



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

## "Swimming for Life"

Volume 42, Number 2

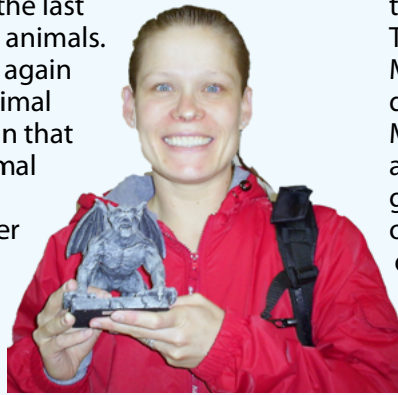
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February 2015

### Animals Prowl in Canby

by Charlie Helm

December 28<sup>th</sup> saw that the last meet of the year went to the animals. Yes, we're talking it was time again for the 11<sup>th</sup> annual Canby Animal Meet! This meet is different in that there are three different Animal categories and everyone is competing against each other in each respective category, men and women divisions. In the past, most swimmers did the "Sprint Animal" category, which



did the shorter distances of the 100 IM, 50 Fly, then the 200 Free. But this year there were more entrants in the "Animal" (middle distance) category. Then you have the crazy folks who do the "Grand Animal" category and the painful 400 IM, 200 Fly, and 1000 Free events.



the championship. It was worth the drive up from Ashland

for Matt

to get redemption and finally claim his Gargoyle this year!



As usual, the host Canby Gators put on a good meet and the swimmers appreciated the Officials and volunteers efforts, plus putting up with all of our whining about the tough Animal events. See you all next time in Newberg!

ing men and women in each category walked away with the unique Gargoyle Trophies for first place. The Sprint Animal champions were Nathan Collins and Tessa Reeves. The Animal champs were Scot Sullivan (who defended his



When it was all over, the follow-

Award recipients are listed in the order of: left column, top to bottom; right column, top to bottom)

- Women's Sprint Animal Champ—Tessa Reeves**
- Women's Animal Champ—Brianna Showell**
- Women's Grand Animal Champ—Elizabeth Kassen**
- Men's Sprint Champ (no photo)—Nathan Collins**
- Men's Animal Champ—Scot Sullivan**
- Men's Grand Animal Champ—Matt Miller**

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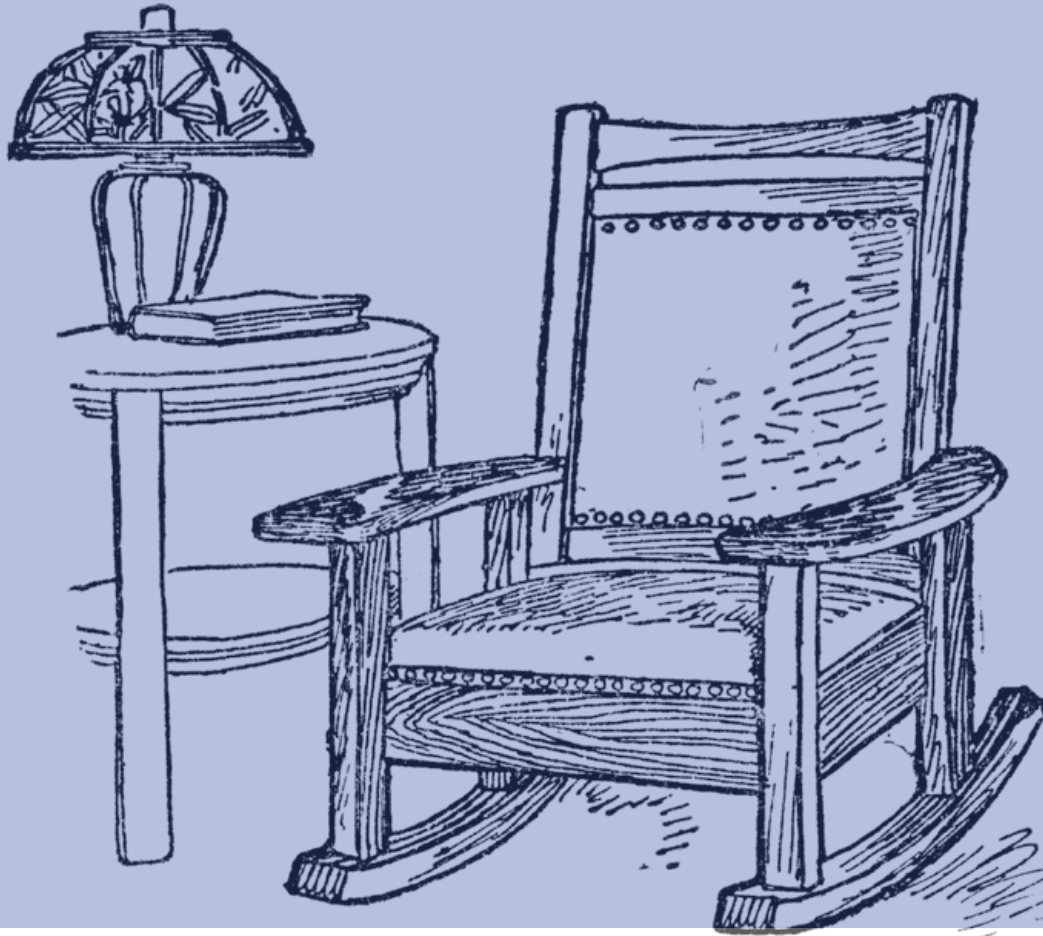
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Send address changes to [Susie Young](mailto:Susie Young) all other questions to [Jackie Parker](mailto:Jackie Parker)

Volume 42, Number 2, February 2015



# Chair's Corner

Jeanne Teisher

Dear Fellow Swimmers.

It's February and you know what that means – FEBRUARY FITNESS CHALLENGE. I am recycling an article I used in 2012 by Dave Radcliff, which I feel truly provides all the reasons you need to participate in the FFC. Please take the challenge if for no other reason than for yourself.

10 Reasons for Accepting the February Fitness Challenge on February 1<sup>st</sup>

(These 10 reasons will become evident on March 1<sup>st</sup>)

By Dave Radcliff

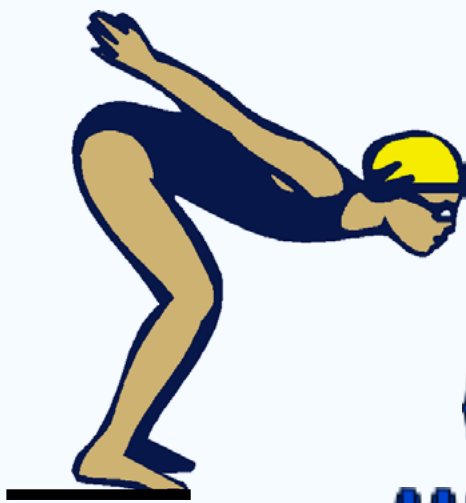
- You will be healthier.
- You will be a stronger swimmer.
- You will have kept your New Year's Resolution going.
- You will be proud of your accomplishments.
- You will have a good base of swimming for the Association Meet in Corvallis.
- You will have a good base of swimming for Triathlons and Open Water swimming during the summer.
- You will be more consistent in your training and fitness level.
- You will have that wonderful chlorine smell of a dedicated swimmer.
- You will be proud of your accomplishments. (Did I already say that!!!)
- You will be a true February Fitness Frog.

