



Inland Northwest Masters

Splashmaster

Highlights From Pullman

Our season concluded with our Championship meet in Pullman at the end of March. Results are included on page . The banquet was enjoyed by all who attended. It is always nice to get together outside of the pool and see what we all look like without wet hair and in swimming suits.

Seasonal awards were presented. Waterlog awards for swimming in all 2007-2008 IWMSC meets went to Jack Bevier and Carolyn MaGee. High point female for the season went to Carolyn MaGee and high point male was Jack Bevier. (Could it possibly be because they were the only 2 to make all the meets.)

Most Inspirational was Candace Chenoweth for her determination after surgery for a tumor on her optical nerve. Most Dedicated was Paige Buehler for her commitment to the LMSC and enthusiasm as the new registrar. Congratulations to all.

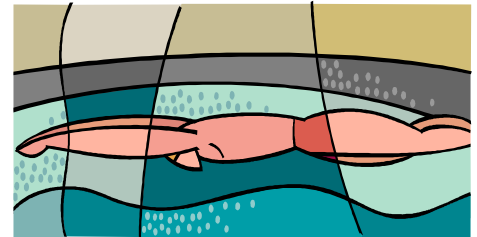
Top 3 teams at the Championship meet

MCM (Moscow)	447
WVM (Wenatchee)	401
WSU (Pullman)	184

Season Team Scores

WVM	1366
MCM	1138
TCAS	520
LCM	447
WSU	263
YVM	187
FAF	114
SWAC	97
CWST	28

It is great to see so many groups register their teams. Good job teams.



Upcoming Events:

July 20th

Steve Omi Swim
Coeur d'Alene, ID
(registration form inside)

August 2

Long Bridge Swim
Sandpoint, ID
(registration form inside)

August 14-17

USMS Long Course Nationals
Gresham, OR

Masters Online Registration Now Available

Swimmers registering with USMS may now do so online using a credit card. Go to the website www.usms.org/reg. You must know the following information and correct abbreviations:

- IW = Inland NW LMSC
- HMS – our club Hydropower Masters
- Your individual workout group, i.e. WSU, WVM, MCM, etc. These appear in the Workout Group drop-down menu after selecting HMS as the Club.

Total amount due should be \$35.00.
(\$25 to USMS, \$9 IW, \$1 HMS)

Inside this issue:

Noteworthy News	2
Put The Umph Near The Front	3
Results	4-6
Long Bridge Registration	7
Steve Omi Registration	8
Notes from the LMSC Chair	9
Officer/Reps Directory	6

Larry Krauser Represents Our LMSC At FINA Masters World Championship in Perth, Australia

Larry Krauser, Spokane Club Masters, traveled to Perth, Australia, to participate in the XII FINA World Masters Championships held April 18th- 24th. Krauser established new Inland Northwest records and Northwest Zone records in his 5 events. While setting new records, he also placed in the top three in his age group of 55-59. 50 Free, 26.35, 3rd; 100 Free, 58.78, 1st; 200 Free, 2:11.01, 2nd; 400 Free, 4:41.46, 3rd; 800 Free, 9:46.83, 1st.

Gone, But Not Forgotten: Armin Arndt

Long time master swimmer Armin Arndt passed away April 26, 2008 at his home in Cheney, WA after suffering from cancer since last fall. He was 67 years old. Armin has been a member and participant in our association for many years. He was an enthusiastic swimmer earning six National Master's Swimming Records in breaststroke over the years. Armin last participated in the meet in Wenatchee a little over a year ago. He was so excited at that meet because he, along with his son, daughter and daughter-in-law, swam on the mixed relays. He was very proud of the Arndt family relay and said it was one of his lifetime goals to see his family participate together. Anyone who spent time with Armin at various meets couldn't help but appreciate his sense of humor and love of life. I

remember sitting at many dinner tables after various meets and listening to Armin performing musical numbers by "playing" the water glass. He was a natural entertainer.

Armin earned his PhD in Developmental Psychology at Berkeley in 1973 and spent the next 35 years in the Department of Applied Psychology at Eastern Washington University. He served as Chairman of the department for many years.

