



Aqua Master

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"Swimming for Life"

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Those Crazy Bridge Swimmers!

by Charlie Helm

Sunday, July 12th, I decided to go check out the start of the annual 11-mile Portland Bridge Swim to see what these crazy swimmers and their kayak escorts looked like. Unexpectedly waking up at 5:45am that morning made my choice to check it out easier, as well. I also wanted to cheer on one of my teammates who was doing the swim and see what other Masters swimmers I know might be crazy enough to give this madness a try. I soon discovered that most of my Masters friends were "trying" this event for the first time. Must be a bucket-list thing or something. After offering my usual coaching advice (take it out fast and hold it!) plus asking if people heard about the killer sturgeon that live near the bridges (this was mostly for the out of town swimmers attending) I tried to say hello to as many friends as possible before the first of many waves of swimmers and their escorts moved off to the river to begin their journey.

While I consider myself primarily a pool swimmer, I usually do a few open water events each summer, but limit myself to either the 1-mile or 1500 meter events or less. While many swimmers try all the distances, I've never been motivated to go

for the longer events. When asked why I don't try a 5-k or 10-k swim, I visualize my 1500 in my mind and repeat the experience in a loop until it adds up to the longer distances—then I'm good! This 11-mile bridge swim aroused my curiosity. I became very interested in each swimmers preparation for this type of marathon event. It hadn't occurred to me that the swimmers need to drink and fuel during this type of distance event and I became curious with the different strategies many swimmers were employing. What type/s of beverages would they be drinking? Solid food or gel-type fuel or a combo? Bar-b-que on the kayak? How often? Regular beer or light? This event also gives the escorting kayakers a big workout as well. I was a bit surprised I didn't find a good sized "boom-box" lashed to the front of the kayak—if I were swimming or rowing for 11-miles and 5-plus hours, I would want my tunes to rock out with!

After watching all the waves of 60 individual swimmers plus relays head for downtown, I returned home and checked up during the rest of the day with the Facebook updates many were posting.

"Well done" for all the swimmers, escorts, and volunteers who made Marisa's Bridge Party a success!



Jessica Keiras and her kayak escort, Morgan, at the start



Another wave of swimmers and escorts enter the water

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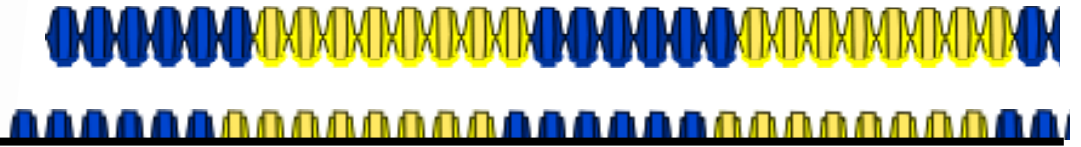
Aqua-Master is the official publication of Oregon Masters Swimming. It is a source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. A subscription is part of membership in OMS. Contact Susie Young or Jackie Parker for membership information. OMS is a Local Masters Swimming Committee (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



Changing Bodies Need Different Suits

Have you ever wished that your swimsuit fit your body better or was just simply more comfortable? Are you tired of pulling and tugging your suit in order to try to get it to cover more of your body? If you are like most swimmers, you are probably still training with the same gear that you wore 10 or 20 years ago. However, the vast majority of us don't have the same body we had "back in the day."

Not All Suits Are Created Equal

With the growing trend of "skimpy" swimwear styles on the market today, many Masters swimmers are finding themselves feeling self-conscious and frustrated when they aren't able to find a suit that meets their changing needs. The majority of the competitive styles on the market today are cut for the masses in swimming, or more specifically, the age-group swimmer. Until now, there has been a distinct gap in the market for women who are not yet ready to leap into the more modest aquatic fitness suits, but who are also no longer comfortable in their training suits of years past.

Luckily, the swimwear market has begun to shift over the past few years as companies recognize the specific needs of the fitness swimmer. Some are now offering options for swimmers of all ages, shapes, and sizes.

Comfort and Performance Matter

This shift in the market is good news, as even Olympic champions have changing needs as they move throughout the stages of their swimming careers. As a busy mother of two, Amanda Beard recognizes that swimming is no longer her only focus and that comfort is as important as speed. "I like suits and



gear that meet the needs of the everyday woman: fashionable, supportive, and flattering, while also meeting the demands of competitive athletes." A well-fitting suit "allows me to maximize my time in the water and really focus on training, working out, or playing with my kids in the pool."