Please be sure to participate in this year's February Fitness Challenge. You won't regret it. At the end of the month, don't forget to send in your form. You definitely want to get credit for all your hard work.

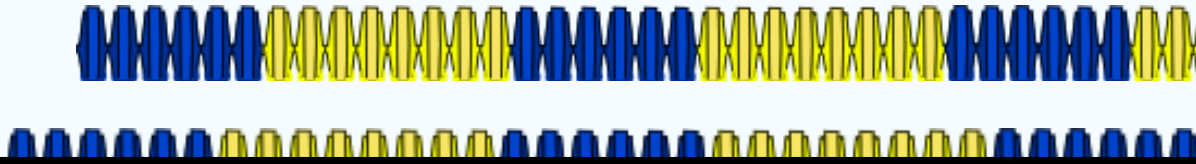
Happy Swimming.

Jeanne

## Now...Let's Swim



# Off the Block



## Easy Ways to Improve Posture

**These simple stretches and exercises can relieve a multitude of postural problems**

Susan Dawson-Cook

If your mother told you to sit up straight as a child, consider yourself lucky. Her not-so-subtle reminders may have prevented you from suffering a variety of dysfunctions later in life. Here, we'll look at a few common postural issues and some exercises that can help correct them.

### Head and Neck

Your spine has four major curves; if any of them are exaggerated, excessive pressure is placed on the vertebral discs. This is why some people end up hunched over as they age. The added pressure placed on the discs not only affects appearance, but also causes neck and back pain, spinal fractures, and problems with shoulder function.

Many people experiencing neck pain manifest a forward head posture, where the earlobe extends in front of the bony prominence of the shoulder instead of being positioned over it. This is the most common postural problem in our country, since computer use is common at workplaces and many people spend hours with heads angled forward in cars.



This forward head position can be re-mediated by doing simple exercises that strengthen the muscles in the back of the neck. Two examples are:

- 1) Head retractions: Standing in tall alignment and sliding the head back until it is seated over the shoulder before releasing, and
- 2) Table pose: Kneeling with hands under shoulders and knees under hips without dropping the head. Table pose will also help you employ the muscles at the front of your neck to facilitate movement.

Many people thrust their heads forward when doing pushups, leaning into a tennis swing, and performing low impact aerobic movements. This can be avoided with more core muscle involvement. Bracing with the core muscles—think about tightening the abdomen like you do when coughing—will help you learn to do core-driven, rather than neck-driven, movements. It's also important to keep the eyes straight ahead and the crown of the head lifted when exercising.

When working at the computer, sit up tall with feet

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# Fit to Swim

# Stress

**Coach Aubree Gustafson**

At some point, everyone has to deal with stress. Short term stress caused by work deadlines, planning an upcoming event, or even training for a race may seem normal to many of us and are thus easier to cope with. However, long term stresses caused by a death in the family, illness, and other major life changes can have damaging affects on your overall health. The little things can also turn into big things when left unchecked. Everyone deals with stress in different ways and it is important to learn what works best for you. Working out is a great way to relieve stress and re-center oneself on a regular basis; I'm betting that this is how many of you reading this relieve your own stress, as do I. Below are some of the effects of stress on your health and ideas about how to cope with, and avoid stress.

Some of the most common symptoms of short term stress are accelerated heart beat, back and neck stiffness, headache, upset stomach or nausea, and sweating. Next time you feel like you are coming down with the flu, take a moment to step back and look at the big picture, and make sure increased stress isn't the real culprit. Over time, one can see how these symptoms can start to take a toll on day to day life. Constant, long term stress can cause your immune system to weaken and a highly stressed individual may get sick more often than those around them. All of that constant tension in one's muscles can lead to more severe back and shoulder pain, making it harder to recover with a good night's sleep. Stress is also linked to high blood pressure, heart disease and heart attack. Being under an extreme amount of stress for long periods of time may lead to panic attacks; a severe anxiety reaction causing a person to feel dizzy, at a loss for breath, with a racing heart beat. Not to mention the emotional strains from dealing with stress, loss or gain of appetite, and personality changes just to name a few.

So how do we avoid something that is so common and can be so dangerous to our health and well being? Again, it is important to figure out what works best for you, and to develop your own avoidance and coping strategies. This can depend on many factors including your personality; do you want to talk it out with friends and family, or would you rather take time to yourself to combat stress. It may help to write out what makes you feel stressed and also how you are working towards managing that stress; this may help you maintain a sense of control. Regardless, it is important to work towards living a balanced life. Look at what you do, and how much time you spend doing it. Are you making enough time for what is most important? Find purpose in everything that you do. This way if the road gets tough, you know there is a light at the end of the tunnel. Adopt and maintain healthy habits; avoid over consumption of alcohol, don't smoke, work out regularly, eat a balanced diet and get plenty of sleep. Work towards maintaining a positive outlook; negative thoughts can trigger your body's stress response. Build a support network of family, friends and confidants, and never be afraid to ask for help.

—Some information modified from WebMD.





# Shake and Swim with “Bake”

## Main Set Many Benefits

*Coach Dennis Baker*

Here is a Main Set we do a lot at Oregon Reign. This set taps into many energy systems and has a lot of value. Let us look at the set then see what it does for us.

### **16 X 100s**

- 4 — Negative Split
- 4 — Descending 1 to 4 to fast
- 4 — Negative Split
- 4 — Descending 1 to 4 to fast

Find a send-off where you are getting approximately 20 seconds rest. The negative splits do not have to be fast, just negative split.

As we know negative split training is very good for us. In this set it sets us up with a slight fatigue factor going into the descending parts of the set. This really duplicates how you would feel in a race. No matter how much control we have in the first part of a race it always tires us out a little bit. Keeping the rest to around 20 seconds taps a little into our aerobic system. Changing the pace with the negative splits (negative split is where the second 50 is faster than the first 50) taps into our threshold system and the descending to fast parts of the set tap into our anaerobic system. As Masters swimmers we sometimes don't have as much time to train as we would like. This set gets a lot done in a short amount of time. Try this set with the many benefits it will bring to you.