I mirror the words from the program at his memorial service which stated, "Those who knew this extraordinary man experienced him as kind, generous, understanding, and self-aware. For many, his life embodies the injunction of Mahatmas Ghandi to 'Be the changed you want to see.' He will be remembered fondly and missed greatly."

Northwest Zone Championships

Northwest Zone Championships were held in Federal Way on April 12-13, 2008. Hydropower Masters Swim Club was represented by Mike Hartley, Doug Garcia, Eric Doering, Jesse Macias, Jack Bevier, and Melinda Tomlinson-Macias. Complete results for the meet can be found at www.northwestzone.org.

Did you know? USMS maintains a database of meet results from meets all across the country. These meet results are available for members to track your individual results as well as to look up event rankings based on the available results. The results and information can be found at <http://www.usms.org/comp/meets/>

Put The “Umph” Near The Front

Here are five easy technique tips to help you put the “umph” near the front of your stroke, resulting in a more efficient and faster freestyle.

How many of you have heard this before? “90 percent of your power comes from the last 10 percent of your stroke.”

This is a true statement *if* you are swimming with the “S” pull pattern developed in the 1960s, which is still widely taught today. With the “S” pull, the hand/arm enters just inside the shoulder, sweeps out, then in, and finishes with a forceful push. To be fair, the only place where power can be applied in the “S” pull is at the very end of the stroke when the hand/arm is moving in a straight line. If you applied power earlier when the hand was “sweeping” in or out, you would wiggle down the pool.

For a more efficient and faster freestyle, try putting the *umph* near the front. When the *umph* occurs early in the stroke, the lats, pectorals, biceps and the large muscle groups all along the side of the body are used for power instead of the triceps, which is a very small muscle group.

Here is how you can put the *umph* near the front with these five easy technique tips.

START OUT WIDE

Put your arms up as if you were going to do a pull-up. Look up. Where did you place your hands? You probably put them just outside your shoulder since this is where you have the most power and stability.

Apply this same principle to your pull by entering the water with a slightly wider-than-shoulder-width hand placement. Since swimming is not a one-size-fits-all sport, experiment to find the “spacing” that is right for you.

EXTEND AND PAUSE

After the hand/arm enters the water, extend or shift the shoulder forward, then pause. This “extend and pause” lengthens the stroke, increases efficiency and allows you time to prepare for the catch. When the

pause is rushed or non-existent, the stroke is choppy, “mirror”-like—instead of a more efficient three-quarter catch-up—and you just missed the setup for the power phase.

LIFT THE ELBOW

Begin the catch by passively bending or lifting the elbow. The hand, wrist and forearm work as one unit to achieve this high elbow catch. Imagine you are swimming over a very shallow reef—you lift the elbow to prevent your fingertips from scraping the coral. Or, try swimming in a shallow baby pool without touching the bottom. Keep the elbow near the surface and the fingers pointed at the bottom. Do not pull under the body.

UMPH NEAR THE FRONT

Once you initiate the catch, apply the *umph* almost immediately by pressing hard on your “sweet spot” in your wrist and lower palm, then quickly release the pressure as the hand passes the ribcage. Keep your fingertips pointed at the bottom to maintain a solid hold on the water.

EARLY RELEASE

After the power phase, relax the wrist, release the energy and allow the hand/arm to flow into the recovery phase. The *umph* is really quite short, so resist the urge to keep pushing back as the extra effort will only cause you to get stuck at the back and lose tempo, lift and momentum.

* * *

Next time you are in the water, give this drill a try. Swim a series of 25's, alternating *umph near the front*, then *umph* at the back, then reverse it. Try a variety of speeds and compare. Which one is faster, more efficient and feels like it has more power? Which one feels more tiring and sluggish? As with any advice you should be the judge as to what style and technique works best for you.

Article by Karlyn Pipes-Neilsen.

