



# Aqua Master

*USMS 2004 and 2007 Newsletter of the Year*

## *"Swimming for Life"*

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## **In Search of Our Inner Animals**

by Matt Miller

The 13th annual Canby Animal Meet (December 18) brought out some fierce swimming this year, as always! This meet is a lot of fun, and is definitely unique. Regardless of age group, swimmers channel their inner animal into one of three categories: Sprint Animal, Middle Animal or Grand Animal. Each category requires three events to be swum: an IM event, a butterfly event and a distance freestyle event. Placing is determined by the cumulative time of all three events.

The Sprint Animals go for it in the 100 IM, 50 fly and 200 free. Middle Animals take a swing at the 200 IM, 100 fly and 500 free. The Grand Animals try to survive the 400 IM, 200 fly and 1000 free. Some swimmers do pick and choose their favorite events only, but in order to be eligible for the coveted Gargoyle trophies, the Animal category combo must be completed.

This meet is a favorite of mine because of how intimate and friendly it feels and also because there is usually some really great racing to be had. This year was no exception.

Let's go on to the results! Starting with the women, Francie Hafner deftly nabbed the title of Sprint Animal. She was so fast that no one even got a photo of her! Emily Melina successfully defended her Middle Animal title and was within 1 second of her cumulative time from 2015. Talk about consistency! Mattie Fowler also won her second consecutive Gargoyle trophy in the Grand Animal category. Great swimming, ladies! Congratulations to you animals.

In the men's results, after bringing home a Gargoyle last year in the Sprint Animal category, Adam Arzner moved up to the Middle Animal category this year to make room for his older brother Nicholas Arzner in the Sprint Animal. The broth-



***Coveted Animal Trophies***

ers both managed to bring home Gargoyles this year, but it was no easy task, especially for Adam in the Middle Animal category where he was up against defending Middle Animal champion Matthew Marceau and previous (2013 & 2014) Middle Animal champion Scot Sullivan. This three-way race was really fun to watch, with only a few seconds separating 1st and 3rd place in all events. Adam came out on top, but only by a little over 5 seconds! And Nicholas took care of business in the Sprint Animal category, winning the title.

In the Grand Animal category, it was a rematch of 2015 between Robbert Van Andel, Matt Miller and Grant Aldred. In 2015, Robbert, a five-time Grand Animal Champion, had edged out 2014 defending champ Matt by about 2.6 seconds. This year Matt managed to redeem himself and come out with the Grand Animal title.

If you've never been to this meet before, be sure to add it to your swim calendar for 2017. It historically takes place the weekend before Christmas, and it is a really fun and unique event. Who doesn't want a Gargoyle trophy? Growl ya' later!

*Look for other photos of the Animal Meet throughout this "Aqua Master".*

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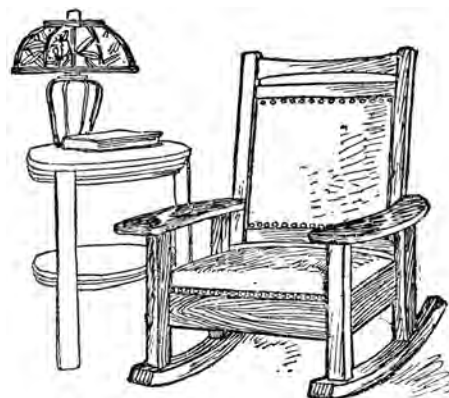
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Send address changes to [Susie Young](mailto:Susie Young) all other membership questions to [Christina Fox](mailto:Christina Fox).

# Chair's Corner

**Tim Waud**  
**OMS Board Chairman**



Happy New Year! My name is Tim Waud and I will be the new Chair for Oregon Masters Swimming. I would like to thank Jeanne Teisher for her countless years of dedication to the OMS membership. Jeanne has been a real asset to our membership and I have some big shoes to fill coming into my term as your new Chair. I have several years of experience within Oregon Masters Swimming and U. S. Masters Swimming. I have served as OMS Vice-chair, OMS Souvenir Chair, NW Zone Chair, and I am currently the Coaches Co-Chair with Matt Miller. Representing Oregon Masters as the Chair has been a goal of mine for several years.

I have been very active with U. S. Masters Swimming and have attended several United States Aquatic Sports conventions, serving on several National Committees. During my term as the NW Zone Chair, I served on the LMSC Development Committee. My experience with this committee has allowed me to gain extensive knowledge of how LMSCs in U. S. Masters swimming operate and what the best practices are in managing an LMSC.

Oregon Masters Swimming is one of the most organized and dedicated LMSC in U. S. Masters Swimming. This past year, we hosted the third largest Summer National Championship and we collectively put

on a very memorable experience for over 1,280 entrants. The coming year brings us more exciting events for our membership and U. S. Masters Swimming. Oregon Masters will play host to two Open Water National Championships in 2017 and three Open Water National Championships in 2018.

U. S. Masters Swimming also offers some exciting fitness swims. Oregon Masters Swimming has excelled in the One-Hour, 5K and 10K, and the 3000 and 6000 ePostal swims. I highly encourage everyone in OMS to take part in these fun and challenging events. The [2017 Check-Off Challenge American Records Tour](#) is a postal event designed to motivate swimmers to complete 18 pool events during the 2017 calendar year. It challenges all levels of swimmers: novice swimmers can swim new events and experienced swimmers can try for their personal best times in as many events as practical. This is a great event for seasoned swimmers and fitness swimmers in an effort to try something new. Who knows? Maybe you will find a new favorite event to swim.

I look forward to serving you for the next two years. I have a passion for swimming and I want to share that passion with each and every one of you. Please feel free to contact me with any ideas and/or concerns you have about your Masters Swimming experience.

Swimmingly,

Tim Waud

# Off the Block



## ***Dr. Sammy Lee, Olympic Diver***

Dr. Sammy Lee, the first diver to win back-to-back Olympic titles (1948 & 1952), stood just 5'1 and 3/4 inches tall, but was a giant in the worlds of the Olympics and International Aquatics and an American Hero. He was inducted into the [International Swimming Hall of Fame](#) in 1968 and visited Fort Lauderdale many times.