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### **STAND TALL**

continued from page 4

flat on the floor and look straight ahead with eyes directed at the upper third of the computer screen. If these postural suggestions are not possible with your current workstation setup, adjust it so it meets these criteria. Many people are now utilizing standing and walking desks, which have many health benefits in addition to better posture.

### **Shoulders and Upper Spine**

Many of us slouch in front of computers or in cars or planes, where seats tend not to fit the natural shapes of our spine. This eventually creates a protraction of the shoulder girdle and a rounded upper spine. This postural misalignment most adversely affects shoulder function. Try slumping forward as far as you can and then attempt to reach your arms overhead. It doesn't work so well,

does it? There simply isn't enough space in the shoulder girdle for soft tissues to move properly when the front of the shoulder is so compressed.

What's more, repetitive movements where tendons, ligaments, and bones rub against each other produce inflammation and eventually pain. Optimal shoulder health and function is imperative for people engaging in upper body intensive activities such as swimming, golf, and tennis.

You can reduce protracted shoulder posture by:

- 1) Training the back muscles more by doing middle and high rows, overhead presses, and rear deltoid raises

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# Long Distance Swimming

**Coach Bob Bruce**

Wrapping up the 2014 USMS Postal Championships, the Oregon LMSC capped another fine year with a strong showing in the USMS 3000-yard and 6000-yard Postal National Championships, held this fall and hosted by COMA. Here's a quick summary:

**3000-yard:** 75 Oregon swimmers (40 women & 35 men) entered. Jayna Tomac, Matt Miller, Hardy Lussier, Steve Johnson, Tom Landis, Earl Ellis, and Dave Radcliff each won the national title in their respective age groups. Ten Oregon Club Relay teams won their events. In club scoring, Oregon won the national championship title for the seventh consecutive year.

**6000-yard:** 23 Oregon swimmers (9 women & 14 men) entered. Jayna Tomac, Peggy Whiter, Matt Miller, Steve Johnson, and Dave Radcliff won national titles. Six Oregon Club relay teams won their events. In club scoring, the Oregon Club won the national championship title for the seventh consecutive year.

## Congratulations to...

- ◆ Our 8 individual National Champions (USMS Long Distance All-Americans!);
- ◆ Jayna Tomac, Matt Miller, Steve Johnson, and Dave Radcliff, our double National Champions;
- ◆ Dave Radcliff, our double National Record Breaker;
- ◆ Our 16 relay team National Champions (USMS Long Distance Relay All-Americans);
- ◆ Our National Relay Record team, Men's 75+ 3 x 3000 relay of George Thayer, Earl Ellis, and Dave Radcliff (time: 2:47:07.75).
- ◆ Our 3 Oregon Individual Record breakers—Jayna Tomac, Peggy Whiter, and Dave Radcliff (2x).

- ◆ Our 2 Oregon Relay Record teams;
- ◆ Those swimmers who accounted for 38 new listings on the All-Time Oregon Top Twelve in these events;
- ◆ Everyone who participated. The Oregon LMSC does very well in overall participation, which is ultimately the bottom line. Of course, I wouldn't mind seeing even more Oregon swimmers in these excellent fitness events.

Look for the full Oregon results in this *Aqua Master*. Once again, we lead the nation—apart from the One-Hour Swim, the Oregon Club has won 24 of the last 26 national championship postal club titles!

**2014 Oregon Postal Series:** Twenty-four Oregon LMSC swimmers qualified for the Oregon Postal Series by swimming in three or more of the USMS Postal Championship Swims during the year. I'll send Oregon Postal Participation patches and chevrons soon! And TWELVE swimmers swam all five events, thus earning the USMS Postal Participation Award, an achievement that only 59 swimmers in the nation won this year! See the results in this *Aqua Master*.

**2014 Postal Swims in Very Brief Review:** 214 Oregon swimmers from 21 local teams (316 swims overall) participated in at least one National Postal Swim. COMA again led the way with 56 swimmers, 105 swims, and 12 Oregon Series qualifiers. CGM had 34 swimmers participate in the One-Hour Swim. LHST, RVM, CAT, ORM, EA and MACO each also had 10 swimmers participate in at least one postal event. The Oregon Club won 4 (of 5) USMS Club Championships! Well done!

Good luck and good swimming in 2015!

# Records & Results

## Canby Animal Meet — SCY

December 28, 2014; Canby, Oregon

Results for this meet can be found at:

[http://swimoregon.org/results\\_pdfs/2014-2015/ResultsCanbyAnimal\\_Splits.htm](http://swimoregon.org/results_pdfs/2014-2015/ResultsCanbyAnimal_Splits.htm)

For Scores of the Animal Categories:

<http://swimoregon.org/results/>

**NO RECORDS FROM THIS MEET**

## Oregon Postal Series 2014 Final Series Summary

1. Scoring through ten places: 11-9-8-7-6-5-4-3-2-1. All five events count.
2. Points advance with swimmer when moving up an age group (indicated by asterisk)
3. Oregon Postal Series: Swim and enter three events in the calendar year.
4. Oregon Participation Award: Swim and enter the One Hour Swim, 5 or 10-km Swim, and the 3000 or 6000-yard Swim in the calendar year.
5. USMS Participation Award: Swim and enter all five events in the calendar year.

Age Group	Name	Team	1-hr.	5-km	10-km	3000-yd	6000-yd	Points	Swims	Place	OMS	USMS
F 35-39	Jajewski, Suzy	ORM	8	11	11	11	11	52	5	1	X	X
F 40-44	Edwards, Bonnie	ORM	6	11	9	9	9	44	5	1t	X	X
	Tomac, Jayna	COMA	11		11	11	11	44	4	1t	X	
	Criscione, Anicia	CAT	7	9		7		23	3	3	X	
F 45-49	Salton, Gillian	COMA	7	11		8		26	3	1	X	
F 50-54	Delmage, Arlene	ORM	8	11		11	11	41	4	1	X	
	Matson, Karen	COMA	9			7	9	25	3	2	X	
F 55-59	Sweat, Mary	OR-un	11	11	11	11	11	55	5	1	X	X
	Shuman, Connie	COMA	9	9	8	9	9	35	4	2	X	
F 70-74	Whiter, Peggy	COMA	9	11	11	11	11	53	5	1	X	X
M 35-39	Miller, Matt	RVM	9	11	11	11	11	53	5	1	X	X
M 45-49	Lussier, Hardy	COMA	11	11	11	11	11	55	5	1	X	X
	Frost, Mark	CGM	8	9	9	9	9	44	5	2	X	X
M 50-54	McNamara, Tank	COMA	9		11		11	31	3	1	X	
	Kersey, Kyle*	OR-un	0			6	9	15	3	2	X	
M 60-64	Richardson, Brooks	COMA	6	11	11	9	11	48	5	1	X	X
	Larson, Allen**	ORM	5	0	0	8	9	22	5	2	X	X
M 65-69	Bruce, Bob	COMA	8	9	11	9	9	46	5	1	X	X
	Johnson, Steve	EA	11	11		11	11	44	4	2	X	
	Henderson, Matt*	COMA	2	8		8		18	3	3	X	
	Carew, Mike*	COMA	1			6	8	15	3	4	X	
M 70-74	Mohr, Ralph	COMA	9	11	11	9	11	51	5	1	X	X
	Foges, John*	OR-un	5	9	9	8	9	40	5	2	X	X
M 80-84	Radcliff, Dave*	THB	11	11		11	11	44	4	1	X	
Number of people										24	24	12