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www.swimmingworldmagazine.com

Long Course Nationals Close to Home

US Masters Long Course Nationals will be at Mt. Hood Community College in Gresham, OR on Aug. 14-17, 2008. This is a great opportunity to swim in a national meet and see master swimmers from all over the country. Anyone may enter 3 individual events without meeting any time standards. All the meet information is at www.usms.org. Register online. Deadline for registration is July 11 or register early for a discounted rate. Hope to see you there.

IWMSC Championship Results—03/30/2008

Women 18-24 50 Yard Free

1	Sheri Markwardt	23	WVM	28.64
2	Laura Chapman	21	WSU	29.57
3	Kate Boudreau	21	MCM	31.36

Women 18-24 100 Yard Free

1	Kate Boudreau	21	MCM	1:09.28
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Women 18-24 200 Yard Free

1	Jennifer Barnes	21	WSU	2:23.65
2	Laura Chapman	21	WSU	2:26.46

Women 18-24 500 Yard Free

1	Jennifer Barnes	21	WSU	6:29.49
2	Kate Boudreau	21	MCM	7:00.34

Women 18-24 100 Yard Back

1	Kate Boudreau	21	MCM	1:21.68
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Women 18-24 50 Yard Breast

1	Sheri Markwardt	23	WVM	36.91
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Women 18-24 100 Yard Breast

1	Sheri Markwardt	23	WVM	1:17.43
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Women 18-24 200 Yard Breast

1	Sheri Markwardt	23	WVM	2:51.45
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Women 18-24 100 Yard Fly

1	Jennifer Barnes	21	WSU	1:18.35
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Women 18-24 100 Yard IM

1	Sheri Markwardt	23	WVM	1:14.78
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Women 18-24 200 Yard IM

1	Sheri Markwardt	23	WVM	2:39.06
2	Laura Chapman	21	WSU	2:46.06
3	Jennifer Barnes	21	WSU	2:47.99

Women 25-29 50 Yard Free

1	Emily Maret	25	WSU	33.20
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Women 25-29 100 Yard Free

1	Emily Maret	25	WSU	1:12.37
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Women 25-29 200 Yard Free

1	Emily Maret	25	WSU	2:36.87
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Women 25-29 100 Yard Fly

1	Emily Maret	25	WSU	1:27.56
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Women 25-29 200 Yard Fly

1	Emily Maret	25	WSU	3:14.96
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Women 25-29 100 Yard IM

1	Emily Maret	25	WSU	1:24.33
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Women 30-34 100 Yard Free

1	Kristi Lee	32	SAW	58.42
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Women 30-34 200 Yard Free

1	Kristi Lee	32	SAW	2:05.29
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Women 30-34 500 Yard Free

1	Kristi Lee	32	SAW	5:34.03
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Women 30-34 1650 Yard Free

1	Kristi Lee	32	SAW	18:32.93
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Women 35-39 50 Yard Free

1	Paige Buehler	39	MCM	30.34
2	Andrea Hartley	37	WVM	35.23

Women 35-39 100 Yard Free

1	Paige Buehler	39	MCM	1:06.51
2	Suzanne Billington	38	MCM	1:08.67
3	Andrea Hartley	37	WVM	1:20.95

Women 35-39 200 Yard Free

1	Paige Buehler	39	MCM	2:33.15
2	Andrea Hartley	37	WVM	3:06.59

Women 35-39 500 Yard Free

1	Suzanne Billington	38	MCM	6:35.49
2	Paige Buehler	39	MCM	6:49.51
3	Andrea Hartley	37	WVM	8:25.18

Women 35-39 1000 Yard Free

1	Suzanne Billington	38	MCM	13:30.53
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Women 35-39 1650 Yard Free

1	Andrea Hartley	37	WVM	29:22.56
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Women 35-39 100 Yard Back

1	Suzanne Billington	38	MCM	1:23.02
