



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

*"Swimming for Life"*

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## Records Fall at Gil Young Meet

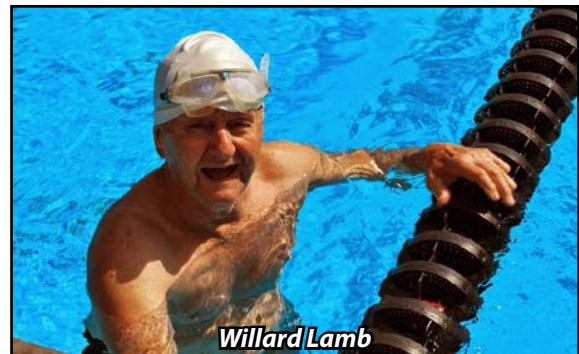
By Charlie Helm

The weather cooperated and we had great summer weather for the Gil Young Memorial and NW Zone/Oregon LCM Championships at Mt. Hood Community College Aquatic Center, August 22nd-24th. A good turnout of swimmers from outside of Oregon also attended, with a good number coming down from the Vancouver, B.C., area as well as from outside the Pacific Northwest.

Our "Super-Seniors" Dave Radcliff and Willard "Wink" Lamb continued their trend of setting World records at meets this summer going strong in some of their freestyle events. Other Oregon swimmers had a good meet and set Oregon, Zone, or both records themselves. Allen Stark made a run for the world record in his breaststroke events but ended up with Zone records. Collette Crabbe made an



*Dave Radcliff*



*Willard Lamb*

appearance back in Oregon to show she can set a new Oregon record in the 50 fly. Then Christine Somera showed us that 20-somethings can also set records as she had a great 800 free to claim new Oregon and Zone records.

Sunday morning saw Co-Meet Director Aubree Gustafson introduce the new unofficial Reign mascot—a rather large praying mantis that liked hanging out on the handrail of one of the pool ladders prior to warm ups. No word yet if Dennis has OK'd this logo for the new Reign clothing for the coming season. As always, the Mt. Hood Community College hosts, volunteers, and Officials did a great job of hosting this popular long course meet. See you soon at the pool!

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Principal Founders of OMS:  
Connie Wilson  
Earl Walter

# Chair's Corner

Jeanne Teisher



It's October, which means it's time for the OMS board to get together for their annual retreat. There is always a lot of energy at these meetings (not to mention lots of food!). The regular board meetings, throughout the year, are conducted via conference calls where discussions are usually at a high level. They are also the primary venue of when we conduct official voting. At the annual retreat it's nice to be able to get together to dive deep into certain issues, specific topics, future plans for the organization, administrative actions including financial (i.e., next year's budget), etc. There has never been a year where there has not been a full agenda and I don't expect this year's retreat to be any different.

As I have mentioned numerous times before, either through my *Aqua Master* articles, emails, or in person, OMS is so blessed to have such an active, involved, passionate group of volunteers who serve on the board. Their primary focus is and has always been about you, the Masters' swimmer (competitive, long distance, or fitness). Whether at a meet, open water event, work-out, training, or social, the board members are always listening to you, the swimmer, to learn what would make our organization better for you and others. So, whenever you see a board member, please be sure to

1. Thank them for their service on the board and
2. Share your ideas, comments, concerns, etc. about our organization and/or your team.

We are looking for volunteers to serve on the OMS board. Please let me know if you have an interest or would like more information.

Happy swimming.

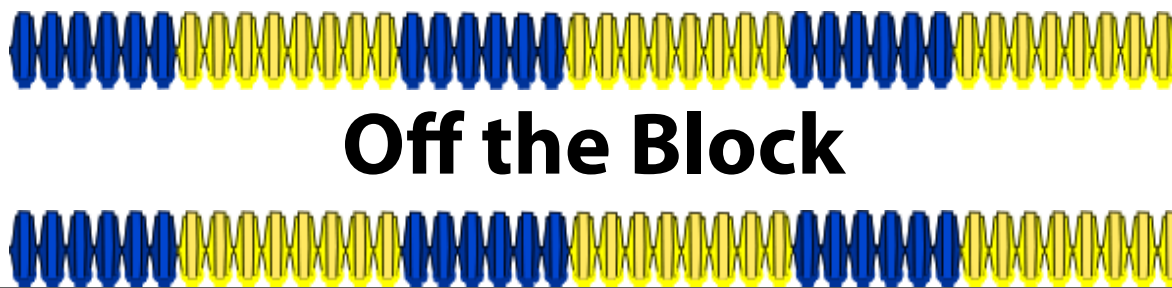
Jeanne

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

Send address changes to [Susie Young](mailto:Susie Young) all other questions to [Jackie Parker](mailto:Jackie Parker)

Volume 41, Number 9, October 2014



# Off the Block

## Muscle Reset

**Years of incorrect positions and posture can be corrected**

Chris Ritter

You may do stretches from time to time and get into a certain position and realize, "Wow, I'm pretty tight." This probably isn't a new phenomenon for many of you, but have you ever stopped to think why you're "tight" and if it's really a bad thing?