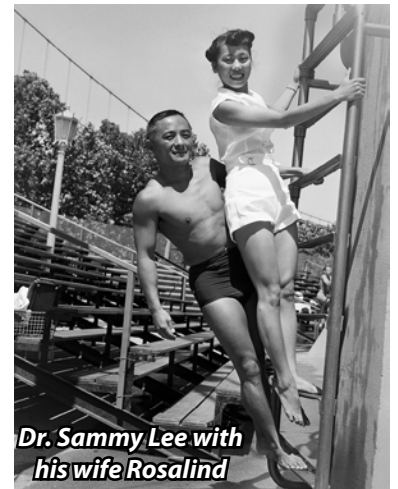
Samuel Lee was born on August 1, 1920, in Fresno, California, the youngest of five children of Soonkee Rhee and Eunkee Chun, who married in Korea as children, fulfilling a traditional contract by families. They moved to California in 1905 and settled in Fresno, where they changed their surname and opened a restaurant.

Sammy learned to swim in Fresno. After the family moved to Highland Park, in northeast Los Angeles, in the late 1920s, he swam at Brookside Park nearby.

In the golden California summers before World War II, Sammy Lee, a Korean-American, was just one of the "colored" boys in the Pasadena pool on Wednesdays. That was "International Day," when Asian, black and Latino children were allowed to swim. "I would practice at the Los Angeles Swim Stadium and Brookside pool," Sammy said, "but non-Whites could use the pool at Brookside only one day a week, on Wednesday. After they were gone, the pool was drained and refilled with clean water for the white children who came every other day of the week.

When the pool was closed to Sammy, except for that day, he decided, 'Okay, then I'm going to work with a coach who would help me.' Lee found a coach

and they worked on his diving over a sand pit. And sand had one advantage over water: It gave him stronger leg muscles, which is why he was able to jump so high and perform those beautifully executed triple-somersault dives. Ironically, racism made him a better diver. The extra strength made Lee a good enough diver that he decided the Olympic team would be his goal. He got his big break when he came under the tutelage of renowned diving coach Jim Ryan. "Jim was a big Irishman, who stood 6'4" and weighed 275 lbs.," Sammy recalled. "He would take me to the Los Angeles Athletic Club, which was normally closed to the minorities. But no one dared to tell Jim Ryan that I couldn't come into the club with him."



***Dr. Sammy Lee with his wife Rosalind***

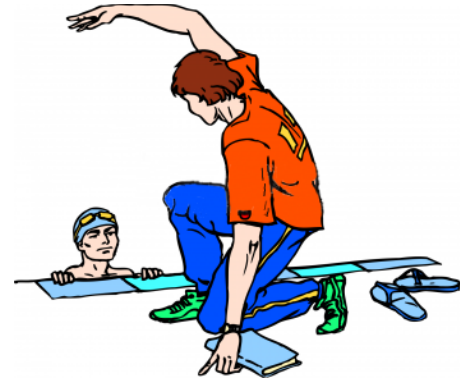
Inspired by Americans who took all the diving medals at the 1932 Summer Olympics in Los Angeles, Dr. Lee promised his father he would someday be an Olympian. But he had another challenge, one at least as formidable as racial prejudice: his father.

Lee was born in the U.S. to immigrant parents who'd made tremendous sacrifices for their child: He was their American dream. His father, Soonkee Rhee, wanted Sammy to be a doctor. He thought his son should be spending as much time on his studies as he did at diving practice. His father told him that prejudice was caused by ignorance, and urged him to become a medical doctor so the prejudice would stop. Sammy wanted to become an Olympian in diving so promised his father, "I'll

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# Coaches Chair

**Coach Matt Miller**  
**OMS Coaches Co-Chairman**



Hello fellow Oregon Masters swimmers & friends!

My name is Matt Miller and I am honored to be serving as the Co-Coaches Chair with Tim Waud. I'm really excited about the opportunity to contribute to Oregon Masters Swimming in this new capacity! To introduce myself, I thought it could be beneficial to share a bit about my swimming history.

I absolutely love swimming and it is a primary focus of my life. It was nearly 6 years ago in mid-2011 that I serendipitously dipped into swimming as a competitive sport. Athleticism and sports have always meant a lot to me and have greatly shaped my life and perspective. I've always been active in athletics, and have played most sports at one time or another. I was a runner in high school and through my adult life, diving into triathlons in my 20s and early 30s until an old knee injury caught up with me, sadly making running too painful to continue. At that time, thankfully, a friend told me about a local YMCA group swimming class. I attended, and was hooked. I was so relieved and happy to find that I really enjoyed swimming, and that swimming provided excellent exercise while being easy on the joints.

Swimming was the mentally and physically demanding total-body workout that I had been missing all my life. The multiple challenges and strokes of swimming intrigued me. Being aware of what all parts of your body are doing, and manipulating them to minimize drag and maximize propulsion, while controlling your breathing in a situation where the human instinct is to panic? Well, that's tough! I was all in.

Realizing that swimming was going to be a serious life-focus for me, I then began workouts with the

Rogue Valley Masters (RVM) swimmers in Ashland, Oregon. I feel very lucky that RVM is here in my hometown of Ashland. The team has been going strong for over 30 years, and the fellow swimmers were amazingly welcoming and helpful. I'm very grateful to have received a plethora of helpful feedback and guidance from team members, especially from several former competitive swimmers who guided me as I became interested in competing at pool swimming events.

When I began Masters swimming I wasn't very good at any of the strokes, controlling my breathing, doing flip turns, streamlining, or any of the basics and nuances of swimming that are so vitally important to swimming fast. However, thankfully I did have some natural aptitude for the sport, that my teammates noticed and encouraged. Their encouragement, combined with the interesting challenges and great benefits of swimming, has resulted in a persistent swimming infatuation that is even stronger now than it was then.

Since beginning swimming as a sport, I've been in the pool and working out 6 days a week, almost without exception (a serious bicycle wreck relegated me to the sidelines for a few months, but I was happily back at it with a kickboard, the moment I could!). I'm also routinely reading swimming books, magazines, and online articles, and watching countless online videos about swimming technique. I've participated in dozens and dozens of meets, where I'm always observing to learn, and working to improve.

I have tried to involve myself in swimming as much as I possibly can. I worked as an assistant swimming coach at Ashland High School for three seasons. This winter (2016-2017) I have been helping out as an assistant coach at St. Mary's High School in Medford, Oregon. I became USA Swimming certified so that I could coach even more extensively. I've also earned up through USMS level 3 coaching certification.

