



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

"Swimming for Life"

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Oregon Wins National Bid

by Sandi Rousseau

The Oregon Masters LMSC Board is excited to announce that Oregon has been chosen to host the 2016 Summer Masters Nationals at Mt. Hood Community College. This will be the fourth time that Oregon has hosted a Masters long course national championship meet with the prior events being held in 1982, 1986, 1995, and 2008. Oregon also hosted the swimming competition of the 1998 NIKE World Masters Games.

Oregon has a long history of hosting superb national championships. Our knowledge and expertise in managing an event of this size is extensive, and we have many



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people within Oregon who have prior experience with hosting this large event.

Hosting a Masters Nationals is our LMSC's primary fund raising to support our local events and functioning through the other years. This is a team event, i.e. it takes many of you volunteering to make the event run smoothly. So the Board looks forward to many of you stepping up when we need volunteers for the various aspects of meet planning.

Dennis Baker has volunteered to be meet director. Dennis was co-meet director in 2008. Tim Waud has volunteered to be Dennis' assistant meet director. The meet will be held in mid August 2016. Our local organizing committee meetings will begin this Fall. If you are interested in volunteering for a particular planning area for this meet, please contact Dennis at bakeswim@yahoo.com.

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Chair's Corner

Jeanne Teisher



Did you know that this is election year? Yup – for OMS officers. You probably won't see or hear any campaign ads or debates. There won't be any derogatory comments or negative accusations made by opposing candidates (Masters swimmers are not like that any way). We do like to see and encourage new volunteers to get involved in the leadership of the organization.

We are looking for candidates who will serve a 2-year term for any of the following positions. The current officers are eligible, if interested, to serve another term. I have listed them in parenthesis as an FYI.

Chair (Jeanne Teisher)
Vice Chair (Wes Edwards)

Secretary (Michelle Jacobs-Brown)
Treasurer (Kermit Yensen)

I have served on the OMS board for over 16 years (2+ years as Treasurer, 2+ years as Vice Chair, 4 years as Past Chair, 8 years as Chair). In case you're wondering why I have served so many years as Chair, which were not consecutive, it is because of the incredibly talented, dedicated, hard working, and fun individuals who serve on the board, including committee chairs. They have made my job as Chair relatively easy. Our meetings are held most months via conference call, which allows people from around the state to participate on the board either as an officer or committee chair. If you are interested in dialing into an upcoming board meeting to hear what goes on during a board meeting, just let me know and I'll send you the conference call information. Also, we have a board retreat October 4 in Portland if you're interested in attending.

If you would like information on any of the officer positions, you can find it on the OMS website under Policies and Procedures (<http://swimoregon.org/member-services/>). Also, please feel free to contact any of the current officers to find out more about what they do. After reviewing the job roles and responsibilities and talking to current officers, email me if you are interested in any of the positions. The elections will be in the Fall for those positions with more than one candidate.

Thank you for your consideration to serve on the OMS board.

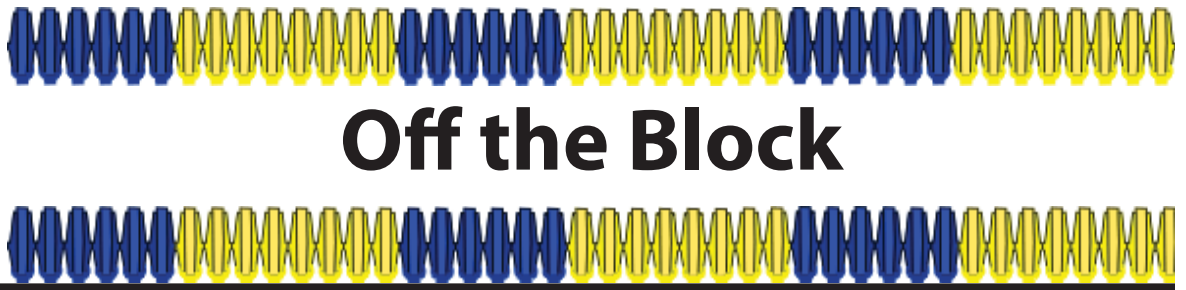
Jeanne Teisher

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Aqua-Master is the official publication of Oregon Masters Swimming. It is a source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. A subscription is part of membership in OMS. Contact Susie Young or Jackie Parker for membership information. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming, Inc. Information is also available on line at www.swimoregon.org.