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Women 35-39 50 Yard Breast

1	Paige Buehler	39	MCM	43.17
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Women 35-39 50 Yard Fly

1	Suzanne Billington	38	MCM	35.30
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Women 35-39 200 Yard IM

1	Suzanne Billington	38	MCM	2:49.39
2	Paige Buehler	39	MCM	3:03.33

Women 45-49 50 Yard Free

1	Melinda Tomlinson-Ma	49	YVM	36.33
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Women 45-49 200 Yard Free

1	Melinda Tomlinson-Ma	49	YVM	3:39.91
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Women 45-49 200 Yard Back

1	Melinda Tomlinson-Ma	49	YVM	3:31.09
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Women 45-49 200 Yard IM

1	Melinda Tomlinson-Ma	49	YVM	3:42.75
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Women 50-54 200 Yard Free

1	Margaret Hair	53	LCM	2:31.10 (I)
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Women 50-54 1000 Yard Free

1	Margaret Hair	53	LCM	14:06.76
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Women 50-54 50 Yard Back

1	Robin Helm	51	SWAC	50.72
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Women 50-54 50 Yard Breast

1	Dale Moore	53	WSU	40.81
2	Robin Helm	51	SWAC	49.17

Women 50-54 200 Yard Breast

1	Dale Moore	53	WSU	3:23.06
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Women 50-54 100 Yard Fly

1	Margaret Hair	53	LCM	1:22.31
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Women 50-54 100 Yard IM

1	Margaret Hair	53	LCM	1:18.28
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Women 50-54 200 Yard IM

1	Margaret Hair	53	LCM	2:52.72
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Women 50-54 400 Yard IM

1	Margaret Hair	53	LCM	6:06.07
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Women 55-59 50 Yard Free

1	Priscilla Salant	55	MCM	35.32
2	Teresa Wendel	55	WVM	42.09
3	Alexis Smart	56	WVM	47.50

Women 55-59 500 Yard Free

1	Priscilla Salant	55	MCM	8:25.44
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Women 55-59 100 Yard Breast

1	Alexis Smart	56	WVM	1:53.07
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Women 60-64 50 Yard Free

1	Jett Vallandigham	61	WSU	47.61
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Women 60-64 100 Yard Free

1	Jett Vallandigham	61	WSU	1:46.26
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Women 60-64 500 Yard Free

1	Jett Vallandigham	61	WSU	10:28.34
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Women 60-64 1000 Yard Free

1	Carolyn Magee	62	WVM	16:19.70
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Women 60-64 200 Yard Back

1	Carolyn Magee	62	WVM	3:26.49 (I)
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Women 60-64 50 Yard Breast

1 Jett Vallandigham 61 WSU 53.13

Women 60-64 100 Yard Breast1 Carolyn Magee 62 WVM 1:43.93
2 Jett Vallandigham 61 WSU 1:59.01**Women 60-64 200 Yard Breast**

1 Jett Vallandigham 61 WSU 4:34.95

Women 60-64 200 Yard Fly

1 Carolyn Magee 62 WVM 3:29.85

Women 60-64 100 Yard IM

1 Carolyn Magee 62 WVM 1:38.53

Women 60-64 400 Yard IM

1 Carolyn Magee 62 WVM 6:55.51

Women 85-89 50 Yard Free

1 Jean Rudolph 86 MCM 1:10.75 (I)

Women 85-89 50 Yard Back

1 Jean Rudolph 86 MCM 1:16.83

Women 85-89 100 Yard Back

-- Jean Rudolph 86 MCM DQ

Women 85-89 50 Yard Breast

1 Jean Rudolph 86 MCM 1:51.52

Women 85-89 100 Yard Breast

1 Jean Rudolph 86 MCM 3:41.11

Men 35-39 50 Yard Free1 C Anthony Watt 36 MCM 25.98
2 Michael Hartley 38 WVM 27.35**Men 35-39 100 Yard Free**

1 C Anthony Watt 36 MCM 56.15

Men 35-39 50 Yard Breast1 C Anthony Watt 36 MCM 33.29
2 Michael Hartley 38 WVM 33.41**Men 35-39 100 Yard Breast**

