

newsletter



Time to Renew for 2003

by Nancy Ridout, Registrar

By renewing now, your membership will continue through 2003 with no gaps in benefits and you will avoid last minute hassles in rejoining later.

Each LMSC's total annual dues include local and national dues, which are combined into one registration fee. Delegates at the annual USMS convention held in Dallas, September 11th-15th, approved a dues increase of \$5 per swimmer effective for 2003 registrations. At the September 25th PMS meeting, it was determined that locally an increase was not necessary for 2003. **The result is that for the first time since 1991, there will be an increase in dues to \$30, which reflects the costs of services provided to our members by USMS.** These services include communications information and resources, such as the USMS web site and the USMS National Publication, SWIM Magazine, plus liability and secondary accident insurance coverage for individuals, clubs, officials, and meet hosts, toll-free access to the National Office, coaching resources and programs, and free, web-based publications. Continued support for these services requires a necessary financial commitment, and it has been 12 years since USMS last increased dues.

Current USMS registration is mandatory for club and event sponsor liability insurance coverage. You may change your club affiliation upon renewal with no transfer forms, fees, or waiting period. At the bottom of your form you will find an opportunity to contribute to two tax-deductible groups, the USMS Endowment Fund (to provide for research and projects which further the goals of Masters swimming) and the International Swimming Hall of Fame. Small donations from all of us can really add up. When you receive your 2003 membership card, make several copies of it for event entry purposes and as a backup in case yours is lost.

—'Renew' cont. on next page

United States Masters Swimming, Inc. Pacific Masters Swimming, Inc. 2003 Membership Application <input type="checkbox"/> Renewal 2002 number if known: _____ <input type="checkbox"/> New Registration	PLEASE PRINT CLEARLY. Your name on this form and on meet entry forms must be identical.			
	Last Name		First Name	
Mailing Address			Home Phone No. ()	
City	State	Zip	Work Phone No. ()	
Date of Birth Month Day Year		Age	Sex	e-mail address
CLUB (Must be USMS chartered or you will be registered as "Unattached")				Today's Date Month Day Year
YOU MUST PAY FEE OF \$30 (Fee includes: USMS = \$12, PMS = \$10, SWIM magazine = \$8) (SEP. / OCT. REDUCED 2003 FEE \$20 if joining for the remainder of the calendar year) Make check payable to Pacific Masters Swimming Mail to: Nancy Ridout 580 Sunset Parkway Novato, CA 94947 (415) 892-0771 registrar@pacificmasters.org Registration Expires 12/31/03				
"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."				
Signature _____				I am a Masters Coach <input type="checkbox"/> I am a Certified Official <input type="checkbox"/>
I wish to contribute \$1 (or \$____) to the United States Masters Swimming Foundation. I <i>have added</i> this amount to my 2003 Registration fees. <input type="checkbox"/>			I wish to contribute \$1 (or \$____) to the International Swimming Hall of Fame Foundation. I <i>have added</i> this amount to my 2003 Registration fees. <input type="checkbox"/>	

Message from the Chair
by Rick Meier-Windes

Due to Doug Huestis's increasing coaching involvement, I have had the privilege and duty of acting as Interim Chair most of this summer and early fall. This will be my only missive to you all this time 'round. We in Pacific Masters have witnessed some excitement lately, so let me try to put it all in perspective.

First off, we were sorry to note the resignation of Doug, our PMS Chair since January 2001. Doug has been up to his neck in H2O and Cl growing his Masters team in Burlingame, and noted that it was difficult to do that while leading our LMSC. We made a presentation to Doug at the USMS Convention, and look forward to him still being a significant presence in Pacific Masters. Best wishes to you and your Burlingame Masters!

As you might have noticed on the front page, it is time to register again. The USMS National leadership felt it necessary to raise national dues by \$5.00 to continue with the level of service we have come to expect. This increase, which has not happened nationally for many years, will take effect this coming January. We in Pacific, however, are very pleased to not raising our LMSC dues for at least this year, and perhaps a few more years to come. With our local dues remaining (at \$10.00) the same since 1991, we feel that at \$30.00, Pacific Masters swimmers get one of the last great deals.