Send address changes to Susie Young all other questions to Jackie Parker

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Off the Block

Way Above Average

Jamie Miller races all the time because he loves it

Laura Jones

Jamie Miller, 63 and a member of North Carolina Masters, says he is playing catch-up. After learning a little about him, though, you might think that he has already caught up and moved on into the stratosphere. USMS doesn't know what an average number of swims is for an average Masters swimmer. There are too many variables, and it isn't right to reduce the diversity of USMS to a single number. Many of our members enjoy pool racing, but they also enjoy open water swimming and swimming purely for fun and fitness. That said, we're guessing Miller's accumulation of nearly 300 swims in less than four years is way above average.

As a child in West Philadelphia, Miller's father told him not to go into the pool, to stay in the sprinklers. "So naturally, I wanted to go into the pool." Miller went on to swim in YMCA programs and for his junior high and high schools, but the opportunities were limited. In high school, for example, his team only practiced three times a week and had to take the bus to a pool across town. Miller swam in college at North Carolina A&T until 1974 when they eliminated the team.

In 2008, out of the water for 34 years, Miller saw the North Carolina State Games going on at Linley Pool in Greensboro and hopped in and did the 400 free and 200 breaststroke. That was all it took; he was back in the water for good.

Swimming regularly soon took 65 pounds off his frame and eight inches off his waist. He is proud that he takes no medication of any kind. Beyond swimming, he says "just going up the steps, just waking up" feels so much better.

Now, he's a regular at national and regional meets as well as anything within driving distance of his home in Greensboro. In fact, he is so much of a regular that he has



accumulated 298 swims since that fateful day in 2008.

When he started back in 2008, "I met guys my age who could just "blow me away. So I decided to work." He enjoys Masters swimming and swimmers. "I've met so many interesting people and they are all so nice. I may not be in the front, but it all depends on how you look at it."

He's also figured out how to do well—by doing the hard events few people want to do. "I do the 200 fly and the 400 IM because I can place; no one wants to do them." But his favorite event is the 1650.

Miller has always enjoyed competition but he had never experienced the intensity in training that he is now getting. "Now that I am older, I'm younger. There are things I want to do. It's all a challenge, and adventure." Growing up, he says, "we had no weights, no two-a-days." He wants to see where good training can take him. He even works out with a local women's college team some mornings and "does the same workout they do," including swimming with t-shirts for drag.

"I guess I am now striving for a goal to compete with highly competitive swimmers. The Masters swimming program gives me a chance to associate with the best swimmers, and maybe I can simulate the same results," he says. "Swimming has also made me more in tune with my body and with other things. I've started doing yoga." Now he just wishes he could get his family, beyond his granddaughter pictured with him, interested.

continued on page 5



Fit to Swim

Protect Your Joints

Coach Aubree Gustafson

As swimmers, we might not pay as much attention to our joints as other athletes. Since swimming is a low-impact sport, we are not as susceptible to joint injury as others who are following a more high-impact exercise regimen. Regardless, normal bodily use, age, wear and tear outside of the water can lead to the same aches and pains that runners, cyclists and other athletes are more prone to experience. Below are some tips to help keep your joints healthy.

Help your joints stay healthy by remaining active and keeping yourself moving. Whether working or relaxing, it's important to get up and move around. Don't sit too long at your desk at work, or on the couch at home; take breaks, change positions, go for a walk, whatever it takes to keep your joints from feeling stiff.

Do your best to protect your joints when engaging in high-impact activities (like skating, boarding or trying out volleyball for the first time) by wearing protective knee pads or elbow pads. If you know you might experience weakness or discomfort in your joints due to an old injury, consider wearing a brace while playing certain sports like tennis or golf.

Weight can also be a factor in joint health. Decreasing the amount of strain on your joints reduces the risk of cartilage breakdown. Losing just a few pounds can decrease the strain on your knees, hips and back. According to WebMD, every pound lost takes four pounds of pressure off of your knees.

Stretching is also important, and while many experts believe your goal should be to stretch daily, three times a week may also be effective. Be careful not to stretch when your muscles are cold. Warm up before stretching to loosen up the joints, tendons and ligaments around them.

