



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

"Swimming for Life"

Volume 42, Number 9

Published 10 Times Yearly by OMS, Inc.

October 2015

Swimmers Were Smoking at Gil Young Meet

by Charlie Helm

Swimmers were sooo fast at the NW Zone/Gil Young Memorial LCM Meet August 21st-23rd, that there was a thick smoke over the area on Saturday and Sunday! Actually, many people said the smoke was from the large fires in central/eastern Oregon that blew over with the east wind. Others thought it was from the welcome bonfire that Meet Directors Dennis and Aubree lit off prior to the meet on Saturday. Those of us who were crazy enough, I mean motivated enough, to swim the 400 IM and/or 1500 Free on Friday had clear and sunny weather for our swims. Saturday we were surprised with the thick constant cloud of smoke that was not far off the ground. Those with allergies were noticeably affected and it was just kind of weird to see such a smoke screen over the entire metro area. Sunday the smoke screen was higher in altitude, but still visible. A very surreal way to swim, but the backstrokers did like not having to look up into the sun.



**Sunrise—through the haze caused by wildfires.
Gil Young Meet at MHCC pool**



Dave Radcliff (81) just after breaking his own World Record in the 400 Freestyle—5:45.21



Geri Kawabata (81) swam 6 events and made both Oregon and Zone records in 5 of them

Based on the records set at this meet, maybe it was the smoke coming off all the fast swimmers in the fast races. Our OMS records guru reports there were 12 Oregon, 13 NW Zone, 1 National, and 1 World record set at this meet. Dave Radcliff had a good 400 Free and set the National & World records for his age group. What made this more impressive is that Dave arrived home the night before the meet began after doing his record-setting Catalina Channel open water relay swim! (See page 12). Mary Sweat, Geri Kawabata, Dan Kirkland, and Chris Hiatt were the other record-setters plus we had an 800 Free relay record (OMS & Zone) by Colette Crabbe, Christina Fox, Jeanna Summers, and Bonnie Edwards. Another great meet at Mt. Hood CC that many competed in with thoughts of getting ready for USMS LC Nationals here next summer! Next up: SCM NW Zone Championships in Federal Way in November. See you at the pool!

Oregon Masters Swimming, Inc.
Board Members

Chairman of the Board
Jeanne Teisher
jeanne.teisher@gmail.com 503-574-4557

Vice Chairman - Sanctions
Julie Andrade
andradejuliea@yahoo.com 503-649-3839

Secretary
Michelle Jacobs-Brown
Goblin34.mjbg@gmail.com 360-601-8132

Treasurer
Kermit Yensen
kermit.yensen@gmail.com 503-704-1382

Registrar
Susie Young
swim.pdx@gmail.com 503-475-8004



Aqua Master Editor Alice Zabudsky
azabudsky@msn.com 503-630-7499

Awards (Annual) Ginger Pierson
gingerpierson7857@comcast.net 360-210-7446

Coach Chair Dennis Baker
bakeswim@yahoo.com 503-679-4601

Data Manager (swim meets) Gary Whitman
all5reds@comcast.net 360-896-6818

Fitness Chair Aubree Gustafson
aubree.gustafson@gmail.com 971-404-6968

HOST/Social Ginger Pierson
gingerpierson7857@comcast.net 360-210-7446

Long Distance Chair Bob Bruce
coachbob@bendbroadband.com 541-317-4851

Membership
Database Christina Fox
foxxkohnert@peak.org 541-929-5991
Promotion Jackie Parker
parkerjacqueline@yahoo.com 503-774-3592

Officials (swim meets) Jacki Allender
seewun@proaxis.com 541-753-5681

OMS email Group Maintenance Susie Young
swim.pdx@gmail.com 503-475-8004

Program Development Marlys Cappaert
m.cappaert@comcast.net 541-760-0413

Records Stephen Darnell
financialwizard2@comcast.net 360-834-6020

Safety Joy Ward
silenteclipse1210@hotmail.com 503-777-5514

Souvenirs Jeanna Summers
jeanna.summers@optumhealth.com 503-313-8389

Sunshine Ellen Summers
ebisch123@aol.com 503-819-6044

Team Reps
OREG
DUCK Bridget Shepherd & Lindsay Miller
uoswim@uoregon.edu
NW Zone Tim Waud
northwest@usms.org 503-341-3152
USMS Sandi Rousseau
swim@gorge.net 541-354-2580

Top Ten MJ Caswell
mjaswell@earthlink.net 541-478-0437

Web Master Bonnie Edwards
pdxbon@comcast.net 503-288-5140

Principal Founders of OMS:
Connie Wilson
Earl Walter

CONTENTS

- 3** Off the Block
- 4** Fit to Swim
- 5** Shake and Swim with 'Bake'
- 6** Long Distance Swimming

Articles/Announcements

- 7** Swim Bits
- 8** Eel Lake Photo Gallery
- 9** Masters Swimming 101
- 10** Team Life
- 12** The Old Men and the Sea

Event Schedule — Back Page

United States Masters Swimming Inc., can not and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming, Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming, Inc. or Oregon Masters Swimming.

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

Volume 42, Number 9, October 2015



Off the Block

Fully Functioning Knees

Fix those cranky knees by exercising your hips and ankles

Chris Ritter

Knees can be a troublesome point of pain or irritation. Anatomically, the knee could be considered a “dumb joint” because, as a hinge joint, it can only flex and extend with minor rotation. Because the knee doesn’t have a great deal of movement, if other joints above and below it in the kinetic chain are compromised, the knee will try to compensate.