A muscle being tight isn't, in and of itself, a bad thing. In fact, for a muscle to produce force, it must contract and become very tight. However, when using poor position during repetitive activities such as swimming, the natural "neutral" position of a muscle remodels to either a resting state of too long or too short.

The nervous system is constantly getting check-ins via muscle spindles, which relate the length of each muscle and subsequently the position of joints and overall posture. Changes in posture over time will also change what the nervous system believes is neutral for a particular muscle.

Over the course of your life, all of your muscles will either become locked long, locked short, or stay in an anatomically neutral position. And if one muscle changes its position, it affects other muscles and joints up and down the kinetic chain.

When muscles reset into a resting position of either too short or too long, they actually become weaker because of this "new neutral" position. When a muscle tries to contract from this new position, the fibers may be stretched too far to contract fully or they may already be so short that there's not much room left to contract and produce force.

There are three basic solutions to help reset your muscles to an anatomically correct neutral position: proper posture, stretching, and strengthening.

### Posture

Your resting posture, and therefore your muscles' resting position, is most deeply imprinted into your nervous system. Small changes over time will greatly help to reset your posture to a more neutral position overall. Some simple changes you can easily make include bringing your head back so it sits directly over your neck and torso instead of jutting out in front of your body. Another change that's very helpful for swimmers is keeping your shoulder blades pinched close together, therefore keeping your back straight as you walk or sit. It doesn't matter if you're moving, or static, sitting on a Swiss ball, or a rock: If you're more aware of your resting posture and make small changes, over time you will see improvement.



### Stretching

Stretching is an effective way to help muscles that are locked in a short position to lengthen back to a more neutral position. When doing static stretches to improve lengthening, it's important to not have too much tension in your stretch. You're trying to change the resting position of your body that took years, if not decades, to create. A few quick stretches are also not all that you're going to need to reset your muscle positions. If you want lasting postural changes you need to consistently stretch.

Where you are stretching relates to your posture. For example, the worst and most ineffective stretch for most swimmers is pulling the arm horizontally across the chest to "stretch" the back of the shoulder. The back of your shoulder is probably already locked long due to forward posture of your shoulders and slumping of your upper back. This stretch doesn't help alleviate these problems, it just aggravates them.

Don't confuse the pleasant sensation of stretching muscle fibers with actually improving your overall posture. Almost any stretch will feel good immediately after you've released it—this is just a natural response of your muscles and nervous system to being put under tension and then being released. Don't judge the effectiveness

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# Fit to Swim

## Positivity

**Coach Aubree Gustafson**

Everyone has a bad day now and again. Whether its stress at work, home, or things just didn't go as planned, day to day life can be downright challenging. Too much to do and never enough time to do it all. Working to maintain a positive outlook throughout the ups and downs of life can help you become a more balanced individual both physically and emotionally. Below are some ideas about what to do the next time the glass seems half empty.

Take time to find optimism in a negative situation. Maybe mistakes have been made, you could have done a better job, or it's something completely out of your control. Ask yourself, where is the opportunity in this situation, or what have you learned from it. Taking the time to think through a negative situation and understand how you got where you are now will ultimately help you grow stronger as a person. No matter how long or short, there is light at the end of that tunnel.

Create a positive environment for yourself. Try to avoid getting caught up in situations that cause negative feelings or undue stress. Ask yourself, are there any negative influences in my life? If the answer is yes, ask yourself if some of those influences are avoidable. Work on replacing the negative influences in your life with more positive, less stressful people, places and things.

You've heard this one a million times but I'll say it again, don't make a mountain out of a mole hill. Stop, think, and focus on what needs to be done. Avoid procrastination and stress by setting goals and time-lines and sticking to them. Surround yourself with positive people who will help you keep that mountain in check by encouraging and supporting you in times of need. Know who you can lean on when you need constructive criticism, or just someone to listen.

Finally, try to start each day in a positive way. Whether that means an early work out, or a cup of coffee to get you up and going, finding your own good morning routine can help you start the day off right. This routine can help you feel more productive throughout the day and accomplished by nightfall. The result, a better nights

sleep, so you can do it all again tomorrow.

The next time your day gets a little overwhelming, remember that approaching it in a positive way will not only help you get through today, but also help improve your overall outlook on life. The glass really is half full.



