuts -- good source of good fats.
4. Tofu -- shown to reduce LDL cholesterol.
5. Plums -- good source of fiber, iron and the antioxidant beta-carotene.
6. Prunes -- good source of fiber, iron and the antioxidant beta-carotene.
7. Oatmeal -- low on glycemic index and an instant boost of fiber.
8. Kidney beans -- low-fat, high in soluble fiber and low on the glycemic index.
9. Chickpeas -- low-fat, high in soluble fiber and low on the glycemic index.
10. Barley -- combats constipation, good source of iron and other minerals.

*(Continued from page 1)*

and many are glad to see it return. We sent 14 swimmers in 2004, please enter so we can go as a team! This year's event is limited to the first 300 that enter. See entry form for details.

Wendy

## 10 RULES FOR EATING CHOCOLATE



After reading the 10 superfoods foods, you probably need some chocolate to get over your depression. Consider these 10 rules to make sure you are consuming the precious treasure properly.

1. If you've got melted chocolate all over your hands, you're eating it too slowly.
2. Chocolate covered raisins, cherries, orange slices and strawberries all count as fruit, so eat all you want.
3. Problem: Get 2 pounds of chocolate home from the store in a hot car. Solution: Eat it in the parking lot.
4. Diet tip: Eat a chocolate bar before each meal. It'll take the edge off your appetite and you'll eat less.
5. If calories are an issue, store your chocolate on top of the fridge. Calories are afraid of heights, and they will jump out of the chocolate to protect themselves.
6. If I eat equal amounts of dark chocolate and white chocolate, isn't that a balanced diet?
7. Chocolate has preservatives, preservatives make you look younger.
8. Put "eat chocolate" at the top of your list of things to do today. That way, at least you'll get one thing done.
9. A nice box of chocolates can provide your total daily intake of calories in one place. Isn't that handy?
10. If you can't eat all your chocolate, it will keep in the freezer. But if you can't eat all your chocolate, what's wrong with you?

*(Continued from page 1)*

opportunities for you to create goals? Are there enough practice sessions to choose from? Are you getting your money's worth?

How can we improve PNA? Would you like more meets, shorter meets, more meets with distance events, more clinics, clinics with different topics such as fitness or flexibility, more social events, or an annual awards banquet? Do you like The WetSet? Do you have suggestions for articles for The WetSet? Are you kept informed about PNA activities?

How can we improve USMS? Are fees appropriate? Do you like USMS Swimmer magazine? Do you have suggestions on how to improve the magazine or the website ([www.usms.org](http://www.usms.org))? Would you like to receive periodic electronic newsletters from USMS?

I look forward to hearing from you.

Hugh

## LAUGHTER REALLY IS THE BEST MEDICINE

Early morning swimmers may not have laughter at the top of their lists, and evening swimmers who battle the crowded lanes and rough water probably feel like there is nothing to laugh about. But as it turns out, laughter can really aid a workout. We do what we enjoy, and laughter is a way of making workouts enjoyable.



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phin kicking has caused decent, hardworking breaststrokers.

*Breastroker's recommendation: Swim only if you want to scare little kids out of your lane.*

## **BREASTSTROKE**



Breaststroke is all that is noble and good in this cruel world. Many deities, including God, Allah, and John F Kennedy

Jr, enjoy the solitude of this most subtle of strokes. Unlike its neanderthal brethren, breaststroke has refined tastes. It reads the New Yorker and paints abstracts with oil. It hates both Demi Moore movies and the first half and last fourth of the IM. Breaststroke, we suspect, enjoys a martini now and again. (Contrast this with the alcoholic butterfly, which pounds Budweisers from cans, shop-lifted from a 7-11). It soothes the inner beast and acts as a gentle tonic on a troubled heart. In fact, whenever we use our upgrade coupons to fly first class, just thinking about breaststroke drowns out the moaning of the rabble back in coach.

Breaststroke, you see, is in harmony with the universe; its pull and kick chase one another in playful symmetry. And if that weren't enough, breaststroke also boasts the crown jewel of competitive swimming, the pulldown. Comprised of a long sinewy pull followed by a spry frog kick, the pulldown is a holy moment of shrouded watery silence. Breaststrokers go to chapel during the pulldown, (often giving thanks that they are not backstrokers), and break to the surface only when their brave lungs are nearly burst. We have yet to see the fishkick or streamline that invokes such spiritual repose. Breaststroke is Yin and Yang, Rum and Coke, and the Captain and Tennille. Man does not go to breaststroke, man waits for breaststroke to come to him. Amen, brothers and sisters.