Increasing the strength of muscles around joints help to protect them from injury. Strong muscles mean less stress on the joints themselves. Try to avoid rapid and repetitive movements with joints weakened by previous stress and injury and work joints through their full range

of motion to help avoid stiffness and maintain flexibility.

Most importantly, listen to and know your own body. It is normal to feel some pain or stiffness in your joints after a hard work out or trying something new. Be aware of pain and stiffness that is not subsiding or is abnormal for you and seek council from your doctor when needed. Awareness of your own body is important to joint and all around physical health.

Notes: The 2014 Oregon open water season might be over, but there is still time to participate in the 5K and 10K Postal National Championships. The 5K and/or 10K must be completed in a LCM pool by September 15th, 2014. For more information, visit www.usms.org, click on the Events & Results tab, and select National Championships under Open Water & ePostals. Good luck swimmers!!

****Special thanks to all the open water event coordinators, safety crew and volunteers who made this years' open water season fun, safe and successful.****



Shake and Swim with "Bake"

Three New Trends in Breaststroke

Coach Dennis Baker



Over the last year or so I have been noticing a few things that stand out in Breaststroke. These technique changes go against what most of us learned when we were young. Let us take a look at what is new!

The Breaststroke kick is definitely getting narrower. The fastest swimmers are trying to not kick outside of their body width. They are using the flat bottom part of their feet instead of the sides for better propulsion.

The Breaststroke pull is getting wider. Here we see the opposite of the kick. Many of the record holders are pulling wider than their body width. With these two changes to the Breaststroke the whole dynamic is changing. Think of the old style stroke as a pyramid triangle

with the narrow tip at the top. Narrow pull, wide kick. With the new technique flip the pyramid upside down with a wide pull and narrow kick.

The last point deals with arm/hand movement. When sweeping out front and shooting the hands forward, the hands must achieve the revolution and be together all the way out in front of your body before your head comes down. This will achieve a better streamline position as you finish your kick and stretch forward until the next stroke.

Try these three new ideas in your Breaststroke. I have tried it and it is really helping me, and I am not a good Breaststroker!!



WAY ABOVE AVERAGE CONTINUED FROM PAGE 3

"My first Nationals were in Indy. I was afraid of going, but Don Gilchrist encouraged me. It was eye opening. There were so many nice people, and everyone shared so much information. I started getting hooked."

He's had to deal with some injuries from his rigorous schedule of 4-5,000 yards a day, broken into two practices, six days a week. A pinched nerve rendered his right arm useless for a while and taught him the importance of bilateral breathing.

His advice to others considering meets or even Nationals? Just do it. "If you wait until you are ready, you'll never be ready," says Miller. And no waiting until you age up, either. "You may not make it to the next age group, so you better do it now."



Meet Records & Results Links

* =

Split

OW = Open Water

LCM = Long Course Meters

Pendleton Dual-sanctioned Meet — LCM

July 11-13, 2014; Pendleton, Oregon

Results can be found at: <http://www.usms.org/comp/meets/meetsearch.php?club=OREG&MeetID=20140711pend14L>

RECORD

Women 65-69 200 Meter Butterfly **Gettling, Janet** 66 **3:45.13** Oregon, Zone

Cascade Lakes Swim Series — OW

August 1-3, 2014; Elk Lake, Bend, Oregon

Results can be found at: <http://swimoregon.org/results/> then click on the event for a pdf

FINA World Masters Championships — LCM

August 3-9, 2014; Montreal, Canada

Results can be found at: <https://finamasters2014.org/swimming-results/>

Results for American swimmers will eventually be on the USMS web site.

We will print all records made by OMS swimmers at that time.

RECORD

Men 65-69 200 Meter Breaststroke **Allen Stark** 65 **2:56.96** Oregon, Zone, National, World

FINA World Masters Championships — OW

August 10, 2014; Montreal, Canada

Results can be found at: <https://finamasters2014.org/openwater-results.pdf>

Results for American swimmers will eventually be on the USMS web site.

