



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

*"Swimming for Life"*

Volume 43, Number 1

Published 10 Times Yearly by OMS, Inc.

January 2016

## OMS Swims Well at Federal Way

Charlie Helm

A small but motivated group of Oregon swimmers made the trip up to Federal Way for the NW Zone SCM Championships, November 21st & 22nd. There were a few OMS no-shows, but they missed a fun meet with some great swimming. It was also the 25th Birthday for the King County Aquatic Center (KCAC) and during a break on Saturday they did a balloon drop over the diving/warm up pool, which made things interesting for those swimming at the time, and they also had some very good birthday cake up in the lobby. I felt it was my duty as your reporter to try both the chocolate and white cake flavors and give them both an "outstanding" rating. After a day of swimming, the cake also hit the spot for most of the competitors.

Being a world-class pool, there were some major record-setting swims to help celebrate the birthday of KCAC. Five Oregon swimmers set new OMS or Zone records: Hailey Bambusch in the (W 25-29) 50 Free & 50 back; Jill Asch in the (W 45-49) 50 Free, (Jill and Hailey were in the same heat and



**Balloon clean-up after the birthday drop on Saturday**



**Charlie Helm cooling down after his last event on Sunday.**

pushed each other to a good time!) [see times on page 8]; Collette Crabbe (W 55-59) 200 IM; David Hathaway (M 55-59) 800 Free; David Radcliff (M 80-84) 50 Free. The host, Puget Sound Masters, also had a great meet as they set 9 World and National records, 35 Zone, and 96 PNA records. Masters legend Lara Val came up from California and also set a World & National record. Thanks to Steve our OMS records guru for this info. Many other OMS swimmers also did personal bests and were happy overall with their performance. Overall it was a good meet, but the only negative was the constant plea to get people to volunteer as timers as there was a steady need throughout the meet. This is now to be an annual event, so hopefully things will be better organized next year. Cheers, and I'll see you at the pool! Coming next: Canby and Chehalem!

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.mjbb@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

# CONTENTS

- 3** Obituary—Gene Mielke
- 4** Off the Block
- 5** Fit to Swim
- 6** Coach Tim's Tips
- 7** Long Distance Swimming

## Records

- 8** NW Zone SCM Championship
- 8** COMA All-Around Challenge SCM
- 9** SW Zone and SPMS SCM Champs

## Articles/Announcements

- 9** Miscellaneous
- 10** Swim Bits
- 11** Swimmer Spotlight
- 12** Greece to Turkey Swims
- 14** Team Life
- 16** NW Zone Meet Photos
- 17** SPMS Championship Photos

## Event Schedule — Back Page

---

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

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

Coaches Chair ..... Tim Waud  
timpwaud@gmail.com ..... 503-341-3152

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  
foxkohmert@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

Reps  
OREG .....  
DUCK ..... Bridget Shepherd & Lindsay Miller  
uoswim@uoregon.edu  
USMS ..... Sandi Rousseau  
swim@gorge.net ..... 541-354-2580

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

Web Masters ..... Bonnie Edwards & Matt Miller  
pdxbon@comcast.net ..... 503-288-5140  
matt@flytrapcare.com ..... Matt Miller

Principal Founders of OMS:  
Connie Wilson  
Earl Walter

United States Masters Swimming Inc., cannot 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. A subscription is part of membership in OMS. Contact Susie Young or Jackie Parker for membership information. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming, Inc. Information is also available on line at [www.swimoregon.org](http://www.swimoregon.org).

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

Volume 43, Number 1, January 2016



**Columbia Gorge Masters Meet Officials in November, 2014. Gene is the tall man in the back row**

# Eugene "Gene" Albert Mielke Jr.

March 1, 1946 - October 28, 2015



Gene Mielke, 69, died October 28, 2015, at Providence Portland Medical Center in Portland, Oregon. Gene had knee replacement surgery the day before his death.

Gene was born in Visalia, California, married Karen Lee Ragle in 1968, then moved to San Luis Obispo so he could continue his education at Cal Poly. After Cal Poly, they moved to East Lansing, Michigan, where he received his Ph.D. in pomology (the science that deals with fruits and fruit growing) from Michigan State University.

In 1975 they moved to Tucson, Arizona, where Gene taught some classes at the University of Arizona and helped encourage the growing of wine grapes and making wine. While there, he collected many bottles of wine.

In 1984 they moved once again, to Hood River, and Gene became superintendent of the Experiment Station. Their moving van had a cooler in it to keep the wine at a constant temperature. The van was stored in the basement of the house at the Experiment Station until Gene and Karen moved into their current home, in which Gene built a wine cellar.

While in Tucson, Gene became very interested in ham radio. He continued his passion of ham radio and after moving to Hood River, became involved with the Radio Amateurs of the Gorge (RAGs). Since 1984, Gene and RAGs have been a vital part in the Cross-Channel Swim, making sure all swimmers are safe and accounted for.

When Gene's son became involved with the Hood River Valley Swim Team, Gene became involved in officiating. At first he was involved only at the local level, but with time, he officiated at state championship meets and western zone meets. He was also involved in officiating at Paralympic meets across the United States.

Gene was very tender-hearted and generous. He was always willing to help others, even at a moment's notice. He

encouraged everyone to be the best person they could be, and he always stood up and did the right thing, even if it wasn't the "popular" thing to do.