\*\*The end of the year is approaching, and there is much to celebrate and be thankful for, especially those people in our lives who truly make a difference. If you would like to send someone a "Thank You" via the Nov/ Dec edition of the *Aqua Master*, please send me an email at [aubree.gustafson@gmail.com](mailto:aubree.gustafson@gmail.com). You can share anonymously by placing the word "anonymous" in your submission. Thank you for sharing.\*\*

# Shake and Swim with "Bake"

## Open Water Sighting

*Coach Dennis Baker*



I have recently had the opportunity to give some open water lessons and there are a few key things I have been noticing when swimmers raise their heads to look for a buoy marker or look for where other swimmers are. Let us consider a few tips and tricks to use when you are sighting in open water swimming.

1. The best way to sight is to include the motion into your normal breath. I see so many swimmers lift their head at the wrong time in the stroke. If you are breathing to the left side you must lift your head as your right elbow comes out of the water for the stroke. As you finish your right arm stroke and your hand enters the water you turn the head to the left like a normal breath would finish. Vice versa when breathing on your right side. If you do this correctly you will not slow your stroke down and will continue a nice momentum forward. This also gives you more time to get a breath. Not doing this at the right time stops your forward motion and is very tiresome on your neck and back as you are just lifting your head straight up and down at a random time.
2. If you are in trouble and feel flustered do three or four smooth breaststrokes. By doing this you are still sighting where you are and it gives you time to get it together while still moving forward.
3. Most people do not sight enough. If you can master number 1 above then you won't be slowing down or tiring yourself out by sighting. Not sighting enough will lead you to swimming more yards and it will eat up more time.
4. Lastly if you are having anxiety, simply turning on your back and doing a few backstrokes will help you a lot. This will give you time to get extra air and calm down while still moving forward. As you flip back onto your stomach you can sight where you are.

Try these tips for your open water swimming and you will be well on your way to better sighting and calmer faster times.

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### MUSCLE RESET

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of your stretching on how it feels. As you stretch make sure you are breathing through your belly and smiling throughout holding the stretch.

#### Strengthening

Strength exercises can have just as much or more of an impact on your posture than stretching. When muscles are locked long, it's harder for them to produce force because they're already in a stretched position and can't contract as efficiently as if they were in their resting anatomical state. When you do specific strength-training movements targeted at your weak areas, you can teach your body to reshape and increase strength to those muscles over time.

Your current posture proves that your body adapts

to what you want it to do consistently over time; if you slouch and slump your shoulders, that will come to feel normal. In the same way, if you work on strengthening your upper and middle back, these muscles will eventually contract and produce force efficiently, all while remodeling themselves to a more neutral, anatomical position.

There is no quick fix. Remember, it probably took many years for your body to become set in your current posture, with various muscles locked long, short, or neutral. Therefore, it could take many months of stretching to fix these problems. If you focus on all three solutions simultaneously, you should achieve results in less time than it took for you to get to your current state. However, you need to be persistent in applying these solutions daily.

# Long Distance Swimming

*Coach Bob Bruce*



As the high cost of event insurance continues to loom over the USMS open water scene, we enjoyed a mix of three sanctioned and three unsanctioned (let's call them "affiliated") venues this year. We had a fine season.

Let's recognize our season achievements and highlights:

- We hosted 17 swims at 6 venues this year (down 4 swims and a venue from last year), still maintaining strong variety in courses, distances, and events.
  - 228 Oregon swimmers from 25 Oregon local teams—along with 69 unattached swimmers—took part, totaling 749 swims. COMA again led local team participation by a wide margin with 58 swimmers having 260 swims.
  - Visitors from other states joined us for 237 swims at our sanctioned events (most attracted by the Elk Lake festival and national championship swim), and many more came to swim at our unsanctioned events (sorry, I don't have statistics on out-of-state visitors for those events).
  - 30 Oregon swimmers swam in three or more venues (down from 46 last year, in part due to the loss of a venue). These swimmers qualified for the Oregon Open Water Swim Series and handy glassware awards suitable for celebratory cold beverages. COMA again led with 10 qualifiers.
  - 3 Oregon swimmers (Aubree Gustafson, Laura Schob, & Robin Bragg) swam at 5 venues this year! Nobody made it to the elusive 6-venue mark.
  - Aubree Gustafson led participation with 14 swims, followed closely by Jennifer Kieras, Robin Bragg, & Mike Carew) with 13.
  - We had surprisingly warm water in most venues. Hooray!
  - The hospitality was again fantastic. There is no race hospitality anywhere quite like ours!
  - We had fun!
- Congratulations to...
- Our 13 USMS National Champions from the 5-km swim at Elk Lake;
  - Our 1 USMS National Champion from other venues—Bob Bruce, who won both the 2-mile Cable Championship at Lake Placid, NY, and the 10-km Open Water Championship at Lake George, NY;
  - Our 3 USMS cable swim relay record-breaking teams from the Oregon Club from the cable swims at Foster Lake. Hosting annual cable swims at a local venue has been a huge bonanza for us, as the Oregon Club now holds 30 of the posted 36 USMS cable swim relay records in the four years since COMA built the course;
  - Our 17 OMS Individual Association Champions from the 1500-meter swim at Applegate Lake;
  - Central Oregon Masters and OPEN Narwhals, again the OMS Association Large and Small Team Open Water Champions respectively;
  - Laura Schob and Dave Wash, our Oregon Open Water Series Grand Champions (note: I owe Dave and Ron Thompson a huge apology, muffing the simple subtraction as I rushed to calculate points on the fly and announcing a reversed order of finish; so much for being smarter than a second-grader!);
  - Peggie Hodge and Pat Allender, our mightily-deserving Mike Morehouse Award honorees;
  - Those many other Oregonians who ventured (and who plan to venture still) afield to find special open water challenges this year;
- Thanks to...
- The OMS Board, who again generously agreed to