This compensation—when the knee is required to move into ranges and motions it wasn’t designed to in order to take up slack for other joints—is likely to result in pain. So if your knees are bugging you, the answer might be to look up and down the chain to fix the issue.

This investigation usually leads to the need for more mobility in the hip and ankle and more strength in the hip, particularly in controlling the femur to prevent it from collapsing towards your middle when you squat or hinge.

Although some of these exercises don’t appear to directly target the knee, remember that strengthening and increasing flexibility in the ankle and hip will help the knee do the job it was intended to do.

Watch videos of all the exercises and progressions online (<http://rittersp.com/knee-function/>) to be sure you understand all the movements and variations before beginning this dryland training sequence.

Important: If you’re experiencing acute or chronic pain in any joint, be sure you’ve sought appropriate medical attention to rule out more serious problems before beginning a dryland regimen.

Stretching: Remember to move gently through the range of motion whenever you stretch and always be able to both breathe and smile while stretching. If you can’t follow those two rules, the stretch is too intense for the body to accept the change you’re trying to make.

These stretches will help to increase the stability of the knee joint so it can move through an optimal range of motion safely.

Quads + Foam Roller: Place a foam roller underneath one of your quads while lying in the prone or push-up position. Roll back and forth from your knee to your hip and focus on the areas that have the most discomfort. Be sure to slightly rotate while on the roller to change the angle and cover all of the quad muscle.

Abductors + Foam Roller: Place a foam roller between the ground and the inside of your thigh while in a side bridge position. Roll back and forth from your knee to your hip and focus on the areas that have the most discomfort. Be sure to slightly rotate while on the roller to change the angle and cover all of the inner thigh muscle.

Calf + Foam Roller: Place a foam roller between the ground and your calf while in a seated position. Roll back and forth between your ankle and your knee and focus on the areas that have the most discomfort. Be sure to slightly rotate while on the roller to change the angle and cover all of the calf muscle.

Ankle Mobs 3D: Stand close to a wall with feet shoulder-width apart. Move one foot forward until it’s about 4 inches away from the wall and place both hands on the wall. The other foot should remain back, behind your hip. Slowly move the forward knee to touch the wall in three directions: straight forward, to the inside, and to the outside. Throughout the whole movement, keep the heel of the forward foot on the ground. This is best done without shoes so you can feel whether or not your heel is really coming off the ground, since

continued on page 5



Fit to Swim

Do You Need a Nap?

Coach Aubree Gustafson

Do you find yourself feeling drowsy? Maybe you aren't getting enough quality sleep at night or have too much going on and can't turn off your day at the end of it. You may need a nap. Just like younger children, adults too can benefit from taking a nap.

According to the Mayo Clinic, napping can help reduce fatigue in adults as well as increase alertness, improve ones mood and help you to relax. A nap can also help improve performance by increasing alertness including reaction time, memory and reducing confusion and mistakes. According to WebMD, a 15-20 minute nap, or power nap, is best for resetting your system and increasing energy. Longer naps, 30-60 minutes, have been shown to help boost memory and enhance creativity. Getting your body all the way to REM sleep (Rapid Eye Movement), usually occurring within 60-90 minutes, will help the brain make new connections and assist in problem solving. Taking a nap may also be more effective than that extra cup of coffee. Caffeine can decrease memory performance, so you may get a quick boost of energy, but might make more mistakes while you're moving quickly through your work.

Not all people will find that naps work for them. If you are anything like me, I've never found naps to be beneficial. With the exception of sleeping more while I was very ill, naps cause me to feel groggy and almost sick after I wake up. This sensation is not uncommon and is referred to as sleep inertia; feeling groggy and disoriented after waking up from a nap. I also find that a nap completely screws up my sleep cycle. Napping too long or too close to bedtime can cause issues when trying to fall asleep at night, and, with the quality of sleep you get over night. Naps are not for me.

If you find that naps work for you, try to take 10-30 minute naps in the middle of the afternoon (between 2-3PM); this time of day and length of nap should not have adverse effects on night time sleep. If you find that naps are not helping, and/or you continue to need longer naps without any life changes that may be affecting your sleep patterns, see your doctor. There may be something else going on that's worth having checked out by a medical professional.

Some information adapted from the Mayo Clinic and WebMD.

Thank you 2015 OMS Sponsors!

- | | | | | |
|------------------|------------------|------------------|----------------|--------------------|
| Julie Ahrendt | Colette Crabbe | Stephen Kevan | William Motter | Charlie Swanson |
| Jon Anderson | Stephen Darnell | Willard Lamb | Keith Peters | Mike Tennant |
| Elke Asleson | Arlene Delmage | Roy Lambert | Susan Pettit | George Thayer |
| Peter Berghaus | Earl Ellis | Lori Lamoureux | Mike Peyton | Tyler Thessin |
| Lou Boone | Christina Fox | Allen Larson | James Proffitt | Nancy Vincent |
| Robert Brasket | Karen Gaffney | Craig Limoges | John Raisin | Jeffrey Wannamaker |
| Michael Brinster | Jane Garrick | Michelle Macy | Abbie Rankin | Dick Weick |
| Martha Cannon | Dan Gipe | Jeanne Magmer | Sandi Rousseau | Kermit Yensen |
| Tim Cespedes | Kristi Gustafson | Steve Mann | Jon Schieltz | |
| Ned Chastaney | Sue Harrington | Karl Mawson | Bonnie Speer | |
| Linda Coffeen | Michael Hauty | Scott McKay | Scot Sullivan | |
| Pat Cotter | Charlie Helm | Jan Irene Miller | Jeanna Summers | |

Shake and Swim with 'Bake'



Coach Dennis Baker

Bring A Friend

While membership is good in USMS and OMS I really feel it is time to make a push to bring more into our awesome secret of health. Let's look at some things we as coaches and swimmers can do to get more swimmers onto clubs and workout groups.