USMS Summer Nationals — LCM

August 13-17, 2014; College Park, Maryland

Results can be found at: <http://www.usms.org/comp/lcnats14/results/>

RECORDS

Women 60-64 50 Meter Backstroke **Jeanna Summers** 60 **40.20** Oregon, Zone
 Women 60-64 100 Meter Backstroke **Jeanna Summers** 60 **1:27.05** Oregon, Zone
 Women 60-64 200 Meter Backstroke **Jeanna Summers** 60 **3:11.96** Oregon, Zone

Gil Young/NW Zone Championships — LCM

August 22-24, 2014; Mount Hood Community College Pool, Gresham, Oregon

Results can be found at: <http://swimoregon.org/results/> then click on the meet name

RECORDS SET

Women 25-29	800 LC Meter Freestyle	Somera, Christine	29	OREG	10:17.89	Oregon, Zone
Women 55-59	200 LC Meter Backstroke	Courtney, Zena	55	BWAQ	2:49.57	Zone
Women 55-59	50 LC Meter Butterfly	Crabbe, Colette	58	OREG	33.44	Oregon
Men 65-69	50 LC Meter Breaststroke	Stark, Allen	65	OREG	36.31	Oregon, Zone
Men 65-69	100 LC Meter Breaststroke	Stark, Allen	65	OREG	1:19.98	Oregon, Zone
Men 80-84	50 LC Meter Freestyle	Radcliff, David	80	OREG	33.27	Oregon, Zone
Men 80-84	100 LC Meter Freestyle	Radcliff, David	80	OREG	1:11.82	Oregon, Zone, National, World
Men 80-84	200 LC Meter Freestyle	Radcliff, David	80	OREG	2:40.22	Oregon, Zone, National, World
*Men 80-84	400 LC Meter Freestyle	Radcliff, David	80	OREG	5:52.31	Oregon, Zone, National, World
*Men 80-84	800 LC Meter Freestyle	Radcliff, David	80	OREG	11:49.29	Oregon, Zone, National, World
Men 90-94	400 LC Meter Freestyle	Lamb, Willard	92	OREG	8:01.57	Oregon, Zone, National, World



Allen Stark (rt) set a world record at the FINA World Masters Games. Congratulations Allen



Dave Radcliff set four world records at the Gil Young/NW Zone meet. Congratulations Dave



Willard Lamb set a world record at the Gil Young/NW Zone meet. Congratulations Wink



Swimmer Spotlight

Name/Age **Ralph Mohr/73**
Occupation: **Retired High School English and Latin teacher**
Local Team: **Central Oregon Masters Aquatics (COMA)**

The Spotlight this month is shining on Ralph Mohr. He will tell you part of his swimming background.



Ralph at Atsion Lake, New Jersey, 1944

Ralph Mohr cannot remember when he could not swim. His first pool was Atsion Lake in New Jersey, and his teammates were ducks. He had to be two or maybe three as his family moved to Arizona and then to Las Vegas in 1944.

He then was the bane of lifeguards because he thought it was more fun to be at the bottom of the deep end looking for change that fell out of divers' pockets. He passed the Advanced Beginner test in the Vegas Pool but did it mostly underwater.

Mohr did not start swimming competitively until he was a freshman at Mt. Diablo High School in Concord (CA). He lettered his sophomore year by chance, and twice more because no one else on the team wanted to swim the new event, the 400 free. For some reason at the end of his senior year in 1959, he swam the 100 fly in District, got second and qualified for the Nor-Cal Sectionals, where he saw a skinny freshman named Steve Clark in the 150 IM.

After flunking out in mathematics his freshman year at the US Naval Academy and spending his sophomore year at Diablo Valley Junior College in Pleasant Hill (CA), he went to the University of Oregon because out-of-state tuition was the same as in-state (\$100/quarter), and Don Van Rossen recruited everyone on his age group team except him. Oregon also had a great English Department.

Oregon, between 1960 and 1963, was a marvelous place for a walk-on who would swim the 200 fly. Mohr went to Hawaii twice with the swim team and played several silly parts in the annual swim team water show at Leighton Pool. He also set a new UO Record in the 200 fly and was All-Conference one year.

His first teaching and coaching job was in Redding (CA) at Shasta HS and the Redding Swim Club. He came back to the UO for graduate work in English and coached the 1966-67 Frosh, one of the most competitive groups

he has ever been with. The team had Mike Masarie, Olympic Trials qualifier a year later, Steve Johnson, Mike Merrill, and Ed Wemple, the last of whom Mohr had coached in Redding.

He then landed at Coos Bay, and has been there ever since, teaching English and later Latin at Marshfield HS, and coaching swimming from 1968-1987. He coached 5 All-Americans and 5 State Champions at Marshfield, and brought back two team trophies, coaching at the same outdoor pool on the Oregon coast in which he now swims for Masters.