In 2003, we have a variety of events for your aquatic delectation. The Short- and Long-Course Championships will both be hosted by CRUZ Masters, while the Short-Course meters championships will tentatively take place in Palo Alto at the Rinconada Masters facility. Pacific will also host a major International 25M course competition, the 2003 International Gay & Lesbian (IGLA) Championships. Our own San Francisco Tsunami Masters (a San Francisco Rec. & Park Club) is looking at over 1,200 registered Masters Swimmers competing in two courses at Stanford's Avery Aquatics complex.

Additionally, registered Masters Competitors will participate in the other aquatic disciplines of water polo, diving, and synchronized swimming.

Pool Certification Effective January 1, 2003

by Barry Fasbender

Starting January 1, 2003, record applications and Top Ten submissions will not be accepted unless certification of course length accompanies them or is on file with USMS or USA Swimming. This new rule applies to Long Course Meters, Short Course Meters, and to Short Course Yards courses. Certification data need only be filed once unless structural changes have occurred since original certification. Where a moveable bulkhead is used, course measurement of the two outside lanes and a middle lane must be confirmed at the conclusion of the session during which the time was achieved. A new USMS Pool Certification Form will soon be available for reporting course length.

Facilities not meeting the minimum length requirement may conduct sanctioned events but the results of those events shall not count for USMS Records and Top Ten. The meet entry information must advise swimmers if the pool does not meet certification standards or has not been certified.

This event, taking place the week after the Long Course Nationals, is open to any registered Masters swimmer and will be a gigantic fundraiser for the Tsunami.

Finally, we have new Chair to serve out the current 2002-03 term. After the search committee canvassed a variety of well-qualified candidates, Michael Moore (FOG) was elected by acclamation. In the over ten years that he has served both Pacific and U.S. Masters, Michael has become a well-rounded and knowledgeable proponent of our Masters Swimming Movement, volunteering his time in areas as diverse as officiating, marketing, communications and computer operations. He is, and will remain, a great credit to Pacific Masters, and I hope you all will join me in not only wishing him the best, but also some of you becoming inspired to join our committee and help us re-energize for 2003!



Deadline for
pool and open water swims
for the
January-February Newsletter is
November 15, 2002
Please submit creative writing
and photos to
Newsletter Editor
Joanne Berven
4854 Andrea Ct.
Livermore, CA 94550
jdnevreb@attbi.com

'Renew' cont. from previous page

USMS is perhaps the best kept secret in adult fitness, and it also continues to be the best bargain. We appreciate your understanding as USMS renews its commitment to offering a program that will continue to provide you great benefits and enjoyment.

Benefits of Membership include:

- The opportunity to meet and train with some of the most experienced coaches in the area.
- The benefit of coaching and training with our member clubs throughout the country while traveling or vacationing.
- A subscription to *SWIM* Magazine, a bi-monthly national swimming publication which runs concurrently with your membership.
- The PMS Newsletter featuring up-to-date information on events occurring in our area.
- The privilege of participating in any PMS and USMS sanctioned postal, pool and open water event or clinic.
- Liability insurance for your club and meet sponsors.
- Secondary accident insurance.
- Borrowing privileges from the PMS video tape library.
- A central PMS Office to answer any of your swimming questions.
- Member based (optional) email service with updates and current swimming information.
- Beginning with the 2003 registration year, each swimmer will be assigned a permanent ID number which will stay with you throughout your Masters swimming career or until it must change due to moving or name change.

POOL MEETS

Sierra Nevada Masters 9th Annual Reno "Winners" Meet

Saturday, December 7, 2002

Sanction #38-02-20

Location: Northwest Pool in Reno, Nevada.

Directions: Take Interstate 80 to Reno. Exit on West McCarran Blvd. Go north about two miles to Kings Row. Turn right at the light on Kings Row and then right again on Apollo Drive. The pool will be on your left.

Facility: 8 lane, 25 yd indoor, heated pool. One lane will be used for warm-up during the meet, with 6 lanes for competition. Seating is limited so bring your own chairs. A small snack bar will be available during the meet.

Time: 11:00 A.M. warm-up and noon start.

Check-in: This meet will be deck seeded, slow to fast. Swimmers in events 1-13 must check-in by 11:30 A.M. Check-in for the remaining events is 12:30 P.M.

Entry fee: Pre-entry: \$3.00 per swimmer (pool use fee) and \$2.00 per individual event. Late/deck entry will be \$3.00 per swimmer and \$3.00 per individual event. *There will be no refunds.* Relays: No fee.

