Greetings from the National Office...

Hi All -

I traveled up to Maine last week with a friend, Perkins Cove in Ogunquit to be exact. Beautiful town, right on the coast, just north of the NH border.

Being a proud member of USMS, I was wearing one of my many USMS logo shirts. As we were walking down the crowded street full of shops and tourists, a bright orange late model Volkswagan convertible with 2 women (60ish) went zipping by. After they passed I heard one say to the other "United States Masters Swimming". This caught my ear, I turned and called out "United States Masters Swimming!" The woman in the passenger seat looked back and (as the driver continued driving away) yelled "I never new about USMS and once I found out, I see the logo everywhere". I shouted "well, there are 42,000 of us" and she responded with a big smile and a "thumbs up" and they drove around the corner and out of sight.

Don't think she is a member and I don't even know if she swims. But she knows about USMS now. That encounter made my day! Wear your USMS Logo attire and spread the word!!!

Speaking of spreading the word, the Brochure "Add Value to Your Aquatic Facilities" is now available. The brochure was developed by the Planning and Marketing Committees and provides information on how adding Masters swimming to a facility's mix of activities can attract a whole new constituency. Brochures are available through the National Office at no charge, you just pay the postage.

Convention in Greensboro is just a few short weeks away! I have included a whole section on Convention announcements so if you are attending, please be sure to read this information.

There are still a number of LMSCs that have not submitted their 2004 Financial Reports or Annual Meeting Minutes. If your LMSC appears on either list on page 8, please get this in to the National Office as soon as possible.

Good luck to all who will be competing at the Long Course Nationals in Mission Viejo, California! We distance swimmers have the opportunity to swim both the 1500 and 800 free. I'm thrilled!!! Well, I say that now. Not sure how I'll feel on Monday – 1500 day!

See ya,

Tracy

THINGS TO DO...

Listed are <u>all deadlines</u> from the USMS Working Calendar. Please read this and use as a reminder. This 2005 Working Calendar is posted in its entirety on the USMS website at: www.usms.org

AUGUST ~ 2005

1st

- LMSC Registrars send registration reports to National Office (Electronic Files sent to Esther at Registration@usms.org, hard copies and checks sent to Tracy at the National Office) USMS SWIMMER Magazine Label Month!!!
- Deadline for USAS for early convention registration and inclusion in USAS Directory
- Bids for Fitness Events due to Fitness Committee Chair (Pam Himstreet - Fitness@usms.org)
- Equipment requirements from committee chairs and workshop planners due to Convention Committee Chair (Michael Heather - convention@usms.org)
- All proposed rule/code changes from Rules, Long Distance and Legislation due to National Office for inclusion in convention packet
- Final SCY Top Ten List sent to printer
- Second Quarter Financial Reports prepared
 8th
- Zone Reps submit list of events for USMS Swimmer calendar for the November/December issue to Zone Chair (Lynn Hazlewood - Zones@usms.org)

10th

 Order deadline for additional copies of the Sep/Oct issue of USMS SWIMMER Magazine

11th

- Bids for 2007 Long Course & Short Course National Championships due to Championship Committee Chair (Barry Fasbender – Championship@usms.org)
- Bids for 2007 Long Distance National Championships due to Long Distance Committee Chair (Peter Crumbine – LongDistance@usms.org)
 11 – 15th

 USMS LC National Championships, Marguerite Aquatics Center, Mission Viejo, California
 15th

- Editorial materials due to USMS Editor for November/December issue of USMS Swimmer (Bill Volckening - <u>Editor@usms.org</u>)
- Decide on MBNA contract renewal 31st
- Deadline for submission of ISHOF candidates
 Other deadlines this month ~
- Convention packets mailed to all certified delegates
- USAS sends convention registration list to National Office. Secretary notifies LMSCs who have not sent delegate certifications

Streamlines... from the National Office

SEPTEMBER ~ 2005

- Rule Book cover submissions and bids to print the Rule Book due to Rule Book Editor (Meg Smath publications@usms.org)
- Period for 2005 reduced-fee swimmer registration fee begins
- LMSC Registrars send registration reports to National Office (Electronic Files sent to Esther at Registration@usms.org, hard copies and checks sent to Tracy at the National Office)
- All LMSCs which have not hosted a Mentor Coach and Swimmer or Open Water clinic in the past 2 years will have until September 1st to submit an application. LMSCs that have hosted within the past 2 years will not have their applications reviewed until after September 1st. This will give priority to those who have not hosted a clinic recently a chance to host.