*Breastroker's recommendation: Join*

## CHECK OFF CHALLENGE MET

We received the following email last month from someone doing the check off challenge. Hope it challenges you to keep at it.

Hi,

*Just wanted to let you know that I completed the swim in April. I must admit that I fudged on the 100, 200 and the 400 IM. I swam a one-arm fly this time. I found it too much to do at **age 81**, but I was glad that surgeries hadn't stopped me from doing the other swims as in the past.*

*Thanks for hosting the swim.*

*Maryan Burke*

Way to go Maryan! You're an inspiration to us. Would that we could all be able to accomplish the same feat when we are your age.



**FAT SALMON  
LIMITED TO  
300 ENTRANTS**  
Be sure to enter  
today at

[www.fatsalmon.org](http://www.fatsalmon.org) or use the form  
inside this newsletter.

## TEAM OFFICERS

President	Hugh Moore
Vice President:	Gregg Metzler
Secretary:	Judy Williams
Treasurer	Holly Bork
Membership:	Kim Hicks
Webmaster:	Dan Smith

**Federal Way Masters**  
**PO Box 24083**  
**Federal Way, WA 98093**  
<http://www.fwmasters.com>

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According to an article by R. Morgan Griffin for Web MD, "people who believe in the benefits of laughter say it can be like a mild workout -- and may offer some of the same advantages as a workout." Your heart rate increases, you have a better sense of self and your muscles contract and expand almost as if you were doing crunches.


Laughing is a mood booster and overall healthy activity. It lowers blood pressure, elevates blood sugar levels, aids immunity, and helps you relax and enjoy life. So when stress hits, instead of reaching for that pint of ice cream or chowin' down on some pizza, grab a slice of comedy. Call your funny Uncle Jim or best friend or whoever you know.

For runners and bikers, next time you're making excuses not to do your workouts, consider this alternative. Rather than listening to the same music you always zone out to while exercising, download some clips from your favorite comedian. If you can't find your favorite, there are plenty others to choose from that are sure to make you laugh. Many comics have CDs of their stand-up routines or check for downloads on some comedy websites.

"Curves International has the motto to make it a party every day," Kristen Tucker, manager of Curves in Boulder, Colorado, says.

If you're up for a good chuckle, figure this -- according to a study by a researcher from Vanderbilt University, 10 to 15 minutes of laughter burned 50 calories.

Last food for thought -- always remember STRESSED spelled backwards is DESERTS!



<b>Local and Regional Events Calendar</b>					
<i>Date</i>	<i>Event</i>	<i>Type</i>	<i>Contact or Link</i>	<i>Location</i>	<i>Entry Deadline</i>
June 17, 2006	Titlow Sprint Meet	LCM	<a href="#">Entry Form</a>	Titlow Pool, Tacoma, WA	6/08/2006
July 8, 2006	Get Psych'd for Worlds	LCM	<a href="#">Entry Form</a>	South Kitsap High School Port Orchard, WA	6/28/2006
July 15, 2006	Fat Salmon	Open Water	Entry Form Pending	Madison Park, Lake Washington	7/01/2006
August 19, 2006	Emerald City Open	Open Water	<a href="#">Entry Form</a>	Seward Park, Lake Washington	8/12/2006
Sept 9-10, 2006	Orcas Open Water Challenge	Open Water	<a href="http://www.islandathleticevents.com/water-challenge/index.html">http://www.islandathleticevents.com/water-challenge/index.html</a>	Cascade Lake Orcas Island, WA	Pending
Sept 10, 2006	OMS Pentathlon	SCM	Pending	Camas, WA	Pending
Sept 23, 2006	9th Annual Oak Harbor Pentathlon	SCM	Pending	Oak Harbor, WA	Pending