**A note about club scoring:** Club point scoring is calculated based on Quality Points, which is the ratio of each individual time to the current USMS Record for the gender & age group and expressed as the three-digit number that you see following each individual time in the results. The faster the swim the more Quality Points a swimmer earned. Club totals are the sum of the quality points of its swimmers. Since every swimmer receives quality points, every swimmer counts!

## 3000-Yard ePostal National Championships Oregon LMSC Results 2014

Place numbers are national places

OR = Oregon Record; NR = National Record

\* = Oregon All-Time Top Twelve Time

### Women 35-39

3	Jajewski, Suzy	39	ORM	41:51.99*	786
7	White, Tiffany	37	COMA	44:48.99	734
8	Strausbaugh, Elizabeth	38	COMA	45:30.99	723
20	Goodson, Tanya	39	COMA	1:10:00.86	470

### Women 40-44

1	Tomac, Jayna	42	COMA	36:18.38* OR	918
4	Edwards, Bonnie	42	ORM	41:43.68*	798
6	Galas, Anna	43	EA	43:41.62	762
7	Criscione, Anicia	40	CAT	44:14.53	753
10	Sortor, Rebecca	42	COMA	45:38.99	730
41	Proudfoot, Tasha	41	EA	50:41.91	657

### Women 45-49

8	Daubersmith, Britta	49	OCT	44:41.08	758
10	Young, Kim	46	COMA	45:45.99	741
11	Salton, Gillian	46	COMA	46:02.99	736
12	Hirsch, Christine	45	CAT	46:31.99	729
17	Gorman, Susan	48	COMA	51:58.14	652
18	Rohlf, Karen	48	UC37	52:00.59	652
22	Beth Stormshak	48	EA	59:18.73	571
24	Mary Carroll	45	COMA	1:03:44.99	532

### Women 50-54

4	Delmage, Arlene	52	ORM	38:37.76*	927
11	Phillips, Sue	50	CAT	40:22.40*	887
12	Stuntzner, Denise	52	COMA	40:29.38	885
13	Matson, Karen	51	COMA	40:33.02	883
15	Denney, Kris	54	COMA	40:55.99	874
27	Pappa, Debbie	53	COMA	49:27.99	724
35	Squier, Renata	53	OCT	52:17.55	684

### Women 55-59

2	Sweat, Mary	57	OR-un	38:25.37	948
9	Cappaert, Marlys	56	CBAT	43:41.99*	834
22	Shuman, Connie	59	COMA	58:38.65	621
25	White, Sue	59	COMA	1:01:05.99	596

### Women 60-64

4	Holmberg, Madeleine	61	COMA	45:36.86*	822
5	Summers, Jeanna	60	ORM	46:48.38*	802
9	Dotters, Deb	62	EA	50:44.52*	739
12	Van Horne, Beatrice	63	CAT	52:38.99*	713
14	Carstens, Linda	62	COMA	53:33.24*	701
16	Olson, Sarah	64	COMA	54:52.79	684

### Women 65-69

3	Gettling, Janet	66	COMA	48:20.99*	914
8	Sherman, Pat	69	UNAT	56:35.99*	781

### Women 70-74

5	Whiter, Peggy	70	COMA	1:05:21.99*	698
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### Women 80-84

3	Hunt, Pat	83	COMA	1:14:01.37	739
4	Gee, Nina	81	COMA	1:37:36.02	566

### Men 35-39

1	Miller, Matt	37	RVM	36:09.31	837
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2	Sutherland, David	35	EA	36:58.15*	819
3	Van Andel, Robbert	39	OCT	37:03.96*	817

### Men 40-44

3	Olafson, Kaigin	41	NIKE	38:35.52*	788
9	Muessig, Dirk	44	OCT	45:51.55	663

### Men 45-49

1	Lussier, Hardy	49	COMA	32:55.62	945
6	Frost, Mark	48	CGM	36:08.17*	861
8	Lajoie, Darrin	49	AQDK	37:33.27	829
12	Kropp, Erik	45	COMA	43:20.99	786

### Men 50-54

4	Ahten, Mike	50	EA	37:40.24*	840
5	Calvin, Kris	52	COMA	38:51.12	814
12	Voeller, Jan	53	COMA	45:06.99	701
15	Saltenberger, John	50	OCT	49:05.32	644
18	Kersey, Kyle	50	OR-un	1:02:35.65	505

### Men 55-59

15	Rogers, Terry	56	EA	47:00.73	692
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### Men 60-64

5	Phipps, Tom	60	OCT	40:57.30*	828
7	Richardson, Brooks	61	COMA	42:09.99*	805
8	Larson, Allen	61	ORM	43:04.18*	788
9	Wallace, Jim	61	EA	43:30.35*	780
12	Carew, Mike	64	COMA	45:24.32	747
14	Yensen, Kermit	61	COMA	46:08.40	735
16	Tudor, Jim	63	COMA	49:30.99	685
21	Mierjeski, Ed	64	COMA	59:45.99	568

### Men 65-69

1	Johnson, Steve	66	EA	41:04.79	907
2	Bruce, Bob	66	COMA	41:51.88	890
5	Henderson, Matt	65	COMA	45:49.99*	813
7	Hirschberg, Bren	68	COMA	47:03.10	792
14	Richards, Jon	69	COMA	56:32.86	659

### Men 70-74

1	Landis, Tom	72	COMA	41:56.99	913
4	Mohr, Ralph	73	COMA	47:26.20	807
6	Foges, John	70	OR-un	56:01.46*	683
8	Spence, John	73	COMA	58:08.99	658

### Men 75-79

1	Ellis, Earl	78	COMA	52:33.68*	749
3	Thayer, George	78	COMA	1:12:33.99	543

### Men 80-84

1	Radcliff, Dave	80	THB	42:00.08* NR	1,204
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### Women 35+: 3 x 3000

1	OREG (Denney, Matson, Tomac)	1:57:47.39
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### Women 45+: 3 x 3000

2	OREG (Stuntzner, Phillips, Delmage)	1:59:27.54
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### Women 55+: 3 x 3000

