

NORTHWEST ZONE

CHATTER

USMS Northwest Zone Newsletter



Volume 14, Number 2

March - April - May 2001

Swimming - A Life's Passion

(USMS Motto for 2001)

Parkrose SCY Zone Meet a Great Success

New Zone Records

50 YD. BACK

KAREN ANDRUS-HUGHES 43 OREG 30.63 Z

50 YD. BACK

BARBARA JACKSON 71 MM 42.32 Z

200 YD. FLY

DENNIS BAKER 39 OREG 1:54.96 Z

100 YD. BACK

GARY CHASE 61 UNA 1:05.57 Z

200 YD. BACK

GARY CHASE 61 UNA 2:27.57 Z

50 YD. FLY

BERT PETERSEN 62 OREG 27.26 Z

100 YD. I.M.

GARY CHASE 61 UNA 1:07.91 Z

200 YD. I.M.

GARY CHASE 61 UNA 2:36.24 Z

100 YD. BRST

MILTON MARKS 70 OREG 1:28.20 Z

RELAYS

WOMEN 25 + 800 YD FREE OREG 9:21.68 Z

JENNIFER BUTCHER 28

ANICIA CRISCIONE 27

LISA GORSLINE 25

JENNIFER STADSTAD 26

MEN 65 + 400 YARD FREE OREG 4:15.15 N

GEORGE THAYER 65

DICK SLAWSON 65

RICHARD WEICK 67

DAVID RADCLIFF 66



Gary Chase of PNA and Barbara Jackson of Montana rewrote the Record Book in the backstroke. Gary also broke two IM records.



Zone LCM Swim Meet

June 23-24, 2001

Tacoma, Washington

Entry Blank on page 9

**Northwest Zone Meeting
Parkrose, Oregon
April 28, 2001**

In attendance: Doug Garcia – Inland Northwest, Hugh Moore – PNA, Sandi Rousseau – Oregon, Suzanne Rague – Oregon, Jeanne Thimm – Oregon, Ginger Pierson – Oregon, Chris Gaarder – Oregon, Lisa Gorsline – Oregon, Steve Parmentier – Oregon, George Thayer – Oregon, Bev L’Esperance – Oregon, Sally Dillon – PNA.

Minutes: MSP – moved by Doug Garcia and seconded by Hugh Moore to approve the October, 2000 minutes.

Financial Report: Status quo on finances – no swim meets during this period. Billing for swimmers surcharge is going out May 1, 2001.

SCM Zone Meet: MSP – moved by Suzanne Rague and seconded by Doug Garcia to approve the bid of the Tualatin Hills Barracudas to host the 2001 SCM Zone Meet on October 27-28, 2001.

Small LMSC Delegate to Convention: Moved by Sandi Rousseau and seconded by Suzanne Rague to approve Zone funding for Doug Garcia of Inland Northwest to attend the 2001 Convention in Michigan.

Northwest Candidates: The Northwest candidates for USMS positions in the Fall Elections were introduced and given a chance to make a brief statement about their candidacy. The candidates were; Sandi Rousseau for President, Hugh Moore for Vice President and Sally Dillon for Secretary.

Meet Reports:

Zone SCY Meet – Sandy Healey, coach of Parkrose, reported on the first day of the meet. The meet was going well and Parkrose was thanked for all their work.

Zone LCM Meet – Hugh Moore discussed details of the meet to be held on June 23-24, 2001 in Tacoma. MSP moved by Doug Garcia and seconded by Suzanne Rague to approve a change in the order of events for the meet.

LCM Nationals – Hugh Moore reported that planning meetings are under way.

Postal 1 Hour – Sally Dillon reported on the very successful event co-sponsored by Swim Seattle and PNA.

National Long Distance 3000 and 5K/10K Postal – Sally Dillon reported that entry blanks for both events, which will be hosted by Central Oregon, are in the latest edition of Swim Magazine.

February Fitness Challenge – T Hills reported that results had been mailed that morning.

Zone Web Page: The new Zone Web Page was displayed on a lap top and attendees were given a chance to comment and make suggestions.