1. Bring a friend. The best way is to just have a friend come watch a practice. They don't have to swim, just watch and talk with the coach during workout.
2. As a coach, make sure you explain that we cater to all levels of swimming.
3. As coaches, make sure that you are catering to the beginning swimmers as much if not more than the experienced swimmer. The beginning swimmer or triathletes are our future path to growth.
4. Carpool if you can. This saves money and resources as well as creating a sense of camaraderie that helps a team grow.
5. When coaching, make sure you are giving the right and different workouts or send-offs to different levels of swimmers. This is a big one gang. A correct blend of different workouts and practices everyone can do together will insure team satisfaction and unity.
6. As swimmers, be conscious of new swimmers!! Hey it can be scary and intimidating to start with a new club. Don't make them lead a lane right away. Be kind and show them the ropes.

Try these tips as coaches and swimmers and we will grow and expand and have a lot of fun in the process.

OFF THE BLOCK

continued from page 3

most shoes have a slight heel elevation.

These exercises will help to increase the stability of the knee joint so it can produce and correctly absorb force.

Hip Circuits: Get on all fours and lift one leg up to the side like a dog on a fire hydrant and rotate it back underneath you. After you've completed a few repetitions, reverse the motion. Next, straighten that leg directly out to your side and lift it up and down a few times, keeping it off the ground for as long as possible during the movement. Lastly, move your leg in small circles both forward and backward in the same side position that you did while lifting it up and down. Perform 4 to 6 reps in each direction.

Hip Hinge Greasing: With your hands folded across your chest, push your hips backward and lean forward as far as you can while maintaining an engaged back, with your knees slightly bent but staying at the same angle throughout the

movement. At the end range you should feel a slight stretch in your hamstrings. Move back and forth in this range as you feel comfortable, slowly trying to increase your range over time. Perform at least 8 reps slowly. Adding weight is optional and can increase the stretch—if you do this, hold the weight to your chest.

Squat Facing Wall: While standing as close to the wall as you can, perform a squat, keeping the back straight and pushing the hips back. Be able to wiggle your toes the whole time and don't touch the wall with any part of your body. Straighten up and repeat for at least 8 reps.

Split Squat: Stand in a lunge position with one knee on the ground and the other foot behind you, also flat on the ground. Drive through the heel of the front foot to come up to standing. This will raise the back foot until you just have the toe on the ground. Go slowly up and down for at least 6 reps before switching legs.

Remember to watch the videos of all of these exercises before you begin to ensure that you're performing them correctly.

Long Distance Swimming

Coach Bob Bruce



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 15 swims at 6 venues this year, still maintaining strong variety in courses, distances, and events.
- ◆ 233 Oregon swimmers from 21 Oregon local teams—along with 66 unattached swimmers—took part, totaling 801 swims. COMA again led local team participation by a wide margin with 66 swimmers having 247 swims.
- ◆ Visitors from other states joined us for 204 swims at our sanctioned events, most were attracted by the Elk Lake festival and the National Championship swim at Foster Lake. More came to swim at our unsanctioned events (sorry, I don't have statistics on out-of-state visitors for those events).
- ◆ 31 Oregon swimmers swam in three or more venues. These swimmers qualified for the Oregon Open Water Swim Series. COMA again led with 13 qualifiers.
- ◆ 5 Oregon swimmers (Jessica Kieras, Elizabeth Harrison, Jeanna Summers, Robin Bragg, & Mike Carew) swam at 5 venues this year! Nobody made it to the elusive 6-venue mark.
- ◆ Jessica Kieras, Elizabeth Harrison, & Mike Carew led individual participation with 13 swims each.
- ◆ The hospitality was again epic. There is no race hospitality anywhere quite like ours!

◆ We had fun!

Congratulations to...

- ◆ Our 10 USMS National Champions from the 2-mile cable championships at Foster Lake;

- ◆ Our 3 USMS National Champions from other venues—Jayna Tomac & Dave Radcliff, who took two titles each (1-mile and 10-km open water championships) at the Lake Del Valle Festival, and Bob Bruce, who won the 10-km at the same venue;
- ◆ 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 five years since COMA built the course;
- ◆ Our 22 OMS Individual Association Champions from the 1500-meter swim at Elk Lake, in the largest 1500-meter swim (160 finishers) ever held in Oregon;
- ◆ Central Oregon Masters and Multnomah Athletic Club, the OMS Association Large and Small Team Open Water Champions respectively. The small team category was especially well contested this year;
- ◆ Jeanna Summers and Mike Carew, our Oregon Open Water Series Grand Champions;
- ◆ Jackie Parker and Todd Lantry, 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 partially underwrite the cost of the USMS sanction surcharge, thus making our smaller local events possible;
- ◆ Our race directors, host teams, and myriad volunteers, to whom we owe a great deal;

continued on page 7

Swim Bits

by Ralph Mohr

Central Oregon Masters Aquatics (COMA)

After a successful summer season most OMS swimmers are asking, "Now what?" That's easy. For 2016: ePostals, State Meet, and the Long Course National Championships at Mt. Hood in August. So how are you going to prepare for these major events?