Entries: Send entries on a completely filled out PMS Consolidated Entry Form, including age. Swimmers are limited to 5 individual events. 2002 or 2003 USMS registration is required and a photocopy of such must accompany the entry form. Make checks payable to: Sierra Nevada Masters and mail to: Gwen Shonkwiler, 3315 Thornhill Drive, Reno, NV. 89509

Deadline: Entries must be postmarked by Monday, November 20th or received by Wednesday, November 27, 2002. Deck entries will not be accepted after 12:00 noon on meet day.

Awards: Ribbons 1st-3rd in each age group for individual events. No awards for relays.

Meet Director: Steve Lintz (775) 334-2262 (D), (775) 849-2179 (E)

Referee: Rick Kaufmann

Events: Please note that this meet usually attracts fewer than 100 swimmers and entering back-to-back events is not advised.

- | | |
|---------|----------------------------|
| 1 - 2 | 200 Yd. Free |
| 3 - 4 | 100 Yd. Back |
| 5 - 6 | 50 Yd. Fly |
| 7 - 8 | 100 Yd. Free |
| 9 - 10 | 50 Yd. Breast |
| 11 - 12 | 200 Yd. Individual Medley |
| 13 | 200 Yd. Mixed Free Relay |
| 15 - 16 | 50 Yd. Back |
| 17 - 18 | 100 Yd. Fly |
| 19 - 20 | 50 Yd. Free |
| 21 - 22 | 100 Yd. Breast |
| 23 - 24 | 100 Yd. Individual Medley |
| 25 | 200 Yd. Mixed Medley Relay |
| 27 - 28 | 500 Yd. Free |

Don't Waste Your Base

TAM's 1650 Postal January & February 2003

Sanction # 38 -03-01

What You Need: A 25 yard pool and someone to time you (who can count to 66)

Distance: 1650 yards

Date: Anytime during the months of January and February, 2003

Eligibility: All swimmers registered with USMS for 2003 are eligible to participate.

Rules: All USMS and PMS rules apply. A split sheet with 50 yard cumulative splits must be signed by at least by one timer. Times not entered to the 1/100 will be rounded up. Drafting/circle swimming not permitted.

Entry Fees: For individual entries: \$6.00 for U.S. entries, \$10.00 for international entries. For relay entries: \$4.00 for each four (4) person relay entry. Checks should be made payable to Tamalpais Aquatic Masters. Entry fees are not refundable or transferable.

Entry Form: You may enter by using consolidated entry form or an official entry form. Again, a split sheet with 50 yard cumulative splits signed by at least one timer must be attached to the entry form. Enter relays by filling out the relay form and attaching photocopies of the four (4) individual entries. A copy of your current 2003 USMS card must accompany all individual entries. Mail entries to TAM 1650, 1000 Fourt Street, Suite 875, San Rafael, CA 94901.

Age Divisions: 19-24, 25-29, 30-34, etc., male and female.

Relays: Four (4) person relay entries will be accepted in the following age groups: 19+, 25-+, 35+, etc., male, female and mixed (each person swims the 1650; relay entries are scored on total time for the four (4) 1650s). There is a \$4.00 entry fee for each four (4) person relay entry.

Postmark Deadline: All entries must be postmarked by March 10, 2003.

Awards: Awards will be given for 1-3 place for individual events and first place for relays.

T-shirts: T-shirts are available for \$15 each. XX large are \$16. If you wish to order a T-shirt, please indicate the size you want on the entry form and on your check.

Information: For more information or questions please contact Jon Steiner at (415) 459-2000, Fax: (415) 459-3668, email: lawjls@aol.com

photos courtesy Rick Windes



Tom and Carolyn Boak (LAM)



George Cunningham (CRUZ),
Jim Wheeler, (UNAT), Janet
Renner (HI), and Jon Steiner
(TAM)



Clarine Anderson (LAM),
Joan Alexander (WCM)