Innovation for Performance

Products and new technologies for the active swimmer provide improved fit and function with a touch of fashion.

Body Control System (BCS): Provides support in key areas of the body such as bust, tummy, and hips allowing for a more comfortable and better-fitting suit.

Aqua Light: The first-ever assortment of water-repellent suits in the marketplace made specifically for active swimmers. Each Aqua Light suit is designed to retain less water and dry six times faster than traditional fabrics, making the transition to life outside the pool both comfortable and hassle-free.



Fit to Swim

2016 LCM Nationals One Year Out

Coach Aubree Gustafson

Hey all you OMS athletes! We are officially one year away from hosting and competing in the 2016 USMS Long Course Meter National Championships held at Mt Hood Aquatic Center, August 17th-21st, 2016. It's never too early to start thinking about where you want to be, both physically and mentally, when it comes to a big competition. That time is now! Below are some ideas to help you get started early.

Sign up for the Gil Young Memorial LCM Meet to be held Friday, August 21st, through Sunday, August 23rd, 2015, at Mt Hood Aquatic Center! There is nothing better than swimming in the same pool Nationals will be held in and getting a sense of where you are in your swim training. Online entries are due by midnight August 12th, and if you are sending an entry by mail, it must be post-marked by Friday, August 8th, so you have plenty of time to register. Try a new event, or maybe this will be your first meet or your first meet in a long time. Regardless, not everyone gets the opportunity to check out the National pool way in advance of the big meet. If the thought of swimming in any kind of "meet" is intimidating, just remember, everyone is there for the same reasons; to challenge ourselves, have fun doing it, and meet others who like to do the same thing. Take advantage and sign-up today!

After you swim a few events and achieve times in your swims that tell you where you are at now, it's time to start setting some S.M.A.R.T. goals about where you would like to be a year from now. S.M.A.R.T. goals should be Specific, Measure-

able, Attainable, Relevant and Timely. A timely goal has a finish line, and your finish line is August 17th-21st, 2016. The rest is up to you!

To help you with your goals, go to USMS.org, under the "Events and Results" tab, click on "National Championships" under "Pool". Under the header "National/International Championships Results & Info", there is a link to "National Qualifying Times FAQ" which goes over information relating to how qualifying times are decided upon and how many events can be swum by an individual without qualifying (<http://www.usms.org/comp/nationals.php>); currently a USMS registered athlete can swim up to 3 individual events at Nationals without meeting the qualifying times for their age group. This means that everyone is welcome to swim at the meet regardless of whether you are a big time competitive swimmer or a fitness swimmer; this meet is for you! Slightly further down on the same page, under the header "2015 USMS & International Championships", there is a link to the current "Qualifying Times" for Nationals this summer in Geneva, Ohio. It's worth a look to see what events you may be close to qualifying for, or currently qualify for, when looking forward to next year's National Championships.

This is just the beginning. I'll come back to this over the course of the next year to check in with you all on our way to Summer Nationals 2016. See you at Gill!

Miscellaneous

- ◆ More than 5.5 million miles have been logged by USMS members
- ◆ 65% of people in the U.S. don't know how to swim.
- ◆ An hour of vigorous swimming will burn up to 650 calories. It burns off more calories than walking or biking.
- ◆ Florida is the only state with legislation on who can teach swimming. Life guards and swimming instructors must, by law, be certified.
- ◆ The Titanic was the first ocean liner to have a swimming pool and a gym.
- ◆ Swimming first became an Olympic event in 1896.
- ◆ The first swimmer to break the two minute barrier in the 200 meter freestyle was Don Schollander (July, 1963).



Shake and Swim with "Bake"

Coach Dennis Baker

Be Careful of Hypoxic Breathing

When I was young we did a lot of breath control sets, or hypoxic breathing sets. Usually we were sprinting and not breathing very much at all. This type of training in repetition can lead to shallow water blackout which is very concerning in the swimming world as of late. You must be very careful with this type of training and for that matter racing without breathing very much as well. Let's look at a better way to use hypoxic breathing and talk about a few swimmers who breathe a lot.

Later in my swimming college years we used hypoxic breathing in quite a different way. We used it to actively recover from our intense main set. I use this method today in coaching my kids and Masters swimmers. Usually we do it during our pull set and a typical set would look like this: 8 X 125s free pull with the last 25 trying to breathe the least amount of breaths possible. Or we will do a few 400s free pull with a breathing pattern that switches from 2 to 4 to 6 to 8 per 50. Other times we switch up from 3 to 5 to 7 pattern breathing in whichever distance we are doing. In all these sets you are never going

very fast. This is mostly mind/lung control and learning to be in control while your body recovers. I feel this is a very beneficial tool as practice is winding down and it will help you be in control more in your future races. Control in a race or practice is of the utmost importance.