2	OREG (Holmberg, Cappaert, Sweat)	2:07:44.22 OR
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### Women 65+: 3 x 3000

1	OREG (Hunt, Whiter, Gettling)	3:08:25.97
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**Men 35+: 3 x 3000**

1 OREG (Van Andel, Sutherland, Miller) 1:50:11.42

**Men 45+: 3 x 3000**

1 OREG (Lajoie, Frost, Lussier) 1:46:37.06

**Men 55+: 3 x 3000**

1 OREG (Larson, Richardson, Phipps) 2:06:11.47

**Men 65+: 3 x 3000**

1 OREG (Landis, Bruce, Johnson) 2:04:53.66

**Men 75+: 3 x 3000**1 OREG (Thayer, Ellis, Radcliff) 2:47:07.75 **NR****Mixed 35+: 4 x 3000**

2 OREG (Stuntzner, Tomac, Sutherland, Miller) 2:29:53.22

**Mixed 45+: 4 x 3000**

1 OREG (Phillips, Delmage, Frost, Lussier) 2:28:03.95

**Mixed 55+: 4 x 3000**

2 OREG (Cappaert, Sweat, Richardson, Phipps) 2:45:14.65

**Mixed 65+: 4 x 3000**

1 OREG (Whiter, Gettling, Bruce, Johnson) 3:16:39.65

**Mixed 75+: 4 x 3000**

1 OREG (Gee, Hunt, Ellis, Radcliff) 4:26:52.77

**Combined National Club Scores:**

Team	Points
1 Oregon	54,598
2 Colorado Masters	19,869
3 St. Pete Masters	14,756

To help settle the side wagers concerning who had the best 3000 swim—across gender and age group lines—here is the list of the top 12 swimmers by Quality Points:

Name	Points
1 Dave Radcliff	1,204
(set new National Record!)	
2 Mary Sweat	948
3 Hardy Lussier	945
4 Arlene Delmage	927
5 Jayna Tomac	918
6 Janet Gettling	914
7 Tom Landis	913
8 Steve Johnson	907
9 Bob Bruce	890
10 Sue Phillips	887
11 Denise Stuntzner	885
12 Karen Matson	883

**6000-Yard ePostal National Championships Oregon LMSC Results 2014**

Place numbers are national places

**OR** = Oregon Record; **NR** = National Record

\* = Oregon All-Time Top Twelve Time

**Women 35-39**

2 Jajewski, Suzy 39 ORM 1:25:29.99\* 809

5 Gaffney, Karen 37 MACO 2:06:41.99 597

**Women 40-44**

1 Tomac, Jayna 42 COMA 1:15:05.79\* 916

4 Edwards, Bonnie 42 ORM 1:27:23.14\* 787

**Women 50-54**

5 Delmage, Arlene 52 ORM 1:20:10.20\* 915

6 Matson, Karen 51 COMA 1:23:32.16 878

**Women 55-59**

3 Sweat, Mary 57 OR-un 1:18:53.91 940

10 Shuman, Connie 59 COMA 2:01:17.99 611

**Women 70-75**1 Whiter, Peggy 70 COMA 2:10:40.99\* **OR** 765**Men 35-39**

1 Miller, Matt 37 RVM 1:14:22.13 835

**Men 40-44**

2 Olafson, Kaigin 41 NIKE 1:19:24.99\* 776

**Men 45-49**

2 Lussier, Hardy 49 COMA 1:07:33.58 944

4 Frost, Mark 48 CGM 1:14:01.37 861

**Men 50-54**

7 McNamara, Tank 51 COMA 1:25:24.95\* 762

8 Kersey, Kyle 50 OR-un 2:07:33.84\* 510

**Men 60-64**

3 Richardson, Brooks 61 COMA 1:29:09.99 778

4 Larson, Alan 61 ORM 1:32:27.86 750

**Men 65-69**

1 Johnson, Steve 66 EA 1:24:56.10 904

2 Bruce, Bob 66 COMA 1:26:57.99 883

5 Carew, Mike 65 COMA 1:37:09.09\* 790

**Men 70-74**

3 Mohr, Ralph 73 COMA 1:38:04.29 815

4 Foges, John 70 OR-un 2:00:04.43\* 666

**Men 80-84**1 Radcliff, Dave 80 THB 1:26:30.78\* **NR** 1,318**Women 35+: 3 x 6000**

2 OREG (Edwards, Jajewski, Tomac) 4:07:57.63

**Women 45+: 3 x 6000**

1 OREG (Matson, Delmage, Sweat) 4:02:36.27

**Men 35+: 3 x 6000**

1 OREG (Miller, Frost, Lussier) 3:35:57.08

**Men 55+: 3 x 6000**

2 OREG (Carew, Larson, Richardson) 4:38:46.94

**Men 65+: 3 x 6000**

1 OREG (Bruce, Radcliff, Johnson) 4:18:23.87

**Mixed 35+: 4 x 6000**

1 OREG (Matson, Tomac, McNamara, Miller) 5:18:25.03

**Mixed 45+: 4 x 6000**

1 OREG (Delmage, Sweat, Frost, Lussier) 5:00:39.06

**Mixed 55+: 4 x 6000**

1 OREG (Whiter, Shuman, Radcliff, Johnson) 7:03:25.86

**Combined National Club Scores:**

Team	Points
1 Oregon	18,034
2 Puget Sound Masters	6,916
3 Colorado Masters	6,688

To help settle the side wagers concerning who had the best 6000 swim—across gender and age group lines—here is the list of the top 12 swimmers by Quality Points:

Name	Points
1 Dave Radcliff	1,318
(set new National Record!)	
2 Hardy Lussier	944
3 Mary Sweat	940
4 Jayna Tomac	916
5 Arlene Delmage	915
6 Steve Johnson	904
7 Bob Bruce	883
8 Karen Matson	878
9 Mark Frost	861
10 Matt Miller	835
11 Ralph Mohr	815
12 Suzy Jajewski	809

# The Spark That Ignited In The Pool!

By Karen Andrus-Hughes

They knew each other as next door lane neighbors for four years, but really didn't *know* each other. Usually Chip Polito swims in the fastest Oregon Reign Masters lane and Christine Somera in the "next lane down." Often they would both show up on the pool deck before practice and quietly gaze at the pool – seeming to dread that first plunge into the cold pool. By nature, both tended to be relatively reserved. During workouts few words would pass between them, as is the norm for swimmers during workout, especially in different lanes.

About a year before they began officially dating, they started to take part in ORM group social events. This provided a much better opportunity for getting to know someone than can occur during short swim set intervals. "Over the course of the year before we officially started dating, we had been doing social things in groups and realized that we should spend time together outside that group," Chip explains. "I really just convinced her that it would be fun to spend time with me and that I wasn't such a grump like I could be at practice when lanes get crowded or intervals are not adhered to. I knew by the middle of date #2 that we were going to spend our lives together."