14-18th

- USMS Convention, Greensboro, North Carolina
- Registration Committee finalizes membership card, printer notified.
- Long Distance National Championship Packets distributed to hosts of 2006 events

30th

- End of LCM season
- Last day to notify MBNA of non-renewal
- Group Exemption 501 (c) (3) status report due to

Other deadlines this month ~

Changes, additions, deletions for 2006 Working Calendar due to National Office from Committee Chairs, etc. (Tracy Grilli, USMS@usms.org)

OCTOBER ~ 2005

1st

LMSC Registrars send registration reports to National Office (Electronic Files sent to Esther at Registration@usms.org, hard copies and checks sent to Tracy at the National Office)

8^h

- Zone Reps submit list of events for USMS Swimmer calendar for the January/February issue to Zone Chair (Lynn Hazlewood - Zones@usms.org)
- Deadline for Coaches Committee to submit announcements to USMS Swimmer for Mentor Coach and Swimmer Clinics, NIKE Clinics, and Coach of the Year

15th

- Editorial materials due to USMS Editor for January/February issue of USMS Swimmer (Bill Volckening - Editor@usms.org) 20th
- LMSC LCM Top 10 reports due to Top Ten Chair (Mary Beth Windrath - TopTen@usms.org)

Deadline for submission of information to be included in the Fall issue of Streamlines... from the National Office

30th

Fall issue of Streamlines... sent via e-mail or snail

31st

End of the 2005 Registration Year. All registrations after November 1st are for 2006

Other deadlines this month ~

New President makes changes in Committee Chairs and committee membership

NOVEMBER - 2005

- 2006 Registration year begins
- LMSC Registrars send registration reports to National Office (Electronic Files sent to Esther at Registration@usms.org, hard copies and checks sent to Tracy at the National Office) USMS **SWIMMER Magazine Label Month!!!**
- Order deadline for additional copies of the Nov/Dec issue of USMS SWIMMER Magazine
- 2006 LMSC Handbook section updates due to National Office Administrator (Tracy Grilli)
- Minutes of House Of Delegates, 2006 Budget and FOG posted on the USMS website and e-mailed to all who attended convention

- National Office Administrator (Tracy Grilli) sends Rule Book Appendix E Committees and Chairmen to Book Rule Editor Smath (Meg Publications@usms.org)
- Final copies of Rules/Long Distance/Legislation changes to Rule Book Editor (Meg Smath) from appropriate committee Chair (Leo Letendre, Peter Crumbine & Rob Copeland)

Records and Tabulation Chair (Mary Beth Windrath) sends National Records to Rule Book Editor (Meg Smath)

16th

Final proofreading of Rule Book due to Rule Book Editor (Meg Smath)

23rd

All camera ready copy and artwork due to Rule Book printer 30^{th}

Deadline for LMSC Registrations to be submitted to the National Office

Streamlines... from the National Office

CONTACT UPDATES

- Helen Bayly (Arizona) new e-mail hhbb@verizon.net
- Kathy Garnier (Colorado) correct e-mail k_garnier@msn.com
- Errol Graham (Southern Pacific) new address 7560 Hollywood Blvd., # 308, Los Angeles, CA 90046. 323-969-9684
- Cindy Hawkinson (Colorado) new address 6725
 Meadowbrook Ln, Sedalia, CO 80135
- Eric Jernberg (Wisconsin) new e-mail jernberge@yahoo.com
- Conrad Johnson (Metropolitan) new contact info 468 Riverside Dr # 54, New York, NY 10027, 917-446-0595, cjswim007@earthlink.net
- Randy Nutt (Florida Gold Coast) new address 2615 NW 99th Ave, Coral Springs, FL 33065, 954-821-3294
- Paul & Laura Smith (Colorado) 80 Juniper Ln, Evergreen, CO 80439
- Sarah Welch (Pacific Northwest) correct e-mail sarah.welch@comcast.net
- Rhea Wilkins (North Carolina) new address/phone
 6656 Springfield Village Lane, Clemmons, NC 27012, 336-778-0988
- Jerry Stowe (Hawaii Treasurer) new address PO Box 223280, Princeville, HI 96722
- Dennis Tesch (Utah Chair) new e-mail d.tesch@comcast.net