1 Michael Hartley 38 WVM 1:12.41

Men 35-39 200 Yard Breast

1 Michael Hartley 38 WVM 2:41.69

Men 35-39 50 Yard Fly

1 C Anthony Watt 36 MCM 27.80

Men 35-39 100 Yard IM1 Michael Hartley 38 WVM 1:10.71
2 C Anthony Watt 36 MCM 1:11.21**Men 35-39 200 Yard IM**1 C Anthony Watt 36 MCM 2:30.01
2 Michael Hartley 38 WVM 2:35.01**Men 40-44 200 Yard Free**

1 Matthew Bronson 42 FAF 2:34.50

Men 40-44 50 Yard Fly

1 Matthew Bronson 42 FAF 36.15

Men 40-44 200 Yard IM

1 Matthew Bronson 42 FAF 3:06.03

Men 45-49 50 Yard Free1 Thomas Lamar 47 MCM 28.45
2 Charles Gerke 48 MCM 29.22**Men 45-49 100 Yard Free**1 Thomas Lamar 47 MCM 1:00.06
2 Doug Garcia 46 WSU 1:06.97**Men 45-49 200 Yard Free**1 Brian Johnson 46 MCM 2:11.86
2 Doug Garcia 46 WSU 2:33.91**Men 45-49 500 Yard Free**1 Thomas Lamar 47 MCM 6:15.05
2 Eric Ridgway 47 SWAC 6:41.27
3 Charles Gerke 48 MCM 6:49.16**Men 45-49 1000 Yard Free**

1 Mark Clark 48 WSU 18:46.32

Men 45-49 100 Yard Back

1 Brian Johnson 46 MCM 1:06.88

Men 45-49 200 Yard Back

1 Brian Johnson 46 MCM 2:27.28

Men 45-49 50 Yard Breast

1 Charles Gerke 48 MCM 34.88

Men 45-49 100 Yard Breast1 Eric Ridgway 47 SWAC 1:16.76
2 Charles Gerke 48 MCM 1:19.93**Men 45-49 200 Yard Breast**1 Eric Ridgway 47 SWAC 2:43.72
2 Charles Gerke 48 MCM 2:59.85**Men 45-49 50 Yard Fly**

1 Thomas Lamar 47 MCM 31.38

Men 45-49 200 Yard Fly1 Eric Ridgway 47 SWAC 3:12.49
2 Doug Garcia 46 WSU 3:37.91**Men 45-49 100 Yard IM**1 Brian Johnson 46 MCM 1:04.00
2 Eric Ridgway 47 SWAC 1:14.87
3 Charles Gerke 48 MCM 1:17.60**Men 45-49 200 Yard IM**1 Eric Ridgway 47 SWAC 2:39.35
2 Doug Garcia 46 WSU 3:05.03**Men 45-49 400 Yard IM**

1 Doug Garcia 46 WSU 6:23.70

Men 50-54 50 Yard Free1 Kurt Wendel 54 WVM 32.45
2 Kevin Brackney 52 MCM 34.77
3 Jesse Macias 50 YVM 59.90**Men 50-54 200 Yard Free**1 Kurt Wendel 54 WVM 3:08.14
2 Jesse Macias 50 YVM 5:34.55**Men 50-54 50 Yard Fly**

1 Kevin Brackney 52 MCM 42.95

Men 50-54 100 Yard Fly

1 Jesse Macias 50 YVM 2:27.49

Men 55-59 50 Yard Free

1 Floyd Fisk 56 SAW 28.16

Men 55-59 50 Yard Back

1 Floyd Fisk 56 SAW 32.56

Men 55-59 100 Yard Back

1 Floyd Fisk 56 SAW 1:15.61

Men 55-59 50 Yard Fly

1 Floyd Fisk 56 SAW 30.80

Men 65-69 50 Yard Free1 Wayne Brown 65 WVM 29.18 (I)
2 Glen Murray 69 MCM 42.90**Men 65-69 100 Yard Free**