I have one suggestion. Swim hard and fast in workouts. The key is not so much to put in a lot of yardage but to swim the yardage fast. You want to swim close to race speed in workouts. If you need to hold sub-1:10 pace for a particular time in a 1650, go 1:09s on 1:30 consistently. If you are a sprinter, give yourself more rest in between efforts and make those 50s and 100s fast. But here's the catch. Start now.

Start now in workouts getting those repeat times down where you can go 10 x 100 on short rest, getting close to the 1650 pace you want. Start now, swimming fly, back, or breast, and do fast 50s with 30 or more seconds rest in between, so you can swim with proper form instead of dying the last ten yards.

In this I am not advocating that you do what some USS swimmers are now trying, dropping the yardage and focusing on all out speed workouts, what some call ultra-short, race-pace training (USRPT). I still think you need a base of just Time In The Water (TITW). There is also a need for distance workouts,

200 and 400 repeats, and even some LSD swimming, along with speed.

In particular you can use the ePostals as a jump start for the fall. Treat the 3000 and 6000 yard ePostal swims this fall as training swims. USRPT workouts are fine if you will swim only one or two short events in a meet. Most of us do all six events possible in a weekend meet. For that you need a physiological training base that only TITW will give you.

What I'm trying to get you to do this fall is look ahead already to 2016 goals. Some of these we won't know until the USMS convention in early October and the OMS Board retreat afterward. We don't know what extra-long course meets we will have in Oregon to prepare for the Nationals next August. We don't know what pool setting we will have at the State Meet. (I hope short course meters.) We don't know the order of events yet for the 2016 Nationals.

However, we can set our heads into what we need to do to get ready for 2016. Get that base in this fall and begin to swim faster in workouts. Alternate LSD days with speed days, or alternate long distance days with IM/stroke days to lay in a base program for 2016. Use this fall to get in shape to swim fast after the Hour Swim in January. Then in early 2016 you can really focus on swimming fast in workouts for the State Meet and Nationals.

LONG DISTANCE SWIMMING

continued from page 6

- ◆ Our sponsors, who made our swims financially and logistically possible;
- ◆ Everyone who participated!

What About Next Year?

To whet your appetite for next year, RVM will host the **USMS 10-km Open Water National Championships** at Apple-gate Lake, water permitting. This will be another chance for national glory!

ePostal Championships

Enough about open water for now. Another ePostal challenge awaits as we start our new school and swim training year! Mid-September through mid-November is the season for **National 3000-yard & 6000-yard ePostal Championships**. These swims must be completed between September 15th and November 15th. These swims provide solid early season train-

ing swims, great conditioning benchmarks, fun team-building events, and are a must for aspiring distance swimmers. Remember how important a good aerobic base will be if you're aiming for the culminating event in the 2016 Oregon LMSC calendar, the Summer Long Course National Championship Meet at Mt. Hood Community College pool next August. Why not use these swims to jump start your training?

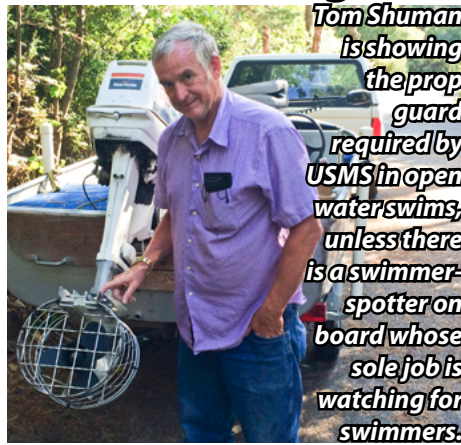
As the OMS Long Distance Chair, I would like to see you participate, and would love to see the Oregon Club successfully defend the National Club Title in both 3000 and 6000-yard events. Let's not get complacent with our past record of success. See https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=6620 for event & entry information, get your split sheet at 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!

Good luck and good swimming!

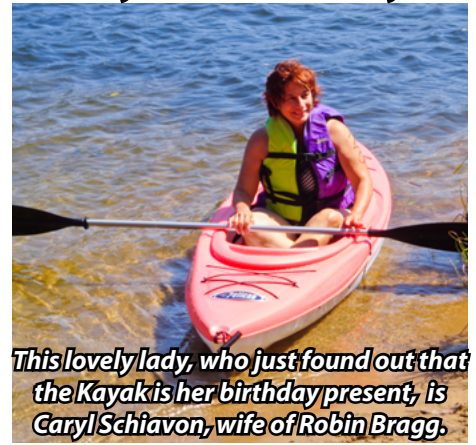
Photos of the Eel Lake Swim, August 15 — by Ed Ramsey



**Barracudas at Eel Lake, Aug 15, 2015
Tim Cespedes, Neva Winter, Elizabeth
Harrison, Ed Ramsey, Jim Teisher.**



**Tom Shuman
is showing
the prop
guard
required by
USMS in open
water swims,
unless there
is a swimmer-
spotter on
board whose
sole job is
watching for
swimmers.**



**This lovely lady, who just found out that
the Kayak is her birthday present, is
Caryl Schiavon, wife of Robin Bragg.**



Cynthia Smidt on left



Azalea's monkey



Connie Shuman cooked a spaghetti dinner because she lost her super bowl bet, again, to Dan Gray.