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# Long Distance Swimming

**Coach Bob Bruce**  
*Long Distance Chairman*

Wrapping up the 2016 USMS Postal Championships, the Oregon LMSC capped another year with a decent showing in the USMS 3000-yard and 6000-yard Postal National Championships, but not up to our usual sterling performance. Here's a quick summary:

**3000-yard:** 49 Oregon swimmers (25 women & 24 men) entered, slightly down from last year's entry. Sara Nelson, Colette Crabbe, Pat Sherman, Hardy Lussier, Ralph Mohr, Dave Radcliff, and Willard Lamb each won the national title in their respective age groups—great club strength at the top end! Four Oregon Club Relay teams won their events, and four more were runners-up. Oregon slid to third place in the race for the national championship title.

**6000-yard:** 15 Oregon swimmers (5 women & 10 men) entered, also down from last year's entry. Pat Sherman and Dave Radcliff won national titles. Two Oregon Club relay teams won their events. Oregon dropped from champion to a distant third place in the national club scoring.

Congratulations to...

- Our 7 individual National Champions (USMS Long Distance All-Americans!);
- Pat Sherman and Dave Radcliff, our double National Champions;
- Our 6 relay team National Champions (USMS Long Distance Relay All-Americans);
- Our 3 Oregon Individual Record breakers—Sara Nelson, Pat Sherman, and Hardy Lussier (2x, for the second straight year!);
- Those swimmers who accounted for 26 new listings on the All-Time Oregon Top Twelve in these events;
- Everyone who participated. The Oregon LMSC generally does well in overall participation, which is ultimately the bottom line, but didn't shine

as well as usual this year. Obviously, I'd like to see more Oregon swimmers participating in these excellent fitness events.

Look for the full Oregon results in this *Aqua Master*. See page 8

**Now it's time for a new year of Postal Swims, which starts with the One-Hour Swim.** This event resolves the basic question of how far can you swim in one hour. It's the first USMS postal swim each year, done only during the months of January & February. 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 postal 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 everyone hear me say EVERYONE?

**Two changes in the One-Hour Swim for this year:**

- The time frame for swimming the event has doubled! For 40 years, the swim had to be completed in January; now we have January and February to get this done. Enjoy!
- The USMS birthday rule for postals (and open water swims too) now lists your age on December 31 as your age for the year, just like the rules governing pool meets held in metric pools. As a result, many of you will jump into a new age group for this swim. Enjoy!

**How have Oregon swimmers and the Oregon Club fared in the past?** Although Oregon Club swimmers have done very well recently, 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.

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# Recent Meets & Records

## COMA Pentathlon Records—SCM

December 10, 2016; Bend, Oregon; Pentathlon Records

Results: [http://swimoregon.org/results\\_pdfs/2015-2016/ResultsCOMAPent\\_SCM\\_20161210\\_Splits.htm](http://swimoregon.org/results_pdfs/2015-2016/ResultsCOMAPent_SCM_20161210_Splits.htm)

Women 40-44	800 SC Meter Free	Nelson, Sara	OREG	*10:04.07	Oregon
Women 40-44	1500 SC Meter Free	Nelson, Sara	OREG	19:02.10	Oregon, Zone
Men 55-59	50 SC Meter Butterfly	Uebele, Keith	OREG	29.18	Oregon
Men 160-199	800 SC Meter Free Relay		OREG	8:30.69	Oregon, Zone
1) Marceau, Matthew 34	2) Miller, Matt 39	3) Lussier, Eilhard 51	4) Sullivan, Scot 50		

PENTATHLON RECORDS SET: Link: [http://swimoregon.org/records\\_pdfs/OMS\\_Pentathlon\\_SCM\\_records.pdf](http://swimoregon.org/records_pdfs/OMS_Pentathlon_SCM_records.pdf)

Women 45-49	Sprint Distance Pentathlon	Gillian Salton	3:53.04
Women 70-74	Sprint Distance Pentathlon	Ginger Pierson	5:06.22
Men 55-59	Sprint Distance Pentathlon	Keith Uebele	3:16.22
Women 35-39	Mid-Distance Pentathlon	Stacey Kiefer	8:06.46
Men 30-34	Mid-Distance Pentathlon	Matthew Marceau	7:09.10
Men 35-39	Mid-Distance Pentathlon	Matt Miller	7:23.38

## Canby Animal Meet—SCY

December 18, 2016; Canby, Oregon

Results: [http://swimoregon.org/results\\_pdfs/2016-2017/ResultsCanbyAnimal\\_Splits.htm](http://swimoregon.org/results_pdfs/2016-2017/ResultsCanbyAnimal_Splits.htm)

Women 60-64	500 Yard Freestyle	Colette Crabbe	OREG	6:03.56	Oregon
Women 60-64	100 Yard Butterfly	Colette Crabbe	OREG	1:08.27	Oregon
Women 60-64	200 Yard IM	Colette Crabbe	OREG	2:28.01	Oregon, Zone



*The Tankers team is growing! Up to 36 members now.*

# 3000-Yard & 6000-Yard ePostal National Championships Oregon LMSC Results 2016

## Club scoring for both the 3000 yard & the 6000 yard

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

## 3000-Yard ePostal National Championships Oregon LMSC Results 2016

Place numbers are national places

OR = Oregon Record; NR = National Record

\* = Oregon All-Time Top Twelve Time

### Women 25-29

16	Hsieh, Rachel	29	EA	50:57.80	636
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### Women 30-34

4	Matem, Leia	32	EA	41:15.16*	792
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16	Callahan, Amanda	34	NCMS	46:59.69	695
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### Women 35-39

4	Pryor, Evelyn	39	CAT	41:51.99*	786
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### Women 40-44

1	Nelson, Sara	43	COMA	35:02.88* OR	950
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6	Jajewski, Suzy	41	ORM	40:39.52*	819
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### Women 45-49

5	Pettit, Jayette	49	CAC	40:00.80*	847
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8	Salton, Gillian	48	COMA	41:34.00	815
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### Women 50-54

18	Gervais, Jennifer	51	CAT	45:59.18	752
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34	Hyland, Kim	54	EA	53:37.33	645
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35	Bell, Maureen	51	OR-un	53:56.88	641
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37	Hake, Lisa	54	COMA	57:00.00	606
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38	Sullivan, Kate	52	EA	57:35.12	601
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43	Stormshack, Beth	50	OR-un	1:00:47.70	568
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### Women 55-59

18	Fox, Christina	55	CAT	48:42.00*	748
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37	Hynes-Petty, Katie	56	EA	57:40.35	632
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41	Richards, Nancy	58	COMA	59:57.99	607
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### Women 60-64