The type of hypoxic training I mentioned at the beginning of the article, high intensity no breath, is the kind of training that scares me and is a needless way to train. While some of the top sprinters in the world don't breathe much during a shorter race, we are seeing many more that do breathe more. I personally have witnessed Michael Phelps and Ryan Lochte go under 19.5 for a 50 yard freestyle breathing almost every stroke. Why?? They are efficient breathers and taking a breath doesn't slow them down. Air is good and it is good in a race and good in a practice. Don't fall into the trap of too much high-speed-low-breath-rate training that is not safe. Use hypoxic training to gain mind and body control and a slower pace and you will be well on your way to better racing and training.

Thank you OMS Sponsors!

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Swim Events and Records

Oregon Senior Games

June 20, 2015; Bend, OR

NOT USMS Sanctioned—NO RECORDS

Full results for this meet can be found at:

http://swimoregon.org/results_pdfs/2014-2015/ResultsOregonSrGames_SCY_20150620_Splits.htm

Foster Lake Cable Swims

June 27, 2015; Sweet Home, OR

Full results for this meet can be found at:

http://swimoregon.org/results_pdfs/2014-2015/2015-foster-lake-results.pdf

USMS Two-Mile Open Water Championship Individual Results

Name	Age	Club	Final Time	Gender Place	Overall Place	
Age Group Dan Kirkland	65-69 Male 66	UC36	0:48:32.19	16	14	National Record

2015 One-Mile Relay Results

Mixed Relay Results

Age Group: 25+ Oregon

Jessica Kieras	35	24:00.20	National Record
Nicole Pressprich	27	22:44.95	
Scot Sullivan	49	22:47.93	
James Proffitt	50	22:33.10	

2015 Two-Mile Relay Results

Men's Relay Results

Age Group: 45+ Oregon Masters

Mark Frost	48	0:45:10.16	National Record
Scot Sullivan	49	0:45:07.37	
Hardy Lussier	49	0:42:32.88	

Mixed Relay Results

Age Group: 35+ Oregon Masters

Jayna Tomac	43	0:47:18.82	National Record
Nicole Pressprich	27	0:44:53.61	
Adam Trexler	36	0:45:02.65	
Hardy Lussier	49	0:42:32.88	

Portland Bridge Swim

July 12, 2015; Portland, OR

NOT USMS Sanctioned, but fun!

Full results for this meet can be found at:

<http://swimoregon.org/results>

Applegate Lake Swims

July 18-19, 2015; Portland, OR

CANCELLED

The water level was very low and dropping daily

Swimmer Spotlight

Name: Age: Dave Wash: 54

Workout group: Central Oregon Masters Aquatics (COMA)

I work for the U.S. Department of the Interior as an outdoor recreation program manager. The work I do for the Bureau of Land Management in Coos Bay centers around managing the district's recreation and parks program, campgrounds, coastal areas, hiking trails, historic sites.

I grew up in Bradford, Pennsylvania, and started competitive swimming at age 8 in a summer league. I moved up to swimming year round for the YMCA and the AAU when I was 10, and eventually swam for the Bradford Area High School team until I was 18.

I was pretty burned out after high school and opted to not swim in college. Instead, I got into outdoor sports--cross country skiing, backpacking, climbing, whitewater kayaking, caving--stuff like that. I returned to swimming for fitness in my mid-twenties as a good way to stay in shape for my outdoor pursuits. I worked as a park and desert ranger for a while and eventually started to work in outdoor recreation management in the California Desert Conservation Area. Moving from a field job to indoor work in my mid-thirties, I quickly found that swimming became an essential part of staying fit as I aged. We moved to the Coos Bay area in 2001 and I started swimming at the North Bend pool.

One weekend a friend asked me to join him for an open water swim in Eel Lake. After that I was hooked. The next year, just after I turned 50, I decided it was time to enter my first U.S. Masters open water race at Dorena Lake. It was a 3000 meter event and was really a challenge for me. I had no idea what I was doing, but afterward decided I really wanted to get better at this. I took a clinic from Bob Bruce, who coaches COMA, and

learned some of the basics from this master open water swimmer and coach. Now nearly five years later, open water competitive swimming has become a vital part of my life.