Gene was a long-time official for Oregon Masters meets and for National and International Masters events held in the Pacific Northwest. He gave so much of himself to OMS, that, in 2014, he was awarded a USA-Swimming lifetime membership from OMS and was recognized in the November/December, 2014, issue of the "Aqua Master". The award was presented at a session of the USA-Swimming House of Delegates in Jacksonville, Florida. Gene was totally surprised and very pleased at receiving the award. Since USA Swimming membership is required for OMS officials, this award was a great benefit to Gene.

Gene created many long-lasting friendships in both his professional and personal life and will be greatly missed by everyone who knew him.

## **OMS Members remember Gene**

### **Sandi Rousseau:**

Gene has been a mainstay as an official in our Oregon Masters Swimming world for years, has worked at our USMS National Championships held in Oregon for as long as I can remember, and was always the guy who showed up for our local high school meets here in Hood River. He will be sorely missed.

### **Aubree Gustafson:**

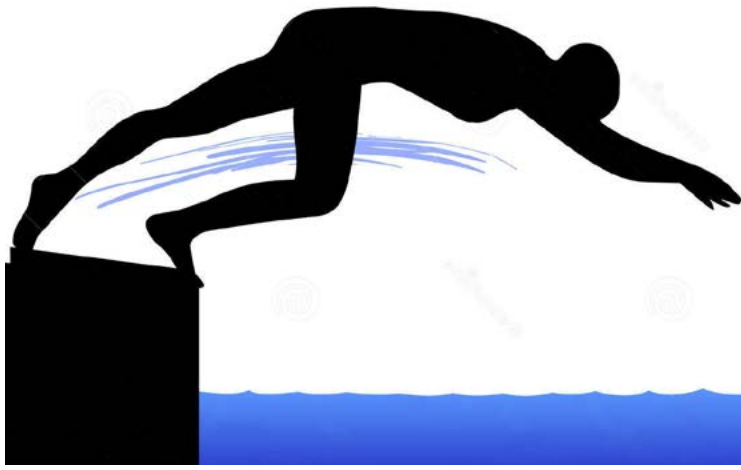
Gene was such a wonderful person and an absolute pleasure to have on deck at swim meets. Gene had been officiating since I was a little kid and I will always remember him.

### **Joy Ward:**

He was a wonderful man and so full of life. We all will miss his presence and knowledge in meets to come.

Well, said, we will all miss Gene Mielke





# Off the Block

## As we age — brain health linked to fitness level

Dorothy L. Tengler

People are living longer, and while that is a good thing, growing older in today's world presents challenges.

It has been established that the effects of aging on the brain and cognition are widespread and have multiple etiologies. Aging has its effects on the molecules, cells, vasculature, gross morphology and cognition.

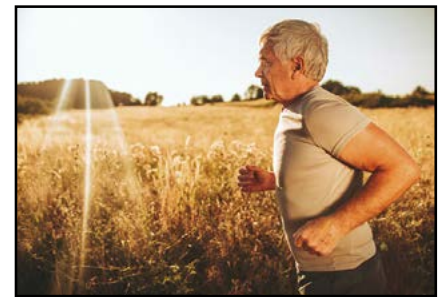
As we age our brains shrink in volume — particularly in the frontal cortex. As our vasculature ages and our blood pressure rises, the possibility of stroke and ischemia increases, and our white matter develops lesions.

Memory decline also occurs with aging, and brain activation becomes more bilateral for memory tasks. Protective factors that reduce cardiovascular risk — namely regular exercise, and a healthy diet — have been suggested to aid the aging brain.

Interestingly, a new study in *NeuroImage* shows that age-related differences in brain health, specifically the strength of connections between different regions of the brain, vary with fitness level in older adults. The findings suggest that greater cardiorespiratory fitness — a measure of aerobic endurance — relates to stronger brain connections and likely improves long-term brain function in aging populations.

The study was led by Michelle Voss, while a postdoctoral researcher at the University of Illinois, with Beckman Institute director Arthur Kramer, and kinesiology and community health professor Edward McAuley. The results provide the strongest evidence to date that fitness in an older adult population can have substantial benefits to brain health in terms of the functional connections of different regions of the brain.

One popular technique of measuring brain health across the lifespan involves measuring the strength of connections between different parts of the brain while the person is completing a task or during wakeful rest.



The latter is known as resting-state functional connectivity. Research has shown that some of these connections weaken with increasing age, indicating deteriorating brain health.

Using functional magnetic resonance imaging, Voss and colleagues measured the strength of these connections throughout the brain in younger and older adults at rest, and the team confirmed that most connections were weaker for older adults when compared with younger adults.

Next, the researchers examined the role of cardiorespiratory fitness on resting-brain connectivity in older adults. Fitness is determined by how efficiently someone uses oxygen during physical activity such as running on a treadmill. However, other factors besides habitual physical activity may alter how fitness affects brain health, such as individual genetic makeup.

The researchers found a relationship between fitness and the strength of the connections between certain brain regions in older adults at rest that was independent of their level of physical activity, suggesting the benefits of fitness seem to occur within the low-to-moderate range of endurance and the benefits of fitness for the brain may not depend on being extremely fit.

The study concludes that there is a positive role of cardiorespiratory fitness, beyond habitual physical activity, on brain health as people age. It's an intriguing concept because it suggests there could be clues in how the body adapts from regular activity for some people more than others.