In all of this, Mohr has really never stopped swimming for very long. He swam across the Hellsport from Asia to Greece in 1969. He was at the first Oregon Masters meet as reported by the Old Barnacle, some 40 years ago, along with Karl Von Tagen, who was a teammate at the Pleasant Hill Swim Club (CA); Ron Nakata, a teammate on the UO Swim Team; and Alice Zabudsky.



Ralph (center) with swimming friends

Ralph is on the left. That's not a wet suit; those are red long-johns. They did wild and crazy things in the UO Swim Team water shows.



—submitted by Denise Stuntzner

It's an OMS Summer!

by Charlie Helm

Our busy and successful summer continues with many OMS swimmers showing the World and the USA we really rock out here! As I write this, the World Championships in Montreal have wound down with US and OMS Coach Tim Waud faithfully posting daily updates on Facebook to keep us updated and informed. The US and Oregon swimmers at Worlds report some great swims and some world and national records—Allen Stark, raise your hand! A unique experience that many of us are waiting to hear more about from our swimmers once they return home.

Also at this time, several of our swimmers who skipped Worlds to focus on the long course USMS Nationals in Maryland are now on their way and have posted photos from the airport en route. (Bumped from your flight—that's no way to treat an OMS swimmer!) I've also heard that some of our swimmers who have been at Worlds in Montreal are also planning to head south for summer Nationals as well since they're already on the East Coast. Good luck to all our OMS swimmers and friends at the big meet! As I was not able to participate at either of those major meets back East, I'd like to announce that I skipped those major events not due to budget or time off from work issues, but to focus on the upcoming Gil Young and NW Zone LCM meet at Mt. Hood CC pool. Really, that's been my focus for the summer—to build up for certain events at that specific meet. It's always a great meet and one of the few times we get to enjoy competing in the 50-meter pool. My endorsement has nothing to do with Coach Aubree giving me some adult beverages at a social event last month, either!

The sad news is that many of our hard core open water swimmers are depressed now that our open water season is over. With several popular open water swims not scheduled this summer, it was too few swims and too short a season. The recent Elk Lake swims that ended the open water season were reported to be successful with many telling me the water temp was great this year. Thanks again for our open water guru Coach Bob for another great summer season of events. See you all at the Fall meets coming soon!



Remembering June Krauser, The Mother Of Masters Swimming

Adapted from an article by Elaine K. Howley and a web site at Swimming World: <http://www.swimmingworldmagazine.com/news/june-krauser-the-mother-of-masters-swimming-dead-at-88-years-old/>

June Krauser, a leading figure in the development of Masters Swimming and the Special Olympics passed away on August 2, 2014, she was 88 years-old. Affectionately known as the "Mother of Masters Swimming" around the world, Krauser also played important, but lesser-known roles in the creation of the International Swimming Hall of Fame (ISHOF) and the Special Olympics.



June Krauser literally wrote the book on adult swimming when she authored the organization's first rulebook in 1971. She also served as the Rules Committee Chair for 23 years.

"June Krauser was a remarkable woman," says John Spannuth. "As a volunteer, she literally wrote the book when it came to competitive swimming for adults and for the Special Olympics, and did more to kick-start those two programs than anyone will ever know." John Spannuth, who was the executive director of the AAU when USMS was first getting off the ground, worked closely with Krauser as she wrote the first rulebook codifying the world of adult swimming. He admired Krauser's organizational skills and talents in taking the arcane specifics of rules and distilling them down into a usable manual. He relied on her not only in helping to move USMS into the mainstream, but also tapped her to help him build the Special Olympics. "I love working with good leaders and she stuck out like a sore thumb because she was such a fabulous leader," Spannuth says.

USMS Board Member Tom Boak remembers Krauser fondly as a leader. "Without leaders like her, we would never have become who we are today. June Krauser was one of the real treasures in USMS and definitely deserves the title 'Mother of U.S. Masters Swimming.' It is truly sad to see one of these icons leave us."

"When the first 'Masters' competition for swimmers was held in 1970, there were just 40 competitors," said Bruce Wigo, President of ISHOF. "[The week of August 3-10], in Montreal, Canada, there [were] over 15,000 Master's swimmers, divers, water polo players and synchronized swimmers competing at the 15th FINA World Masters Aquatics Championships. They [were] from all over the world. June's role in starting this great international adult fitness program cannot be overstated."