**2002
Convention
Delegates
at work
and play.**



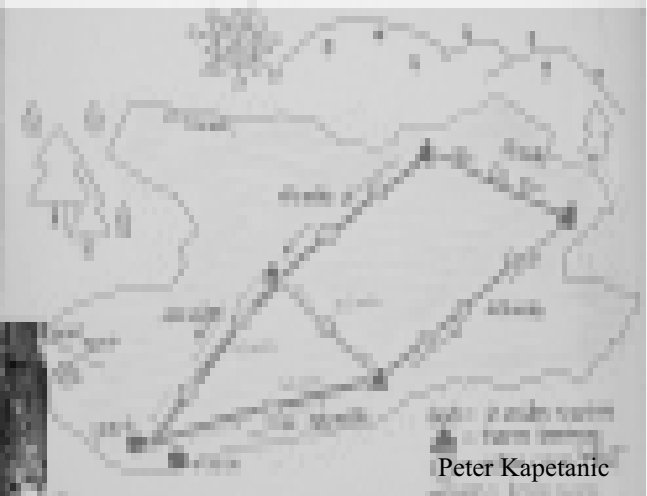
Nancy Ridout (TAM)

OPEN WATER SCENES

Photos by Dale Berven and Peter Kapetanic.



Dale Berven



Peter Kapetanic



Dale Berven



Peter kapetanic



Peter Kapetanic



Dale Berven



Peter Kapetanic



Peter Kapetanic

Photos taken at the Pinecrest, Whiskeytown and Folsom Open Water Swims, 2002

MY BOUT WITH INSANITY

by Glenn Abersold

August 4, 2002 is a day that I will never forget. That day marks my biggest accomplishment in the water because before then I had never been so physically challenged and endured so much pain. August 4 is the day that I swam the Santa Cruz Masters Pier-to-Pier swim and survived.

Each year Santa Cruz Masters Aquatics hosts the Pier-to-Pier swim, which is a race from the Capitola Wharf to the Santa Cruz Wharf. The swim is a 10-10.5 kilometer (6.2-6.5 mile) swim in sub-60 degree waters and WETSUITS ARE NOT ALLOWED. Actually, wetsuits are allowed but wearing one will disqualify a participant from recognition or awards. The only recognition that you will receive is comments from all of the other swimmers toughing it out in a swimsuit. Swimmers begin the race at Capitola Beach and swim 2.2 miles in a straight line past Soquel Point. After passing a sailboat that is anchored as a check-in point, all swimmers then turn west and swim parallel to the shore towards the Santa Cruz Wharf. After swimming another 3+ miles to the end of the wharf, the only thing on your mind is getting to the beach. The finish of the race is on the beach in front of the West Coast Santa Cruz Hotel (formerly the Dream Inn).

I felt very uncomfortable driving to Santa Cruz the day of the race. It was my first trip to Santa Cruz in 15 years and I was worried that I wouldn't be able to find my way around town. I was to meet my kayak escort at the Santa Cruz Pier early in the morning so we could travel to Capitola together. All swimmers in the race must have an escort (someone in a kayak or on a paddleboard) for safety reasons. I was a bit apprehensive when I first met my escort Warren White. As soon as Warren jumped in his kayak and zipped off without hesitation to wait for the approaching pack of wolves, I knew that I was in good hands.

Close to 40 swimmers lined up on the beach for the start. I looked out 400-500 yards and could spot all of the kayakers patiently waiting for us. As the gun went off, some people started sprinting towards the water 10 yards away. I jogged towards the 57-degree water thinking to myself, "What is the rush? You had better save some of your energy for the next few hours." I entered the water thinking about what I had just committed myself to . . . 6.2+ miles freezing my butt off in the

Pacific Ocean. After swimming for about 10 minutes I spotted my escort Warren and we were on our way.

The first 2.2 miles of the race were relatively calm because the water is protected by Soquel Point. I was the 5th swimmer to reach the sailboat and check-in. If you do not make it to the sailboat within 90 minutes you will be pulled from the water. My first feeding stop was to be right after reaching the boat . . . approximately 55 minutes into the race. I drank some Cytomax recovery drink in a water bottle and then grabbed a packet of GU gel. The packet of GU helped me keep my sense of humor because when I



photo by Allan Cartwright

Glenn(left) being congratulated by Race Director Joel Wilson after his finish.

pulled the packet open at the top the seal wasn't broken. I squeezed the packet really hard and it exploded . . . all over my face! Try to imagine floating in the ocean next to a kayak with chocolate GU all over the place. I couldn't help but laugh and grab another packet. As I consumed the GU I couldn't believe how easy the swim was thus far . . . I only had 4 more miles to go and I felt great. Fortunately, I didn't yet know how the next hour would go . . .