My most memorable swimming experiences have been some of my training swims at Eel Lake--out there in the spring in the early morning on a glassy surface with the mist rising. Those swims have a meditative quality to them and when I get the pace just right and cruise along in that void all by myself--it's more than training--it's a spiritual experience. Honestly, I love that more than the thrill of competition. Some of my life's biggest insights and most healing moments have come to me in those swims.

I love to kayak, paddleboard, backpack and travel. Right now I am doing the planning in preparation for hiking the El Camino de Santiago across northern Spain this fall. A pilgrimage I have thought about taking for quite a while.

I was married to my wife Katie for 27 years. Tragically and suddenly she died on January 31, of this year. It is still hard to put this into words. I have used swimming, especially those long open water swims, as a part of my healing journey as I have worked through my grief over this huge loss. I have two children--Jon is 25, and Galen is 20. They both grew up swimming competitively and Galen swims for the Linfield Wildcats. Two years ago the three of us swam the Columbia River Channel Swim from Washington to Oregon--my wife greeted us on the shore with warm coffee and lots of hugs. It's a really good memory.

—submitted by Denise Stuntzner



Swim Bits

by Ralph Mohr
Central Oregon Masters Aquatics (COMA)

A 10K in the water is swimming's version of a runner's marathon. It takes about the same time to swim a 10K as to run a marathon; from a little less than two hours for male swimmers in the Olympics to 3 hours and more for mere mortals..

The biggest complaint I've heard about even attempting to swim a 10K is the old bromide, "It's boring." I don't think so. Fatiguing, hard, painful even, but not boring.

The first thing to do is get comfortable swimming longer distances in a pool or lake. This is one time the old "LSD" workout is a positive, i.e. Long Slow Distance. Another way to look at it is to use your "All Day Stroke." What speed and rhythm in freestyle is most comfortable for you over a long period of time, say, 15 minutes or more?

That's the body part. Now, how do you get over the head saying, "It's boring!" I treat the swim as a mind game. I plan my pace long before I attempt the swim. It's a mental challenge. I figure out what pace I want and practice that in a pool.

Go to <http://www.usms.org/longdist/pacechart.pdf>, and run off a copy of the USMS "Long Distance Pace Chart." Now you have to find out what pace is comfortable for you in a long series of intervals.

For example, one workout I've used is to go a total of 21 x 100 yards on 1:55 in three different sets, and all of the 100s were 1:34-35. If you look at the "Long Distance Pace Chart," you will find that is about 1:43 per 100 meters or around 1 hour 25 minutes for a 5K and 2:51.26 for 10K. My best for both are 1:29.30 and 3:07 something. So, I am pacing in practice at what seems to be a slow speed, but it is faster than what I usually swim a 5K or 10K.

This is fine. Next try a set of 5 or more times 200. What are your 100 splits now? Check the "Long Distance Pace Chart" for

a corresponding 5 or 10K time. The secret is being able to hold a reasonable pace for a long series of 100s or 200s.

Next, you have to jump up your average workout distance to around 5000 yards once every two weeks or so. Running marathoners do a long run up to half the marathon distance (13 miles plus) regularly every 2-3 weeks. 10K swimmers should follow the same practice.



The 5K (or more) workout does not have to be either LSD or a massive set of the same intervals. I consider either of those "boring," unless the LSD is in a lake. Mix up your workout as you usually do in a pool; just go at least 5000 yards/meters in the day's workout.

You can even run splits in a lake. It's easy enough to look at a wrist watch while swimming. I am

lucky in that I have Eel Lake 10 miles away where I can go 5000 yards (or more) safely.

It's a 5000 yard round trip up the West Arm of Eel Lake and back. We've figured out that it's 1000 meters one way across the base of the lake and 1300 yards up to the Red Cliff on the West Arm. Find a lake you can swim in during the summer and Google Map it out for distances.

You might ask, Why are you talking about swimming a 5 or 10K with the summer half over. Remember that you can still swim an ePostal 5 or 10K until Sept. 15, this year, if you can find a 50 meter pool in Oregon, other than Juniper in Bend, where you can get 3-4 hours of continuous 50 meter time-trial time.

And, in 2016, you can swim two 10Ks in the summer, one for the ePostal events as usual, and the second for the National Championship Open Water 10K at Applegate Lake in July. So plan ahead. Do at least an ePostal 5K this year if you have never done one before. Then start thinking and working to swim 10Ks in 2016.