About this same time, other Oregon Reign teammates started to notice a transformation in Chip and Christine. Teammate Valerie Jenkins recalls that at one particular practice Chip and Christine seemed more lively and animated. In following practices she noticed they would be on the pool deck talking and laughing with each other and with other swimmers before workout. More teammates made similar observations, and finally



the news was out: Chip and Christine were officially a couple! "At night workout, after a long work day, Chip would greet Christine with a hug. They simply bring out the best in each other," says Valerie.

"I think the team figured us out when I started *welcoming* Christine and others into my lane, says Chip. We like to reminisce about our first relay together back in 2009 at Associations when Christine was a little frightened of the 'super intense guy' that she thought might be mad if we lost. It's been quite the journey to get from there to our wedding, but we know it all happened perfectly in the end," he adds.

continued on page 17



*Less than one-third of USMS swimmers identify themselves as “competitors” — but we all swim because we love swimming and want to be fit. Swimming is one of the most popular forms of aerobic exercise, and it is an excellent activity for anyone who wishes to get fit and stay fit. Below is the second in a series of articles to encourage fitness swimmers to try competition to see whether it “fits” you. You may be surprised!*



# Masters Swimming 101

## What are the basics of pool etiquette?

Jim Harper\*

Safety always comes first, and swimming's first rule is never to swim alone. Because you will always be swimming with other people, offer them the type of respect you wish to receive. Swim friendly. Also, always follow the directions of lifeguards and pool staff, as they can see and anticipate things that you cannot.

If you know how to drive, then you know how to swim within floating lane lines. Swimmers tend to self-organize into lanes by speed, and you'll want to seek a lane according to your speed and ability. If you need to stop swimming during the workout, “pull over” at the wall. Move out of the way of other swimmers by sliding into a corner. Don't hang onto the lane line—you will get a parking ticket.

Circle swimming is the norm at most organized Masters workouts. Notice that it is not a true circle, but you get the point. Outdoor pools are different than indoor pools, and old pools are different than new pools, but they tend to follow a basic design that serves their intended users: black lines on the bottom indicate the center of each lane, and black crosses mark each wall. Use these markings in the pool just as drivers use them on the road.

Here are some of the major no-nos and yes-yeses of swim practice.

### Don't:

- Dive
- Use the starting blocks independently
- Swim down the middle of a lane
- Remain stationary in the lane, except at the wall
- Stand or hold onto the wall in the middle of the lane
- Grab another swimmer
- Push off the wall immediately before or after another swimmer—no tailgating!
- Do your own thing in a lane that is following a prescribed set or workout.

### Do:

- Enter the water feet first. This is mandatory for all Masters swimmers
- Dive only from the starting blocks, when instructed by your coach
- Circle swim, staying always to the right of the lane, only moving toward the center when ready to turn at the wall
- Leave the pool if unable to continue swimming
- Scoot to the corner of the lane while standing or holding onto the wall
- Tap a swimmer's toes in front of you, indicating that you wish to pass at the next turn
- Allow 5 seconds between swimmers.

Other cultural norms of swimming are best understood by experience, especially in terms of competition, and each club creates its own microculture.

\*Jim Harper is an All-American Masters swimmer and coach in Miami who writes about health and nature.

# Swimmer Spotlight

**Name/Age** Sue Phillips / 50  
**Local Team:** Corvallis Aquatic Team (CAT)

As an age grouper for the Woodlands Swim Team in Texas, Sue tells an all too familiar story. Too many hours swimming a day, too much weight lifting, and too many push-ups lead to a major shoulder injury in high school. She didn't swim during her years at University of Colorado in Boulder. "I took 11 years off after this devastatingly disappointing injury, she explains, and in my late 20's while in graduate school at University of Utah, I was looking for a way to get fit, and found my way to what was then Steiner Masters Aquatic Team (now Utah Masters, in Salt Lake City). I competed once or twice way back then, but not again until 2013.

"In 1996 I moved to Moab, UT, where our only pool was closed 4 months a year. I kept swimming, but had to spend months getting back into shape each year. When I moved to Corvallis in 2009, my job was so intense that I didn't make it to the pool for a couple of years, and I got BIG. I found CAT, and swam somewhat lackadaisically for a couple of years, until I realized I missed being fit and fast. I kicked my swimming up a notch or three, and really started working hard in the pool. I started cross training, I dropped 60 lbs, and rediscovered the joys of competing.

"I'm extremely lucky to have an AWESOME coach, Rick Guenther. He saw me change, and saw my new devotion, and nurtured it in a huge way. He continually challenges me and pushes me, and I am getting faster all the time as a result.

"Last year I discovered open water swimming, and fell in love with it. Ever since then, I've been swimming every open water race I can, including the Waikiki Roughwater this summer. Rick really embraced my long distance training this year, and it paid off – I have a blast in the open water. Thanks, Coach!

"Before the Waikiki swim this summer, my family and I stayed on Kauai, only a few miles from the local Masters

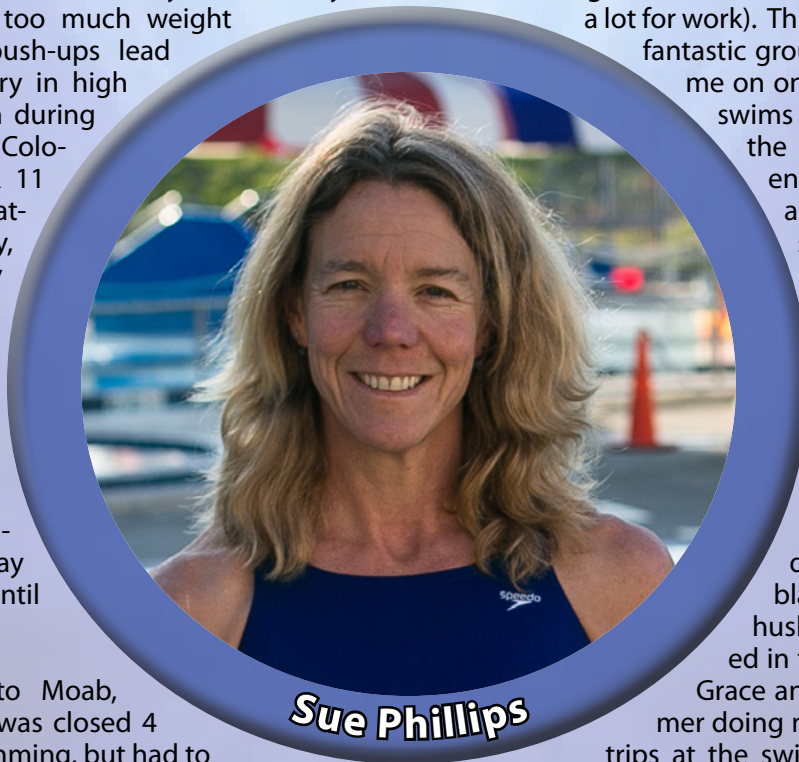
team. I indulged in one of my favorite activities, namely swimming with other teams when I travel (and I travel a lot for work). Through SKA Masters, I met a fantastic group of women who invited me on one of my most memorable swims ever. We drove to where the road around Kauai dead-ends on the Na Pali Coast, and dove in. Four of us swam a couple of miles out and back along one of the most amazingly beautiful coastlines on the planet, with the fish and the sea turtles, under a huge rainbow. Talk about soul-swimming.