1	Crabbe, Colette	59	ORM	38:52.36*	965
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8	Summers, Jeanna	62	ORM	46:25.41	808
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24	White, Sue	61	COMA	1:01:14.99	613
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27	Moses, Laurie	63	EA	1:02:48.43	597
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28	Shuman, Connie	60	COMA	1:03:08.44	594
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### Women 70-74

1	Sherman, Pat	71	COMA	56:26.00*	808
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3	Christiansen, Lynda	72	EA	1:01:22.84*	743
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6	Newton, Gail	72	EA	1:29:18.92	511
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### Men 35-39

3	Miller, Matt	39	RVM	35:07.84	862
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### Men 40-44

17	Gordon, Barry	42	EA	43:10.39	705
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### Men 45-49

4	Frost, Mark	49	CGM	36:47.18	846
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18	Tujo, Christian	45	COMA	41:55.00	743
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33	Bednorz, Mark	45	COMA	49:16.00	632
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35	Cooper, Matt	47	EA	52:24.46	594
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### Men 50-54

1	Lussier, Hardy	51	COMA	32:09.06* OR	984
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3	Chalmers, John	53	EA	38:19.40*	825
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6	McNamara, Tank	53	COMA	42:56.75	736
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16	Livengood, David	53	ORM	49:33.45	638
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### Men 55-59

4	Seton, John	58	EA	38:05.06*	854
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19	Voeller, Jan	55	COMA	44:15.00	735
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25	Graeber, Doug	57	COMA	46:27.99	700
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32	Jackson-Gistelli, Richard	55	EA	49:19.12	660
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42	Lane, Mark	59	COMA	59:31.99	546
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### Men 60-64

13	Richardson, Brooks	63	COMA	43:31.00	780
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14	Yensen, Kermit	63	COMA	43:54.00	773
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### Men 65-69

4	Bruce, Bob	68	COMA	39:51.21*	912
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6	Johnson, Steve	68	EA	42:46.52	850
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### Men 70-74

7	Foges, John	72	COMA	55:23.56*	691
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### Men 75-79

1	Mohr, Ralph	75	COMA	48:22.00*	814
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### Men 80-84

1	Radcliff, Dave	82	THB	45:37.91	920
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5	Thayer, George	80	COMA	1:16:48.99*	547
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### Men 90-94

1	Lamb, Willard	93	ORM	1:04:22.15	950
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## RELAYS

### Women 25+: 3 x 3000

6	OREG (Hsieh, Callahan, Matern)	2:19:12.65
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### Women 35+: 3 x 3000

1	OREG (Pryor, Jajewski, Nelson)	1:57:33.40
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### Women 45+: 3 x 3000

3	OREG (Gervais, Salton, Pettit)	2:07:33.98
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### Women 55+: 3 x 3000

3	OREG (Fox, Summers, Crabbe)	2:13:59.77
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### Women 65+: 3 x 3000



2	OREG (Newton, Christiansen, Sherman)	3:27:07.76
<u>Men 35+:</u> 3 x 3000		
1	OREG (Frost, Miller, Lussier)	1:44:04.08 OR
<u>Men 45+:</u> 3 x 3000		
4	OREG (McNamara, Tujo, Chalmers)	2:03:11.15
<u>Men 55+:</u> 3 x 3000		
5	OREG (Yensen, Richardson, Seton)	2:05:30.06
<u>Men 65+:</u> 3 x 3000		
2	OREG (Radcliff, Johnson, Bruce)	2:08:15.64
<u>Men 75+:</u> 3 x 3000		
1	OREG (Thayer, Lamb, Mohr)	3:09:33.14
<u>Mixed 25+:</u> 4 x 3000		
5	OREG (Pryor, Matern, McNamara, Tujo)	2:47:57.91
<u>Mixed 35+:</u> 4 x 3000		
1	OREG (Jajewski, Nelson, Miller, Lussier)	2:22:59.30 OR
<u>Mixed 45+:</u> 4 x 3000		
2	OREG (Salton, Pettit, Chalmers, Frost)	2:36:41.38
<u>Mixed 55+:</u> 4 x 3000		
3	OREG (Summers, Crabbe, Bruce, Seton)	2:08:15.64
<u>Mixed 65+:</u> 4 x 3000		
2	OREG (Christiansen, Sherman, Radcliff, Johnson)	3:26:13.27

### Combined National Club Scores

Place	Club	Number of swimmers	Points
1	Palm Beach Masters	130	87,278
2	Ft Lauderdale Masters	92	66,364
<b>3</b>	<b>Oregon Masters</b>	<b>49</b>	<b>30,075</b>

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

Place	Name	Points
1	Hardy Lussier	984
2	Collette Crabb	965
3t	Sara Nelson	950
3t	Willard Lamb	950
5	Dave Radcliff	920
6	Bob Bruce	912
7	Matt Miller	862
8	John Seton	854
9	Steve Johnson	850
10	Mark Frost	846
11	Jayette Pettit	847
12	John Chalmers	825

### **6000-Yard ePostal National Championships Oregon LMSC Results 2016**

Place numbers are national places

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

\* = Oregon All-Time Top Twelve Time

<u>Women 30-34</u>				
6	Callahan, Amanda	34	NCMS	1:37:50.33* 689
<u>Women 40-44</u>				
3	Jajewski, Suzy	41	ORM	1:25:08.98* 808
<u>Women 45-49</u>				
2	Pettit, Jayette	49	CAC	1:24:30.31* 767
<u>Women 50-54</u>				
13	Sullivan, Kate	52	EA	1:58:16.85* 592
<u>Women 70-74</u>				
1	Sherman, Pat	71	COMA	1:58:08.00* OR 846
<u>Men 30-34</u>				
4	Stadnisky, Michael	33	EA	1:44:50.00* 620
<u>Men 35-39</u>				
2	Miller, Matt	39	RVM	1:13:25.37 846
<u>Men 45-49</u>				
2	Frost, Mark	49	CGM	1:15:19.27 847
11	Tujo, Christian	45	COMA	1:25:28.00* 746
<u>Men 50-54</u>				
2	Lussier, Hardy	51	COMA	1:06:48.25* OR 974
<u>Men 55-59</u>				
6	Graeber, Doug	57	COMA	1:32:41.04* 721
<u>Men 60-64</u>				
7	Richardson, Brooks	63	COMA	1:31:47.00 750
<u>Men 65-69</u>				
3	Bruce, Bob	68	COMA	1:22:56.18* 917
<u>Men 70-74</u>				
4	Foges, John	72	COMA	2:01:00.47 661
<u>Men 80-84</u>				
1	Radcliff, Dave	82	THB	1:34:04.58 920

