



## Northwest Zone Chatter June 2017

**Northwest Zone Website:** <http://www.northwestzone.org/>

**Chair** – Sally Dillon (PN): [salswmr@comcast.net](mailto:salswmr@comcast.net)

**Treasurer** – Ken Winterberger (AK): [kwinterberger@gmail.com](mailto:kwinterberger@gmail.com)

**Webmaster** – Hugh Moore (PN): [swimmoore@comcast.net](mailto:swimmoore@comcast.net)

**Zone Records** – Stephen Darnell: [financialwizard2@comcast.net](mailto:financialwizard2@comcast.net)

**USMS At-Large Director representing Northwest Zone** - Sarah Welch: [sarahwelch@comcast.net](mailto:sarahwelch@comcast.net)

**Newsletter** – Sally Dillon, as above

### LMSC websites in the NW Zone

ALASKA [www.akmswim.org](http://www.akmswim.org)

INLAND NW [www.inlandnwmasters.org](http://www.inlandnwmasters.org)

MONTANA <https://sites.google.com/a/mcpsmt.org/montana-masters-swimming/>

OREGON [www.swimoregon.org](http://www.swimoregon.org)

PACIFIC NW [www.swimpna.org](http://www.swimpna.org)

SNAKE RIVER [www.snakerivermasters.org/](http://www.snakerivermasters.org/)

UTAH [www.utahmasters.org](http://www.utahmasters.org)

**Report from the Chair:** I hope everyone is starting to see signs that summer is coming. It was a very long winter west of the Cascades, with record rainfalls and not a lot of blue sky days to cheer us up! And, we really didn't seem to have much of a spring either. My hubby and I are taking advantage of every sunny moment these days to get some vitamin D and a little color on our skin. Our dermatologist appreciates our business!

There are lots of pool and open water opportunities to test your skills this summer. I hope you will advertise each other's schedules so the competitors in your ranks will know where they can catch a race or two. Once again, there are Open Water National Championships in our midst. Don't miss the **5K OW event at Elk Lake (Bend, OR)** at the end of July and the **1-mile OW championship at Angle Lake (SeaTac, WA) September 23.**

**ALASKA** – 348 members, 2 clubs  
No further information provided

**INLAND NORTHWEST** – 371 members, 18 clubs  
Bank balance: \$15,925.62

Inland NW Masters Swimming Championships were conducted at Moscow, Idaho on 1 April 2017.  
LMSC Annual Membership meeting was conducted on April 1, 2017 in Moscow, Idaho. Minutes from the 2016 meeting were approved and forwarded to USMS.

**Upcoming Events:**

Friday-Sunday, June 16-18	SAS Summer Solstice Meet at Witter Aquatic Center, Spokane (entries closed)
Sunday, July 16	Dual-sanctioned meet Steve Omi Memorial Swim, Coeur d'Alene ID, (Not USMS)
Saturday, August 5	Long Bridge Swim, Sandpoint ID, 5 August 2017 (Not USMS)

**Elected Officers for 2017-2019:**

Matt Bronson, Chair  
Mike Hamm, Vice Chair  
Treasurer, Wes Bratton  
Secretary, Kathy Farrell-Guizar

**2017 USAS Delegates to Convention in Dallas**

Michael Hamm (Vice Chair) also Swimming Saves Lives Committee  
Kathy Farrell-Guizar (Secretary) Open Water Committee  
Paige Buehler (Past Chair) Vice Chair LMSC Development Committee

**MONTANA** – 233 members, 5 clubs. The regional club has changed its name from Montana Masters to Big Sky Masters Swim Club (BSM) to help alleviate confusion because the club name was so similar to the LMSC. The LMSC SCY State Championship Meet was held March 24-26 in Kalispell. The annual membership meeting was held on Saturday in conjunction with the post-meet social. Members elected new officers to 2-year terms, approved the 2017 budget, and adopted revised bylaws.

**Elected Officers for 2017-2019:**

Jeanne Ensign, President  
Dick Weber, VP  
Keegan Witt, Treasurer  
Edie Van Buskirk, Secretary  
Other voting board members are:  
Donn Livoni, (Immediate Past President  
Glenn DeHekker, BSM Swim Club Rep.  
Emily Von Jentzen, KATS Club Rep.  
Mark Johnston, FLOWS Club Rep.  
Audrey Wooding, Bozeman Club rep.

**Upcoming Events:**

July 14-16	Flathead Lake Swim Series; 1/2 mi, 1-mi, 5K, 10K; hosted by KATS
August 19 & 20	USMS Stroke Development Clinics; Bozeman on the 19 <sup>th</sup> , Missoula on the 20 <sup>th</sup> 8/19 Certification class and 8/20 ALTS have been canceled.
July 20-24	The Anchor Swim Project – an OW swimming camp featuring Oceans 7 swimmer and Motivational speaker Darren Miller; hosted by Flathead Lake OW Swimmers (FLOWS).

**Ongoing Events:**

USMS Check-Off Challenge – the 18-event fitness challenge, hosted by FLOWS.  
USMS Postal Swimtathlon League that takes the Check-Off Challenge to the next level with times, awards, and standings, also hosted by FLOWS.