Adjournment

Four Oregon “Teachers” smashed the 10 year old Zone Record for the 25+ Women 800 Relay at the Zone Meet. Left to right: Jennifer Butcher (teaches at Washington State School for the Blind), Lisa Gorsline (teaches at Mollala High School), Jennifer Stadstad (teaches at Calipooia Middle School) and Anicia Criscione, (teaches at Mt View Elementary School). The old record was held by Inland Northwest



NORTHWEST ZONE

United States Masters Swimming

Welcome to the **Northwest Zone** of United States Masters Swimming. The United States is divided into 8 Zones. The Northwest Zone covers the States of Alaska, Idaho, Montana, Oregon, Utah and Washington.

● USMS

● LMSCs

● NW Zone Schedule

● NW Zone Records

● NW Zone Officers

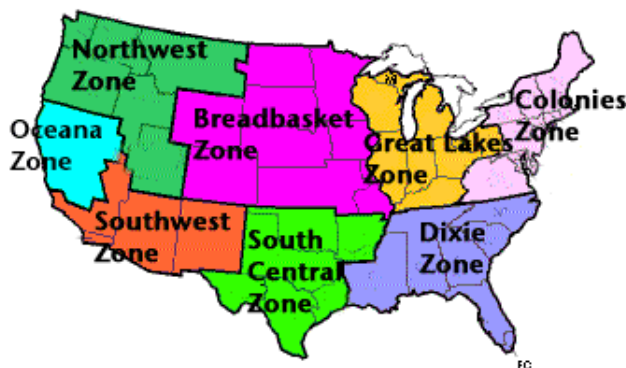
● NW Zone SCY Meet

● Northwest Chatter



The Zones of
United States Masters Swimming

HI



The Northwest Zone is divided into 7 Local Masters Swimming Committees (LMSC). Each LMSC is responsible for the activities in their section.

Please use the links on the left side of this site to find out more about the Northwest Zone and to visit each LMSC and learn about the swimming programs in their area.

The Northwest Zone strongly supports the Mission Statement of USMS:

To promote fitness and health in adults by offering and supporting Masters swimming programs.

The Northwest is noted for their fine programs, exciting meets, challenging open water swims and beautiful swimming venues. Come join us: dive on in for fitness, fun, and a healthy life style. Whether it is in a coached program or swimming on your own, the water is calling you - can you hear it?

Northwest Zone Goes On Line

The above is a representation of the new Northwest Zone web site. For the next few weeks the site will be housed on a home cable site of the Zone Rep. After that it will be moved to the USMS web site. USMS has a new server and will be hosting Zone, LMSC, Club, and Team web sites. Please take a few moments to review the site and then send suggestions, comments, etc. to the Zone Rep. Once on the Zone site go to the Zone Officers page and click on Dave Radcliff and you will get an email page directly to him. Please send ideas. We want this web page to be of the same quality as everything else in the Northwest. To make it a good site I need your input. Special thanks to Ken Winterberger of Alaska, Doug Garcia of Inland Northwest and Bill Volckening of Oregon for their help so far.

Ken is the web master in Alaska and has been my number one source of help. He has developed an outstanding website for Alaska (<http://www.akmswim.org/>). He is responsible for the maps. Ken's whole family is into swimming. His wife, Paula Smith, is an Alaskan record holder and his two kids are age groupers and swimming very well at the JO level. Ken is a research forester with the PNW Experiment Station in Alaska. Special thanks to him for his great and generous help.

Visit the new Northwest Zone Web Site at:

<http://www.members.home.net/therads/>

NORTHWEST ZONE EVENT SCHEDULE

2000 Calendar and Meet Schedule

Pool Meets

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Contact</u>	
May 12	LCM	Anchorage, AK	Ginny Write, (907) 344-5321,	ginnyw@alaska.net
June 3	LCM	Albany, Oregon	Gary Arn, (541) 917-8871	ARNE_1@juno.com
June 23-24	*LCM Zone	Tacoma, WA	Hugh Moore	weswim@mindspring.com
July 7-8	LCM	Gresham, Oregon (State Games)	Kristi Gustafson (503) 663-2772	kristigus@aol.com
July 21	LCM	Eugene, Oregon	Arden Adams (541) 688-4013	AAdamsswim@aol.com
Sept. 29	SCM	Whidbey Island Pentathlon	Sally Dillon	salswimr@oakharbor.net
Oct. 27-28	SCM Zone	Beaverton, Oregon	Sandi Rousseau	tsrousse@ix.netcom.com