<b>National and Postal Events Calendar</b>					
<i>Date</i>	<i>Event</i>	<i>Type</i>	<i>Contact or Link</i>	<i>Location</i>	<i>Entry Dead-</i>
Jan 1 to Dec 31, 2006	USMS Check-off Swim Challenge	POSTAL	<a href="#">Hugh Moore Entry Form</a>	POSTAL	12/01/2006
Jan 1 - Dec 31, 2006	2005 30-Minute Fitness Swim Challenge	POSTAL	<a href="http://www.usms.org/fitness/swim30.shtml">www.usms.org/fitness/swim30.shtml</a>	POSTAL	12/31/2006
May 15 to September 9, 2006	USMS 5k and 10k Postal Championships	POSTAL	Neil Salkind, 785-841-0947, <a href="mailto:njs@sunflower.com">njs@sunflower.com</a>	POSTAL	pending
Aug 4 to 10, 2006	2006 XI FINA world Masters Championships	LCM	Michael Moore, 350 Wayland St., San Francisco, CA 94134, <a href="mailto:michael@2006FINAmasters.org">michael@2006FINAmasters.org</a> <a href="#">Website</a>	Palo Alto, CA	pending
Sep 15 to Nov 11, 2006	USMS 3000/6000 Yard Postal Championships	SCY	Max Veltman, 915-584-0227, <a href="mailto:max_veltman@yahoo.com">max_veltman@yahoo.com</a>	POSTAL	pending



**"GET PSYCHED FOR WORLDS!" LONG COURSE METERS MEET**

**Hosted by the Puget Sound Swim Club of Port Orchard**

Sanctioned by the Pacific Northwest Association of Masters Swimmers LMSC  
for USMS, Inc. Sanction # 063606

DATE: **Saturday, July 8, 2006**

TIMES: Warm-up\*: **8:00 – 8:55 AM**, Meet starts: **9:00 AM**

PLACE: South Kitsap High School pool,  
425 Mitchell Avenue, Port Orchard WA 98366. 360-874-5741

MEET DIRECTOR: Steve Peterson: 360-692-1669, 360-981-5075 (cell), *speterson@bandwagon.net*

FACILITY: This indoor venue has seating for 200+ people. The six-lane 50-meter pool's adjustable floor will be set to provide competition water depth of seven to thirteen feet.

\*One lane will be available continuously for warm-up and warm-down.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2006 USMS and foreign registered swimmers age 18 and above as of December 31, 2006. (Note: for meters meets, your age is as of December 31, 2006!)

DIRECTIONS: From I-5: Take Highway 16 toward Bremerton. Take the Sedgwick exit (19 miles from the bridge). Turn right onto Sedgwick, head east... Turn left at Bethel Road (stop light). Bear right at 'Y' onto Mitchell Road, which becomes Mitchell Avenue. High School is on right after approximately 1 mile. (Watch for small "pool→" sign.)

From Bremerton: Take Highway 16 toward Tacoma. Take the Tremont exit, head east. Continue as Tremont becomes Lund Ave...

ORDER OF EVENTS (PNA Order #1) (Seeding slow to fast. Deck-enter relays at the meet.)

Saturday, July 8, 9 AM			
1	400 Free (check in by 8:30)	11	200 Breaststroke
2	400 IM	12	50 Backstroke
3	200 Freestyle Relay	13	100 Butterfly
4	50 Freestyle	14	200 Medley Relay
5	100 Breaststroke	5 minute break	
6	200 Backstroke	15	200 Freestyle
7	50 Butterfly	16	50 Breast
8	200 Individual Medley	17	100 Backstroke
5 minute break		18	200 Butterfly
9	200 Mixed Free Relay	19	200 Mixed Medley Relay
10	100 Freestyle	20	800 Free (check in before Event 17)

Visit the PNA website at [www.SwimPNA.org](http://www.SwimPNA.org) for the latest information.

**SAFETY FIRST**

NO DIVING DURING WARM-UP/WARM-DOWN EXCEPT INTO DESIGNATED SPRINT LANES.

**Check-in is required:** for the **400 Free** (deadline: **8:30 am**) and **800 Free** (deadline: **start of Event 17, 100 Back**). Swimmers who do not check in by the deadline may be scratched from the event.

**"GET PSYCHED FOR WORLDS!" LONG COURSE METERS MEET**

**Hosted by the Puget Sound Swim Club of Port Orchard**

Saturday, July 8, 2006 Sanction # 063606

NAME: \_\_\_\_\_ M F AGE\*: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ Email: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_ USMS #: \_\_\_\_\_ - \_\_\_\_\_

CLUB \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ LMSC: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ PHONE: \_\_\_\_\_

\*AGE GROUP (Determined by your age as of DECEMBER 31, 2006):

18 - 24    25 - 29    30 - 34    35 - 39    40 - 44    45 - 49    50 - 54    55 - 59  
60 - 64    65 - 69    70 - 74    75 - 79    80 - 84    85 - 89    90 - 94    95+

ENTRY LIMIT: **5 INDIVIDUAL EVENTS PLUS RELAYS** Your first Masters Meet?