The next 3 miles of the race was spent being miserable and getting beat up. My biggest mistake during the race was not drinking hot liquids at EVERY feeding stop. I now know that the best practice is to drink hot liquids before you get cold. By the time that you start getting cold it's too late. I was no longer swimming in protected waters and all I could see were whitecaps. I felt like I was in a washing machine Unfortunately this washing machine was filled with salt water and I drank my share. I proceeded to stop for food and drink at 1:30 and 2:00. Each time I stopped for food I was scared that my quads or calves were going to cramp up. I did some easy breaststroke kicks in order to get the feeling back in my legs.

It is amazing how much we are controlled by our minds. While participating in long open water swims, your attitude is everything. Warren told me at my 3rd stop 2 hours into the race that my next stop would probably be on the beach. I looked up and could see the Santa Cruz Beach Boardwalk and Pier. It was the most beautiful site I've ever seen. My attitude changed from night to day and I knew that I was going to succeed. I mentioned earlier that I was the 5th swimmer to the check-in boat. I was passed by 3 swimmers during the race, one at each feeding stop. After consuming 20 ounces of HOT liquids and 2 GU packets at the 2-hour stop, I looked up and could see the 3rd swimmer to pass me. She was 30-40 yards ahead and I told myself that I would run her down before the day was over. I spent the next leg of the race swimming as hard as I could knowing that there was food and drink waiting for me on the beach. I passed the 7th place swimmer 200 yards before reaching the Pier and never looked back. My energy level grew as I swam parallel to the Pier. With each breath, I could see tourists on top of the Pier cheering and waving. I occasionally looked forward and could see the finish line getting closer and closer. Warren veered off to get his kayak out of the water and next thing you know my hands felt sand. What a relief! I stood up and ran across the finish line completely exhausted. I finished the race in 7th place overall (2:39) 14 minutes behind the winner and 1 minute and 40 seconds in front of the 3rd swimmer to pass me. I walked over to the West Coast Santa Cruz Hotel hot tub that was graciously offered to all of the participants. Although it burned when I first got in, I stayed in the hot tub for 20-30 minutes until I warmed up. A few of the other swimmers later trickled over to the hotel, each looking like they just saw a ghost.

Overall, it was a great day. I would like to extend a special thanks to my pilot Warren White, to Allan Cartwright for lending me his towel after the race, to the Silks for giving me a ride back to Capitola (after a fun-filled ride on the Giant Dipper), and to all of our coaches for their help and advice. Although I wish that I had placed in the top 5 overall, I did meet my goal of finishing in one piece. Before the race, I figured that if I could swim 6.2 miles in 57-degree water with minimal cold water training, I could survive 10+ miles in sub-60 degree water next summer with proper preparation. If everything works out, be on the lookout for Team SOFA KING WE TODD DID next year at Tahoe!

COMPETITION ENTRY INSTRUCTIONS

Pacific Masters Swimming Competitions HOW TO ENTER

Please read the following instructions before entering USMS/PMS sanctioned events. For further information on specific upcoming competitions, see elsewhere in this newsletter. Current USMS and PMS rules govern each swim event.

AGE GROUPS

Entrants must be at least 19 years old.

Individual Events: 19-24, 25-29 and subsequent five year increments as high as necessary to accommodate all swimmers.

Short Course (yards) Relays: 19+, 25+ and subsequent ten year increments as high as necessary to accommodate all swimmers. The age of the youngest member of the relay team shall determine the age group.

Short Course (meters) and Long Course Relays: 76-99, 100-119, 120-159, 160-199 and 40 year increments as high as necessary. The aggregate age of the four members shall determine the age group.

POOL COMPETITIONS

Entry Procedures: Thoroughly read the Entry procedures for each competition. For all meets, individuals must send a copy of the Consolidated Entry Form below with a photocopy of their USMS registration card. Failure to provide a copy of this card will result in a \$3.00 look-up fee.

Individual event information must be completed in the designated area only if the meet is designated as a **cardless meet**. All other meets

require event information on official PMS pink (for women) and blue (for men) cards. At all meets, including cardless, relays must be entered on official yellow PMS relay entry cards.