1 Glen Murray 69 MCM 1:30.27

Men 65-69 200 Yard Free1 Wayne Brown 65 WVM 2:34.57
2 Dennis Osier 69 WVM 3:08.81**Men 65-69 500 Yard Free**1 Glen Murray 69 MCM 8:49.09
2 Dennis Osier 69 WVM 8:54.35**Men 65-69 50 Yard Breast**1 Wayne Brown 65 WVM 36.72 (I)
2 Glen Murray 69 MCM 45.09**Men 65-69 100 Yard Breast**

1 Glen Murray 69 MCM 1:41.03

Men 65-69 200 Yard Breast

1 Wayne Brown 65 WVM 3:10.72 (I)

Men 65-69 50 Yard Fly

1 Wayne Brown 65 WVM 37.27

Men 65-69 100 Yard IM

1 Wayne Brown 65 WVM 1:20.42

Men 70-74 50 Yard Free

1 George Spomer 71 MCM 57.68

Men 70-74 100 Yard Free

1 George Spomer 71 MCM 2:06.23

Men 70-74 200 Yard Free

1 George Spomer 71 MCM 4:38.30

Men 70-74 500 Yard Free

1 George Spomer 71 MCM 12:09.97

Men 75-79 50 Yard Free

1 Jack Bevier 75 WVM 34.26

Men 75-79 100 Yard Free

1 Jack Bevier 75 WVM 1:22.16

Men 75-79 500 Yard Free

1 Jack Bevier 75 WVM 8:34.77

Men 75-79 1650 Yard Free

1 Jack Bevier 75 WVM 29:16.87 (I)

Men 75-79 50 Yard Breast

1 Jack Bevier 75 WVM 1:03.79

Men 75-79 200 Yard IM

1 Jack Bevier 75 WVM 4:01.47 (I)

...continued

IWMSC Championship Results—03/30/2008

Women 18+ 200 Yard Medley Relay

1 MCM A 2:31.56
Kate Boudreau 21 Suzanne Billington
38 Paige Buehler 39 Priscilla Salant 55

Men 35+ 200 Yard Free Relay

1 MCM A 1:53.69
Thomas Lamar 47 Charles Gerke 48
Brian Johnson 46 C Anthony Watt 36

Men 35+ 200 Yard Medley Relay

1 MCM B 2:22.14
C Anthony Watt 36 Charles Gerke 48
Thomas Lamar 47 Glen Murray 69

Men 35+ 400 Yard Medley Relay

1 MCM B 4:59.55
Brian Johnson 46 Charles Gerke 48
C Anthony Watt 36 Kevin Brackney 52

Mixed 18+ 200 Yard Free Relay

1 WVM C 2:02.34
Andrea Hartley 37 Michael Hartley 38
Sheri Markwardt 23 Wayne Brown 65
2 MCM A 2:02.62
Kate Boudreau 21 Charles Gerke 48
Priscilla Salant 55 Thomas Lamar 47

Mixed 18+ 800 Yard Free Relay

1 WVM B 12:31.69
Andrea Hartley 37 Sheri Markwardt 23

Wayne Brown 65 Michael Hartley 38

Mixed 18+ 200 Yard Medley Relay

1 WVM C 2:17.81
Wayne Brown 65 Sheri Markwardt 23
Michael Hartley 38 Andrea Hartley 37
2 MCM B 2:29.06
Kate Boudreau 21 Charles Gerke 48
Paige Buehler 39 Glen Murray 69