### **RELAYS**

Women 25+: 3 x 6000

3	OREG (Callahan, Jajewski, Pettit)	4:27:29.62
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Men 35+: 3 x 6000

1	OREG (Frost, Miller, Lussier)	3:35:32.89
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Men 45+: 3 x 6000

3	OREG (Graeber, Richardson, Tujo)	4:29:56.04
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Men 65+: 3 x 6000

2	OREG (Foges, Radcliff, Bruce)	4:58:01.23
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Mixed 25+: 4 x 6000

4	OREG (Sherman, Callahan, Bruce, Frost)	6:14:13.78
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**Mixed 35+:** 4 x 6000

<b>1</b>	OREG (Jajewski, Pettit, Miller, Lussier)	5:09:52.91
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### **Combined National Club Scores:**

Place	Club	Number of Swimmers	Points
1	Palm Beach Masters	34	25,523
2	Ft Lauderdale Masters	28	20,546
<b>3</b>	<b>Oregon Masters</b>	<b>15</b>	<b>11,704</b>

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# Swimmer Spotlight

## Lisa Gibson

**Age:** 27;

**Workout Group:** Nike Masters Team;

**Born:** Chichester, England;

**Residence:** Beaverton, OR.;

**Occupation:** Business Systems Analyst at Nike, Inc.

For years I have been asked “how long have you been a swimmer?” I can’t count the number of times I always corrected the person, “I’m actually not a swimmer, I’m a water polo player.” That was my response consistently, until two years ago, when I was introduced to open water swimming.

I was born in Chichester, England, in August of 1989. My mum referred to both my sister and myself as “water babies.” We were not the typical babies that had the hysterical tantrum as soon as they pulled into the swimming pool parking lot. I was constantly in the water and loved it. Although a water baby, I never swam competitively. I was part of fun summer swim programs, which is actually how I was first introduced to water polo.

We moved to the states as a family for my dad’s job when I was three years old. It was the summer I turned 12 that I had my first experience with water polo. I remember my first practice with T-Hills water polo club; I was immediately hooked and didn’t look back. My coaches at the time, Sandy Nitta and Scott Brucker, encouraged every athlete to push for their dreams. After I had been playing for about a year, Sandy asked us to set short term and long term goals. To this day I still have the sheets of paper with my goals typed on them. My three long term goals were:

1. Play Division I Water Polo
2. Make the national team (\*I had both the GBR and USA teams written down because at the time I thought you could play for more than one National Team at the same time)
3. Play in the Olympics.

I kept these goals taped to my wardrobe door so I could see them every day.

It took me ten years to achieve those goals. But in the summer of 2012 my final goal came to fruition. I competed in the London 2012 Olympic Games for the Great Britain Women’s Wa-

ter Polo team. It was definitely not an easy road getting there. It was emotionally and mentally taxing, not to mention the physical beating my body was taking. As a team I think there was a mutual consensus that we were over-trained and burned out as well as playing in a very regimented style that did not allow for individuality. Seven weeks prior to the Olympics I partially tore one of my rotator cuff muscles. And 1 week prior to the Olympics I became symptomatic for a labral tear in my right shoulder. I was able to compete thanks to the help of the amazing GB doctors and physiotherapists. Not to mention the support I received from my family throughout my entire journey in getting to the Olympics.



Walking out to the cheers of 100,000 people at the Opening Ceremony is a moment I will never forget. It was the moment when it actually sunk in that I was competing at the Olympics. The moment when it got really real, was walking out for the first game to the applause of a home crowd. It still gives me goose-bumps thinking about it.

Following the Olympics I felt like I had no purpose anymore. I had been working towards a goal for ten years and then once I achieved that goal I didn’t know what my next step would be. I moved back to Oregon to be with my family and was able to coach while I recovered from a pair of shoulder surgeries. Coaching helped keep me focused and I was at least able to stay around the sport I was so passionate about.

In June of 2013 after recovering from my shoulder injury I was invited back to play with the GB team for World Championships in Barcelona. It was during World Championships that I realized I had unfinished business in the sport. I had the opportunity to play for Mataró, a professional team in Spain. It was an incredible experience and I was able to rekindle the love

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## SWIMMER SPOTLIGHT

Continued from page 10

I once had for the sport. I was able to play with freedom and my style of play was not suppressed, instead it was encouraged. Unfortunately, I was only able to play one season because my shoulder was still not fixed. I flew back to the States for yet another pair of shoulder surgeries. It was during my shoulder rehab that I discovered the sport of open water swimming.

My first dabble in open water swimming was the Hagg Lake swim in June of 2014. I knew I would have to practice before the swim so I put on my suit, cap and goggles, and waded through the water with the mud squelching between my toes. The moment I put my face under water and couldn't see anything I panicked. I came up gasping for breath and told myself to breathe and calm down. After several more attempts something clicked. I suddenly found a calmness and my irrational fear that there was something "Lake Placid-like" lurking beneath the surface (kind of) eased. (That irrational fear might still be there just a tad :))

During the race I realized there was an incredible support network and camaraderie in the swimming community. I met fellow swimmer Gloria Summers who is a US Olympic Trial competitor. She inspires me daily and was my support kayaker for the Portland Bridge Swim (an event I look forward to this summer) as well as my teammate in the relay Bridge Swim. I met Dave and Nancy Radcliff who I look forward to seeing at every race. Dave has made me realize that swimming does not have to be a temporary sport, it can truly be a lifelong enjoyable passion. Although you may be competing against other swimmers, everyone is also supporting each other and are proud of one another's accomplishments. It truly is a community.

People have asked what my favorite race or swim is, or my most memorable swimming event. I find it difficult to choose. Each event is unique and all equally enjoyable for me. I learn from each swim and after going through 5 shoulder surgeries I don't take swimming for granted. I even enjoy the training! My fellow "mermaids" (Hana, Cindy, Margot) and I enjoy swimming throughout the summer months in the mornings, watching the sunrise over Portland as we break the surface of the glassy Willamette River.