Why I Need to Swim

Investor Esther Dyson* finds peace of mind in the pool

I'm always looking for a pool, because I travel about 250 days a year. I learned how to swim when I was 4. In college I swam every day for an hour; now I do it for 50 minutes. If the pool is too small, I do water-resistance exercises.

When I'm in the pool, I'm not writing, reading or calling somebody. I'm thinking and making decisions. It's therapeutic. I'm absolutely convinced that regular exercise keeps you from being a substance abuser.

Swimming also improves my metabolism, helps me clear my head and gives me more stamina. It's an entire aerobic exercise that doesn't stress my bones. It's not weight lifting; I don't have the world's greatest muscles. But I've got great endurance, and I am healthy. I've never missed a day of work because I was sick. I am also very clean—my feet don't smell, because I soak them almost an hour a day. *[Laughs.]*

I have swum about 18,000 miles—roughly 400 miles a year. I only occasionally miss a day, when I fly overnight to Asia.

One pool I love is at a friend's house near Moscow. It's beautiful, with windows around three sides and woods outside.



The Breakers in Pam Beach, Florida, has fabulous pools. When I'm in Greece in the fall, I usually bring along my wet suit and swim in the ocean. I see so many amazing sunrises.

Once in Bulgaria, the pool was so dirty, I swear there were new forms of life being created on the bottom of it. Then there was a pool in Munich where I suddenly realized it was draining. I have dreams like that: I might be swimming in a river and it dries up. It's one of my anxieties.

—As told to Jon Saraceno

*Esther Dyson, 63, is a leading angel investor in health care and space technology start-ups.

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Portland's Bridges Draw Serious Swimmers

Sellwood, Ross Island, Tilikum Crossing, Marquam, Hawthorne, Morrison, Burnside, Steel, Broadway, Fremont, Burlington Northern & St. John's; twelve bridges in 11 miles!

The Portland Bridge Swim, nicknamed Marisa's Bridge Party, was started in 2011 by Marisa Frieder with just a few swimmers. It was cancelled last year during the swim due to dangerous weather conditions, so this year there were 60 individual swimmers and 10 relays involved. Swimmers and their escorts left the dock in waves. Water temperature was between 78°-79° [taken at the Morrison Bridge]. Photos are by Brad Bachulis and by an unknown source.

Enjoy the swim in photos! Let's go!

Information for your next year's swim: <http://portlandbridgeswim.com/>
Results for 2015: <http://swimoregon.org/results/>



Sellwood, the first bridge



We are ready



Is it time yet?

Getting quickly into cold water is the easiest?!?!





Every kayak marks a swimmer



Safety in numbers



Beautiful backdrop of Portland

The end: St. John's Bridge



Marisa Frieder: swim organizer



The Oceans Seven

The Oceans Seven is the most elusive goal among the world's marathon swimmers. In order to achieve the Oceans Seven, they must cross 7 of the world's toughest channels. (Note: The distances listed are the shortest straight-line distances from point-to-point, but the actual distance covered by swimmers is significantly greater due to the tidal movements and currents.)

1. North Channel

Location: Channel between Ireland and Scotland. Also referred to as the Irish Channel.

Reasons for Difficulty: Heavy seas, cold water, thunderstorms and strong currents are among the natural elements that must be overcome in the 21 mile channel.

Window of Opportunity: July through September.

Hazards: Considered to be the most difficult channel swim in the world with the water temperature 54°F, normally overcast days, and tremendous difficulty in accurately predicting weather and water conditions. Swimmers face large pods of jellyfish if conditions are calm.

Additional Information: Has been attempted at least 73 times since 1924, but only 23 successful solo swims and 8 relays have been achieved to date. Most of the attempts have been abandoned due to difficult conditions and hypothermia.

Swim crossings are governed by the rules set by the Irish Long Distance Swimming Association. First attempt was made in 1924 and the first success was 1947.

2. Cook Strait

Location: Channel between the North and South Islands of New Zealand.

Reasons for Difficulty: 16 nautical miles across immense tidal flows in icy water conditions among jellyfish and sharks are extremely stiff challenges for only the most ca-



pable and adventurous swimmers.

Window of Opportunity: November through May.

Hazards: 1 in 6 swimmers encounter sharks on their crossings. Sharks only come around to be nosy. No one has ever been attacked during a swim. Both sides of the strait have rock cliffs. Cold water 57°-66°F over 16 miles, and heavy chop.