Mixed 18+ 400 Yard Medley Relay

1 WVM A 5:38.34
Wayne Brown 65 Michael Hartley 38
Carolyn Magee 62 Sheri Markwardt 23

Mixed 25+ 200 Yard Medley Relay

1 WSU A 2:38.86
Doug Garcia 46 Dale Moore 53
Emily Maret 25 Mark Clark 48

Mixed 35+ 200 Yard Free Relay

1 MCM B 1:55.59
Brian Johnson 46 Paige Buehler 39
Suzanne Billington 38 C Anthony Watt 36

Mixed 35+ 400 Yard Medley Relay

1 MCM B 4:55.34
Paige Buehler 39 Brian Johnson 46
C Anthony Watt 36 Suzanne Billington 38

Mixed 45+ 800 Yard Free Relay

1 WVM A 13:56.73
Carolyn Magee 62 Dennis Osier 69
Alexis Smart 56 Kurt Wendel 54

Mixed 55+ 200 Yard Free Relay

1 WVM E 2:41.18
Carolyn Magee 62 Jack Bevier 75
Teresa Wendel 55 Dennis Osier 69

Mixed 55+ 400 Yard Free Relay

1 WVM A 5:43.61 (I)
Teresa Wendel 55 Carolyn Magee 62
Jack Bevier 75 Dennis Osier 69

2007 SHORT COURSE METERS

TOP TEN

Men 70-74

Earl Ellis-Winthrop, WA- 800 Free (10th- 13:53.69), 1500 Free (8th- 26:29.29)

Inland NW Masters Swimming Committee—Board of Managers

www.InlandNWMasters.org

Chair

Michael Hartley (as of 7/31/08)
(509) 663-8484
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Vice Chair

OPEN

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Tri-Cities Atomic Surgeons (TCAS)

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WSU Masters (WSU)

Laura Chapman
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Yakima Valley Masters (YVM)

Brian McGuire
509-966-2598
bkmcguire@charter.net

2.5 hour time limit for swim.

Registration Form

Long Bridge Swim, Aug. 2, 2008

Print this form and send to:

Long Bridge Swim
2023 Sandpoint West Dr.
Sandpoint, ID 83864

Or click to [register online](#).

Early registration (Postmarked by June 21) - \$16
Regular registration (Postmarked by July 12) - \$20
Late registration - \$25 (no guarantee of tee-shirt)
If no T-shirt is wanted subtract \$5

Name: _____

E-mail address (we'll send you results) _____

Address: _____

Phone: () _____ Male ___ Female ___ Age as of 8-2-08 _____

Date of Birth _____

Fun and unusual information: (Swimming experience, teams/years, honors/accomplishments, obstacles overcome):

Circle years you have participated in this swim 95 96 97 98 99 00 01 02 03 04 05 06 07

T-Shirts will be given out before event - please specify size: __ S __ M __ L __ XL __ XXL __ XXXL

Youth __ S __ M __ L (XXL and XXXL \$2 additional)

Additional T-shirts available for only \$8, please indicate size & number. (XXL and XXXL \$2 additional) \$ _____

Total \$ _____

Make checks payable to: Long Bridge Swim · 2023 Sandpoint West Dr., Sandpoint, ID 83864.

For more information or to share your ideas, please [email](#) or phone Eric Ridgway at 208-265-5412 .

Steve Omi Memorial

15th ANNUAL OPEN WATER SWIM

DATE: SUNDAY JULY 20, 2008
 TIME: CHECK IN AT 8:45 AM, SWIM STARTS AT 9:30 AM
 PLACE: 15TH STREET ENTRANCE, SANDERS BEACH, LAKE COEUR D'ALENE
 COURSE: ONE MILE, TRIANGULAR: 15th St. TO 12th St. TO GOLF COURSE
 FEE: \$27 includes super zorrie, or \$15 without super zorrie
 Additional donations to Steve Omi Scholarship accepted
 Race day fee is \$30 with super zorrie, \$18 without super zorrie

wet suits permitted
--Registration Form--

Make Checks Payable to: Steve Omi, Inc.
 408 W. Vista Drive
 Coeur d'Alene, Id 83815

For information call 208-667-3721, 208-772-6753 or e-mail swim@steveomi.org.
 See website steveomi.org for race results)

Name _____ Address _____
 City, State, Zip _____ Gender M ___ F ___ Age (event day) _____
 Daytime Phone _____ e-mail _____

_____ Enclosed is my \$27 registration fee. Please have entry postmarked by July 16, 2008
 _____ Enclosed is my \$15 registration fee, no super zorrie.
 _____ Donation
 _____ Race Day Entry surcharge (\$3)
 _____ Total Enclosed

SUPER ZORRIE _____ MM(6½-7½W) _____ ML(7-9W) _____ LL(9½-10W,8-9M) _____ LG(9-11 ½M) _____ XL(12-13M)

ACCIDENT WAIVER AND RELEASE OF LIABILITY: I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risk include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event and lack of hydration. These risk are not only inherent to athletics, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability form will be used by the event holders, sponsors and organizers, in which I may participate and that it may govern my actions and responsibilities at said events.