* ENTRY BLANK INCLUDED IN THIS ISSUE

Open Water Swims

July 14-15	2.5K/5K	Hyatt Lake	Dan Gray	dangray45@hotmail.com
July 21	1 & 3 mile	Fat Salmon, Seattle, WA,	Michael Meyer	meyer@tempstore.net
July 22	1 mile	Steve Omi Swim Lake Coeur d' Alene, ID	Margaret Hair	208-667-3721 ramgolf@gocougs.wsu.edu
July 22	1500/3000	Hagg Lake	Andrea Milano	elleroy@hotmail.com
Aug. 4-5	500/1500/3000	Elk Lake (Entry Blank in SWIM Magazine)	Pam Himstreet	himstreet@bendcable.com
Aug. 25-26	1500/3000	Lake Dorena	Steve Johnson	freedive3@hotmail.com
Sept. 8	1/2 & 1 mile	Whitefish Lake, Montana	Holly Apple	smrtaple@digisys.net

Postal Championships

May 15 - Sept. 30	5/10 K Postal Championship	Pam Himstreet,	3339 NW Windwood Way, Bend, OR 97701	
	(Entry blank in SWIM Magazine)		541-385-7770	himstreet@bendcable.com
Sept. 1 - Oct. 31	3000/6000 Postal Championship	Doug Brogan		FitTogether@aol.com

National Championships 2000 / 2001

May 17-20, 2001	SCY	Santa Clara, CA	Alma Guimarin	aguimarin@aol.com
Aug. 4, 2001	3000	Elk Lake, Oregon	Pam Himstreet -	(541) 385-7770 himstreet@bendcable.com
Aug. 16-19, 2001	LCM	Federal Way, WA	Hugh Moore -	weswim@mindspring.com

ALASKA

Dawn Allen-Herron, Chair
Janet Rumble, Vice Chair
Janna Endell, Registrar/Treas
Joanne Wanwright, Top Ten
Doug Quist, Editor
Ken Winterberger, Web Master
Peggy Brannon-Guthrie, Retail
Dave Leonard, Sncs/Sfty/Officials
Secretary

INLAND NORTHWEST

Andrew Billings, Coaches
Susanne Simpson, Chair
Brian Lamb, Vice Chair
Eric Ridgway, Sanctions
Elin Zander, Registrar, USMS Leg. Ch.
Secretary

Marie Glynn, Treasurer
Margaret Hair, Top10/Zone SCM Records
Doug Garcia, Editor/MACA-Coaches Rep -
MONTANA

Ann Gilbert, Co-Chair/Sanctions
Don Livorni, Co-Chair
Paul Toennis, Reg/Treas
Tyler Jourdonnais, Records
Ellen Mills Parchen, Newsletter Editor
Barbara Jackson,

OREGON

Jeanne Teisler, Chair
Suzanne Rague, Past Chair - Treasurer
Pam Hinmstreet, VC/Sanctions
Jody Welborn, Secretary
June Mather, Registrar -
USMS Internal Auditor

Bob Bruce, Long Distance
Dave Radcliff, Editor/Northwest Zone Rep
George Thayer, Fitness
Earl Walter, Records/Zone LCM Records
Sandi Rousseau, Safety -
USMS Championship Chair

Donna Ryan, Awards
(Address list continues on the back side)

Northwest Zone Address List (May 2001)

3886 South Tongass, Ketchikan, AK 99901
PO Box 33336, Juneau, AK 99803
PO Box 85190, Fairbanks, AK 99708
PO Box 2953, Soldotna, AK 99669

3000 Capstan Drive, Anchorage, Alaska 99516
PO Box 240643, Anchorage, AK 99524
2593 Lingonberry Ln, Fairbanks, AK 99709

1605 Richardson Dr. Anchorage, AK 99504

3117 S. Jefferson, Spokane, WA 99203
1540 NW Clifford, Pullman, WA 99163
85 Bird Creek Ln. Seagle, ID 83860
S 13927 Traver Ln, Valleyford, WA 99036

1600 NW Vallhalla Dr., Pullman, WA 99163
408 Vista Dr. Coeur d'Alene, ID 83815
PO Box 145 Albion, WA 99102-0145

721 2nd St. Helena, MT 59601

2602 Olson Dr, Billings, MT 59102
1455 Topaz, Missoula, MT 59808
1409 Sherwood, Missoula, MT 59802
5403 Florence Carlton Loop, Florence, MT 59833