# Fit to Swim

**Coach Aubree Gustafson**

## Goals for 2016

We made it through another great year and 2016 is here. I promised that we would check in throughout the year, attempting to stay on track for Summer Nationals in August; this should be on everyone's radar since your Oregon LMSC is hosting the meet at the Mt Hood Aquatic Center. It is not too early to start setting goals for this event. The earlier you start, and the more time you put into working towards your goals, the easier they will be to achieve. I originally wrote the article below for the February, 2013, *Aqua Master* and have updated the details for today. There is no time like the present to revisit goal setting so that you can apply this process immediately as you are thinking about what you want to achieve in 2016.

The New Year is a new beginning, a time for reflection, and a great time to rethink your goals for the coming year and beyond. Instead of following the crowd and making up random resolutions, I would suggest taking the time to set S.M.A.R.T. goals.

The first known use of the S.M.A.R.T. mnemonic occurred in 1981 in an issue of *Management Review* in an article written by George T. Doran, but these criteria don't only apply to the business world, they can be used in goal setting for all aspects of your life. S.M.A.R.T. stands for the following:

- S—Specific
- M—Measurable
- A—Attainable
- R—Relevant
- T—Timely

Your goals should be Specific. It is much harder to achieve a generic goal. For instance, it's tough to decide exactly how you are going to "get in shape" without answering the six "W's" first. When you nail down the Who, What, Where, When, Which and Why of your goals they are more defined, and a well defined goal is easier to measure.

When your goals are Measurable, you can track your own progress and are much more likely to achieve success. A measurable goal should answer how much, how many, and how you'll know when you have attained your goal.

Goals should be Attainable because unrealistic aspirations can lead to feelings of failure. With that being said, don't be afraid to set your goals high, but plan wisely. A goal that is too far out of reach, or far too easy to achieve, loses its meaning. If you find your goal is no longer important to you, you should set a new one.

A Relevant goal is one you find importance in striving for. It should be worth your while and motivating. Something you are willing and able to work hard for. It may not always be easy. You may have a set-back or lose focus, but if your goal matters to you, you'll find a way to recover and keep pushing onward.

A Timely goal has a finish line; a set place in time by which you strive to achieve your goal. Whether it is a short term or long term goal, the clock is ticking, so you better get started!

I hope you enjoy setting S.M.A.R.T. goals for yourself. If you need some assistance tracking your fitness goals, I highly suggest joining the "Go The Distance" program on the USMS website, or starting your own "FLOG". Located under the "Learn to Swim & Fitness" tab, select "Fitness Logs". Here you will find information about how to join these free programs. They can help you track how often, and how much you swim and participate in many other physical activities like running or weight lifting, just to name a few. You can even set a goal to swim a certain distance in miles, yards or meters and the site can help you stay on track to achieve your goal by the end of the year; the site will tell you if you are staying ahead or falling behind. If you're not the technology type, a regular calendar works just fine for tracking your progress. Regardless, it will feel good to see how far you've come, and how close you are to achieving your goals.

# Coach Tim's Tips

**Coach Tim Waud**



Dennis Baker has resigned his position as Coaches Chairman on the OMS Board. Thank you for all your years of service Dennis, and for writing so many *Aqua Master* articles. It was greatly appreciated. Your articles have been very inspiring.

Tim Waud has been selected to replace him. Welcome Tim, and congratulations for receiving the appointment.

---

## **Greetings Fellow Oregon Masters Swimmers and Coaches,**

My name is Tim Waud and I will be the new Coaches Chair for Oregon Masters Swimming. I would like to give you all a little bit of my background and experience as a swim coach.

I have been involved with the Oregon City Swim Team as a coach and athlete since 1977. My coaching career began as a student athlete at the University of Oregon. I started coaching at the University of Oregon Swim Camps from 1987-1990. Working with Dr. Don Van Rossen in 1987, I started the University of Oregon Club Sport Swim Team as a coach and athlete. In 1991, I was hired as a coach and counselor for the Stanford University Swim Camp. I coached on deck with NCAA Division I National Championship and U.S. Olympic Team Head Coaches. Later that year, I was hired by Oregon City Swim Team as an age group coach. I continued to coach both USA Swimming and the Oregon City High School Swim Team through 1997.

I began coaching United States Masters Swimming in 1992 at North Clackamas Aquatic Park with the Tsunamis' Masters Swim Team. I am now the head coach for the Oregon City Tankers Masters swim team. Through the years I have been heavily involved in USA Swimming and USMS. I have been an athlete member of USA Swimming for Oregon City Swim Team, Eastmont Aquanauts, Mt. Hood Aquatics, University of Oregon, and Corvallis Aquatic Team. I have competed in Masters Swimming for North Clackamas Aquatic Park Tsunamis Masters, Portland Parks Masters, Oregon Reign Masters, Corvallis Aquatic Team Masters, and Oregon City Tankers. I have served on the Oregon Masters Swimming board as Vice-Chair and Souvenir Chair. I recently served as the Northwest Zone Chair for USMS

for three years. I have attended several United States Aquatic Sports (USAS) Conventions throughout the years as a delegate for OMS. I have competed in and coached at over 16 USMS National Swimming Championships.

In 2014, I was selected as the head coach for the USMS World Championship team in Montreal. It was an honor representing over 1,500 USMS swimmers at this event. My position allowed me to hire three assistant coaches for this eight day event. Coaching at the World Championship was a once-in-a-lifetime experience. I really enjoy the coaching community and have had the opportunity to connect with some of the most amazing coaches in USMS. I now serve on the USMS Coaches Committee, focusing on LMSC communications with coaches. I am currently an ASCA Level 3 and a USMS Level 4 Certified Coach.