In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: STEVE OMI, Inc, organizers, their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event volunteers; (B) Indemnify and hold harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether caused by negligence or releases or otherwise.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and or illness during this event.

I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and assigns.

The Accident Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I hereby certify that I have read this document, and, I understand its content.

 Print Participant's Name Signature (if under 18 years old Parent or Guardian must sign below) Date

PARENT GUARDIAN WAIVER FOR MINOR (Under 18 years old)

The undersigned parent and natural guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

 Print Participant's Name Age Signature of Parent or Guardian Date

Inland Northwest LMSC Chair Readies for Move to CO

After much soul searching and discussion with my family, I have made the very difficult decision to take a new job with Colorado State University and will be moving my family there at the end of July. I have participated with Inland NW Masters and with WSU Masters Swimming for the past 16 years and I will miss the swimming community here in the Inland NW very much. We're a very small group, but the friendships I have developed over the years will be with me for many years to come. The friendships have been about more than just about swimming fast, they've been about consoling each other about not having enough time to swim, injuries, and the personal successes in the pool however small they might be.

Mike Hartley from Wenatchee Valley Masters our newly approved Vice Chair will be taking over as Chair. I have great confidence in his desire and ability to lead the organization forward. We have a very active board of managers with a growing list of participants from new teams and interest in Spokane, Moses Lake, Ellensburg, and Yakima. With new team reps and a new chair, I am extremely optimistic about bringing new ideas to the organization.

Since most of our board meetings are held via conference call, I will continue to remain on the board of managers as the past chair until next April elections will be held. My role as past chair will be as advisor to the chair and board to help them through the maze of USMS issues, I will also be working on updating the Inland NW Masters Web site, both of which I can do from Colorado. I will remain an Inland NW Masters swimmer at least until 2009.

At our July 6 conference call meeting, we discussed the 2008-2009 season. At this point the group has tentatively scheduled meets for the Whitworth Pool in Spokane for October, a meet in Wenatchee in November or December, a meet hosted by Tri-Cities/Moses Lake tentatively set for January, a meet back in Wenatchee in February/March, and the Champs meet to be on March 28 and 29 in Moscow. If your group would like to host a meet and is not listed above, I encourage you to contact Sanctions Chair Brian Johnson as soon as possible.

In addition to meets, we also had a discussion about a USMS proposal regarding the use of wet suits for USMS national championships. The conver-

sation was lively, with great participation from many of our board members both on the conference call as well as via email discussion. Other subjects your board is working on include club and LMSC finances as well as plans to attend the annual USMS convention.

As you can see our swimming community is thriving and growing, I look forward to following the progress from afar. If you're ever in Fort Collins and are looking for a swimming partner, please be sure to look me up.

Swimmingly the Best
Doug Garcia

Hartley to Start as Chair on 7/31

I am Mike Hartley and I appreciate the opportunity to serve the Inland Northwest Masters Swim Club. I teach English at WestSide Alternative High School in Wenatchee and coach girls swimming at Wenatchee High School.

I returned to competitive masters swimming 3 years ago after several years of inactivity. I compete at many of the short course meets in the area and can be identified as the guy wearing all of the WSU Cougar gear.

My best events are the 100 and 200 Breaststroke but I love the 100, 200 and 400 IM.

My wife Andrea is also a swimmer, runner and triathlete and we spend much of our free time training for and traveling to various races around the state. We have two lovely and active daughters, Jordan (8) and Sierra (5).

Thanks again for the opportunity to serve. If you have any ideas that you'd like to share or have any suggestions that might make masters events even more enjoyable, please email me at miandjosi@yahoo.com. Swimming is a fun and healthy way to compete, set goals and make friends.

See you in the water!
Mike Hartley