Now when people ask me "are you a swimmer?" my response is "Yes, I am." Twenty-seven years old and 17 surgeries later I have found a new passion: open water swimming. It is a passion that I hope to pursue for many years to come.

*Lisa Gibson is currently working at Nike Inc. as a business systems analyst. Outside of work and swimming she is working on writing a memoir depicting her Olympic journey. She also has a blog "Silver Linings Blogbook". She will be adding several new swims in this upcoming season, including swimming the perimeter of Mercer Island in Washington.*

*Instagram: lgib7*

*Twitter: @lisagibson89*

—submitted by Karen Andrus-Hughes

## 3000 YD & 6000 YD ePOSTALS

Continued from page 9

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

Place	Name	Points
1	Hardy Lussier	974
2	Dave Radcliff	920
3	Bob Bruce	917
4	Mark Frost	847
5t	Pat Sherman	846
5t	Matt Miller	846
7	Suzy Jajewski	808
8	Jayette Pettit	767
9	Brooks Richardson	750
10	Christian Tujo	746
11	Doug Graeber	721
12	Amanda Callahan	689



**Tom Phipps, Middle Animal competitor, showing off his inner Animal**

# Swimming From Tomorrow To Today

by Joe Oakes (Oregon unattached)

Here is your geography question for today: Which country is the third closest neighbor to the USA, with Mexico and Canada occupying the top two slots? Here's a clue: it is across the water. No, it is not Cuba, nor is it in the Atlantic. Second clue: it is the biggest country in the world. Yes, Russia has a border quite close to Alaska. Just ask Sarah Palin. From mainland Asia (Easternmost Siberia) to mainland North America the distance across the Bering Strait is a few marathons. But there are two islands in the middle of the Strait that are only four kilometers apart, about two and a half miles apart, with the border only about a mile from Alaska. The Russian island is *Ratmanova* (aka Big Diomedes) and the much smaller Alaskan island is *Little Diomedes*. In the summer of 1987 the great Lynne Cox did a first, a memorable swim from the Alaskan side to the Russian island, Little Diomedes to Ratmanova. *But nobody had ever made the swim in the opposite direction. What a temptation it would be to swim from Asia to North America!*

*"Men swim frigid Bering waters"*, Anchorage Daily, reported by Rosanne, Pagano, Associated Press, July 21, 1993.

The temptation was indeed too great for me. Here is why: I was in eastern Siberia, nearing the end of my seemingly endless 'Non-motorized Circumnavigation of the Earth', and I had to find a way to get from Asia back to North America, and on to Fairbanks, the starting point of my journey. My 60<sup>th</sup> birthday was in view. I saw the possibility of doing something that no one else had ever done at any age. What the hell? Why not

me? Sylvia knows that I am nuts, so she suggested that I call someone a bit wiser, someone from whom I could seek good advice. So I phoned my old travelling companion, Coloradan Ted Epstein. Ted was a fine athlete, an elder statesman and (!) a lawyer. Here is what Ted shouted over the phone that day: "Do it, Joe, and I am going to go with you."

Four separate problem areas needed solutions. First, I had to get my body ready for the swim in very cold water. Second, I needed permission from the Russian government to land on their very remote island. The third was getting to that speck of land in the Bering Strait. Finally, I would have to actually do the swim, and I was not at all confident that it was within my ability. Might I would even die in the process? "Nah," I kept telling myself "Piece of cake". Sure.

Preparation involved swimming in San Francisco Bay all winter, sans wetsuit, sometimes in the Pacific at Half Moon Bay. (I was living in the Bay Area at the time.) The good people at O'Neill gave me a thick wetsuit for the swim. Thick, but not as flexible as I would like. Getting there was complicated: It took three flights on Alaska Airlines, a bush plane from Nome to Cape Wales and the weekly Monday mail helicopter from Cape Wales to Diomedes. Getting permission from the Russians proved to be a battle of shoveling sand against the tides. To start with, everyone wanted a big bribe. In the end, I did the swim illegally, no permission from the Russians: the worst they could would be to put me in a gulag. (If you want the full story of dealing with the Russians, and of my circumnavigation, see the information at the end of this article.)

So Ted and I arrived on tiny Diomedes on July 20, 1993. I

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## SWIMMING FROM TOMORROW TO TODAY

Continued from page 12

had made contact with Moses Milligrock, the head of the Diomede Band of Eskimos, and Moses was there to welcome us when the helicopter touched down on the steel plate that was the landing pad. He made sure that we had brought the two cases of fresh fruit he had requested. I figured that we would spend a day or two getting acclimated. Nope. Moses laughed and told us, "Get ready to swim right now, Joe. Conditions are perfect." Ted and I looked at each other, surprised, but glad that it was finally coming together. We put on our wetsuits and got into the put-put *umiak* that would take us across to Russia. I noted that one of the cases of fruit was in the boat.

"Here is the plan. Listen carefully," Moses told us. "When we get to Big D, Joe, carry the case of fruit out of the boat and put it high on the rocks. Then wave to the guard on the cliff. He will be 1,000 feet above you. He might aim his Kalishnakov at you, but he won't shoot. When you get the fruit in place, back up and 'accidentally' fall into the water. Then you will have to swim, right? While you are swimming, Ted will be your lifeguard while we drive the boat. Aim for that long streak of snow on the south end of Little Diomede and the current will take you back to the village." At Moses' direction I had written a note to the guard and placed it on the case of fruit: "*Malinkii podarkii iz vash Americanets druzhei*," "a small gift from your American friends." He explained that these poor Russian guards had probably never had an apple or a peach in their entire lives.

I climbed onto the rocks and Ted handed me the case of fruit. The curious guard above watched my every move as I put it on a high rock. When I waved at him, he waved back and started to descend the long stairway down to the rocks. Then I backed up and fell unceremoniously into the water. "*Oops! Well, what do you know? Now I'll have to swim!*" And swim I did, getting away from the island without delay, fast, but not fast enough to wear me out for the long swim ahead of me. Wetsuit, booties, gloves, hood and goggles in place, the first shock of 45 degree water wasn't as bad as I had anticipated, except around my uncovered face. Ted, Moses and Patrick, another Eskimo, chatted away as I swam. From time to time Moses used his video camera to record my swim for posterity. (Watching a long swim or a marathon run is like watching grass grow.) As we approached the halfway point, the current caused an upwelling that dropped the temperature several degrees. Ted's thermometer read 35 degrees. But the wetsuit was working well. The only distress came when I turned over to stretch with some backstroke and icy water ran down the back of my wetsuit. *Brrrrr.*

But it was a beautiful day. The sun was shining, a variety of arctic birds were flying everywhere, and that big streak of snow on Diomede was getting closer. All of a sudden I was stopped in mid-stroke. Maybe ten feet below me a whale was crossing, barnacles speckling its back, headed north. It kept coming and coming and I could feel the pressure wave. I was awestruck and stopped swimming, just staring at the beautiful, graceful being gliding across my path. I turned to the boat. The three of them were still yacking away. Not one of them saw it, my whale.