NEW LMSC OFFICERS

Alaska

- Chairman Joanne Wainwright joswims@gci.net
- Vice Chair/Secretary Jackie forster missingjake@yahoo.com
- Registrar/Treasurer Steve Taylor steviet@alaska.net
- Sanctions Susan Ellis agsi99@gci.net
 Colorado
- Officials Pete Schwenker petes@mcguckin.com
 Safety Gary Reese swimcoachreese@msn.com
 Connecticut
- Registrar Marie-Pierre Graf mpierre38@aol.com Florida
- Sanctions Sue Moucha jbmoucha@aol.com Indiana
- Chairman Cheryl Gettelfinger cgettelfinger@att.net
- Vice Chairman Dick Sidner rsidner@iupui.edu Metropolitan
- Coaches Vacant
- Officials Holger Fietkau holgerfusa@aol.com
- Officials Kris Sawicz krzysztofs0711@aol.com
- Top Ten Simon Butterworth sbut@optonline.net

Minnesota

 Registrar – Anthony Sarrack, msarrack@usfamily.net

Montana

- Chair Suzi Thompson suzithompson@mailblocks.com
- Registrar Ellen Parchen ellen.parchen@mso.umt.edu
- Treasurer Holly Apple h.apple@bresnan.net
 New Mexico
- Top Ten Jacki Marr drm@cybermesa.com Niagara
- Chairman Ken Kopenhaver niagarachair@hotmail.com
- Records Mark Mallis, NiagRecords@usms.org
- Webmaster Mike Burgess mikeburgess@avanex.com

North Texas

- Treasurer Kim Shaw shawkim@earthlink.net
 South Carolina
- Chairman Mike Wendt mottowendt@pol.net South Texas
- Chairman Ed Coates edcoates@swbell.net
- Parliamentarian David Blanke dblanke@velaw.com

Ohio

- Vice Chair Scott Boyer skjdboyer@myfam.com
- Treasurer Scott Goertemiller sgoertemiller@fuse.net

Wvomina

 Chairman/Registrar – Michael Ryan – wyomasters@sisna.com

Speaking of LMSC Officers...

The LMSC Officer Web Page has been updated and a search form has been developed. This can be found at:

http://www.usms.org/lmsc/lmscofficers.php

You can use the form to view a list of E-Mail Addresses for LMSC officers. The LMSC officers can be searched by LMSC (all officers for a given LMSC), or by office (all LMSC chairmen, for example), or a specific officer may be looked up by office/LMSC or by E-Mail alias.

Please review your LMSC list of officers and send updates and changes to the National Office.

2005 Convention Information Greensboro, NC September 14-18th

* Convention Packets *

Convention packets (which include: convention schedule, USMS Officer, National Office, Liaison & Special Assignment reports, National Officer Candidate information, Committee reports and meeting agendas, Legislation, Rules & Long Distance proposed changes) will be posted on the USMS website on or about the 2nd week in August, hard copies will be sent out shortly there after, to all who have registered for convention.

Please read all of these pre-convention materials thoroughly BEFORE arriving. We all know that once the paperwork starts getting handed out, it is very hard to keep up. Being "prepared" for convention is one of the MANY responsibilities of the delegates.

* Roomate Matching Service *

Tracy has agreed to provide her "matchmaker" services again this year. If you need a roommate for convention, contact her at the National Office and she will put you on the list and hopefully match you up.

* Election Status Report *

The early nomination period opened on January 1 and terminated April 30. During that time, the committee received packets from 15 nominees. There was at least one nomination for each office except Vice President of Community Services, Director from Dixie Zone and Director from Southwest Zone. One of the nominees, Rob Copeland, was also on the election committee. The EOG does not allow candidates for office to be members of the election committee. Rob was replaced on the committee by Debbie Cavanaugh. The BOD approved her appointment by a vote of 36 yes, 0 no, 4 not voting.

The committee met on May 10 to qualify candidates. All candidates were deemed to be qualified. Slated for the Executive Committee were: Rob Copeland, President; Mark Gill, V.P. Member Services; Julie Heather, V.P. Local Operations; Colleen Driscoll, V.P. National Operations; Michael Heather, V.P. National Operations; Leo Letendre, V.P. National Operations; Meg Smath, Secretary; and Tom Boak, Treasurer. The director nominees will be sent to their respective zones for slating during the convention meetings. They are Anna Lea Roof, Breadbasket; Betsy Durrant, Colonies; Nadine Day, Great Lakes; Mary Pohlmann, Great Lakes; Jeanne Ensign, Northwest; Michael Moore, Oceana; and Carolyn Boak, South Central. The open positions will be filled at convention during floor nominations. Information

for all candidates was posted on the election site following qualification. It was also published in the July/August issue of *SWIMMER*.