Ralph Mohr and Pat Allender



**John Notis, Brooke Parker-Notis,
Jackie Parker**



Dan Gray



**Sunday morning swim up the North Channel of Eel Lake
Jessica Kieras, Ralph Mohr, Ed Ramsey, Pat Allender, ?, Alex Gregory, E.C. Knox**



**Jackie Parker received the
OMS Mike Morehouse award**

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 seventh of a series of articles to encourage fitness swimmers to try competition to see whether it “fits” you. You may be surprised!

Taken from the USMS web site at www.usms.org



Masters Swimming 101

How do I use the pace clock?

by Jim Harper —An All-American Masters swimmer and coach in Miami

A related question would be: Why are swimmers so obsessed with time? You’ll find out, my friend, in due time.

So, what is your time for a 100? Answer that question, and you are halfway to speaking Swimmerese.

The clock is a true frenemy—a friend and an enemy. It never lies, but sometimes you wish it would. Because the clock never stops, you need to break it into manageable parts. Get your math cap on, because your coach may give you some intense, clock-based instructions for a set, such as:

“5 x 200s descend on the 4:30, negative split #5. Leaving on the top.”

Got it?

Here are some terms to help you translate Swimmerese and Clockspeak:

The top

The beginning of a minute (the 12 on a clock face), shown as either 0 or 60 on a traditional swimming pace clock, also called a sweep clock, as the hands sweep around the face. Seen as :00 on a digital clock. Stated as “leaving on the top” or “on the 60.”

The bottom

Again, on a traditional clock face, the bottom is actually the middle of a minute, where the number 6 is, which is the 30 on a sweep clock and :30 on a digital clock. Stated as “leaving on the bottom” or “on the 30.”

5 (or 10) seconds apart

The time to wait after one swimmer leaves the wall, before you leave. Watch the clock for your cue to push off.

Repetition

The number of swims within a set. In 5 x 200s, 5 is the repetition—you’ll be swimming 200 yards, 5 times, on an interval.

Interval

The repetition of a constant, given amount of time, indicating when you should leave the wall. Stated as an amount of time, such as “on the 4:30.” This is the amount of time you have to both swim and rest before leaving for the next repetition in the set. In the 5 x 200s on the 4:30 example, you’ll leave on the top, swim 200 yards, then rest for the remainder of time left in that 4 minutes and 30 seconds, at which time you will push off and swim the next repetition. If you “miss your interval,” that means it took you longer than 4 minutes and 30 seconds to swim the 200.

Rest interval

Sometimes coaches will give a rest interval, or RI. This is a little easier to understand—and easier to swim. If your RI is 30 seconds, then you get 30 seconds rest after each repetition—no matter how slow or fast you swam it. Some coaches do not use RIs because it does not encourage increased effort. In other words, if you know you are going to get a set amount of rest and won’t miss your interval, you may not swim as fast.

Time

The actual number, in minutes and/or seconds, it took for you to swim the repetition. In the 5 x 200s on the 4:30 example, if you swim one of the 200s (the reps) in 3:57, that is your *time* for that rep. You now have 33 seconds to rest on the wall before pushing off for the next rep (and you’ll leave on the bottom for that rep).

Pace

Your swimming speed, based on a time achieved for a given distance. Most commonly expressed per 100 yards, as

continued on page 11

Team Life

There are 31 workout groups in club OREG, so from all those there should be something social happening. Since only OCT and STAT are in my Facebook right now, they are featured in this issue of the Aqua Master! If your team would like to see it featured in the Aqua Master, please send information, or put me on your Face Book page so I can collect information. Thank You.



Introducing: The Oregon City Tankers (OCT)

- ◆ SwimOutlet.com, a partner with USMS, featured the Tankers as their "Team of the Month" in August, 2015 (see: <http://www.swimoutlet.com/blog/us-masters-swimming-club-of-the-month-august-2015>)
- ◆ There are 50 swimmers on the team, registered with USMS
- ◆ Based in Oregon City, Oregon
- ◆ The Masters team was established in 2011 by Bryan Watt. Tim Waud took over as coach in 2012. He left the Oregon Reign team for the opportunity to coach. Tim was the 2014 FINA World Championship-Montreal US Masters Swimming World Team Head Coach
- ◆ The Oregon City pool has been remodeled since the team started. It is an indoor, 6 lane, 25m competition pool, Colorado Timing System with fully-integrated color digital scoreboard
- ◆ The team has an active social life, which we hope to portray in future Aqua Master issues. They had an OCT awards banquet September 12. See photo.
- ◆ Oldest swimmer: Virginia Phipps (90); Youngest swimmer: Richard Miller (19)
- ◆ The Tankers got their name from a long time sports editor in Oregon City, John Denny. He used the word Tankers to describe the local swim team in his newspaper articles. The old Oregon City pool used to be called "The Tank", so they decided to use a little bit of nostalgia and name the masters team the Oregon City Tankers. The Tankers host an annual Dual Sanction (USA Swimming and USMS) event in March. Two-time Olympic bronze medalist (92', 96') Mark Pinger (Germany) swims on the Tankers. Oregon City Tankers have won the Oregon Masters Swimming Spirit Award four years in a row.
- ◆ OCT received the 4th place team award at the Gil Young OMS Association Meet in August, 2015

continued on page 10



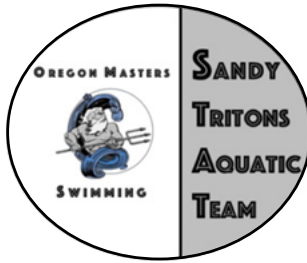
Robbert van Andel and Sonja Skinner received the coveted "Tanker Towel". Only two Tankers receive the award each year. Past recipients include: Mike Landen, Kristina Franklin, Alex Crooks and Emily Grassman. These athletes are chosen by head coach Tim Waud and they reflect the true spirit of Tanker swimming.