I am really excited to represent the coaches in the Oregon Masters Swimming community. I hope to offer the membership valuable information which, in turn, will make your swimming experience fun and rewarding. If you have any comments, questions, or concerns, feel free to contact me anytime.

Tim Waud  
[timpwaud@gmail.com](mailto:timpwaud@gmail.com)  
(503) 341-3152



# Long Distance Swimming

**Coach Bob Bruce**



**What is the One-Hour Swim?** The basic question is how far can you swim in one hour? It's the first USMS ePostal swim each year, done only during the month of January. It's the largest stand-alone participation event on the USMS calendar, as more than 2500 swimmers across the nation swim it every year. It's the oldest of the USMS ePostal swims, started in 1977. It's not only a spirited competition, but also an excellent post-holiday, early-in-the-year fitness event suitable for EVERYONE. I repeat: EVERYONE! Did I say EVERYONE?

**How have Oregon swimmers and the Oregon Club fared in the past?** Oregon Club swimmers have done very well recently, winning several individual titles and many relays. But this is one of the few Overall (Extra-Large Team) club championships that we have never won before! But our club history shows good involvement and placement in previous years, including a second place in the Large Team category last year (we were one swimmer—300 yds—short of winning last year!).

**What will it take to win the Club Championship?** COMMITMENT & MASSIVE PARTICIPATION. There are several other huge clubs in the nation whose single main goal each year is to win the One-Hour Swim, so winning this event will never be easy. Despite good participation last year, we fell short. To beat these other clubs and pull this off, we will need...

- A commitment from EVERYONE to join OMS/USMS, a prerequisite for entering the event. Don't wait—do it now. You MUST be a member BEFORE you do the swim! And I urge those swimmers who have previously joined OMS/USMS as "unattached" to consider joining the Oregon Club, as unattached swimmers cannot participate in relays or team scoring!

- A commitment from EVERYONE to prepare for the swim. Spend time at practice during December and January to prepare for your swim and to improve your distance. Incidentally, swimming during the holidays has been shown to be good for your svelte figure.

- A commitment from EVERYONE to seize the opportunity

and do it when the time comes. Club score is determined by adding everyone's total yardage in the swim. EVERYONE COUNTS! Even a 1500-yard performance will help. 4000 & 5000-yard performances will really help—never let your teammates who are capable of big yardage duck this swim!

- A commitment from EACH LOCAL TEAM to schedule opportunities for swimmers to swim it. Schedule several group or even individual sessions if possible so that nobody is excluded.

- A commitment from EACH LOCAL COACH & CAPTAIN to encourage and motivate teammates to swim it. This is the key! Plan and do the swim as a group effort, and you may be surprised at the symbiotic power of such an effort.

- A commitment from EVERYONE to ENTER THE NATIONAL EVENT when you finish. Every January, we have several dozen swimmers who do the swim (Yay!) but fail to enter (Boo!). Now I love the aesthetic of doing the One-Hour Swim for its own sake, yet I'd also love to see everyone who did it pitch in for the larger team effort by entering the event. If the Oregon Club is to have any chance of winning the club championship, we cannot leave uncounted swims on the table, as we did last year!

**Is a championship run feasible?** We've won loads of ePostal championships in recent years, but never the One-Hour Swim. What about it? We have the pools. We have the swimmers. We have the experience. Do we have the will? Can we do it? Of course...if we want! We rallied to crush the rest of the nation when we hosted the Summer Pool Championships in 2008, and we have dominated the other postal championships since then. But I estimate that it will take 400 swims to win this thing. That's right, 400! Sure, that's way more than we've ever had before, but that's less than half of our club membership. Together, we can do it...if we choose to do it!

continued on page 13



# Records

## **NW Zone SCM Championship**

**November 21-22, 2015; Federal Way, WA**

Oregon results for this meet can be found at:

<http://www.usms.org/comp/meets/meetsearch.php?club=OREG&MeetID=20151121PSMSCMS>

### **Records established by Oregon Masters swimmers: 6 Oregon; 3 NW Zone**

<b>Women 25-29</b>	50 SCM Free	Hailey Bambusch	0:27.82	Oregon, Zone
<b>Women 25-29</b>	50 SCM Back	Hailey Bambusch	0:33.64	Oregon
<b>Women 45-49</b>	50 SCM Free	Jill Asch	0:28.38	Oregon
<b>Women 55-59</b>	200 SCM I.M.	Colette Crabbe	2:44.98	Oregon, Zone
<b>Men 55-59</b>	800 SCM Free	David Hathaway	10:15.55	Oregon
<b>Men 80-84</b>	50 SCM Free	David Radcliff	0:33.26	Oregon, Zone

---

## **COMA All-Around Challenge SCM Pentathlon and Brute Squad**

**December 5, 2015; Bend, OR**

Oregon results for this meet can be found at:

[http://swimoregon.org/results\\_pdfs/2014-2015/ResultsCOMAPent\\_SCM\\_20151205\\_Splits.htm](http://swimoregon.org/results_pdfs/2014-2015/ResultsCOMAPent_SCM_20151205_Splits.htm)

### **Records established by Oregon Masters Swimmers**

<b>Women 40-44</b>	200 SCM I.M.	Sara Nelson	2:45.86	Oregon
<b>Women 35-39</b>	Mid-Distance Pentathlon	Stacey Kiefer	8:08.81	Oregon
<b>Men 45-49</b>	Mid-Distance Pentathlon	Darren Kling	6:56.81	Oregon
<b>Men 50-54</b>	Long Distance Pentathlon	Kris Calvin	17:12.30	Oregon