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# Records & Results

LCM = Long Course Meters

## FINA World Masters Championships — LCM

August 3-9, 2014; Montreal, Canada

Results for this meet have been put on the USMS web site and are available at the following address:

<http://www.usms.org/comp/meets/meetsearch.php?club=OREG&MeetID=20140809WORLD5L>

### RECORDS

Name	Age Group	Age	Event	Time	Records set
Tomac, Jayna M	Women 40-44	42	800 Meter Free	10:15.66	Oregon
Tomac, Jayna M	Women 40-44	42	50 Meter Breast	35.92	Oregon, Zone
Tomac, Jayna M	Women 40-44	42	100 Meter Breast	1:19.62	Oregon, Zone
Tomac, Jayna M	Women 40-44	42	200 Meter Breast	2:54.65	Oregon, Zone
Tomac, Jayna M	Women 40-44	42	200 Meter IM	2:39.46	Oregon
Ferguson, Ellen	Women 50-54	52	400 Meter Free	5:14.63	Oregon
Stark, Allen L	Men 65-69	65	50 Meter Breast	35.78	Oregon, Zone
Stark, Allen L	Men 65-69	65	100 Meter Breast	1:19.88	Oregon, Zone
Stark, Allen L	Men 65-69	65	200 Meter Breast	2:56.96	Oregon, Zone, National, World



*Mt Hood Community College has installed plaques to honor Masters Swimmers and others. The plaques are attached to the short wall all around the pool. This one honors Gil Young, for whom the August LCM meet is named. He was a long-time member of OMS.*

### History behind the plaques:

In 2008, Mt Hood Community College remodeled its 50 meter pool so it would meet the FINA requirements of depth for diving, thereby having more meets that would make it possible for them to greater utilize their nice facility. In order to increase the depth of the pool, the present wall around the pool was added. At that time Brandon Drawz was Assistant Athletic Director and Aquatics Director at Mt. Hood Community College. To help raise money for the remodel he instigated dedicating plaques to people, organizations, coaches, families, memorials, etc. Anyone can purchase a plaque for yourself or for others with a \$5,000 donation. The money goes to MHCC Foundation for the improvement of the Aquatic Center.

**LONG DISTANCE**

continued on page 6

partially underwrite the cost of the USMS sanction surcharge, thus making some local events possible;

- Our race directors, host teams, and myriad volunteers, to whom we owe a great deal;
- Our sponsors, who made our swims financially and logistically possible;
- Everyone who participated!

To whet your appetite for next year, COMA will host the **USMS 2-Mile Cable Swim National Championships** at Foster Lake, along with a 1-Mile cable race too. In the search for warmer water, I'm still working on a later date. Here's another chance for individual and relay glory!

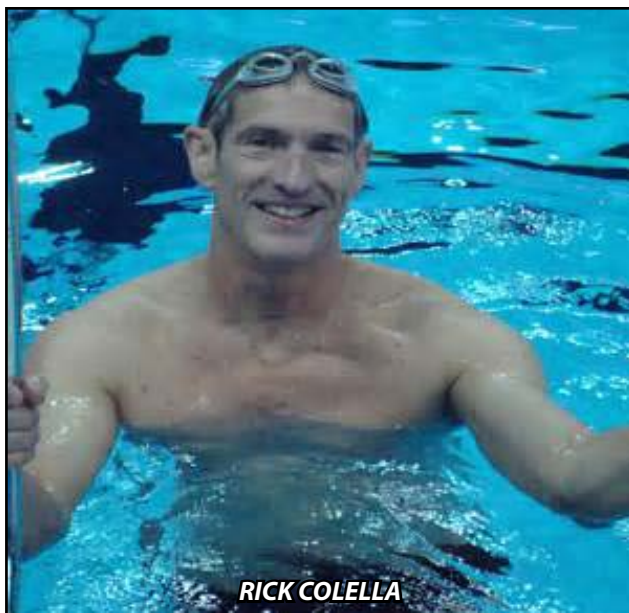
Enough about open water for now. Another ePostal challenge awaits as we start our new school and swim training year! October and early November is the season for **National 3000-yard & 6000-yard ePostal Championships**. These swims must be completed between September 15<sup>th</sup> and November 15<sup>th</sup>. These swims provide solid early season training swims, great conditioning benchmarks, fun team-building events, and are a must for aspiring distance swimmers.