EVENT NUMBER	EVENT	SEED TIME (Long Course Meters)

ENTRY FEE: \$ 9.00 Surcharge (Includes LMSC & electronic timing fees)

Individual Events: + \_\_\_\_\_ \$1 per event. No charge for relays.  
Optional for age 65 and over and needs-based swimmers.

Total: \$ \_\_\_\_\_ Please make checks payable to **PNA**

Mail this entry form and fees to: Steve Peterson  
**Postmarked by June 28** 11165 Central Valley Road NW  
or received by July 1, 2006 Poulsbo WA 98370

**Include a copy of your Masters registration card if you are not a PNA member.**

All swimmers must have a valid 2006 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

# 2006 Fat Salmon Open Water Swim

## 1.25 & 3.4 Mile Races

July 15, 2006 Lake Washington, Seattle, WA

Sanctioned by Pacific Northwest Association of Masters Swimmers, Inc. for USMS Inc.

Sanction Number: 06OW3603



## Fat Salmon

**WHAT WE ARE:** After a year at sea, the Fat Salmon have returned to Lake Washington to provide swimmers a fun and challenging way to celebrate the region's aquatic beauty and salmon heritage! The inaugural Fat Salmon was held in 1999 with seventeen entrants completing the three-mile event. More than 300 swimmers participated in the 2004 race

**ELIGIBILITY:** This event is open to all USMS (United States Masters Swimming) registered swimmers 18 years of age or older as of July 15, 2006. Any USMS swimmer not registered with PNA must submit a photocopy of their 2006 registration card with their entry. If you are not a registered USMS swimmer, USMS one-event registration is available for this event for \$10.00.

### ENTRY FEES:

Postmarked by July 1, 2006	\$44.00
Postmarked after July 1, 2006	\$55.00

The entry fees **INCLUDE** the \$10 one-event charge. Deduct \$10 if already registered with USMS. A maximum of 300 entries will be accepted. Day of race entry is available until the meet is full, but not encouraged. No refunds will be issued. T-shirts and caps will be provided to all competitors. Food and refreshments will be available for competitors at the end of the race. Participants may also register online at [www.active.com/swimming](http://www.active.com/swimming) and search for **Fat Salmon**.

**LOCATION:** The event runs between the I-90 and 520 floating bridges along Seattle's Lake Washington waterfront. The 3.4 Mile Race starts at Day Street Boat Ramp located under the west end of the I-90 Bridge span, and ends at Madison Park in Seattle (E. Madison St. & E. Howe St). The 1.25 Mile Race starts at Denny Blaine Park, 200 Lake Washington Blvd. E, and also ends at Madison Park.

CHECK IN AT MADISON PARK where both races end. Competitors are responsible for transportation to the race start from the registration area. **Parking at both start areas is extremely limited and carpooling is strongly encouraged.** See race map at [www.fatsalmon.org](http://www.fatsalmon.org).

**DIRECTIONS:** From Northbound I-5: Take the Seneca Street exit (#165), merge onto Seneca; travel 0.1 miles; turn left onto 5<sup>th</sup> Avenue. Follow directions from 5<sup>th</sup> Avenue (see below). From Southbound I-5: Take the Union Street exit (#165B), travel 0.1 miles; turn left onto 5<sup>th</sup> Avenue. From 5<sup>th</sup> Avenue: Travel 0.2 miles; turn left onto Spring Street, travel 0.1 miles; turn right onto 7<sup>th</sup> AVE, travel 0.2 miles; turn left onto Madison Street, travel 2.9 miles; Turn SLIGHTLY RIGHT on to East Howe Street, travel 0.1 miles; Turn LEFT onto 43RD Avenue East. Park.

### RACE-DAY SCHEDULE (JULY15, 2006):

#### MADISON PARK

6:15 am Pre-Race Check-in begins  
7:15 am Pre-Race Check-in closes  
7:30 am **Mandatory** Competitors' Meeting

#### DAY STREET BOAT RAMP

8:30 am Start of 3.4 mile race

#### DENNY BLAINE PARK

9:15 am **Approximate** start of 1.25 mile race\*

\*The 1.25 Mile Race start time is approximate and begins when the lead group of 3.4 Mile swimmers pass the 1.25 Mile Race starting point at about 9:15. See race map at [www.fatsalmon.org](http://www.fatsalmon.org).