Entry cards and PMS registration forms are available through Nancy Ridout, PMS Registrar, 580 Sunset Parkway, Novato, CA 94947 (415) 892-0771.

Check In Requirements: Swimmers must check in at all meets. Read specific check in requirements designated by the meet host.

Strictly Forbidden: Entering more than five individual events per day • Using hand paddles in warmup areas. • Diving in warmups unless in designated sprint lanes (entering the warmup pool must be done with feet first with one hand in contact with the pool deck). • Smoking in any area where swimmers may be present.

OPEN WATER COMPETITIONS

Entry Procedures: Individuals must send a copy of the Consolidated Entry Form below or an entry form provided by the event host. It must be accompanied by a copy of the swimmers **current** USMS registration card. Failure to provide a copy of this card will result in a \$3.00 look-up fee.

Event Requirements: Swimmers using non-porous neoprene swim suits, wetsuits or other non-porous attire will be ineligible for awards or place points. Swimmers are not permitted to use fins, pull buoys or other swimming devices with the possible exception of soft hand paddles or fins as a prosthesis. Approval of prosthesis use is the responsibility of the event director. Wearing fluorescent day-glow caps is mandatory. Each course is patrolled by safety craft. Unless specifically stated, individual escorts are not allowed. A cut-off time will be enforced.

----- Cut here -----

Consolidated Entry Form • Pacific Masters Swimming

Name (as it appears on registration card)		Sex M <input type="checkbox"/>		1. Place USMS card in this space. 2. Photocopy with this consolidated entry form. 3. Send in photocopy with each entry. *Age for LCM & SCM meets is age as of Dec. 31st of current year. Age for SCY meets is age of last day of meet. T-Shirt size: <input style="width: 100px;" type="text"/>
		F <input type="checkbox"/>		
Street		no. of events entered:		
City	State	Zip		
Phone		* Age	Birthdate	
Club	Club Abbr.	Entry Fee		

For a Cardless Meet, enter your times in the table below

Event No.	Est. Time	Distance-Stroke	Event No.	Est. Time	Distance-Stroke
			Email (Optional)		

"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. For Open Water Events: In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Name of Meet/Event	Date of Meet/Event	Signature	Rev 9/02
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PACIFIC MASTERS SUPPLIES

VIDEO TAPE LIBRARY

How to Borrow Tapes:

No charge to clubs. Charge to PMS members is a \$5.00 mailing fee per order and \$50.00 deposit (payable in two separate checks). Two tape maximum per order for a two week borrowing period from the date of initial mailing to receipt by PMS office. If late, damaged or lost, clubs must pay full replacement cost and individuals must forfeit deposit checks. Temporary suspension of PMS membership for bounced checks or late replacement payments. Please tell PMS office about suggestions for new tapes.

1. How Swimming Works, New Ideas in Freestyle & Backstroke - Dr. Marty Hull, 1996
2. From the Fast Lane (3 tapes)- John Moffet vol. 1-Basic Technique, vol. 2-Basic Training, vol. 3-Advanced Technique
3. Swim Power, Unlock Your Ultimate Potential (Technique, Training & Tips) - SteveTarpinian
4. Water: How to Be Safe In It, Have Fun In It, Move Powerfully In It, Swim Fast IN It - Dr. Marty Hull
5. Fluid Swimming: The Importance of Range-Of Motion in Swimming, Stretching Exercises to Improve ROM, Strengthening Exercises to Use It Better - Dr. Marty Hull
6. Swimming Fastest II - John Trembley
7. Swim Smarter/Swim Faster - Richard Quick
8. Swim Smarter/Swim Faster II (Starts & Turns) - Richard Quick
9. Forbes Carlisle Seminar - Taped at the Olympic Club, 1995

PRICE LIST

Membership Card Replacment.....	2.00
USMS/PMS Registration Forms.....	free
USMS Brochures (up to 20).....	free
Entry Cards	
(pink, blue, relay; combos ok)	
set of 20.....	2.00
set of 100.....	5.00
set of 500.....	15.00
Pad -100 Consolidated Entry Forms.....	3.50
USMS/PMS Records- indicate type:	
(SC, LC, SCM).....	3.00
PMS Top Ten Times -indicate type	
(SC, LC).....	5.00
Building a Successful Masters Club.....	3.00
Places to Swim - one area.....	SASE
Places to Swim - entire USA.....	6.00
USMS 2002 Rule Book.....	7.00