Virginia Phipps (90), oldest member of OCT, with Jill Shrake, Tim Waud's future wife.

TEAM LIFE

continued from page 11

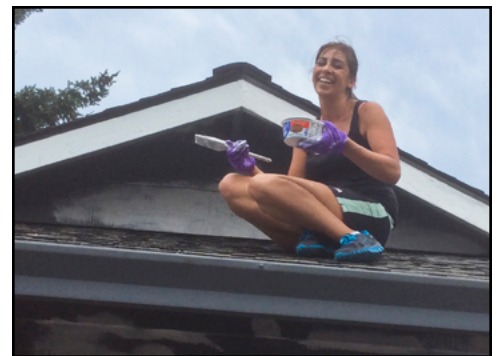


Introducing: Sandy Triton Aquatic Team (STAT)

- ◆ STAT has 17 USMS registered swimmers
- ◆ Based in Sandy, Oregon
- ◆ Team was established in October, 2014, by Coach Mark Smith and Grant Hayball. Coach Smith has coached high school swimmers and worked at the Colorado Springs Olympic Training Center.
- ◆ Oldest swimmer: Alice Zabudsky (70); Youngest swimmers: Carolyn Stevenson and Emi Bishop (32)
- ◆ The name was selected because the acronym STAT, in the medical world, means 'quick', 'hurry', 'fast'
- ◆ STAT received the 3rd place team award at the Gil Young OMS Association Meet in August
- ◆ This summer STAT helped to paint Coach Smith's house and enjoyed the social interaction of the event.



**Above and Right:
STAT at the Gil Young Meet;
Tami Fischer on the roof with
paintbrush in hand!**



MASTERS SWIMMING 101

continued from page 9

in "a pace of 1:52." So if you swim a 200, your pace would be expressed in the approximate amount of time it takes for you to swim 100 yards. If you swim at a *pace* of 1:52, your *time* for the 200 would be 3:44.

Build

Accelerating or getting faster within a given rep. So if you were going to build a 200, you would try to start out at a slower or medium pace and increase it each length of the pool, so that you are swimming fast by the end of the rep. Not to be confused with *descend*.

Descend

Obtaining a faster finishing time on subsequent reps. If you descend that set of 5 x 200s, your times might look like this: 4:02, 4:00, 3:59, 3:57, 3:55.

Negative split

The second half of the repetition is swum faster than the first half. In a single rep—just one of those 200s—a negative split example would be swimming the first 100 in 2:02 and the second 100 in 1:58, for a total time of 4:00.

So using all these new terms, let's translate that "5 x 200s descend on the 4:30, negative split #5. Leaving on the top"

Start swimming the first 200 when the clock strikes the 60-second mark. Swim at a comfortable pace, knowing that you have four more reps and each has to be faster than the one before it.

You come in at a 4:02 for the first one, rest for 28 seconds and leave again on the bottom, since the interval is 4:30, you will have 28 seconds rest.

Repeat the reps in this manner.

When you get to number 5, you'll need to not only swim faster to maintain your descend, but you'll need to negative split that rep. To negative split, start steady and look at the clock at the halfway point, then go faster for the second half. So if your time for the last rep is 3:55, a good negative split might be 1:59 for the first 100 and 1:56 for the second.

Experienced swimmers tend to follow the clock religiously, whereas less experienced swimmers tend to follow each other. Use the clock to your advantage and learn how to read it independently. When other swimmers don't know what time it is, you will.

The Old Men and the Sea

An 80+ plus Catalina Relay

August 19-20, 2015

by Dave Radcliff

On August 19-20, 6 men and one alternate became the oldest Relay to ever successfully swim across the 22 miles of the Catalina Channel, between the Island of Catalina and the Palos Verde Peninsula in California. Dave Radcliff, an Oregon Swimmer, was a member of that World Record setting Relay. This is his story.

The Preparation:

I remember when Don Baker, a retired Pharmacist and a Master Swimmer from San Diego called me a year ago about being a member of the relay. It sounded exciting and challenging and fun. I said yes! Don was our Captain and the other members were Graham Johnston of Texas, Bob Beach of Florida, Don Baker, Bob Best and Bill Spore from San Diego, California. Our alternate was Norm Stupfel from the San Francisco area. I knew them all and they were a unique group. Graham was a 1952 Olympian from South Africa. Bob Beach was an original founding member of USMS, the first Vice Chair of USMS and a retired Judge. Bill Spore is a great friend from my high school days and was my roommate at Cal. I should mention that I was in his wedding party and caught the garter; two weeks later I met Nancy. Don, our Captain, had done his college swimming at Oregon State (Go Beavers). Norm was a swimmer and water polo player from the University of San Francisco.

Each person was on his own to train and get ready for our Relay attempt. I know from emails that all of us increased our training and yardage. The Official Channel Rules require a swimmer to swim for one hour. He can only wear a regular brief or jammer swim suit. No wet-suits are allowed. So, along with our training so we could swim for a straight hour, we had to be aware that we would be swimming in cold water. It was predicted that the Channel would be in the low to mid 60s. So cold water swimming and distance swimming became our goal.

This is a brief outline of what I did to get ready. I knew the cold water would be the biggest obstacle for me. For the swimming part I decided to really emphasize open water swimming. I knew some of the Oregon lakes would give me the cold water training and the races would give me the experience of open water swimming.