**TIMING & RESULTS:** Chip timing and results will be provided by AA Sports.

**RULES:** Current USMS rules will govern this event. The use of neoprene wet suits or other nonporous attire is allowed. The use of fins or pull buoys is not allowed.

**SAFETY:** The course will be marked with large orange buoys. Support craft (i.e. motorized boats and kayaks) will be located on the course and accompany competitors on the course. Swimmers are required to wear the swim caps provided to them on the day of the race.

Open water swim events involve a substantial amount of risk. Please do not participate if you are not comfortable swimming these distances in cold water. Time Guidelines: 1.25 Mile Race participants should be able to swim a 1650 free in 35 minutes or less. 3.4 Mile Race participants should be able to swim a 5000 yard free in less than 1 hour 40 minutes. Participants who have not finished the 3.4 mile swim in less than two hours will be pulled from the water.

Whenever an event involves immersion in cold water for any period of time there is a substantial risk of exposure to hypothermia and drowning. Therefore participants are required to sign a waiver removing all responsibility of the organizing entities and persons, and representing that the competitor will be able to complete the event without any assistance from any other person or flotation device. Water temperature is typically 58-65°F and many participants choose to wear a wetsuit.

A mandatory safety meeting will be held prior to the start of the event. Those wishing information in advance can go to the website at [www.fatsalmon.org](http://www.fatsalmon.org).

**AWARDS:** A whole salmon will be awarded to the fastest male and female swimmers in both the wetsuit and non-wetsuit divisions of the 3.4 Mile Race. For the 1.25 Mile Race one-half of a salmon will be awarded to the fastest male and female swimmers in both divisions. Age-group awards will be presented as well.

**QUESTIONS?** More information at [www.fatsalmon.org](http://www.fatsalmon.org) or contact one of the following:

Toby Coenen [fatsalmon2006@hotmail.com](mailto:fatsalmon2006@hotmail.com) (425) 836-8943  
Sarah Welch [sarahwelch@comcast.net](mailto:sarahwelch@comcast.net), (206) 733-1814  
Liz Rosen [liz.rosen@comcast.net](mailto:liz.rosen@comcast.net), (206)898-8992

# 2006 Fat Salmon Open Water Swim 1.25 & 3.4 Mile Races

## ENTRY FORM & LIABILITY RELEASE

July 15, 2006 Lake Washington, Seattle, WA

Sanctioned by Pacific Northwest Association of Masters Swimmers, Inc. for USMS, Inc.

Sanction Number: 06OW3603

You may register online! Log onto [www.active.com/swimming](http://www.active.com/swimming) and search for "Fat Salmon"

Please write legibly.

Name: \_\_\_\_\_ USMS No. \_\_\_\_\_ - \_\_\_\_\_  
If not USMS or MSC registered, One-Event Registration required. See below

Address: \_\_\_\_\_ Club Name: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Club Abbr.: \_\_\_\_\_

Birth Date: \_\_\_/\_\_\_/\_\_\_ Age as of 07/15/2006: \_\_\_\_\_ Sex (circle one) Male Female

Email: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

**RACE DISTANCE:** (Circle One)

1.25 Mile

3.4 Mile

**T-SHIRT SIZE:** (Circle One)

S

M

L

XL

XXL

**CATEGORY:** (Circle One)

Wetsuit

Non Wetsuit

**ENTRY FEES:** All competitors must be USMS registered. One-event registration is available for \$10 and included in the base entry fee. A maximum of 300 entries will be accepted. No refunds will be issued.