# Records — continued

## 2015 SW Zone and SPMS SCM Championships

December 4-6, 2015; La Mirada, CA

Oregon results for this meet can be found at:

<http://www.usms.org/comp/meets/meetsearch.php?club=OREG&MeetID=20151204SCMCHPS>

### Records established by Oregon Masters swimmers: 8 Oregon; 1 NW Zone

<b>Women 25-29</b>	50 Meter Freestyle	Bambusch, Hailey	25	OREG	27.32	Oregon, Zone
<b>Women 25-29</b>	50 Meter Backstroke	Bambusch, Hailey	25	OREG	33.04	Oregon
<b>Women 25-29</b>	100 Meter Backstroke	Bambusch, Hailey	25	OREG	1:11.44	Oregon
<b>Women 25-29</b>	50 Meter Breaststroke	Stacy, Jessica	26	OREG	36.16	Oregon
<b>Women 25-29</b>	100 Meter Breaststroke	Stacy, Jessica	26	OREG	1:16.33	Oregon
<b>Men 55-59</b>	400 Meter Freestyle	Hathaway, David	55	OREG	4:49.55	Oregon
<b>Men 55-59</b>	800 Meter Freestyle	Hathaway, David	55	OREG	10:01.20	Oregon
<b>Men 55-59</b>	1500 Meter Freestyle	Hathaway, David	55	OREG	19:07.07	Oregon

## Miscellaneous

### ***An Inspiration to All Swimmers!***

Willard Lamb has done his part to get points for Oregon. He swam his 3,000 yard USMS ePostal on October 8.

His time was 1:01:08.36.

A new national record ! And another 1,000 points for the Oregon club.

### ***2017 Nationals are Awarded***

◆ The 2017 Nationwide U.S. Masters Swimming Spring National Championship will be held April 27 through 30 at the Riverside Community College in Riverside, California.

◆ The 2017 U.S. Masters Swimming Summer National Championship will be held August 3 through 6 at the University of Minnesota in Minneapolis, Minnesota.

### ***1-Hour ePostal—An Annual Classic!***

Are you ready to test your mettle for an hour? Better get training, because the 2016 Speedo USMS 1-Hour ePostal National Championship is here! [See Bob Bruce's Long Distance article, page 6, for more details]

Whether you're completing the 1-Hour ePostal for competition, fun, or fitness, all who wish to participate are welcome. The event runs from January 1 to January 31, 2016, and the objective is to swim as far as possible in 1 hour, in any pool 25 yards or longer. Record your splits, submit your results, and see how you stack up against other swimmers around the country. More information is available at USMS online:

<https://www.usms.org/.../EventEntryForm-2015092603393623852.pdf>

# Swim Bits

by Ralph Mohr  
Central Oregon Masters Aquatics (COMA)

## What We Think About When We Swim



I've just come across an article in the *New Yorker* magazine about running, entitled "What We Think About When We Run." You'll find it at <http://www.newyorker.com/news/sporting-scene/what-we-think-about-when-we-run>.

In the article the author covers a study published earlier this year in the *International Journal of Sport and Exercise Psychology* by the sports psychologist Ashley Samson and three colleagues who clipped microphones onto ten distance runners and asked them to narrate their thought process during a run.

Afterward, the researchers transcribed those monologues, identified the thoughts they contained, and divvied them up into three categories: Pace and Distance, Pain and Discomfort, and Environment. Interestingly runners at first focused mainly on achieving a certain pace and distance in their run, but after that they simply commented on their pain and discomfort.

I wonder if we swimmers do the same thing. What would the researchers find if they could put microphones on swimmers in pools and record comments during a workout? In my experience at a pool, we moan and groan and then do the next set.

I also wonder if it is the same when we do long swims in a lake. I find that different. There is no clock on the wall in a lake, no coach yelling the next set, no turns to measure how far you've gone.

In fact most of the time when we finally stop during a long lake swim, at the end of an arm of the lake or half-way and we have to swim back, open water swimmers I've been with take time to look around and see where we are, even if we are just

two heads a quarter-mile or more from the shore in all directions. It's better to be there than on land.

The *New Yorker* author also comments on the emotions we bring with us as we train. She mentions Thomas Gardner and his book, *Poverty Creek Journal*, a semi-diary of a literature professor of Virginia Polytechnic Institute. Gardner ran the day after his brother died of a heart attack and ran with his grief alongside.

In 2007 Gardner ran the Boston Marathon, the same day a Virginia Tech undergraduate shot and killed thirty-two students and faculty and wounded seventeen others. On hearing the news of the slaughter after the race, Gardner says, "When I got up from my chair, the shock of my body still battered by the marathon surprised me. I'd forgotten Boston entirely." And the next day Gardner went out for another run.

Another book on the thought process within running may be the fictional *Loneliness of the Long Distance Runner*, by Alan Sillitoe. It does an exceptional job of capturing how the mind of a runner wanders and swerves and expands as the miles unfurl.

When we swim in a pool we may not have much time between walls for such cogitation, as we are thinking of pace, setting up for the next turn, and who is in front and behind us in circular swimming. Perhaps we need more than 100 yards to settle into thoughts other than swimming. It is perhaps only long swims, 500 plus, that allow for meditation or reflection.