Convention Election Schedule

The committee met on July 10 and firmed up the schedule of election activities for convention. This schedule may be subject to change after floor nominations are complete:

- On Wednesday, posters of candidates and a box for meet the candidates sessions will be placed at the USMS registration table. The box will be available for submission of questions until the Thursday afternoon HOD meeting. There will also be posters available for the back of the HOD meeting room and the hospitality suite.
- Slating of director candidates will take place during the Thursday, 8:30 a.m. zone meetings. The election chair will provide each zone representative a set of instructions for the slating process as well as information on all director candidates for their zone.
- Zone representatives will submit their slates to the election chair immediately following the Thursday zone meetings. They will also submit any zone rep changes that occurred during the zone meetings.
- 4. HOD nominations will take place on Thursday at 1:45 p.m. The election chair will read the slate and accept floor nominations for each office. Floor nominees will be expected to submit their paper work immediately following nominations.
- 5. The election committee will qualify floor nominees on Thursday, 6:00-7:00 p.m.
- 6. There will be a meet the candidates session on Thursday, 8:30-9:30 p.m. Refreshments will be served. Only candidates running in contested elections will answer questions during this session. Following the formal meet the candidates forum, all candidates will be asked to remain for a half-hour to mingle and to be available for informal questioning from the delegates.
- 7. The election will be held during the Friday 3:00-5:00 p.m. HOD session. After a reading of the full slate, candidates running unopposed will be elected by acclamation. Balloting for contested elections will be by roll call vote using paper ballots.

FLOOR NOMINATION PROCESS

Floor nominations in the HOD on Thursday will be somewhat complex because of the number of offices being contested and because there are three unfilled slots. The following process is from the EOG PART TWO, Section IV—Nomination Policies:

D. Floor Nominations

- 1. Floor nominations shall be accepted immediately following the presentation of the Committee report in the HOD.
- 2. Each nomination from the floor requires a Delegate nominator, who shall be allowed to speak for one (1) minute on behalf of the candidate.
- 3. Each nomination from the floor requires a Delegate to second the nomination.
- 4. The nominee shall confirm their willingness to run, as a candidate for the nominated position.
- 5. Following a nomination and second, the floor candidate(s) shall submit a completed nomination packet.
- 6. Each floor candidate's paperwork will be duplicated and distributed to the HOD to allow time for review prior to the Election.
- 7. Candidates nominated from the floor of the HOD shall be registered members of USMS prior to their nomination.

"The Committee shall not slate a candidate for more than one position. (EOG, Part TWO, Section VI-B.3)." Therefore, candidates who are already slated for another office must withdraw their consent to run for the slated position prior to confirmation of the consent to run for the floor nomination (step #4 above). It will not be necessary to submit a second nomination packet. Candidates who are not slated for another office must submit their nomination packet immediately following floor nominations. If you believe you will be nominated from the floor, you may submit your packet by email to zones@usms.org by Sunday, September 11. You may also submit your packet digitally during convention. This will facilitate distribution and readability. Please consult with the election chair for details following floor nominations.

* Shipping Packages *

Sally Newell has volunteered to be the "recipient" of packages that need to be sent to convention. Received by deadline is Monday, Septermber 12th. Contact Sally at 336-299-1456 or swimsally@bellsouth.net to let her know how many packages you are sending and when they will be delivered. Please send packages to:

Sally Newell 1812 Swannanoa Dr Greensboro, NC 27410-3934

* Sports Medicine Presemtation * Friday, September 16th 1:00-2:00 pm

REHABILITATION OF COMMON SWIMMING INJURIES

Nadine KM Day BS in Education-Human Development Masters of Physical Therapy

Illinois Masters Swimmer, Nadine KM Day is a licensed physical therapist. Nadine excels in the water with Top Ten standing s in every event and in every course. She is the owner of Aqua Performance, an aquatic physical therapy practice and specializes in rehabilitation of swimmers' injuries. She coaches high school, agegroup and Masters swimmers. Nadine also hosts swim camps focusing on technique and dry-land exercises for swimmers.