Additional Information: To 2010, only 74 successful crossings had been made by 68 individuals from 8 countries. Hypothermia and change in weather conditions during a race are the most common reasons attempts fail.

3. Molokai Channel (or the Kaiwi Channel)

Location: Channel between the western coast of Molokai Island and the eastern coast of Oahu in Hawaii.

Reasons for Difficulty: 26 miles across a deep-water channel with extraordinarily strong currents in the middle of the Pacific Ocean and aggressive marine life.

Window of Opportunity: As conditions permit.

Hazards: Extremely large rolling swells, strong winds, tropical heat and very warm salty water offset the incredibly beautiful views of the Hawaiian Islands and deep-blue underwater scenery.

Additional Information: Deep-water channel with beautiful views of the Hawaiian Islands; was first crossed in 1961 by Keo Nakama in 15 hours and 30 minutes.



4. English Channel

Location: Channel between England and France with the narrowest point being in the Strait of Dover between Shakespeare Beach, Dover, England and Calais, France.

Reasons for Difficulty: An international waterway of 21 miles at its narrowest point, cold water temperatures, strong currents and ever-shifting water and weather conditions.



continued on page 13

OCEANS SEVEN

continued from page 12

Window of Opportunity: June to September.

Hazards: The world's most famous channel crossing with 1,290 successful solo swims; 640 relays since 1875, but thousands of failed attempts due to strong currents and tidal flows, strong winds and whitecaps caused by changing conditions and hypothermia.

Additional Information: Considered to be the standard for channel crossing with the rules and traditions significantly influencing the worldwide open water swimming community.

5. Catalina Channel

Location:

Channel between Santa Catalina Island and Los Angeles, California, U.S.A. Formal name is the San Pedro Channel.

Reasons for Difficulty: Cold water (especially near coast), strong currents, potential for strong winds, marine life and distance.

Shortest point-to-point course is 21 miles from Emerald Bay on Santa Catalina Island to the San Pedro Peninsula.

Window of Opportunity: June to September.

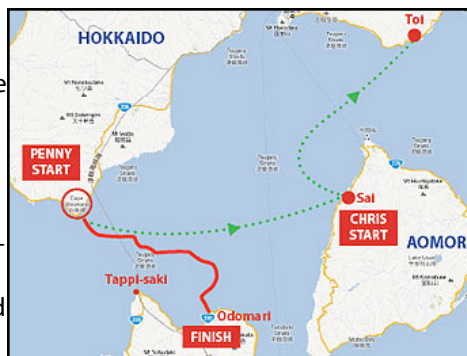
Hazards: A deep-water channel that is comparable to the English Channel in terms of water conditions, difficulty, distance and the physical and mental challenges to the swimmer, although the water temperature is a bit warmer, mid-60°F. Marine life seen on occasion includes migrating whales and large pods of dolphins.

Additional Information: First successful swim was in January, 1927, when Canadian George Young won \$25,000 in the Wrigley Ocean Marathon Swim. He completed it in 15 hours and 44 minutes.

6. Tsugaru Channel

Location:

Deep-water channel between Honshu, the main island of Japan where Tokyo is located, and Hokkaido, the northernmost island of Japan. Closest points are Tappi Misaki in Honshu and Shirakami Misaki in Hokkaido.



Reasons for Difficulty: An international waterway, 12 miles at its narrowest point. Swimmers must cross an extremely strong current between the Sea of Japan and the Pacific Ocean, large swells and abundant marine life ranging from sharks to deadly sea snakes. English and other western languages are not spoken in the area. Water can be 62–68°F.

Window of Opportunity: July and August.

Hazards: Swimmers are swept long distances due to the extraordinarily strong currents flowing from the Sea of Japan to the Pacific Ocean. Swimmers face large blooms of squid during the night. Swimmers are challenged by occasional patches of cold water that flow up from the depths and are caused by the screws of the large oil tankers from the Middle East as they travel through to the West Coast of the U.S.

Additional Information: First crossed in 1990; only 19 confirmed solo crossings have been achieved to date.

7. Strait of Gibraltar

Location:

Strait between Spain and Morocco that connects the Atlantic Ocean to the Mediterranean Sea. Shortest point is between Punta Oliveros in Spain and Punta Cires in Morocco.

Reasons for Difficulty: 8 miles across an eastern flow of water from the Atlantic Ocean to the Mediterranean Sea with an average of 3 knots (5.5 km per hour). Heavy boat traffic, logistical barriers and surface chop confront swimmers throughout each attempt.