"I have an 11 year old daughter, Grace, who is a blast to hang out with. My husband was not so interested in the open water scene, but Grace and I had a wonderful summer doing mother-daughter camping trips at the swims. She loved spending summer days playing in the lakes and meeting the other swimmers' kids. We both love camping.

"At home, I've really enjoyed cross training - running, pilates, yoga, and lifting. I've been enjoying running races in the 10k to half marathon range, and love trail running. With all the swimming and training, my older hobby of vegetable gardening has suffered as a result, making a lot of weeds very happy indeed".

Sue is an Aridlands Research Manager for the U.S. Geological Survey (USGS). "I manage a biological research program that is based in Corvallis and Boise, ID. I supervise a group of scientists who study the ecology and wildlife of the Intermountain West. I manage a research station in Boise, and represent the USGS with several research and resource management partnerships in the great sagebrush sea of the American west. I spend lots of time facilitating the work of brilliant and diverse biologists who provide scientific understanding needed to deal with some very hot-button environmental issues such as wild-fire, grazing, Greater sage-grouse, and wildlife interactions with wind turbines."

—submitted by Karen Andrus-Hughes



**Sue Phillips**

# Swim Bits

## 7 Habits of Highly Fit People

by Ralph Mohr

Central Oregon Masters Aquatics (COMA)

**Keep it Real** — Change will not occur immediately. At Mingus Park Pool in Coos Bay we talk about the year plan and the 10 year plan. For a “newbie” we say it will take at least a year, if not longer, to get sorted out with all of the techniques involved with swimming. Getting in better shape will occur almost immediately but getting in good shape, takes longer.

Start naturally but keep track of what you are doing. Join “Go-The-Distance” USMS website and/or keep a swim log. Do both. The log can become a daily journal of what you do the whole day, not just a list of distance and sets.

**Don't Wait Until You Are Bored** — Mix your workouts up. Don't do the same sets all the time, and especially, don't just go LSD - Long Slow Distance all the time. Do short rest intervals once in a while. Try different strokes.

Try different activities, too. Don't just swim. Walk, run, paddle, lift weights, do yoga, whatever - do something else besides swimming. It can be a break or a second workout for the day.

**Participate in Events** — Some swimmers say, “I don't like to compete.” Participation in the ePostals or a USMS Masters meet or open water swims is not really competition. It is a measure of where you are in your exercise program. Occasionally we need to check how we are doing, and that only comes from a more focused effort in a formal event.

The ePostals are great for this. Once a year do the Hour Swim and compare your new distance with past efforts. It's the same for all of the other ePostal events. Occasionally all you need to do is finish an event. That's what is so great about open water swimming. The challenge at Elk Lake is finishing all five swims, not how fast you go in each.

**Swim With Friends** — Pair up. Find people about the same speed and once a week or more do a full workout or set with them. The competitive juices usually kick in or it is enough just to stay together on the sets. Either way swimming with someone is a comfort.

In open water, swimming with a friend is also a safety issue. People always say, “Don't swim alone,” but in a wet suit safety is not a problem. Turn on your back and play sea otter for a while. Having a friend along is fun when you are out in the middle of a lake, and you see the ospreys fly overhead before heading back to the boat ramp 1000 yards away.

**Set Goals** — An old saying: “A journey of a 1000 Miles begins with a single stroke.” Only a few will swim 1000 miles in a year, but even a goal of 100 miles in a year starts with a single length. Perhaps your goal is to swim 3 days and run 3 days with a day of rest per week. Or exercise every other day. Or \_\_\_\_\_ Fill in the blank, but set some reasonable goal.

Keep in mind that goals can be multiple-year, month, week, day, even what you do in a set. Just make sure the goals are what you really can accomplish, not impossible, and that you have a progression or plan to achieve them.

**The Fame Principle** — Celebrities have personal coaches. You can have one, too. Join an OMS team. The coach is on the deck so you don't have to think. You can also get workouts off the Internet. Variety in your workouts will keep you from getting bored.

**Do Not Exercise** — Sometimes you need a break. Most of us love to swim, but occasionally we need to get away from the pool for a day or two. Get on the water instead of in with a paddle board or kayak. Walk on the beach if you are near an ocean or lake or river. Looking at water is restful. Lying on a beach listening to the waves is restful.

Sometimes you just need to play for a workout. Do one all fins. All fins, paddles and pull buoy. All backstroke or breaststroke. Go continuous relays with a friend. Or go sit in the hot tub and relax. At least you got wet.

(Adapted from [http://www.huffingtonpost.com/lisa-kirchner/7-habits-of-highly-fit-pe\\_b\\_6387680.html](http://www.huffingtonpost.com/lisa-kirchner/7-habits-of-highly-fit-pe_b_6387680.html))



Ashley Jones painted "As the Fire Fades" (above) to accompany his feelings about aging and swimming.

## As the Fire Fades

by Ashley Jones

Have you ever come to the realization that the intensity you have felt in the water for so many years is no longer there? You know—that extra something that kicks in, moving into a higher gear, causing you to stretch farther, kick harder and drive to the wall.

It just happened to me the other day—the realization that I am no longer overly concerned with how fast I am swimming. I have watched my times slowing down in the last five years, but have failed to look at the process taking place as this was occurring.

The last five years are the only ones I have to go by. I quit competing when I was 50 because I became disillusioned with the way people were treating each other. It became cutthroat to see who would be on the "A" relay, for example. I determined that I would return when things changed or I did.

So 25 years later, I heard about the FINA Worlds at Stanford and began working out again. I was swimming about 800 meters a day during those years of non-com-

petition, but nothing on the clock. When I began doing repeats, I knew I was slower, but the old burning sensation at the end of a set was still there. Every Friday, I would time myself in one of my events. Those times I can remember. I won three gold and two silver medals at that meet.

So, I swam a 200-meter breaststroke in 4:01. I rested a few minutes and then swam a 25 butterfly in :20 or so. Five years ago my breaststroke time was 3:42 and the butterfly was about :17. It isn't the fact that I know I am not as fast, rather, knowing that I don't care.