'Schedule', cont. from last page

Sun. Aug. 10	SNM	Donner Lake, Gwen Shonkwiler, 3315 Thornhill Dr., Reno, NV 89509 (775) 323-2174, gwen@scs.unr.edu
Sun. Aug. 17	MAM	2 x 1 Relay, Larry Taggesell, 781 Central Ave., Apt. C, Alameda, CA 94501 (510) 263-0268, taggela@msn.com
F-Sun. Aug. 22-24	TSUN	IGLA Championships, Joe Healy, 142 Church St., San Francisco, CA 94114 (415) 621-9964, jhealysfo@aol.com
Sat. Aug. 23	TCAM	Pinecrest Lake (1, 2 mile), John Brunolli, 22636 Cedar Pines Ave., Twain Harte, CA 95370 (209) 586-8944, brunolli@bonespt.com
Sun. Sept. 14	RAD	Whiskeytown (1, 2 mile), Pete O'Neill, 4429 Moyvane Dr., Redding, CA 96001 (530) 225-0020 ex 726, poneill@jett.net
Sat. Sept. 20	RAMS	Folsom Lake (1, 2 mile), Nancy Kelley, 4065 Silver St., Rocklin, CA 95677-1534 (916) 624-0715, nancyk@vfr.net
Sat. Sept. 27	RINC	PMS SCM 1500 Championships
Sun. Sept. 28	SMMM	Meters Pentathlon, Cindy Lee, 2111 Kehoe Ave., San Mateo, CA 94403 (650) 522-7460
S.-S Oct. 4-5	RINC	PMS SCM Championships, Jim Shaw, 3 Hawk View, Portola Valley, CA 94301 (650) 529-1173, jfs45@aol.com
Sun. Oct. 5	SAC	30th Annual Pentathlon, Andrew Brenan, P.O. Box 188205, Sacramento, CA 95818 (916) 801-2627(d), (916) 923-5174 (e), revols@earthlink.net
Sat. Dec. 6	SNM	Reno Winners Meet, Gwen Shonkwiler 3315 Thornhill Dr. Reno, NV 89509 (775) 323-2174, gwen@scs.unr.edu

Swim next summer in one of the world's most beautiful ocean swims on the North shore of the island of Oahu. Go to <http://www.hawaiiswim.com> for more information. If you have any questions please email me at erom@hawaii.rr.com
Chris Moore, Series Director

For a complete copy of the annual Hawaii Sports Calendar which includes pool and ocean swims, send SASE to: The Waikiki Roughwater Swim Committee, 95-230 Waioleka #39, Honolulu HI 96789

USMS Decals (each).....	0.25	
PMS Luggage Tag for PMS Card.....	2.00	set of 15.....10.00
Video and audio tape deposit	50.00	set of 50.....18.00
Video/audio tape mailing charge.....	5.00	Swim Seasons Record Card
PMS Super Set		(for recording best times)
(stickers, instructions, certificates)		set of 1.....0.50
set of 1.....	1.00	set of 10.....2.00
set of 10.....	5.00	set of 25.....4.50

ORDER FORM

Please send check (separate checks, payable to Pacific Masters Swimming, for video deposit and mailing) and completed form to Pacific Masters Swimming, 580 Sunset Pkwy, Novato, CA 94947.

Name - Please print clearly		Item	Quantity	Price
Address				
City/ ZIP				
USMS/PMS #	Phone ()	Total		

2002-2003 PACIFIC MASTERS SWIMMING 2003 Tentative EVENT SCHEDULE

LC Long Course Mtrs. OW Open Water SC Short Course Yds. SCM Short Course Mtrs.