Window of Opportunity: June to October.

Hazards: Its boundaries were known in antiquity as the Pillars of Hercules. The currents remain of Herculean strength. Combined with the unpredictability of the water conditions and high winds, 487 successful one-way crossings and 9 regulation double-crossings, and one triple crossing has been made to date.

Additional Information: Most attempts are made from Tarifa Island due to the influence of strong currents, a distance of 18.5–22K (10–12 miles).

Michelle Macy, whose blog is on page 14, has completed the Oceans Seven. She currently holds the record time in the North Channel Swim for the fastest solo female; and, it gets better, for the fastest solo overall! The time that gave her that distinction was 9 hours and 35 minutes. Congratulations Michelle! We are proud to have you as a part of our LMSC.

She is a member of OMS and swims with the Tualatin Hills Barracudas.

Jackpot 7 – COMPLETE!

*Michelle Macy Blog**
Tualatin Hills Barracudas
December 31, 2013

As Christmas week is about unwrapping and new experiences, I was wrapping up a 7 week personal challenge of new experiences. I didn't think that this Jackpot Challenge was going to be as hard as it was, but then again I don't know why I thought I would create something easy.

For review, what is the Jackpot 7 Challenge? It is a 7 week ladder completed in the last 7 weeks of the year. Each week I would add a new activity to the previous week's activities. For each activity, I had to complete 7 miles total within the 7 day period, by the end of week 7 I'd have to complete 49 miles of activities. The week started at 12 am Sunday and ended at 11:59 pm on Saturday.

Week 1 = walking

Week 2 = walking, cycling/spinning

Week 3 = walking, cycling/spinning, elliptical

Week 4 = walking, cycling/spinning, elliptical, rowing

Week 5 = walking, cycling/spinning, elliptical, rowing, swimming

Week 6 = walking, cycling/spinning, elliptical, rowing, swimming, kayaking

Week 7 = walking, cycling/spinning, elliptical, rowing, swimming, kayaking, rollerskating.

WEEKS 1-3

Now weeks 1–3 went along pretty well. I didn't procrastinate and I had friends helping to keep me honest. Sure my legs and butt hurt from all the gravity loaded activities. Sure there was a lot more jiggling of my bioprene. I only say this as my friend was conducting personal spinning sessions for me and she kept saying "you are bouncing a lot...up the resistance." I replied that I just had a lot more stuff moving around than her. She may have had a point, but my legs could only take so much resistance.

WEEK 4

Week 4 was a disaster. I procrastinated big time. I'm not sure why I did, but I did. I think it was partly because my friends were busy and weren't able to walk/cycle which makes it a little less fun to do by myself. Plus I really dislike elliptical. It isn't like it hurts or anything, which it kind of did. It is that it is VERY, VERY boring and VERY, VERY slow. It took me forever to get to the 7 mile total, so I procrastinated. This meant when Saturday rolled around I was walking, cycling and ellipticalling (Is that a word? It is now.) like a mad person. Not a good plan at all and the beginning of Week 5 was pretty difficult due to sore legs.

WEEK 5

Week 5 was great, as I got to get back into the routine of swimming. Not like I needed this challenge to get back into



the routine, but it did give me plenty of motivation. It was awesome in the pool. I wasn't too out of shape and I could tell that the other gravity based activities were really increasing my cardio stamina in the pool. It only took this week to get back into the groove of the water and it was a nice change considering all the land sports I was doing.

WEEK 6

Week 6 was again challenging. Again I was beginning to realize just how difficult this challenge was to complete. And I was becoming obsessive. I knew that this was a made up challenge. It wasn't like anyone was tracking me or making sure that I completed it. And nobody would care if I missed a mile here or there...but ME. And I found out that I really cared about this made up challenge. I had to have at least 7 miles of every activity. If the distance marker was broken on one of the machines, I moved to another one. I could have approximated the distance, but that wouldn't have shown the EXACT measurement and I couldn't be even 0.01 miles shy of the 7 mile goal. Obsessive? Yes! Over achiever? Yes. Slightly neurotic? Really you had to ask? Oh, and to add to the challenge this week, I adopted a puppy. Yes a puppy. A 9 week old puppy that needed to be trained, fed, coo'ed over, played with and potty trained. Not the ideal situation, but Benten is a sweet-heart and thank god for friend's with dogs! Oh, and the vet said it was good to introduce her to the kayak early, so I took her out on the kayak for the 7 mile – 2 hr trip. She was squirmy for the first 20 minutes and then fell asleep for the rest of the trip. I consider this a good sign.