June Krauser was born in Indianapolis and learned to swim in Lake Michigan at age four. At age 16, she won a national championship in the 220-yard breaststroke and was a member of three Women's AAU Senior National Championship teams, representing the Riviera Swim Club of Indianapolis, Indiana, in 1941, 1942 and 1943. A graduate of Purdue University, June then retired from swimming for close to 30 years.

Moving to Fort Lauderdale, Florida, with her husband Jack in 1955, June got her feet wet as an age group mother when daughter Janice turned five and swam in her first AAU meet. Son Larry followed and later became a Purdue University captain while Janice started the women's swimming program at the University of Tennessee.

In 1964, June was named as a member of the U.S. Olympic Women's Swim Committee and in 1968 took on the unpopular but necessary role of re-organizing and enforcing the rulebook as the Swimming Rules Chairman.

In 1970, when Dr. Ransom Arthur conceived of the idea of establishing a competitive swimming program for adults for health and fitness, he turned to John Spannuth for help. To turn their ideas into a program that would be approved by the Amateur Athletic Union, Spannuth turned to June Krauser. "She was the most efficient person I ever knew," says Spannuth. "She was able to take our ideas and turn them into a program with policies, procedures and rules to follow."

Krauser was the first and only rules chairman for United States Masters Swimming and helped to write most of them. She was founder and editor of Masters first national newsletter, "Swim Master," and printed it for the next 20 years. Longtime volunteer Michael Heather says that despite her deep contributions on the legislative side, Krauser's "most valuable contribution was not rules, legislation, or international relations, although all of those

were considerable. It was "Swim Master." That little mimeographed compilation of results is the single item that kept Masters swimming relevant through the early years and allowed us to grow into what we are today." "Swim Master" eventually evolved into the glossy SWIMMER magazine, one of our most cherished member benefits.

For her untiring devotion to the sport, June was named the second recipient of the Capt. Ransom J. Arthur Award, and the first USMS rulebook was dedicated in her name. Internationally, she served on the FINA Masters Swimming Technical Committee from 1988 to 2004.

"Masters Swimming would be all the poorer if not for her efforts," Says Ted Haartz, who worked with June in the early days of Masters Swimming, and followed June as president of United States Masters Swimming. "She was the right person in the right place at the right time."

When Spannuth moved over to work for Sergeant Schriver at the Special Olympics a few years later, he again turned to June to write the rules for that organization. "June is the person who took those two ideas into a format that explained them and then wrote the rulebooks that made these two movements a reality. If you needed something done right, you called June Krauser."

June's involvement with swimming also extended to the International Swimming Hall of Fame (ISHOF). Over the past 52 years, she and her family have contributed to many projects, which have helped sustain the ISHOF.

June wasn't just a contributor outside of the pool. When the Masters swimming program started she jumped back in the pool and started competing again. She never missed a USMS national competition from 1972 to 2006, and competed in every FINA Masters World Championship from its inception in 1986 – to 2006. She held 154 U.S. Masters Records and 66 FINA Masters World Records.

She was inducted into the International Swimming Hall of Fame as an Honor Contributor in 1994 and into the International Masters Swimming Hall of Fame, as an Honor Swimmer in 2003. In 2007 she was inducted into the Broward County (Florida) Sports Hall of Fame.

Memorial services are being planned for September and will be held at the International Swimming Hall of Fame, in Fort Lauderdale and in Jacksonville, Florida during the United States Aquatic Sports Convention.

It's always sad when someone leaves this world, but when one leaves behind as rich a legacy as June Krauser has, the goodbye isn't truly final, as she lives on in the dynamic, thriving organization that is USMS today.

My World Masters Experience

by Tyler Thessin (OREG)

Montreal (Canada) hosted the 15th edition of the FINA World Masters Championships with swimming events occurring August 2-10, 2014. Five thousand seven hundred seventy-one (5,771) athletes representing 97 countries brought their talents in the water, passion for personal achievement, and camaraderie to the Parc Jean-Drapeau Aquatic Complex and Olympic Basin. The host country came out strong with 1,693 athletes while the United States was well represented by 1,086 athletes. To kick-off the week, the US team proudly paraded through the opening ceremony held at the Olympic Park, home of the 1976 Summer Olympics. This was a remarkable experience for us non-ex-Olympian-mere-mortal-Masters swimmers and family.