Base Entry Fee .....\$ **55.00**

If postmarked by July 1, deduct \$11.00 .....\$ \_\_\_\_\_

If already registered with USMS, deduct \$10.00 .....\$ \_\_\_\_\_

TOTAL ENCLOSED WITH ENTRY .....\$ \_\_\_\_\_

Mail entry to: Liz Rosen, 6000 36<sup>th</sup> Avenue SW, Seattle, WA 98126

Make check payable to: GLAD

**LIABILITY RELEASE:** I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of the all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

➔ PARTICIPANT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

SEATTLE PARKS AND RECREATION PRESENTS:

# THE 22<sup>nd</sup> ANNUAL EMERALD CITY OPEN WATER SWIM

Saturday, August 19, 2006 at 9:00am  
Andrew's Bay, Lake Washington (Seward Park)



- Sign up for the 1/2 mile straight course or the 1 mile triangle course. The 1/2 mile event will begin at 9am sharp with the 1 mile course immediately following. There is a 30 minute time limit for the 1/2 mile event and a 1 hour limit for the mile event.
- Each swimmer will receive a specially designed, commemorative swim cap and T-shirt. Awards will be given to top overall male and female, top age group male and female, and top overall male and female in wet suit division.
- Wetsuits will be allowed, but swimmers wearing them won't be eligible for age group prizes or grand prize.
- Post race refreshments and hot drinks will be available for swimmers.
- Certified lifeguards will be in the water to supervise the swim. Swimmers 17 and under must have parental approval to participate. Minimum age is 10 years.
- DIRECTIONS: Take the Swift/Albro Exit off I-5 and head east up South Graham Street. At the top of the hill take a left onto Beacon Ave. South. Take a right on S. Orcas Street. Follow S. Orcas eastbound until you reach Lake Washington Boulevard. Seward Park is directly in front of you. Parking lot space is limited. Additional parking directly up hill from lower parking lot.
- Visit our web site at <http://www.seattle.gov/parks/Aquatics/OpenWater.htm>.  
For additional information call 684-4766. TDD Only 233-7061 (Persons with disabilities will be accommodated upon request.)  
Send e-mail comments and questions to [timothy.ewings@seattle.gov](mailto:timothy.ewings@seattle.gov)
- **PARKING:** The lower lot fills quickly. Drive up the hill within the park to access upper lot for additional parking.

Fill out entry form COMPLETELY--- Please PRINT clearly--- Copies okay --- ONE entrant per form

1 MILE  1/2 MILE  **EMERALD CITY OPEN WATER SWIM**

Last Name	MI	First Name
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Street Address
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City	State	Zip Code
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Phone Number	E-mail address
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Date of Birth	Age on 8/19	Sex	Estimated Swim Time
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DIVISIONS:	MALE <input type="checkbox"/>	FEMALE <input type="checkbox"/>	WETSUIT <input type="checkbox"/> not eligible for age
			SPECIAL <input type="checkbox"/> group prizes
AGE GROUPS:			
10-12 <input type="checkbox"/>	25-29 <input type="checkbox"/>	45-49 <input type="checkbox"/>	70-79 <input type="checkbox"/>
13-15 <input type="checkbox"/>	30-34 <input type="checkbox"/>	50-54 <input type="checkbox"/>	80 & up <input type="checkbox"/>
16-19 <input type="checkbox"/>	35-39 <input type="checkbox"/>	55-59 <input type="checkbox"/>	
20-24 <input type="checkbox"/>	40-44 <input type="checkbox"/>	60-69 <input type="checkbox"/>	

NON REFUNDABLE ENTRY FEE

EARLY REGISTRATION  
(BY MAIL ONLY)  
Youth 10-18yrs \$20  
Adult 19 & up \$25

**Mail in entries must be postmarked no later than 8/12/06.**  
SAVE MONEY with early registration!

Make checks payable to:  
Medgar Evers Pool

Mail to: Medgar Evers Pool  
Attn: Tim Ewings  
500 23<sup>rd</sup> Ave.  
Seattle, WA 98122

LATE REGISTRATION (DAY OF RACE)  
Youth 10-18yrs \$30  
Adult 19 & up \$35

T- Shirt Size (Adult sizes only)

S	M	L	XL
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Release: In consideration of the acceptance by sponsors of my entry in the Emerald City Open Water Swim, I will not hold the City of Seattle or Parks and Recreation or any employees or volunteers associated with the Emerald City Open Water Swim responsible for any injuries, damage, or personal loss incurred while participation in said program. I am aware of the hazards in open water swimming, including potential for hypothermia. I attest and verify that, to the best of my knowledge, my physical condition and fitness are adequate for me to safely compete in the open water swim, and that no physician or other qualified individual has advised me against competing in any portion of Seattle Parks and Recreation, Emerald City Open Water Swim.

**ENTRY FEES ARE NOT REFUNDABLE**

Signature \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_  
(Participant-Swimmer) (date) (If participant is under 18 years of age) (date)