18230 SW Broad Oak Ct. Aloha, OR 97007
935 NW 170th Pl, Beaverton, OR 97006
3339 NW Windwood Way Bend, OR 97701
6687 SW Canyon Dr, Portland, OR 97225
1056 Hillview Dr, Ashland, OR 97520

61200 Parrall Rd. Bend, OR 97702
5832 SE Woll Pond Way Hillsboro, OR 97123
2000 NW Trenton Ave, Bend, OR 97701
596 F St. Gearhart, OR 97138
23995 SW Drake Ln, Hillsboro, OR 97123

45 NW Sleret Ave, Gresham, OR 97030

(907) 225-3296
(907) 364-3106
(907) 479-5585
(907) 262-5308

(907) 345-5800
(907) 243-7766
(907) 479-9688

(907) 337-0913

(509) 458-3928
(509) 334-5262
(208) 265-5412
(509) 448-5250

(509) 334-0352
(208) 667-3721
(509) 332-1621

(406) 443-2259

(406) 656-7264
(406) 542-5151
(406) 543-1575
(406) 273-3918

(503) 649-4719
(503) 531-9051
(541) 385-7770
(503) 297-5889
(541) 482-0610

(541) 317-4851
(503) 648-7141
(541) 388-3392
(503) 738-3763
(503) 642-3679

(503) 665-0538

KetchCoachDawn@aol.com
jandean@alaska.net
janna@alaska.net
jowan@ptalaska.net
quist@alaska.net

kwinter@alaska.net
n8484q@ptalaska.net

andrew5140@hotmail.com

sbsfty@aol.com
lamb@turbonet.com
sege1199@yahoo.com
elinswims@aol.com

glynm@mail.wsu.edu
rangolf@gocougs.wsu.edu
dougarcia@usms.org

agilbert@initco.net

toennis@earthlink.net
tyler@montana.com
ellenm@olo.k12.mt.us

jteisler@msn.com
suzrague@aol.com
hinmstreet@bendcable.com
jowelb@teleport.com
june@ashlandoregon.org

bobbruce13@attglobal.net
therads@home.com
gthayer@bendnet.com
oldbarn@seasurf.net
trousse@ix.netcom.com

dommagulie@qcsn.com

Jeanne Thimm, Membership
Murari Krishna, Top Ten
Ginger Pierson, Social/Hos/USMS ISHOF Chair
Bill Volckening, Web Master -
MACA Coach Co Rep/Swim Mag. Editor

5685 SE Gatehill Ct., Milwaukie, OR
16344 SW Estuary Dr. #203 Beaverton, OR
8417 NE 16th St., Vancouver, WA 98664
370 NW Island Circle, #B5, Beaverton, OR 97006

jalthimm@regence.com
murari@informix.com
gpierson@teleport.com
BillVolckening@usms.org

PACIFIC NORTHWEST

Lee Carlson, Chair
Jeanne Ensign, Vice Chair/Zone Treasurer -
USMS Treasurer

1000 Cabin Creek Lane SW D301, Issaquah, WA 98027
511 East Roy #314 Seattle, WA 98102

leedee@cablespeed.com
jeanne@raincity.com

Carolyn Belse, Fitness
Hugh Moore, Meet Chair / Sanctions /
Steve Peterson, Secretary
Sarah Welch, Treasurer
Cindy Martin, Registrar
Walt Reid, Top10/Zone SCY Records
Sandy McNeel, Editor
Kathrine Casey, Safety
Jane Moore, Bylaws
Sally Dillon, Long Distance/Awards -
USMS Long Distance Chair

1321 177 Ave NE, Bellevue, WA 98008-3207
1867 58th St NE, Tacoma, WA 98422
11165 CentralValley Rd NW, Poulsbo 98370
3704 Cheasty Blvd. South, Seattle, WA 98144
2427 NE 143rd St., Seattle, WA 98125
11114 111th St SW, Tacoma, WA 98498
2364 Fairview Ave E, #1 Seattle, WA 98102
11114 111th St SW, Tacoma, WA 98498
1867 58th St NE, Tacoma, WA 98422
PO Box 845, Oak Harbor, WA 98277

cbelse@yahoo.com
weswim@mindspring.com
speterson@bandwagon.net
sarah.welch@ci.seattle.wa.us
cmart@oz.net
waltreid@weyerhaeuser.com
swim@troutlake.com
walt.reid@weyerhaeuser.com
weswim@mindspring.com
salswimr@oakharbor.net