* New Delegates *

Thank you for volunteering your time and energy to the National Governing Body of United States Masters Swimming!

You will be receiving a "New Delegate" packet (that will be sent out separately from the convention packet). It will include a Welcome letter from our USMS Convention New Delegate Welcoming Committee - Ginger Pierson and Steve Peterson, USAS New Delegate Helpful Hints and an invitation to the New Delegate Orientation.

If you have any questions, Ginger can be reached at gingerp@qwest.net and Steve at speterson@bandwagon.net

* New Delegate Orientation * Thursday, September 15th 7:30-8:30 am

You are cordially invited to a "New Delegate Orientation" where you will have an opportunity to meet with members of the Executive Committee and discuss any questions you may have concerning convention.

* Coaches Presentation * Wednesday, September 14th 2:00-5:00 pm

Details of this presentation will be included in the convention packet.

* Morning Workouts *

Michael Heather has contracted with the Bryan Family YMCA in downtown Greensboro to use their pool Thursday through Saturday, 5:30 - 7:30am. The pool is an 8 lane x 25 yd.

There is bus service dropping swimmers off at 5:15 and 6:15 am to make 2 workouts and not crowd the pool too much. I have been told that the pool is only about 3 miles from the hotel.

There is also a 3 lane "therapy" pool and whirlpool for our exclusive use during those hours.

The YMCA will also allow individuals to swim during regular lap hours on Wednesday. All you have to do is identify yourself as a Masters swimmer from the convention.

There will be a few member Masters swimmers at the Y that would like to join our high falutin' workouts while the coaches are on deck.

George Cunningham 1925-2005

George Cunningham passed away the last week in July. George received the first male Pacific Masters swimmer of the year award in 1981.

He swam for Tam Masters for many years. When he retired, he moved to Felton and help found the Santa Cruz Masters Swim Club. George was honored at the recent Pacific Masters Swimming Long Course championships as a founder. George had worked many years as meet director of the any meet that held at Santa Cruz

George was graduate of the University of California and bled "blue." He also thought that the breaststroke was the most perfect stroke devised by man.

2007 National Championship Bids Due

Bids for the 2007 National Short Course and Long Course Championships are due August 15, 2005 to Barry Fasbender, USMS Championship Committee Chair at Championship@usms.org

Pieter Cath 1930 - 2005

Pieter Cath loved swimming. Pieter was involved in Masters swimming for most of his adult life. He met his best friend and companion, Lilly Kron through Masters swimming.

Pieter had a significant hand in the growth and development of O*H*I*O Masters Swim Club serving as it's president from 1982 to 1986. He was also the first newsletter editor and kept members appraised of activities, meets and best times. Over the past 25 plus years, Pieter was responsible for directing more than 116 meets and numerous open water events.

Pieter, developed a computer software used to run meets. His program was one of the first developed in Masters history that was used to run the heats and tabulate results. In addition to the many local meets that Pieter directed, he also directed two national Masters LC championship meets - Canton CT Branin Natatorium in 1981 and Cleveland State Natatorium in 2002.

He was very involved in the administration of Masters swimming not only at the local level but also at the national level as a member of the USMS Records and Tabulation committee for many years and serving as it's chair since 1998. He was a true ambassador to the sport.

During Pieter's swimming career, he himself made the top ten list twice and was an All American Relay swimmer.

Pieter's contribution and commitment to Masters swimming was truly significant. He helped make O*H*I*O Masters the strong swim club that it is today, and provided innumerable opportunities for swimmers to compete in a fun and positive way.

2007 Long Distance Bids Due

A reminder that bid forms for the 2007 USMS Long Distance Championships must be emailed to Peter Crumbine (longdistance@usms.org) no later than Friday, August 12, 2005. Additional forms are available by emailing him or by going to our web site (http://www.usms.org/longdist/). Site/host selection for the 2007 events will occur at the 2005 USMS Convention September 14-18 in Greensboro, NC, but committee review will take place prior to convention. The Long Distance Committee encourages all interested organizations to bid, particularly those that have not previously hosted a national championship.

Copies of USMS SWIMMER

Additional copies of USMS SWIMMER Magazine are available to USMS entities - Zones, LMSCs, Clubs, National Committees, etc. These can be ordered in advance through the National Office for cost.