As the OMS Long Distance Chair, I would like to see you participate, and would love to see the Oregon Club successfully defend the National Club Title in both 3000 and 6000-yard events. Let's not get complacent with our past record of success. See [https://www.clubassistant.com/club/meet\\_information.cfm?c=1287&smid=5572](https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=5572) for event & entry information, get your split sheet at [http://www.usms.org/longdist/1hr\\_3000\\_6000\\_splits.pdf](http://www.usms.org/longdist/1hr_3000_6000_splits.pdf), and get to it! Remember that you can swim these events in a 25-meter pool by doing a 3000 or 6000-meter swim and converting the time to yards. I know, I know, you gotta swim a bit further, but it finally allows those who only have access to 25-meter pools to participate. Just do it!

As the Event Director, I also have a vested interest in seeing you complete one or both swims in this challenge. Yup, COMA is hosting and I'm directing this ePostal event this year, and your participation and entry goes to support one of Oregon's own local teams. Another reason to just do it!

Good luck and good swimming!

# Just do it!



## Impressive Swimming Times While Aging

Gleaned from several web sites

Swimming is a sport for the ages. All ages. It is a favorite Olympic spectator sport and one of the most popular participant sports worldwide. And swimming is a way for people of all ages to keep fit.

Richard "Rick" Colella Jr. is a Seattle native who participated in the 1972 and 1976 Olympic Games. Loyal to his home state, Rick attended the University of Washington. After claiming three gold medals at the 1975 Pan America Games, he won the bronze medal in the Men's 200 meter Breaststroke at the 1976 Summer Olympics in Montreal.

Rick has been swimming competitively since he was 8 years old when his parents joined Sand Point Country Club in 1960. The kids at the club enjoyed racing so much they formed a summer team, the Cascade Swim Club. He swam for Cascade while attending Nathan Hale High School and at 18 started swimming in international events in preparation for the Olympics.

Rick swam for the Huskies at the University of Washington from 1969-1973 and was an NCAA All-American all four years while earning a degree in aeronautical engineering. He also competed in Europe, Canada, Japan and South America. At age 20, he placed fourth in the 200-meter breast stroke at the 1972 Olympics in Munich, Germany.

Colella trained for the 1976 Olympics in Montreal,



while studying for his Master's in Business Administration. He swam five hours daily on weekdays and four hours a day on the weekends, all through 1975.

At 24, his 16 years of training paid off. He won the bronze medal in the 200-meter breaststroke at the 1976 Montreal Olympics.

What does he remember now about that triumph? "The feeling of accomplishment and relief when it was over. I had just missed in 1972 and when I did get a medal it was very satisfying," he said.

Colella then took a job with Boeing as a flight operations engineer and has been there ever since. He and his wife, Terry, a nurse at Overlake Hospital, have four children, three girls and a boy.

In 1990, the year the King County Aquatics Center was built for the Goodwill Games, Rick started swimming again with a group of five friends. "I realized swimming is a great exercise as you get older. Whereas jogging and other sports got too hard on my body, swimming makes less of an impact but still keeps me fit," he said.

Rick now competes in one Masters meet a year - usually the West Coast nationals because of the level of competition and the proximity to home. He climbs into the pool for an hour each day at Juanita High School for recreation. He keeps his bronze medal in a drawer, eschewing any elaborate display.



Take a look at these impressive statistics:

Rick Colella (Puget Sound Masters), is now age 63.

**400 LCM Individual Medley**

August 1976	NW Zone Record	Men 18-24	5:03.70
August 2014	NW Zone Record	Men 60-64	5:08.20

**200 LCM Breaststroke**

August 1976	NW Zone Record	Men 18-24	2:37.60
August 2014	NW Zone Record	Men 60-64	2:40.46

# Gil Young Meet Photos

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





**More photos from the Gil Young meet. (left to right, top to bottom)**

Colette Crabbe  
Gary Whitman  
Kaleo Schroder  
Aubree Gustafson, Tam Jenkins

Jacki Allender  
Steve Darnell

Gene Mielke  
Thomas Walker  
Dennis Baker

Oregon Reign Masters; world record holder  
Data Manager; gets meet results completed quickly so swimmers can get credit  
Central Oregon Masters Aquatic; attends most Oregon meets  
Oregon Reign Masters coach; Co-meet director; with Tam, who has been Aubree's clerk of course for 11 meets  
Head official; regularly serves at Oregon Masters meets  
LaCamas Headhunters; Records manager; very quick and efficient in getting Oregon and Zone records published  
Official; regularly serves at Oregon Masters meets  
Puget Sound Masters; a very friendly guy who swims many Oregon meets  
Oregon Reign Masters coach; Co-meet director; world record holder