I suppose I have finally come to realize that I am now an 80-84 male and the time has arrived when being younger is no longer a goal (conscious or unconscious). There is great satisfaction in just competing, no matter the times.

Years ago I held a vision of diving off the blocks when I was 100. Now my goal is to dive off the edge of the pool. Growing old is something that will take me some time to catch onto. I think I'm ready.



# And The Award Goes To...

OMS members prepare annually for the Association Championships where, not only is a team crowned #1, but a VOTE BY YOU selects individuals for various awards. The following are the annual awards for which you should nominate someone you feel worthy.

## CONNIE WILSON TROPHY

This award memorializes Connie Wilson, a longtime participant and former Chair of Oregon Masters Swimming. It was first awarded in 1986. This award is given annually to an individual who, in the opinion of the OMS Board of Directors, has made an outstanding, long-term leadership contribution to this organization and to Masters Swimming."



## OL'BARN AWARD

This award honors Earl Walter (a.k.a. the Old Barnacle), a founding member of Oregon Masters Swimming and a longtime participant and contributor to Oregon swimming in many capacities. It was first awarded in 1982 to the Ol' Barn himself. This award is given annually to the individual who, in the opinion of the OMS Board of Directors, has shown outstanding leadership, dedication, and devotion throughout the year to this organization and to Masters swimming."

## HAZEL BRESSIE SPIRIT — FEMALE AWARD

This award is given to the female who has shown enthusiasm and spirit to her team or other Masters swimmers during the past year.



## GIL YOUNG SPIRIT — MALE AWARD

This award is given to the male who has shown enthusiasm and spirit to his team or other Masters swimmers during the past year.

## SPECIAL SERVICE AWARD

This award is given to an individual, organization, business, or group that has gone the 'extra mile' by contributing outstanding service to a team or to OMS.



The time is NOW to submit your vote for any of the awards listed for an individual you feel worthy (be sure to tell WHY the individual is worthy). Send votes to Ginger Pierson (awards chair) by March 28, and submit a picture with your nomination. Contact information: [gingerpierson7857@comcast.net](mailto:gingerpierson7857@comcast.net) or 1302 NW 23rd Ave, Camas, WA 98607 or call (360)210-7446.



## SPARK IGNITES IN POOL

continued from page 11

Aubree Gustafson, Oregon Reign Master assistant coach & OMS board member, officiated at a beautiful ceremony that took place at the Forestry Center on October 11<sup>th</sup>, exactly one year after they became engaged. Christine wore a beautiful backless wedding dress, and in true swimmer fashion, “workout suit” tan lines adorned her back. Aubree says “From the beginning it was obvious that Chip and Christine belong together. They make each other so happy; I couldn’t wish for more for two of my friends. It was such an honor to be a part of their wedding. I’m excited to see what the future holds for them both in and out of the pool!”

Chip and Christine were surrounded by family and friends, many who were Master swimmers – and many of whom unabashedly exhibited their dancing “skills” in the post ceremony celebration. It was a very fun night! “Having our swim family as well as our ‘regular’ family at our wedding was really important to Chip and me,” says Christine.

Chip is a Human Resources Analyst at the Port of Portland, specializing in compensation, employee recognition and retirement. Christine works for the Clackamas County Education Service District and is a program specialist in the long-term care and treatment school, which resides at a psychiatric residential facility for youth K-12 grades.

## STAND TALL

continued from page 6

2) De-emphasizing chest exercises such as pushups, chest presses, and chest flies

3) Performing pectoral stretches over a foam roller by lying over the roller and extending your arms out to the sides with palms up at shoulder level while keeping your knees bent and spine in a neutral position

For other stretches geared specifically toward swimmers, see the FINA video entitled “Prevention of Shoulder Injuries in Aquatic Sports” on YouTube. [http://the17thman.typepad.com/my\\_weblog/2012/07/fina-prevention-of-shoulder-injuries-in-aquatics-sports-.html](http://the17thman.typepad.com/my_weblog/2012/07/fina-prevention-of-shoulder-injuries-in-aquatics-sports-.html)

## Lower Back and Pelvis

The lower back is another trouble zone. Sitting for long periods of time shortens the psoas muscles that

cross the pelvis. Eventually, this will pull the pelvis forward—imagine your pelvic “bowl” tipping forward—placing excessive compressive and shearing forces on the lower back.

To correct this, stretch the quadriceps and psoas muscles daily.

Stretch the quadriceps by lying on your belly or side and pulling your heel toward your hip

Stretch the psoas muscles with a lunge stretch with one knee on the floor and pressing forward with the pelvis. If you have knee problems, it may work best to do forward lunges without placing your knee on the floor.

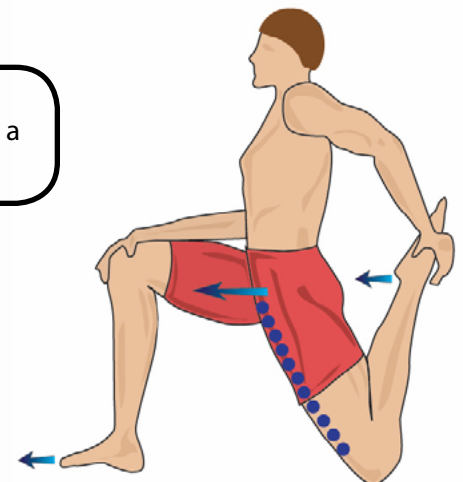
## Stand Tall!

Posture matters in more ways than one. With some focused attention, you’ll experience less discomfort and more freedom in your movement patterns in addition to sitting and standing taller.



Stretch the quadriceps by pulling your heel toward your hip.

Stretch the psoas muscles with a lunge stretch.



# Summary . . .

**Records For:**  
Canby Animal Meet —SCY  
3000 yd ePostal Nationals  
6000 yd ePostal Nationals

## Looking Ahead . . .



DATE	COURSE	MEET	LOCATION
March 7-8	SCM	Oregon City Spring Ahead	Oregon City, OR
Link active on Jan 30: <a href="https://www.clubassistant.com/club/meet_information.cfm?c=2199&amp;smid=6161">https://www.clubassistant.com/club/meet_information.cfm?c=2199&amp;smid=6161</a>			
April 10-12	SCY	OMS Association Championships	Corvallis, OR
April 23-26	SCY	USMS Spring National Championship	San Antonio, TX
June 6	LCM	THB Pentathlon	Tualatin Hills, OR
August 6-9	LCM	USMS Summer National Championship	Geneva, OH



JUST  
KEEP  
SWIMMING

### OMS Board Meetings (contact a Board member for location)

February 9  
March 9  
April 11—Annual Meeting  
May 11

June 8  
July 13  
August 10

Let's Swim