What I am curious about is what we think about when we swim. Perhaps we need Thomas Gardners in our midst to record their swimming thoughts for a year. I keep an extensive swim journal so maybe I'm one of these. I hope there are others out there.

# Swimmer Spotlight

## Karen Andrus-Hughes

Age 58; Team Club Sport Oregon (TCSO)

I started competing as an Oregon Master Swimmer after a few decades away from competitive swimming. My two sons were swimming for Tigard-Tualatin Swim Club, and another parent was interested in setting up a Masters program there. At that point, I wasn't even aware of USMS. He set up a meeting for interested parents to discuss options. He asked each of us to state our interest and goals. He was anxious to compete again. I was not. I was, however, interested in swimming with a workout group. After a few months, several in the new group asked if I would swim in the Oregon State Games in a relay. I agreed to join in the relay fun, and added a few individual events. My individual events were the LCM 100 backstroke and 1500 freestyle. As a USA swimmer, I was a middle to long distance freestyler, so I thought a slow, easy 1500 would be a good choice in my first meet. I did not enjoy it at all, and underestimated how much more challenging racing would be 20+ years post-collegiate swimming. I have not swum a LCM 1500 since. I did not intend to swim other meets, but the lure of joining other adults that were venturing out of their comfort zone a bit and also seeing some faces I'd not seen since high school had me signing up for a 2<sup>nd</sup> meet, and the snowball effect took hold.

I currently swim at Club Sport Oregon with a wonderful group of swimmers, most of whom do not choose to compete in swimming pools. Many are triathletes, and to say I'm inspired by the events they choose to tackle is an understatement! I also try to make the long drive out to Mt Hood Community College to swim for Dennis Baker and with the Oregon Reign Group when I can. I have very close swim friends there, and have enjoyed being on some very memorable relays with many there, particularly with Colette Crabbe, Arlene Delmage and Val Jenkins. Some years back we were dubbed the "Witches of the Northwest" by a northern California Masters swimmer after we had set several national and world relay records. Though

it sounds a bit harsh, the swimmer meant it in jest as she was hoping the "witches" would come to Nationals in Clovis, CA, that year. I have had the honor to swim relays with the likes of Wink Lamb, Tom Landis and Barbara Frid ... remembering one such occasion when I was asked

to swim a SCM 280+, 800 free relay with these three at the end of a meet at T-Hills.

If you know me at all, you can probably see the grimace and hear the groan.

Next I hear, "Wink, Tom and Barb will swim if you do." Talk about feeling a little sheepish and immensely inspired all at the same time. All three had surely swum more and longer events than I earlier in the meet – and were each at least a decade older. It was a great honor to be on this relay. There have been other similar experiences at other meets and with other amazing swimmers I've been fortunate to swim Oregon relays with in the quest for some records. I've also been lucky to cheer for my mom, Jerri Kawabata, who swims for the Tualatin Hills Barracudas. Unlike myself, she is not afraid to swim "the mile" – setting several W80-84

Oregon and Zone records this past summer at the Gil Young meet, including the LCM 1500. As I've entered my upper 50s, I've mentally struggled coming to grips with slower times, and am striving to find enjoyment in the journey and just the plain fact I'm able to participate in such a great sport.

Work-wise I've been in marketing for most of my career, and four years ago made the transition from the forest products industry to swim pool deck equipment. As Marketing Manager at S.R.Smith, I help promote our residential and commercial pool deck equipment here in the U.S. as well as Australia. As a swimmer, and advocate of aquatic activities for the health and well-being of all, I feel fortunate to have landed at S.R.Smith, and to be a member of the Oregon Masters Swim Community.

—submitted by Denise Stuntzner





# Greece to Turkey Swims

Marlys Cappaert  
(Circumnavigating Beavers Aquatic Team CBAT)

For the past ten years, I've dabbled in swimming holidays. Like on a bicycling or hiking trip, you follow a daily itinerary in an exotic destination. Of course I'd rather swim somewhere than walk, so I was really pleased to find that there were such things as swimming holidays. When I describe the idea to non-swimmers, the usual comment is "you just swim?" They can't fathom that just swimming from island to island in an aquatic paradise could be the whole reason for a trip. SwimTrek is the first swimming holiday company. The UK Company runs trips all over Europe, the Caribbean and Mexico. They offer one-day events (e.g. The Hellespont Swim) and weeklong journeys. Find their offerings and stories at [www.swimtrek.com](http://www.swimtrek.com).

Every few years I make another trip, often with other Masters swimmers. We've gone on week-long trips to Greece, Croatia and the British Virgin Islands. A typical morning: coffee and breakfast; a quick cruise to an interesting spot on the coast or an island; a two hour swim through warm tropical or Mediterranean waters. After the morning swim there is a lunch break, followed by a nap or independent exploration. In the afternoon: repeat. The SwimTrek guides and local boat captains have done the research, choosing the best places to swim given the winds and weather of the day. The trips are usually designed for 10-15 people split into smaller groups based on ability and ambition. Each small group is accompanied by a guide/boat that supplies safety cover, directions and water/snacks.

I've done a lot of outdoor swimming, usually as part of a mass event (e.g., relays across Lake Tahoe, the Maui Channel) or on short trips organized between friends. The SwimTrek swimming holiday is another approach with a lot of advantages. It is intimate; a small adventure with like-minded people. The locations and routes are carefully chosen—you won't run into boat traffic or tricky currents. And it is simple—someone else has solved all the logistics (food, luggage, equipment). The SwimTrek trips are the best swimming I've ever done.