I was getting closer with every stroke. My winter training was paying off. The snow streak looked taller now and the rocks flanking it were clearly defined. All of a sudden my hand was grabbing kelp, then rock. In another minute I was standing on the rocks on Little Diomede, not far south of the village. At that moment I became the first person ever to swim from Ratmanova to Little Diomede, from Russia to Alaska, from Asia to North America. And I was home in the good old USA.

I climbed back into the boat and we headed back. Now it was time for Ted to swim. His swim was as memorable as mine, and he has written about it. When we finally landed, the entire village was waiting, kids taking pictures, yelling and singing. We went up to the school house where they had prepared a celebration, Eskimo dancing, boiled sea bird eggs (a few with chicks inside), tea and pop. (Alcohol is not allowed on Little Diomede.)

Ted and I relished the moment. His wife contacted the Associated Press, and they called us for an interview. When we got to Nome and again in Anchorage, we were still enjoying our few minutes of fame. But fame, such as it is, slowly fades away. Ted and I went home to our wives, thankful for a successful conclusion to our plans and efforts.

That, of course, was 23 years ago. When people ask me how long the swim took, I tell them that I started mid-day on July 20, 1993, and finished about 22 hours earlier on July 19, 1993, on the other side of the International Date Line.

*NOTE: If you are interested in reading the full story about the swim or about his non-motorized circumnavigation, you can buy the book, "WITH A SINGLE STEP" either on line at Amazon.com or directly from his daughter, Victoria Mead, at 503-913-4269. 100% of the proceeds support AIDS orphans in Namibia.*

# One Million Yards?

A message from Face Book popped up on my computer screen that really got my attention. It was Mark Frost's celebration of swimming 1 MILLION yards in 2016 (that is 568.18 miles), with the USMS program called "Go The Distance". The Columbia Gorge Masters team swam the "12 Days of Christmas" which put Mark's yardage over the top. When Mark heard they were to be swimming the "12 Days of Christmas", he was imagining "some insane thing with 12 x 25 m, 11 x 50 m, 10 x 75 m, 9 x 100 m, 8 x 125 m, 7 x 150 m, 6 x 175 m, 5 x 200 m, ...1 x 300 m, etc... But 9,100 m is too much for one day, apparently."

Mark says, "I swim 4 or 5 days a week, when I am not traveling for work. Since I travel for work, I also swim one or two times on the weekend, on average. This yardage also includes one or two open water swims a week during the summer. And competitions (e.g. the Association Meet... and the summer OWS racing... 10km, 5km, 3km, 1500m, 1000m, 500m).

"One Million Yards is only 2,500 meters per day all year long. I usually try to get in around 4,000 meters each time I get to the pool," Mark says. He forgot to mention that a person can't swim 365 days/year due to pool closures, etc., so that yardage has to be made up another day. Good work Mark.

There are only 7 Oregon swimmers who swam farther than Mark, one of which is 82-year old Dave Radcliff. Great job! That is real dedication to swimming.

The Oregon LMSC had 75 Swimmers, who signed up for "Go the Distance". Cumulatively they swam 21,332.96 total



**Mark Frost's celebration of swimming 1,000,000 yards in 2016. He is accompanied by the Columbia Gorge Masters swimmers.**

miles, or 284.44 average miles/swimmer. Listed next are the 75 swimmers, in the Oregon LMSC, and the distances they each swam in 2016. There are only 8 swimmers who accomplished the 1,000,000 yards or more. Michael Carew swam over 1,000 miles (1,769,627.2 yards). Incredible!

Congratulations to all "Go The Distance" swimmers!

Name	Age	Miles
Michael P Carew.....	M67.....	1005.47
James L Proffitt.....	M51.....	920.27
Suzu Jajewski .....	F41 .....	901.94
Anicia Criscione.....	F43 .....	735.76
Sue Phillips.....	F52 .....	668.05
Robert B Richardson.....	M64.....	621.73
David A Radcliff.....	M82.....	603.63
Mark Frost .....	M49.....	578.05
Paul (Tank) F McNamara .....	M53.....	556.02
Elizabeth A Harrison .....	F42 .....	548.24
Bonnie B Edwards.....	F44 .....	526.79
Sumner H Williams .....	M37.....	512.49
Patrick Allender .....	M58.....	503.28
Barry A Fasbender.....	M79.....	500.07
Matt Miller.....	M39.....	492.72
Ken A Myers.....	M47.....	459.85
Ralph Mohr .....	M75.....	450.23
Toni S Hecksel .....	F50 .....	410.29
Tom Tanner .....	M61.....	405.55
Adam Trexler .....	M38.....	403.45
Elise J Beeger.....	F32 .....	380.00
Kelly MacNeil.....	F34 .....	369.25
Edward P Kjeldgaard .....	M46.....	367.90
Dan E Gipe .....	M57.....	361.92
Janelle E Miller .....	F53 .....	344.95
Douglas S Easton.....	M62.....	328.09
Mary Anne Royle .....	F64 .....	322.78
Mike Kadi.....	M52.....	317.13
Jules DeGiulio .....	M64.....	305.46
Keith D Peters .....	M51.....	288.76
Janet Gettling .....	F68 .....	283.01
Carolyn DeMarco.....	F36 .....	275.12
James A DiGiulio.....	M65.....	271.62
Cheryl A Morgen.....	F47 .....	258.00
Kathy Eckert-Mason.....	F59 .....	254.52
Wes Edwards .....	M63.....	253.88
Jeanette G Groesz .....	F67 .....	253.80
Christine Hirsch.....	F47 .....	250.45
Nancy C Vincent.....	F57 .....	241.05
Laura A Worden.....	F59 .....	238.26