—submitted by Karen Andrus-Hughes

**Name/Age:** Jill Marie Asch/48  
**Occupation:** Costco Marketing  
**Local Team:** Multnomah Athletic Club (MAC)

I made the decision that growing old gracefully had better become more of a priority in my life. So what positive thing could I do during my mid-life crisis? I know... RACE!!! That was my epiphany back in 2010. My only child was off to U of O. I had sold my Triumph Bonneville motorcycle. My passion for San Fermines, more commonly known as the Running of the Bulls in Pamplona Spain, was only able to satisfy my desire for fun one week a year. I was bored, and I needed a new challenge.

A Google search for nearby pools showed the Multnomah Athletic Club as being close to my home. After attending a practice with the MAC team I was offered a Member Coach position. IT IS PERFECT! It allows me to train at an amazing club with a group of talented and supportive Masters swimmers and triathletes, and it gives me the opportunity to share my knowledge and enthusiasm of something I truly love... swimming.

I was born in Mt. View California. My paternal grandmother won a gold and bronze medal in the 1932 Olympics (track events). My maternal grandparents own a beautiful home in Los Altos Hills with a pool. Looking back, I suppose it was my destiny to become a competitive swimmer. Before I turned 6, I had swam my 1<sup>st</sup> mile straight earning money for my AAU teams' fundraiser. Olympian butterflyer Michael Troy was my USS coach during my high school years. Matt Biondi was one of my teammates. Talk about pressure! ;-)

Thankfully double workouts and 10,000 meters a day is a thing of the past. My present routine includes swimming 3x a week, doing a 3000 kick-only practice once a week, lifting weights 2x a week, and yoga 1x a week. The 3000 weekly kick and weights has made a HUGE difference in my strength and speed. I highly recommend them to any of you speed racers out there.

I am extremely grateful for all of the friendships I have made at the MAC, and as being part of the larger OMS team. I never would have guessed that I would be having this much fun, and feel this good, at the age of 48.

# Coastal Brazil

by Joe Oakes (OREG unattached)

January 2012. The coastline of Brazil follows the Atlantic Ocean all the way from the equatorial border with French Guiana, across the Equator and the Amazon, in a southeasterly direction, turning southwest down to the Uruguayan border. It stretches over a distance greater than either the east coast or the west coast of the USA, several thousand kilometers. Much of that coast is lined with warm, clean beaches, some of the finest in the world for swimming, surfing and diving. We had the opportunity to visit several coastal cities in 2011 and 2012, all boasting great beaches, and I have definite preferences and suggestions. Travelling from north to south:

**Belem** (*Bel-EM*). I would not urge anyone to spend very much time doing anything in Belem. It is dirty, smelly, very hot, and the sanitation of the town and its river beaches is questionable. Maybe the Ver-o-Peso Market will interest you, along with a few architectural gems. But there are some lovely beaches that will do if you want to swim, a distance north or south of the city. Near the mouth of the Amazon are several delta possibilities: Mosqueiro Island, with 21 beaches; Cotijuba Island, with 15 km of pristine beaches; Tutunare Beach and Carapi. Along the Atlantic coast are Algodual, Ajuruteua, Apeu-Salvador, Marieta and Salinas beaches. The further you get from Belem, the cleaner everything becomes.



*Ver-o-Peso Market*



*Recife*

**Recife** (*Ray-SEE-fay*). If you moved Ita-

ly's Venice to the tropics, it would find a familiar home in Recife. This very modern city is laid out on a series of islands with lots of bridges to join them into one quite grand metropolis, one of the largest in Brazil. There are lots of newer high-rise apartments and high end hotels, making it look like many up-to-date cities, but spaced apart more generously for better views and a feeling of openness. The Portuguese word for 'beach' is *praia*, and in Recife you can take your choice of several wonderful *praias*, all of them reachable by taxi from downtown. The favorites are *Praia Bom Viagem* and *Praia Olinda*. At both you will find rental chairs

and umbrellas, vendors selling everything from ice cream and hot dogs to boiled crabs. (That is the case, with variations, on many Brazilian beaches.) The wind comes off the Atlantic and when it is blowing strongly, it creates enough surf to make your swim bumpy, even beyond the breaker zone. The best time to visit Recife is in January and February. If you time it right, I am told that *Carnival* in Recife is better than in Rio.