So a logical next step for me was: be a SwimTrek guide! I set about getting the required credentials and carving out some time, and for the last two years I've spent the fall season guiding swim holidays in Turkey. Making the trips as a customer had been fantastic. But the experience of helping to create the experience for other swimmers was even more special. Here's how it works: When a trip begins, the guests—some alone, some with friends—are introduced to each other. Guests have come for many reasons—as a reward for a hard year of work, for the personal challenge, or just to indulge in an adventure. First-timers are often unsure about just how this will work. But after a couple of days, the easy routine of the trip eases all fears and the group quickly bonds, encouraging each other's particular goals. This for me is the magic. To see some-

one surprise themselves by swimming their first 5K, or completing a crossing they just weren't sure they could do is really special. Rarely does someone end the week without starting to think about which trip they would like to do next.

Of course I know the Turkey trip best. The trip is based at a lovely hotel in the southwest town of Kas. Each day we left the harbor on a beautiful Turkish Gulet, a classic wooden boat built for cruising the Mediterranean Coast. We would leave the harbor and travel 20 – 90 minutes to our swimming destinations along the coast. One really exciting swim involves crossing from Greece to Turkey. We start at a rock near the Greek island of Meis/Kastellorizo and swim 5 km to the mainland of Turkey. Other special swims include swimming over ruins near the ancient city of Aperli on the Lycian Way dating from 450 BC. Each day is full of warm blue water, colorful schools of fish, sea turtles, delicious lunches, and lots of swimming. I can't think of a better holiday as a guest, or a better job.

Exciting news for us, I've been talking with SwimTrek about adding locations in North America—the possibilities are endless...



**Turkish Gulet**



**Post swim snacks on the boat**



*Swimming with sea turtles*



*Swimming to Turkey from Greece*



*Celebrating International Shark Touching Day*



*The ancient city of Aperlai on the Lycian Way*

## LONG DISTANCE SWIMMING

continued from page 7

**Bonus thought:** We're hosting the USMS Summer Pool Championships again this year. The best build-up for this meet, which so many of you already have on your schedule, is to develop your aerobic swimming capacity early, so that you can then do your race training on a solid base. The One-Hour Swim is one of the best tools to develop and measure your aerobic capacity. Use it that way!

As OMS Long Distance Chair, I plan to send information packets to each team before Christmas. These packets will include...

- ☞ An information letter to Coaches, Team Reps, and One-Hour Swim Captains
- ☞ A copy of the event information
- ☞ Instructions on how to run a successful group postal swim
- ☞ Our current OMS One-Hour Swim Top Twelve
- ☞ A large-print copy of the "Top Ten Reasons to Do the

One-Hour Swim", suitable for posting.

Ideally, I would like to see a swimmer from each local team with four swimmers or more to step forward to be Team Captain for this event and help your coach coordinate this effort and rally the troops. After all, the most powerful motivation and group effort is local. Please work it out within your team structure, then tell me who you are (contact me at [coachbob@bendbroadband.com](mailto:coachbob@bendbroadband.com)). This would be an enormous help!

**But a one hour swim is so long...:** Balderdash! No whining or flimsy excuses! Your typical practice lasts for one hour, if not longer. Just consider that single continuous swim lasting one hour as your practice for that day.

**Note to DUCK & other club swimmers:** If swimmers representing these clubs—the other clubs in our Oregon LMSC—are feeling a bit left out in this effort, please don't be! Commit to the strategies listed above, and go for it this year!

Good luck and good swimming in your One-Hour Swim!



# Team Life

*If you would like your team featured in "Team Life" please send information in an email to the Editor at [azabudsky@msn.com](mailto:azabudsky@msn.com)*

## Central Oregon Masters Aquatics

- COMA is one of the largest teams in OMS with 119 swimmers registered with USMS in 2015
- COMA swimmers enjoy social gatherings throughout the year; a great way to meet new friends or renew old friendships



- COMA usually has a summer "kick-off" party to celebrate the open-water-season start, as well as a fall "appreciation" party to thank everyone for the volunteer time they have given during lake swim-season



- During open water season, COMA reserves group campground spots (when available) and members gather during the evenings to share a meal and to swap stories of past endeavours!
- COMA has an annual holiday party in December that includes a silent auction to raise money for the team and the public service causes they support. Members bring a homemade dish and the club provides the main entrees. It's a great time to review the year with friends and start getting motivated for the upcoming year!
- Social Chair is Deb Douglas

## Columbia Gorge Masters

- CGM has 76 registered USMS swimmers
- Coffee Clatch photo [right] is of Sue Harrington, Sue Sutherland, Larissa Lodzinski, Carolyn Welty-Fick, Ann Goodman, Olsin McNulty, Aimee Brewer, Mark Ribkoff, Sandi Rousseau

- Olsin McNulty's niece made Olympic Trials in the 100 Fly!
- Mark Frost celebrates reaching 500 miles of swimming this year. (below, left)





## Lake Oswego Masters

- Al Capron, LOM Coach, is starting a USMS Adult Learn to Swim program in the Lake Oswego District Pool
- LOM has been doing at least one Time Trial per month since June
- Membership is at an all-time high with 19 swimmers already registered with USMS for 2016. LOM started in 2010 with just two swimmers. Now they have a team of people that come consistently to practice sessions and are planning some social events as well
- They recently developed a workout group logo and put in a first ever swim cap order. They are getting T-shirts and plan on being well represented at the Oregon city meet in March and the Association Championships in April
- Several members are planning ahead to the LCM Masters Nationals in Gresham this August
- Last spring and summer some of their swimmers did the open water swimming series in Hagg Lake in May and August and several did well in the Triathlons in which they competed as well
- They swam outdoors during the month of August in Oswego Lake