Dec. 7, 2002	SNM	Reno Winners Meet, Gwen Shonkwiler, 3315 Thornhill Dr., Reno, NV 89509, (775) 323-2174, gwen@scs.unr.edu
Jan. 1-Feb. 28 2003	TAM	Postal 1650, Jon Steiner, 1000 Fourth St., Suite 875, San Rafael, CA 94901 (415) 459-2000 x 30, lawjls@aol.com
Sat. Feb. 8	USF	Valentine's Day Affair, USF-Koret, 2130 Fulton St., San Francisco, CA 94117 (415) 422-6247 (d) (415) 422-2384(e) huangc@usfca.edu
Sun. Feb. 23	SMMM	Pacifica Indoor Relays, Dale Finch, 76 Elm St., San Carlos, CA 94070 (650) 654-1554, flya737@aol.com
F.-Sun. Feb. 28	WCM	Intensive Training, Camp, Kerry O'Brien, 41 Mayo Lane, Walnut Creek, CA 94596 (925) 934-5657, swim4wc@netscape.net
Sat. Mar. 8	RINC	Spring Short Course Meet, Jim Shaw, 3 Hawk View, Portola Valley, CA 94301 (650) 529-1173, jfs45@aol.com
Sat. Mar. 29	SCAM	Invitational, Eric Deam, 19 Orchard Ln., Berkeley, CA 94704 (510) 841-4825, edeam@lycos.com
F.-Sun. Apr. 4-6	CRUZ	PMS SCY Championships, Joel Wilson, P.O. Box 8422, Santa Cruz, CA 95061 (831) 425-5762, openwatr@got.net
Sat. Apr. 19	SMMM	Open Water Clinic #1, Thomas Huggins, 2111 Kehoe Ave., San Mateo, CA 94403 (650) 522-7460, thuggins@cityofsanmateo.org
Sat. Apr. 26	SMMM	Open Water Clinic #2, Thomas Huggins, 2111 Kehoe Ave., San Mateo, CA 94403 (650) 522-7460, thuggins@cityofsanmateo.org
Sat. May 3	SMMM	Parkside Aquatic Park (1 mile), Thomas Huggins, 2111 Kehoe Ave., San Mateo, CA 94403 (650) 522-7460
Sat. May 10	RCM	Spring Lake (1 mile), Jim McCray, P.O. Box 337, Healdsburg, CA 95448 (707) 528-4718, redwoodcoastopenwater@yahoo.com
Sun. May 18	TVM	Lake Del Valle Open Water Clinic #1, Glenn Abersold, P.O. Box 5166, Pleasanton, CA 94566 (925) 961-0409 (e), glenn217@attbi.com
Mon. May 26	TVM	Lake Del Valle Open Water Clinic #2, Glenn Abersold, P.O. Box 5166, Pleasanton, CA 94566 (925) 961-0502 (d), glenn217@attbi.com
Sat. May 31	TVM	Lake Del Valle (1K, 2 mile, 10K), Glenn Abersold, P.O. Box 5166, Pleasanton, CA 94566 (925) 961-0502 (d), (925) 961-0409
Sat. June 7	DAM	Lake Berryessa (1, 2 mile), Herb Marsden, P.O. Box 921, Davis, CA 95617 (530) 902-3061, herbmars@hotmail.com
F.-S. June 13-14	WCM	Long Course Invitational, Kerry O'Brien, 41 Mayo Lane, Walnut Creek, CA 94596 (925) 934-5657, swim4wc@netscape.net
Sun. June 22	BMW	Splash and Dash, Doug Huestis, 9 Escondido Ave., San Francisco, CA 94132 (415) 681-5496
Sat. June 28	RCM	Lake Sonoma (2 mile), Jim McCray, P.O. Box 337, Healdsburg, CA 95448 (707) 528-4718, redwoodcoastopenwater@yahoo.com
F.-Sun. July 11-13	CRUZ	PMS LC Championships, Joel Wilson, P.O. Box 8422, Santa Cruz, CA 95061 (831) 425-5762, openwatr@got.net
Sat. July 19	TOC	Trans Tahoe Relay, Scott Williams, 524 Post St., San Francisco, CA 94102 (415) 775-3088 (d) (415) 499-5104, swilliams@olyclub.com
Sat. Aug. 2	CRUZ	Santa Cruz Pier (1 mile), Santa Cruz Roughwater Swim, 323 Church St. Santa Cruz, CA 95060 (831) 420-6015, rgould@santa-clarita.com
Sun. Aug. 3	CRUZ	Pier-to-Pier (10K), Joel Wilson, P.O. Box 8422, Santa Cruz, CA 95061 (831) 425-5762, openwatr@got.net
Sun. Aug. 3	CRUZ	Cruz Cruise (2 mile), Scott Patterson, 108 Anthony St., Santa Cruz, CA 95060 (831) 426-1043, scottcp@sasquatch.com

'Schedule' cont. on previous page

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