WEEK 7

Week 7 – Christmas week. As I was traveling back to MN for the holidays, this left me 2.5 days to complete most of the 49 miles of activities.

Sunday I crammed in a 7 mile kayak, 3.5 miles of elliptical, and 7 miles of roller skating. Roller skating is not "just like riding a bike". I remembered the motions of roller skating from my younger years, but there has been A LOT of shifting of body

continued on page 15

Oregon Masters Swimming: TENTATIVE Open Water Race Schedule for 2015

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category	USMS Status
Fri 31 Jul	3	Cascade Lakes Swim Series & Festival at Elk Lake	Bend	COMA	Bob Bruce	3000-meter 500-meter 1500-meter (Ass'n Champs)	Qualifying Qualifying Featured	Sanctioned 375-W002
Sun 2 Aug						5000-meter 1000-meter	Featured Qualifying	
Sat 15 Aug	1	Southern Oregon Coast Swims at Eel Lake	Lakeside	COMA	Bob Bruce	3000-meter 500-meter Predicted Time 1500-meter	Featured Participation Featured	Sanctioned 375-W003

Swimmers must participate at three venues to be eligible for the Oregon Open Water Series. Swimmers may score Series points in all swims. Featured and qualifying events score points by place. Participation events score 7 points. Top 10 scores count towards a swimmer's final Series total.

MICHELLE MACY

continued from page 14

weight and center of gravity. Whew it was tough. It didn't help that there were these skating professionals from whipper snapper age to 90s all out there in their roller skating outfits making it look easy and beautiful. Plus there was the whole math problem of figuring the size of the oval and exactly how many laps it would take to get to 7 miles. It was somewhere between 66 laps and 112 laps. I did 120 laps, which wouldn't have been possible if my friend hadn't held my hand during the couples skate for 20 minutes. Thank goodness for friend's and hand sanitizer...I had very sweaty hands due to nerves from roller skating.

Monday, I managed 5.25 miles of swimming, 3.1 elliptical. Stupid elliptical was giving me weird readings on distance; so now I had 0.4 miles left of elliptical, 1.75 miles of swimming.

Tuesday = 2 miles of swimming – a 12 days of Christmas practice that was a lot of fun. 1 mile of elliptical just to be sure that I really had 7 miles and then 8 miles of rowing. This was the longest I had sat on a rowing machine. I LOVE ROWING. It is so relaxing. I will say that an hour of the rowing machine straight does cause some chaffing on the sit bones, so I may limit my rowing to shorter intervals going forward.

Wednesday = I flew home for the holidays knowing that I only had to get in my 7 miles of walking and I would have the Jackpot 7 Challenge nailed. 2 x 1 hr treadmill sessions and a long day at the Mall of America and I knew that I had closed out the Jackpot 7. To celebrate, I got myself 7 – Lucky 7 scratch off lottery tickets, which only have the lucky # and then 5 other numbers for a total of 6 numbers which I found odd. Regardless, there were no big winners and I didn't even break even. Which seems on par for the Jackpot 7 challenge as I was hoping all of the land based cardio would help me lose 7 pounds. I didn't. It wasn't even like I was eating loads more because of all the cardio.

So that is the Jackpot 7 challenge all wrapped up and tied with a neat bow making the 2013 year a year of the 7s for me – Ocean's 7 completed; my 7th Pennock Island Challenge; and the Jackpot 7 Challenge completed. I'd say it was a pretty good year.

*Michelle is an OMS swimmer and swims for the Tualatin Hills Barracudas. Used with permission.

Aqua Master

August 2015

Oregon Masters Swimming, Inc.
31701 SE Currin Road
Estacada, OR 97023-9737

Place
Stamp
Here

Records Foster Lake Cable Championship

Looking Ahead . . .

OMS Board Meeting

August 10, 2015



DATE	COURSE	MEET	LOCATION
July 31-Aug 2	OW*	Cascade Lakes Swim Series	Bend, OR
August 6-9	LCM	USMS Summer National Championship	Geneva, OH
Aug 15	OW*	Eel Lake Swims	Lakeside, OR
August 21-23	LCM	Gil Young LCM Zone Championship	Gresham, OR
November 21-22	SCM	SCM Zone Championship	Federal Way, WA

*Open Water details on page 15



Summary . . .

Records
Foster Lake Cable Championship

Looking Ahead . . .



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OMS Board Meeting

August 10, 2015

Let's Swim