In May I signed up for a series of Tuesday night 1500 meter swims in Hagg Lake. I wimped out the first two Tuesdays and wore a wet suit. The last two Tuesdays I swam the 1500 without a wet-suit. I also started going out to Hagg Lake once a week on my own and swimming. The water at this time was in the low to mid 60s. Then I started signing up for any Oregon or nearby Open Water Swim I could find. This is the actual amount of competitive open water swims I did to get ready.

- 1 x 500 (Elk Lake)
- 1 x 1000 (Elk Lake)
- 1 x 15 minute swim (Trans Tahoe Relay)
- 5 x 1500 (4 @ Hagg Lake and 1 @ Elk Lake)
- 2 x 1 mile (A National Championship mile @ Lake Del Valle and 1 @ Foster Lake)
- 1 x 2000 (Hagg Lake)
- 1 x 30 minute swim (Trans Tahoe Relay)
- 1 x 3000 (Elk Lake)
- 1 x 2 miles (A National Championship 2 mile @ Foster Lake)
- 1 x 4000 (Hagg Lake)
- 2 x 5000 (Elk Lake and one ePostal)
- 2 x 10K (A National Championship 10K @ Lake Del Valle and one ePostal)



Cold Water Training

When I was not out of town for a lake swim, I continued training 6 days a week with the Barracudas in their 50 meter pool.

I spent 7 days at Elk Lake doing cold water training and of course competing in the Cascade Lake Series. A really special thing I did at Elk was to do 3 night time swims. The Channel swim was to begin at 11 PM and I was the first swimmer. So I would swim my first leg of the relay from 11 PM to Midnight. If you have never swum in the middle of a dark night, it is different. To be com-

continued on page 13



Walking out to begin a night swim at Elk Lake

pletely honest, we had a full moon at Elk so it was not totally dark. Four good friends made this all possible. Mark Lane of COMA, Dan Gray, long time RVM member and Oregon Open Water legend, and Tim Cespedes of THB each paddled a kayak for one of my swims. This points out that an important part of marathon swimming is your support crew. On Wednesday night, Bonnie Edwards of Oregon Reign, swam beside me to keep me company while Dan paddled. So special thanks to Mark, Dan, Tim and Bonnie for guiding and helping me through the learning process of swimming at night. My night swims at Catalina were so much easier because of those three training swims. A funny story that happened on Saturday during the third training swim. I looked up and saw this light way up over my head (at least it seemed that way). I thought, Is a helicopter coming in to get water for a fire. That light up there was really confusing to me. Then I hear this voice, "Dave, it's Mike". Mike Tennant had come out from his cabin and was on an SUP (Stand-Up Paddleboard). That was so neat of him to come out and join in the fun.

Another great training session was the Trans Tahoe Relay. More Oregon swimmers stepped up to help. Arlene Delmage, organized and did all of the paper work for our mixed relay. Graham Johnston, Bob Beach and myself were the three old guys and Arlene Delmage, Bonnie Edwards and Jill Asch were the "three Babes" on our relay, "The Old Men and the Babes". That relay gave me more cold water training and also the experience of getting in and out of the boat and high fiving your relay team mate as you changed positions. It may not seem like much but going through this type of training let me concentrate on my swimming during the relay and not worry about swimming at night, or changing position with another swimmer. I also learned what to take for nourishment before and after my swims.

Finally the date arrived and Nancy and I flew to California. As a warm up, I did a 1500 swim at a LCM meet in Mission Viejo. We met the team in San Pedro on the 19th.

Now another Oregon swimmer came on the scene to help

out. My team mate and great friend, Michelle Macy was one of the Catalina Channel Official Observers for this swim. Michelle is one of the outstanding female marathon swimmers in the World. She is the first American woman to do the Oceans Seven. It was nice to know that a real Pro was there to help all of us, but especially me if I need help or advice. She did the most fantastic job of psyching me up for my third and final leg, which ended our swim.

I was so impressed with the support crew we had for the swim. We had Observers, kayakers, paddle boarders, a Doctor, a nurse, a coordinator and 3 ship captains. The lead Captain said that it is so demanding with a relay that a Captain works a two hour shift and then another takes over for 2 hours. Safety is the big concern and the boat has to shut down and be in idle



The Team and Support Crew meet on the boat

when the relay exchange takes place. The propellers are not moving so there is no chance of danger for the swimmer. We got the safety rules from the Captain and the official Channel rules from the Observers. We were ready to go.

The swim:

The boat left San Pedro harbor about 8:30 PM and we began a fairly fast two hour trip to Doctor's Cove, our starting point on Catalina Island. I crawled into my bunk and tried to get a little sleep before my first swim. Thankfully, sea sickness did not become an issue. I "dozed" until about 10:10 PM and then got up and got ready for my first swim.

The first swim is rather unique on a Channel Relay. The support boat can only get to about 200 yards from the coast. So the first swimmer has to jump in and swim to shore. Climb out of the water and signal the boat and then the relay officially begins. I was glad to have the opportunity to swim in and get

continued on page 14



Michelle instructs me on my first swim

adjusted to the water and late hour at which I was beginning the swim.

The Head Observer went over the details with me and then it was time to jump in and get the relay started. Jumping into 72 degree water was so much nicer than jumping into 65 degree water. I did an easy swim into the shore and adjusted to the water and kayaker and

paddle boarder on either side of me. The Kayaker and paddle boarder were able to go into the shore. There were no waves breaking in Doctor's Cove. I climbed out of water and got above the water line on shore. Then facing the boat I raised my hand above my head, which was my official starting signal and ran back into water and the Relay was officially underway.