Jim McCleery, Webmaster
Barb Gundred, Coaches
Jeannette Vallandigham, Social
SNAKE RIVER

31140 State Route 20 #D203 Oak Harbor, WA
3880 Gala Loop, Bellingham, WA 98226
PO Box 97162 Lakewood, WA 98497

(206) 428-1141
(360) 734-8364

webmaster@swimprna.org
barbg@munes.com

Richard Cooke, Chair
Jill Wright, Editor/Registrar
Steven Porter, Coaches Rep
Jeff Erwin, Treasurer
UTAH

5573 W. Beachfront Ln., Boise, ID 83703
1626 Williams, Boise, ID 83706
8550 W. Atwater Dr. Boise, ID 83714
1810 N. 19th St. Boise, ID 83702

(208) 853-9999
(208) 338-5287
(208) 377-1377
(208) 389-9847

richcooke@aol.com
swimjimw@aol.com
sipofter@mcworld.com
rdderby@aol.com

Dennis Tesch, Chair
Mori Paulsen, Past Chair/Treasurer
Cathy Philpot, Vice Chair
Julie Bills, Secretary
Will Reeves, Registrar
Richard Kittel, Top 10 / Records
Douglas Smith, Sanctions
Karen Oliver, Editor
Carol Morgan, Outreach
Gary Shaw, Website
Matt Walters, Website/Coaches
Eric Crankshaw, Long Distance
Gerald Treiman, Equipment
Christopher Wood, Fitness
Truman Sands, Zone Liason

912 S 2200 E, Salt Lake City, UT 84100
1010 Douglas St., Salt Lake City, UT 84105
1533 Hubbard Ave, SLC, UT 84105
4853 W. Shbyn Hill Drive, West Jordan, UT 84084
955 E. South Temple, Salt Lake City, UT 84102
980 Hollywood Ave. Salt Lake City, UT 84105
738 Hilltop Rd. Salt Lake City, UT 84103
4597 S Jupiter Dr., SLC, UT 84124,
4655 Idlewild Rd. Salt Lake City, Ut 84124
1176 Lake St. Salt Lake City, UT 84105
183 L St. Salt Lake City, UT 84103
7675 South 2375 East SLC, UT 84121,
1563 East Federal Heights Drive, SLC, UT 84103
631 Garfield Ave. SLC, UT 84105
P.O. Box 581132. SLC, UT 84158

(801) 205-5453
(801) 583-8922
(801) 582-7220
(801)280-7403
(801) 363-4020
(801) 485-1955
(801) 521-8075
(801) 274-8004
(801) 278-3795
(801) 486-6551
(801) 537-5023
(801) 453-1123
(801) 328-8882
(801) 466-1287
(801)363-4838

dtesch@uswest.net
morip@sina.com
cphilpot@es.com
JBills@CO.SLC.UT.US
willreeves@worldnet.att.net
rkittel@aros.net
swindocoug@aol.com
oliver4597@aol.com
gshaw@shawcoelectric.com
mattwalters@theaglebe.com
jadedbehan@aol.com
trumanns@earthlink.net

TO DO LIST

May

- May 1 - LMSC Registrars send reports to National Office
- SCY Nationals in Santa Clara
- May 15 - Northwest LMSCs send swimmer surcharge to Jeanne Ensign
- Check out new Northwest Web Site and send feedback to Zone Rep.

June

- June 1 - LMSC Registrars send reports to National Office
- Send in your entry blanks for Zone LCM and National LCM Meets
- Send in your entry blank for National 3000 Open Water Swim
- June 5 - Get list of your meets to Zone Rep so he can submit meets to SWIM Magazine
- USMS Coach of the Year applications due
- LMSC SCY Top 10 reports due to Records and Tabulations Chair

July

- July 1 - LMSC Registrars send reports to National Office
- July 8 - Postmark deadline for LC National Championships
- July 15 - LC National Championships entry receipt deadline
- Train hard and get ready for some great swims
- Try an open water swim if you have never done one before



5832 SE WOLL POND WAY
HILLSBORO, OR 97123

March - April - May 2001