Ten Oregon Masters completed 40 swims, half of which resulted in top 10 finishes. As an aspiring breaststroker, Allen Stark's gold sweep of the men's 65-69 age-group 50m, 100m, and 200m breaststroke events, including a new Masters World record in the 200m and new FINA World Masters Championship record in the 100m, was awe-inspiring. I cannot touch his times, but at 65, Allen has had much more experience and training than I.

Denise Stuntzner grabbed another gold in the woman's 50-54 age-group 100 fly in addition to her four other top 10 finishes. And, Ginger Pierson finished well in the women's 65-69 age-group breaststroke events, 5th/6th/4th in the 50m/100m/200m respectively, while also commanding a 5th in the 200 fly and 13th in the 200 IM.

The other Oregon Masters, Ellen Ferguson, Jayna Tomac, Susan Pettit, Lindsay Ergenekan, Can Ergenekan, and coach Tim Waud, had commendable performances as well.

I had the honor of swimming beside this strong contingent of Oregon Masters in Montreal.

In the early 1980s, I swam with reasonable success culminating with 3rd place finishes in the 50 and 100 breaststroke in the Vermont State Championships in 1984 and 1983 respectively. But, soon thereafter, I left the pool.

When I first heard of the FINA Worlds in April 2014, I had been swimming and competing again for only a year since my thirty year hiatus. The 2013 Gil Young Memorial meet was the only time I had ever swum and competed in a long course pool. My results there did not meet the FINA qualification standards, and while my more recent

converted short course times met the qualification standards, they would have placed deep in the lower half of the 2012 FINA World results. Still very much an apprentice, or mini, Master.

Having missed out on thirty years of fun in the pool, I decided to take on this Worlds challenge with a goal to place in the top half of finishers for the 50 breaststroke requiring an estimated 2% improvement over my recent PR.

A month after committing to Worlds, my results at the Tualatin Hills "Sizzling Summer" LCM meet showed little improvement, my 100 was actually slower, placing some concern in my mind that I may be heading for a colossal disappointment. I doubled down on my training with my #1 fan, my son Adler, barking "Faster Baldy!" from the deck, and got some tips from Master Master Dennis Baker.

Two months later, Worlds week, and race jitters, were upon us. The experience alone was priceless and I was thrilled with my results. My 50m, 100m, and 200m breaststroke finishes beat my Tualatin Hills "Sizzling Summer" results by 4% and placed 40th (of 102), 47th (of 93), and 43rd (of 58). My times for the 50m and 100m bested the (SCY converted) PRs that I set in the state championship thirty years ago. And, for the first time in a couple of decades, my weight dropped below 200lbs after peaking over 260lbs in recent years. Adler's, "I'm proud of you dad" capped off an outstanding week.

The great opportunities that accompany bringing over 5,000 athletes together for a competition is not without challenges. Allen Stark's observation resonated well, "Yes, the warm up pool was a zoo, but it was a zoo where the animals were mostly nice to each other." And, those animals, from around the world, had many interesting stories and experiences to share.

Our fun in Montreal extended beyond the pool including Old Montreal sights and restaurants, the Underground City, the International Fireworks Competition, and some crazy roller coasters at La Ronde, to name a few. This was a wonderful return to a great city that I frequented in my youth.

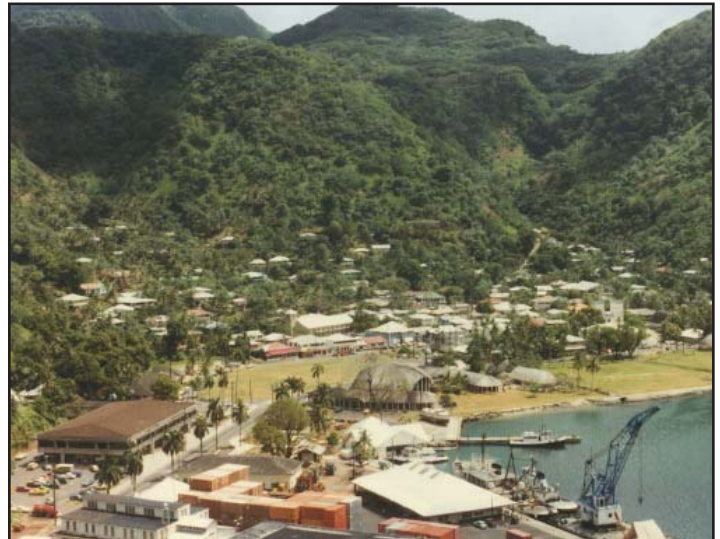
Many thanks to Tim Waud, our USMS Worlds team head coach for his endless hours supporting athletes and to the organizers and volunteers for a great event. Their dedication and contributions provide more inspiration for me to further my swimming accomplishments and support OMS.