On my left was a kayaker and on my right was Kevin, our paddle boarder. A few words about Kevin: he is a high school swim coach and a World Champion Paddle Boarder. He holds the World's Record for a race from Santa Barbara to San Diego. He did the 132 miles in 22 hours. The nice thing about a paddle boarder was that you can be within two feet of the board and

not worry about paddles hitting you. Also the paddle boarder is down at water level and very easy to see. Kevin was either lying down to paddle, or kneeling. He is not a stand up paddler. No weird visions like up at Elk Lake with Mike. I felt good and got in a steady rhythm and just looked at Kevin on every breath. Before I knew it, he turned on his head lamp and held his five fingers up and I knew I had 5 minutes left to swim. The time went fast and I had covered about 4000 meters. They had wanted me to go over two miles on each of my swims and the 4000 meters made my goal. I headed back to the boat and high fived the next swimmer.

Safety is so important on these swims. The Captain turns the engines to idle during the changeover. We are not allowed to jump in or climb out until we get a vocal signal of "all clear". This was drilled into us at our orientation meeting before the swim.

I climbed out of water and was met by Dr. Jeff, an MD from Arkansas and the son of one of the swimmers. He had towels and warm clothes for me and questioned me to make sure I was OK. Once again we had a phenomenal support team. They took such good care of us. I ate a peanut butter and honey sandwich and climbed back into bed. I got up during the fourth leg so I could see my good friend, Bill Spore, swim. After watching him swim I climbed back into my bunk and tried to



My Bunk



Swimming at Night

sleep. At this point I felt like I was border line with sea sickness.

We hit some big rolling swells during this stretch of the relay. I got up about 4:15 to get ready for my 5 AM leg. Because of how I was feeling I did not eat. I did take a GU about 15 minutes before swimming. I was ready to go and had not gotten actually sick and that was good news. I got the "all clear" and jumped in and swam over, and Don Baker, our number 6 swimmer, and I exchanged high fives and I was off. As soon as I was in the water, I started to feel better. The feeling of slight sea sickness was gone. Grady, a recent graduate of NYU, was the paddler this time. We got our rhythm going and swimming

continued on page 15

felt strong and smooth. Again the water was a great temperature and there was no feeling of getting cold or chilled. Michelle told me that I had gone about the same distance as my first leg. About half way through this swim I was able to notice that dawn was beginning to break. It was nice to start making the transition from darkness to light. Soon Grady gave me the signal that my hour was up and Graham and I did our high five and my second leg was over.

Another peanut butter sandwich and a cup of coffee and I was feeling better. With daylight I was able to stay out on the deck and talk with my teammates and the volunteers. All feelings of sea sickness were gone. Michelle said a lot of the feeling better was because I could focus on the horizon and that helped to ease the feeling of motion. The big question at this time became, When would we finish? It looked like it would be close between our number 6 swimmer, Don, finishing or maybe I would have to do a short third leg. Don, who is battling prostate cancer, did a great effort but came up about half a mile short.

Michelle did a super job of psyching me up for my third leg. It was a special feeling to know that I had started the relay and now I got to finish the relay. It was good pressure but I sure felt it. As Don finished his second leg, I got ready to jump in and swim for shore. Kevin was back on the paddle board and I knew I would have a great guide. Don and I did the traditional high five and then Kevin told me to follow him when we hit the kelp, and he would guide me through. I looked at Kevin and said, "Let's roll", and we did. My third and short leg of just over

a half mile felt so good. Kevin told me afterwards that our third leg into the shore was as fast as he had ever brought a channel swimmer into the finish. I felt good. After a kiss from Nancy who was waiting on the shore, I turned around and walked out into the shallow water and greeted my teammates. They had all jumped off the boat and followed me into the finish. It was great having us all there at the finish and being able to celebrate together.

At the Celebration Banquet that night, they gave us all great T shirts, back packs and a coffee cup that said, "Old Guys Rule". I am not sure that we rule but I hope that we showed there is life after 80. This is just like Willard Lamb is showing us all, that there is life after 90.

At the Banquet we were all asked to say a few words. My comments were mainly thanking our Relay Captain, Don, for organizing the relay. Then a special thank you to our support crew. We were up in front getting the glory but we could not have done the swim without their volunteer help and support. Now I want to extend that same thanks to all of the Oregon swimmers who were part of my journey and helped me to that wonderful destination on a small sandy beach at Abalone Cove on the Palos Verde Peninsula.



The high-five hand-off: in the water for his third leg



Nancy and Dave at the Finish



My Final Leg —Let's Roll

Dave and Bonnie Edwards (2 of the 6-person Lake Tahoe Relay) just after Dave broke the 400 freestyle world record at the Gil Young meet



Summary . . .

JUST KEEP
SWIMMING

Looking Ahead . . .

Meet **SCHEDULE**

A stylized blue swimmer graphic with arms and legs extended, positioned behind the word 'SCHEDULE' in the 'Meet SCHEDULE' logo.

DATE	COURSE	MEET	LOCATION
November 21-22	SCM	PNA/NW Zone Championship	Federal Way, WA
December 5	SCM	2015 All-Around Challenge: Pentathlon and Brute Squad Meet	Bend, OR
December ?	SCY	Canby Animal Meet	Canby, OR
January 30	SCY	Chehalem Meet	Newberg, OR

PRACTICE

A stylized blue swimmer graphic with arms and legs extended, positioned behind the word 'PRACTICE' in a large, bold, blue font.

Let's Swim