**Fortaleza** (*Forta-LAY-za*). Fortaleza has some great beaches, but make sure that you go either north or south of the city. I would urge swimmers to avoid Fortaleza in the rainy season, when tropical deluges flood the streets and tons of raw sewage run into the sea, making for very unpleasant swimming. That is especially true of the beautiful looking *Praia de Iracema*, which sits in front of the pricey hotels. These upscale hotels and restaurants along the beach front, I am told, dump their sewage into the sea right in front of them. Despite the pollution, which is invisible, local kids spend a lot of time in the water, swimming and bouncing in the waves. If I were a kid there I would be right in there with them. (I remember that, as a boy in New



*Praia do Futuro, or Beach of the Future*

York City in the 1940s, we would swim in the not-so-clean East River.) The best bet is to go to a newly developed area on the other side of town called *Praia do Futuro*, or *Beach of the Future*, where the sea is free of pollution. It is gorgeous, with brilliant white sand, warm water, and bouncing surf, located just about a half hour from downtown. (My pocket was picked in Fortaleza's Central Market. They didn't get much because I never carry much. Normal precautions are suggested.)

**Maceio** (*Mah-say-OH*). I cannot say enough about the beaches in Maceio, nor about the friendliness of the people. Praia Ponta Verde to the north is a bit lively. Praia da Gunga to the south is one of the finest beaches in the state. If you go on a weekend you will have to deal with huge crowds of locals. My favorite is Pajucara Beach, just in front of the large souvenir complex. The beach is located in a half-moon protected bay with flat water, where you can swim about a mile to a headland to the left of the beach. Hire a small boat to take you out to the reef (*par-racho*) where there is a wide array of South Atlantic tropical fish. In defense of aesthetic values, Pajucara Beach is one that clearly demonstrates that thong bathing suits are not for everyone, especially for those whose bodies overlap their thong to the point of disappearing in layers of not very attractive flesh.



**Pajucara Beach**



**Franciscan Convent**

**Salvador.** The further south we travel, the more we see of the African slave influence, and here we start to see large numbers of black faces. Salvador is a great place to visit, but not a great place for beaches. Instead spend about \$3 and visit the spectacular Franciscan convent, built in 1729. There are few places in the world where you will see so much gold — covering the altars, the ceilings and the statues — earned on the backs of slaves. Just as impressive are the walls made of Portuguese blue *azuelos*, murals from the same era. Then spend three more dollars and visit the Museu do Afro-Brazilian culture and arts. It is worth the money and the time.

**Ilheus** (*II-YAY-ooos*). This has to be my favorite place on the coast, except, of course, Rio. Compared to Salvador (3,000,000) and cosmopolitan Rio, this city of about 220,000 is small and manageable. This is truly a beach city, and you have your choice of several. To the north is the Praia do Norte, lined with coconut palms and



**Praia da Avenida**

increasingly rare native Atlantic forest. Very close is the Praia Sao Miguel da Barra. Right in town is Praia da Avenida. To the south is Praia do Sul and Praia dos Milionares, named for the cocoa barons of old. My favorite? Praia da Avenida, right downtown, just in front of *Catedral de Sao Sebastao*, and there are several good places to eat. (Praia da Avenida is contiguous with Praia do Cristo, where there is a smaller scale version of the famous Rio's statue of Christ on Corcovado.)

Three to four foot rolling breakers regularly pound the gradually sloping beach. The sand is fine and white, and there is a smooth curve going north to south along the beach. This is the first place where I have seen lifeguards (*salvavidas*) patrolling the beach. There were not many people on the beach, just a few families and a dozen barefoot kids playing soccer, the national religion of Brazil.

After making my way carefully past the breakers the water calmed and I swam parallel to the beach, south then north, about 2,000 yards in happy water that seemed to be about 75 F. When I got back to shore I jogged a victory lap up and down the beach, very happy to be here. Bikinis here will fulfill your fantasies, the best so far. The people here are

fit and slim. Life could be a whole lot worse. I am looking forward to meeting that Girl From Ipanema in Rio.

**Rio de Janeiro.** Rio, Rio, *Rio!!!* What a place! What fantastic beaches! There may be other places in Rio to swim, but rare is the swimmer whose aquatic needs will not be satisfied by what **Copacabana** and **Ipanema** Beaches have to offer. They are quite close to each other, separated by a point of land, Copacabana lying to the east. Both strands are very long, with sugary white sands, the beaches are broad, the water welcomingly warm, the sun shining from almost directly above. There is a very short surf break, so there are no surfers to contend with. If there is a Swimmers Heaven, it just might be here. I will not tell you about my swims here: they were wonderful, but not important. What is important is the remarkable feeling that this is where a swimmer really belongs. I will not rave on about it; you have to experience it for yourself.