American Samoa

By Joe Oakes (OMS Unattached)

There are two Samoas: the independent nation of *Western Samoa* and the US Territory known as *American Samoa*. They are just minutes apart by airplane, located in the middle of the South Pacific, and the people are identical except for the 'colonial' border. Margaret Mead brought attention to the Samoas with her very interesting study of Samoan culture in the early twentieth century. Somerset Maugham wrote about Samoa, too, and brought the fabled Sadie Thompson to our attention. Sadie is long gone, but you can still stop in her place for a quick drink: her other interesting offerings are now illegal.

Pago Pago (pronounced 'Pango Pango'), the capital and only real city in American Samoa, is in reality just a small town. The people are large, as can be seen by the number of Samoans recruited to play football at mainland universities and in the NFL. A few have even made the big time as sumo wrestlers in Japan. Even larger is the openness and friendliness of the Samoan people. My three visits to Pago Pago have been filled with joyful meetings, conversations and a few beers with folks who made me feel very much at home. They are also very religious people. As one man, an eleventh grade math



Pago Pago

teacher, told me, "I have never been off this island, not even to our neighbor, Western Samoa. There is nothing that would ever make me want to leave. God placed me in Paradise."

Paradise, it is. And there are great beaches to enjoy.



On my last visit we walked five minutes from the cruise ship dock to a secluded beach behind a small hotel. The security man (actually a Tongan, even bigger than most Samoans) at the gate advised us that for five dollars we could use the private beach, showers and changing rooms. Beer was not included.

The small, golden sand beach opened to the large bay and inlet that allows ships, including many tuna fishing vessels, entry into the port. There were tropical palms swaying, beautiful green hills in the background, and a few local people on the beach. I stopped to chat with the only other Caucasian people on the beach, a Croatian family of four vacationing in the south Pacific. They loved it so much that they were thinking of moving here. The beach was no more than 50 yards wide, with natural stone jetties left and right. The sandy bottom did not extend very far into the water, and at knee depth yielded to a variety of coral formations, some of them magnificent. From the shore a clear, coral-free swimming path was visible between the coral formations, taking me out into deeper water.

My friend Peter and I slowly worked our way out, stopping here and there to say hello to a variety of small, brilliantly colored fish. I was enthralled by a grouping of bright, cerulean blue fish, about an inch and a half long, lounging in the coral. They showed no fear of me. Peter and I swam for a half hour in 75 degree water, returned to the beach for a rest, and went out again. Paradise, indeed.

Not much further afield, at *Utulei*, is a public beach park, with yellow sand and gentle waves. This is a place

where you can meet and swim with friendly sea turtles. To the southwest are good swimming beaches at *Larsen's Cove* and *Fagatelle Bay*, but it is a rigorous hike down to the water. On the north side of the island is *The National Park of Samoa*, difficult to reach, but worth a visit. Nearby *Ofu Island* has been described as the most beautiful beach in the world. Off the east coast is *Aunu'u Island*, an isolated place where you can spend a very relaxing day or two. Do not expect to find the Hilton there.



Famous 250-room Rainmaker Hotel, closed since 1980 when a plane hit the tram cable and crashed into the hotel.



Ofu Island, American Samoa



Pogo Pogo Bay

Summary . . .

Results

Pendleton Dual-sanctioned LCM
Cascade Lakes Swim at Elk Lake
FINA World Masters Pool and Open Water
USMS Summer Nationals LCM
Gill Young: Oregon & Zone Championships

Looking Ahead . . .



DATE

September 26-28

November 15

COURSE

SCM

https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=5836

SCM

MEET

NW Zone Championship

https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=5836

Columbia Gorge Meet

LOCATION

LaCamas, WA

Hood River, OR



OMS Board Meetings

October 4 — Board retreat