- In October, Al Capron completed the Certification Class to get his USMS Level 3 Coaching Certification



- Happy 50th Birthday Brad! [top left]. To celebrate his 50 years of life, the team did 50 x 50 on :50! Front Row: L-R Katie Ferris, Wyatt Isaacs, Brad Donahoe (BD boy), Sheila Donahoe, Daniel Eagle, and a visitor from North Carolina Masters with a misplaced name; Back row: Dianne Isaacs, and Ryan Thompson
- The wet suit photo [bottom left], was after an open-water workout in Oswego Lake Names are: L-R: Maya Barba, Leanne Bray, Brianna Batey (Sheila's niece), Sheila Donahoe, Daniel Eagle, Dianne Isaacs, Brad Donahoe.
- End of workout photo [bottom]: Men in back row: L-R: Dan Silvernall, Jeremy Child, Daniel Eagle, Brad Donahoe, Daniel Solbach, Wyatt Isaacs. Women in front row: L-R: Sheila Donahoe, Katie Ferris, Maya Barba, Diane Isaacs
- One LOM swimmer, Daniel Solbach, sent information about his most recent races:
  - ☞ I participated in the Wild Canyon Games and finished 5th in the Swim/Run competition
  - ☞ Returned to my first swim meet after 30 years and swam at the 'Long Course Pentathlon' in June; swam 50 Free 29:66 (1st place), 100 Free 1:07:01 (2), 50 Fly 34:34 (1), 50 Breast 40:66 (1)
  - ☞ Swam at Gil Young Memorial/NW Zone (LCM) in August; swam 50 Free 29:50 (3) and 200 Free 2:26:54 (3)
  - ☞ Set new PRs in time trails (SCY): 200 Free 2:04:83, 100 Free 56:54
  - ☞ Trying to qualify for 2016 Nationals.
  - ☞ Prefer Long Course Swimming over Short Course because there are less turns





# NW Zone Meet Photos

Federal Way, WA  
November 21-22, 2015  
Photography by Brent Washburne



EVENT:008 HEAT:2 200 m Freestyle			
200m 2:22.91			
1	Bittner Matthew	UC36	
2	Fritschen Tom	TWIM	2:59.63 4
3	Radcliff David	OREG	2:49.91 3
4	Dickmann Kurt	UC05	DNS
5	Goldstein Alex	MIR	2:22.91 1
6	Thessin Tyler	OREG	2:43.02 2
7	Mayer Larry	ORCA	
8	Olson David	YPKC	



The gals are, from left to right: Karen Andrus-Hughes, Arianne Benedetto, Jill Asch, Hailey Bambusch and Jeanna Summers. All five were in the fastest heat of the women's 50 Backstroke. Yeah! OMS women!



On the scoreboard shots, notice the OREG swimmers and their times/places.



EVENT:009 HEAT:3 100 m Medley			
100m			
1	Buelow Vicky	OREG	1:12.80 5
2	Courtney Zena	TWIM	1:18.69 4
3	Armstrong Mary	SAM	1:22.67 7
4	Crabbe Colette	OREG	1:16.88 2
5	Moorhead Amy	LWM	1:12.80 1
6	Andrus-Hughes K	OREG	1:17.24 3
7	Davis Charlotte	LWM	DNS
8	Benedetto Arianne	OREG	1:21.65 6

2015 AT&T WINTER NAT



EVENT:008 HEAT:3 200 m Freestyle			
200m			
1	Miller Aaron	LWM	2:27.22 5
2	Washburne Brent	OREG	2:21.39 4
3	Bascus William	ORCA	
4	Miller Matt	OREG	2:10.49 1
5	Craig Rod	CDOL	2:11.54 2
6	Hatton Craig	UNA	
7	Valley Eric	MOVY	2:16.07 3
8	Haynie Carl	TWIM	DNS

2015 AT&T WINTER NATION



# SPMS Championship Photos

La Mirada, CA

December 4-6, 2015

Photography by Brent Washburne

Seven OMS swimmers attended this meet in sunny California, a little southeast of Los Angeles.

Hailey Bambusch (MAC)  
Kevin Cleary (THB)

David Hathaway (ORM)  
Matt Miller (RVM)

Jessica Stacy (MAC)  
Scot Sullivan (MAC)

Brent Washburne(MAC).



*Among the Palms of sunny California*



*Matt Miller (RVM)*



*Hailey Bambusch (MAC); Scot Sullivan (MAC);  
Brent Washburne(MAC); Jessica Stacy (MAC)*

*David Hathaway (ORM)*



*Kevin Cleary (THB)*





# Summary...

## Records

NW Zone Championships (SCM)

COMA All-Round Challenge (SCM)

---

## Looking Ahead...

### Meet Schedule

<u>Date</u>	<u>Course</u>	<u>Meet</u>	<u>Location</u>
January 30	SCY	Chehalem Meet	Newberg, OR
March 5-6	SCM	Spring Ahead Duel Sanctioned Meet	Oregon City, OR
April 8-10	LCM	Oregon Association Championships	Beaverton, OR
August 17-21	LCM	USMS Summer Nationals	Gresham, OR

---

## Quote for the day...

"winners have simply formed THE HABIT  
of doing things LOSERS don't like to do"