*Copacabana Beach*

The Girl From Ipanema? Oh, yes, she was definitely there, along with hundreds of her beautiful friends, brightening the beach as only properly fitting bikinis can. Eye candy! Okay, ladies, yes, there are also hunky guys lounging about, but this observer can report only what he sees through his own male eyes.

And if (fat chance!) you tire of making your scientific visual inventory of local pulchritude, maybe you will raise your eyes to see Sugar Loaf in the distance on the right, or the enormous statue of Christ the Redeemer atop Corcovado. And across the road are some of the best hotels and restaurants. What are you waiting for?

I am almost embarrassed to tell you about my last swim at **Ipanema**. The bottom slopes rapidly off the beach into deep water, so the surf break is very short and pounds hard onto the sand. That does not present much of a problem going out: just dive into the face of the wave, fingernail the bottom and come up on the far, quieter side. That's what I did. Then I turned to the left, swimming parallel to the beach, breathing bilaterally so I could keep an eye on where I was with respect to the breaking waves, and could keep an eye on whatever was coming at me. Two friends were with me and we swam a ways up the beach, turned around and swam back.

I always survey the shoreline for landmarks before starting a swim, and I knew that I had to exit opposite to where an avenue opened between two high-rise hotels. When we got back to that point the breakers were running about six feet. My two friends left the water first. I took my time, warily waiting to make my exit. I wasn't wary enough, because a "sneaker wave" picked me up and tossed me at the beach. All of a sudden I was on that beach, cart-wheeling like Raggedy-Ann, head down, feet up, doing a face plant, scraping my forehead, my left cheek and my left shoulder. Thankfully,



*Ipanema Beach*

it was only surface damage. Humbled? Oh, yeah! Embarrassed? You bet. But here's the good part: several of the Ipanema girls saw me doing my involuntary acrobatics and ran down to attend to my boo-boos. *Oh, the agony!* Was it worth it? I would not want to go through that again, but let's say that there were a few compensations.

**Ipanema redux:** Exactly a year after sandpapering myself at Ipanema I returned. It was a calm day and the rollers were between two and three feet high. I went in, swam 500 meters to the left, turned and swam past my put-in, and another 500 meters to the right (using Sugar Loaf to sight my course), then back to my starting going for a total of 2,000 meters. When I left the water there were no bikini clad beauties to greet me. I was just another swimmer. I like it better that way.

**Parati.** (*Pah-rah-CHEE*) is a well preserved Portuguese colonial town (1500-1822) located on the *Costa Verde*, 125 miles south of Rio de Janeiro. But it is a world apart. During colonial times this was the port whence the gold and gemstones mined in the interior were shipped to Portugal. That status was lost when roads were built to better ports further north, and Parati languished. That turned out to be a most fortunate turn of events, because Parati (population 36,000) has been able to keep its small town atmosphere, and has been declared a World Heritage Site. The streets are still built of cobblestones that were carried from Portugal as ballast, and three colonial era churches remain, one built for blacks, one for Portuguese, and one for *mestizos*.



*Colonial Church*

There is a small beach on the north side of town, *Praia do Parati*, actually a bay within the larger bay. You will find a couple of tiny beachfront restaurants to tend to your needs. Grab a chair and sit under a big shade tree, order a beer and watch the fishermen ply their trade just off shore. Keep your eyes peeled for dolphins playing in the bay; there are plenty of them. It is not the best place for swimming, with a very shallow bottom, but if you go out 100 yards or so, it is deep enough, and warm enough. If you can find some sort of a flotation device, bring your beer out with you and just loll about in the water. There are worse ways to spend an afternoon.



*Cobblestone Streets*



*Praia do Parati*

## 3000/6000 ePostals Kick-Off

### The fall postal season is here

Just as the long course postal championship season is winding down (Sept. 15 was the deadline for swimming the Speedo USMS 5K/10K Postal National Championship), the short course postal season is just kicking off.

The Speedo USMS 3000/6000-Yard Postal National Championship opened on Sept. 15 and runs through Nov. 25 and can be done in any 25-yard or 25-meter pool.

Hosted by Central Oregon Masters Aquatics, the event is easy to take part in; simply swim the distance and have a counter make note of your split times on the handy split sheet. Then, once you've dried off, you can submit your results and see how you stack up against the competition across the United States. It's a great way to get in a long workout while also getting a taste of some national-level competition. Good luck and swim fast!

# Summary . . .

## Records

FINA LCM World Games

# Looking Ahead . . .



### DATE

November 15  
December 6

### COURSE

SCM  
SCM

### MEET

Columbia Gorge Meet  
COMA All-Around Challenge Pentathlon and Brute Squad

### LOCATION

Hood River, OR  
Bend, OR

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1352&smid=5849](https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=5849)



## OMS Board Meetings

October 4 — Board retreat