**Montana Masters swimmers set LCM Zone records:** Congratulations to 2 veteran Masters swimmers from Montana, who recently set an impressive number of new LCM Zone records. Charlotte Sanddal (age 95) set new

records in 5 events: 100 Breast, 200 Breast, 50 Fly, 100 Fly, 200 I.M. All of Charlotte's times set new USMS National records as well. Molly Hayes (age 85) set new records in 4 events: 50 Free, 100 Free, 1500 Free, 50 Back. These women serve as an inspiration to all Masters swimmers. "If she can train for that event, and swim it at a Masters Meet, then I can, too!"

**OREGON** - 1,098 Members, 7-Clubs, and 29 Workout Groups

**Adult Learn-to-Swim** ALTS classes were taught in Hood River, Corvallis and Oregon City during April.

### 2017 USAS Delegates to Convention in Dallas

Tim Waud - Coaches Committee

Sandi Rousseau - Championship Committee

Bob Bruce-- Open Water Committee

Christina Fox - Rules Committee

Susie Young - Finance Committee

Ginger Pierson - Records and Tabulations Committee

Michelle Jacobs - Brown

### Upcoming Events

Saturday, June 17	Oregon Senior Games (SCY)	Bend, Oregon
Friday-Sunday, August 25-27	Gil Young Memorial/NW Zone and OMS Association Championship (LCM) Gresham, Oregon	Online entry coming soon
Sunday, June 11	Hagg Lake 800m, 2000m and 4000m Forest Grove, Oregon	<a href="http://www.pdxtriclub.org/hagg-lake-swim/">http://www.pdxtriclub.org/hagg-lake-swim/</a>
Saturday, June 24 Champs	Foster Lake Cable Swims Sweet Home, Oregon	One Mile and the 2 mile USMS National <a href="http://comaswim.org/fosterlake/about.html">http://comaswim.org/fosterlake/about.html</a>
Saturday-Sunday, July 14-15	Applegate Lake – 10K, 5K or 2.5 K on Saturday, 1500m and 3x500 Pursuit Relay Ruch, Oregon	<a href="http://roguevalleymasters.com/applegate-lake-open-water-swim/">roguevalleymasters.com/applegate-lake-open-water-swim/</a>
Friday-Sunday, July 28-30	Cascade Lakes Swim Series & Festival - 500m, 1000m, 1500m, 3K, and 5K <b>5K USMS National Championship</b> Elk Lake, Bend, Oregon	<a href="http://comaswim.org/cascade_lakes/about.htm">http://comaswim.org/cascade_lakes/about.htm</a>
Sunday, August 13	Eel Lake - 500m and 3K. Reedsport, Oregon	<a href="http://clubassistant.com/club/meet_information.cfm...">http://clubassistant.com/club/meet_information.cfm...</a>

**PACIFIC NORTHWEST** – 1520 members & 10 clubs. Regional club PSM has 1045 members, 32 workout groups

### Elected officers for 2017-2019 in April

Sally Dillon, President

Zena Courtney, Vice President,

Sherry Grindeland, Secretary

Arni Litt, Treasurer

Kathy Casey, At Large Director

Isaac Contreras, At Large Director

Ten other board members are appointed

### Upcoming events – all in Western Washington

Saturday, June 17	Whidbey Is. Adventure Swim, 1.2 & 2.4-mile; Saratoga Passage, Langley Salt water in the Puget Sound; <a href="http://whidbeyadventureswim.org">http://whidbeyadventureswim.org</a>
Saturday, July 15	Fat Salmon OW Swim, 3.2-mile; Lake Washington, Madison Park, Seattle NW Zone OW Championship <a href="http://www.fatsalmonswim.com/">http://www.fatsalmonswim.com/</a>
Saturday, Sept. 23	Last Gasp of Summer, <b>1-mile USMS National Championship</b> ; also 2-mile event offered Angle Lake Park, SeaTac <a href="http://www.lastgaspofsummer.com">www.lastgaspofsummer.com</a>
Thurs-Sat, July 6-8	97 <sup>th</sup> Annual Senior Seattle Open LCM at historic Colman Pool (salt water), West Seattle

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1534&smid=8745](https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=8745)

Saturday, October 14 BAMFest 2017 SCY, Bainbridge Island

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1534&smid=8796](https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=8796)

Sat-Sun, Nov. 18-19 Puget Sound Masters SCM Champs, King County Aquatic Center, Federal Way  
Meet info not yet available

**2017 USAS Delegates to Convention in Dallas**

Kathy Casey, Rules  
Linda Chapman, PNA delegate  
Jim Davidson, Long Distance  
Sally Dillon, NW Zone Chair  
Hugh Moore, PNA delegate  
Jane Moore, Legislation  
Steve Peterson, Legislation  
Walt Reid, PNA Delegate  
Sarah Welch, At Large Director  
Teri White, PNA delegate

**SNAKE RIVER** – 144 members, 8 clubs, no workout groups

**Newly elected officers (June 3)**

Jim Clemmons, Chair  
Jeff Erwin, Vice Chair  
Brigitta Gruenberg, Treasurer  
Suzy Cavanaugh, Secretary  
Paula Moores, Sanctions  
Jill Wright, Registrar  
Rick McQuet, Coaches

**2017 USAS Delegates to convention in Dallas**

Jim Clemmons – LMSC delegate  
Jill Wright – Long Distance Committee

**UTAH** – 370 members, 16 clubs  
No further information provided