For up to 10 copies the cost is 93 cents per copy (which also includes shipping). For orders of 10 or more, the total cost will be slightly higher because of the added weight and cost of shipping.

For the Sept/Oct issue, orders must be received by August 10th.

For the Nov/Dec issue, orders must be received by October 1st.

If your Club, LMSC, Zone or Committee is interested in ordering copies of USMS Swimmer, contact Tracy at the National Office with the following information:

- Number of Copies requesting
- Event in which USMS SWIMMER will be distributed
- Name and Address of who they are to be shipped to
- Name and Address of who the invoice for payment is to be sent to

Once the order is shipped, an invoice will be sent.

Updated Fitness Page on the USMS Website

The Fitness Section of the website was out of date for the first half of the year while the webmasters redesigned the entire USMS site. Our section is now in perfect working order thanks to the efforts of Marian Briones. You can now find up-to-date information and registration forms for the three USMS Fitness Events. These are the Check off Challenge, which now runs all year, the 30 Minute Swim Challenge, and the Virtual Swim Series. It is not too late to start any of these three events. Try to do all three before year's end. Get your team involved. All three are non-competitive but provide personal challenges and opportunities or goal setting. While you are on the website, check out all the new Fitness Articles of the Month. There are lots of ideas about swimming and keeping fit as we add a new article monthly and archive the past ones. Take a look. You will like what you see.

2006 Rule Book Cover

Submittals are due by September 1st

Submit a **finished design** (not a preliminary sketch) that is 5 1/2 inches wide by 8 1/2 inches high and must use the phrases "United States Masters Swimming" and "2006 Rules" in the design as well as the USMS logo (including trademark sign). Your design can be a line drawing, full color photograph - anything goes! I can not wrap around to the back cover (which is sold as an ad).

Mail entries to: Meg Smath, Publications Committee Chair, 171 Creekwood Way, Nicholasville, KY 40356-

All submissions become the property of USMS; we will ask each contestant to sign a release.

The winner will be chosen by the Publications committee at it's meeting at the USMS Annual convention in Greensboro, North Carolina.

After the winning design is chosen, USMS will pay for color separations and any modifications requested by the Rule Book committee. Expenses incurred before the winning design has been chosen are the responsibility of the designer.

Any questions - contact Meg at work 859-257-5500 or 859-885-9184 send e-mail home or to publications@usms.org

Address Changes

Please inform your members - If they are moving, contact your local registrar or the National Office with their new address.

USMS SWIMMER Magazine is sent "periodical rate" and is not automatically forwarded. They don't tell us, they won't receive their magazine!!!

Delivery of USMS SWIMMER

We recently were informed that the process of "sorting and shipping" at the Post Office in Manchester, NH (where USMS SWIMMER is shipped from) had changed. This is the reason behind the late delivery of USMS SWIMMER to many of our members. In the past, our magazine would be sorted and shipped directly from Manchester. All periodicals are now being sent to a regional distribution center, sorted and sent from there.

Instead of the process being more efficient, it has slowed it down. We can't do much about the USPS, but DMC, inc. and the Editorial Board have "bumped up" the production schedule effective with the Jan/Feb issue so that all receive their issue by the 1st of the month.

ARTICLE 502.7 RECORDS AND RECORD KEEPING

Each LMSC shall comply with the financial record keeping and reporting requirements of USMS. The LMSC shall forward to the USMS National Office the minutes of the annual meeting and annual financial reports within 4 months of the end of the LMSCs fiscal year or by April 30, 2005.

Below are the LMSCs who's **2004** Financial Reports HAVE NOT been received by the National Office:

Adirondack, Arkansas, Delaware Valley, Inland Northwest, Maryland, Metropolitan, Midwestern, Minnesota, Missouri Valley, Montana, New England, New Mexico, North Dakota, Oklahoma, Ozark, South Carolina, South Dakota, Southern, Wyoming

Below are the LMSCs who's **2004 Annual Meeting Minutes HAVE NOT** been received by the National Office:

Allegheny Mountain, Arizona, Arkansas, Central, Connecticut, Delaware Valley, Gulf, Hawaii, Inland Northwest, Iowa, Maryland, Michigan, Midwestern, Minnesota, New England, New Mexico, North Carolina, North Dakota, North Texas, Oklahoma, Ozark, Snake River, South Carolina, South Dakota, South Texas, Southeastern, Southern, Utah, Wyoming