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## Go The Distance

Continued from page 14

Marg K Bartosek.....	F65.....	215.84
Christina M Fox.....	F56.....	215.17
Chris Donnermeyer.....	M40.....	212.43
Marcie E Bowman.....	F52.....	211.18
Diane Buswell.....	F55.....	207.10
Aubree M Gustafson.....	F35.....	194.75
Michael W Kelber.....	M69.....	186.19
Rick A Rodriguez.....	M54.....	184.49
Linda Fox.....	F53.....	181.92
Deb J Dotters.....	F64.....	175.24
Sue Harrington.....	F59.....	160.49
Timothy D Nelson.....	M51.....	151.86
Nick Thorpe.....	M37.....	128.86
Maki Moore.....	F31.....	121.45
Lori E Lamoureux.....	F57.....	115.77
Melody C Hendrix.....	F24.....	109.75

Jeffrey Huffman.....	M49.....	104.86
Susan Quesada.....	F54.....	102.98
Michelle F Barber.....	F42.....	102.67
Victoria E Timbrook.....	F35.....	84.27
Jed P Cronin.....	M68.....	77.62
Nadine Edwards.....	F69.....	68.09
Suzanne M McLarty.....	F51.....	49.94
Susie S Young.....	F47.....	35.63
Heather E Blair.....	F31.....	35.10
Troy W Baker.....	M49.....	34.86
Carla D DiGennaro.....	F39.....	28.84
Joan Delgado.....	F71.....	26.09
Jeannette S Murphy.....	F51.....	13.56
Terri L Tyynismaa.....	F54.....	10.59
Mark E Snider.....	M65.....	8.96
Peter Kahn.....	M31.....	3.69
Danielle Aanenson.....	F34.....	2.90
Alexander J Dunn.....	M37.....	0.00
Kirstin A Pullins.....	F26.....	0.00

## Swim the "12 Days of Christmas" Next Christmas, or Whenever

Prepare now, it may take quit a lot of conditioning. Here is the idea that popped into Mark's head.

12 x 25 meters.....	300 meters
11 x 50 meters.....	550 meters
10 x 75 meters.....	750 meters
9 x 100 meters.....	900 meters
8 x 125 meters.....	1000 meters
7 x 150 meters.....	1050 meters
6 x 175 meters.....	1050 meters

5 x 200 meters.....	1000 meters
4 x 225 meters.....	900 meters
3 x 250 meters.....	750 meters
2 x 275 meters.....	550 meters
1 x 300 meters.....	300 meters
<b>Total.....</b>	<b>9,100 meters</b>



**Adam Arzner (Middle Animal), Nicholas Arzner (Sprint Animal) and Matt Miller (Grand Animal)**



**Mattie Fowler (Grand Animal) and Emily Melina (Middle Animal)**

# Snow Storm Couldn't Keep Pentathletes Away!

by Matt Miller

For the last several years, Central Oregon Masters Aquatics (COMA) has played host to a different and fun event at the Juniper Swim & Fitness Center in Bend. Titled the "All-Around Challenge: SCM Pentathlon and Brute Squat Meet," meet director Bob Bruce shares that the event started as an intersquad contest and evolved into a regular meet on the Oregon Masters swim calendar (December 10 this year).

The All-Around Challenge has four different Pentathlons to choose from:

- ◆ Sprint Pentathlon is 50s of each stroke (fly, back, breast and free) & the 100 IM.
- ◆ Mid-Distance Pentathlon is 100s of each stroke & the 200 IM.
- ◆ Long-Distance Pentathlon is 200s of each stroke & the 400 IM.
- ◆ Brute Squad is the 200 fly, 400 IM and 1500 free.

A neat motivator for this meet format is that Oregon Masters Swimming keeps records for the cumulative time of the five events in the Sprint, Mid-Distance and Long-Distance pentathlons: [http://swimoregon.org/records\\_pdfs/OMS\\_Pentathlon\\_SCM\\_records.pdf](http://swimoregon.org/records_pdfs/OMS_Pentathlon_SCM_records.pdf)

This year, a rather large winter storm hit central and southern Oregon on the night before the event. However, that didn't keep these dedicated swimmers from showing up and swimming fast!

One particularly riveting match-up this year was a COMA spouse "duel-in-the-pool" in the Sprint Pentathlon. Gillian Salton pulled out a win in the last event over hubby Jan Voeller, to earn the cumulative 5-event win by just 0.12 seconds (3:53.04 to 3:53.16)! Gillian's time was also a new Sprint Distance Pentathlon record for women age 45-49. Congrats Gillian!

In addition to Gillan's record, there were 5 other swimmers who set Pentathlon records:

Sprint	Women 70-74	Ginger Pierson	5:06.22
Sprint	Men 55-59	Keith Uebele	3:16.22
Mid-Distance	Women 35-39	Stacey Kiefer	8:06.46
Mid-Distance	Men 30-34	Matthew Marceau	7:09.10
Mid-Distance	Men 35-39	Matt Miller	7:23.38

Keith Uebele also set an Oregon record, on his way to the overall Sprint Pentathlon record for Men 55-59, in the 50 fly with a time of 29.18. Well done, Keith!

There was also quite the showdown in the 1500 free, the final individual event before the relays at the end of the meet. Across the middle of the pool the lane assignments were: Sara Nelson, Scot Sullivan, Darren Kling and Hardy Lussier. These are all amazingly fast, record-holding swimmers, and the race they had was unforgettable. Scot and Darren finished only 0.11 seconds apart! And Sara Nelson swam herself to two Oregon records (with a split at the 800). Her 1500 was also a Northwest Zone record. Great job, Sara!

The other Northwest Zone record that was set at the meet took place in the Men's 160-199 800 freestyle relay. Despite having just swum the 1500, Scot Sullivan and Hardy Lussier somehow saved enough energy to combine forces with Matthew Marceau and Matt Miller to obliterate the Zone record with a time of 8:30.69. The relay broke the previous Zone record by over 20 seconds! In fact, it is about 20 seconds faster than any 800 SCM freestyle relay in any age group in the history of Oregon Masters Swimming, and the second fastest time ever in the Northwest Zone. Great swimming, guys!

If you've never attended a Pentathlon meet, it's definitely worth checking out and giving a try. In addition to being a fun experience, a Pentathlon can also introduce you to events you may have never swum before – you might just find a new favorite event! At the very least you'll go home with a cool SiliPint drinking cup!



**Matt Miller, Hardy Lussier, Matthew Marceau and Scot Sullivan Relay. Set a Zone record by 20 seconds.**



## OFF THE BLOCK

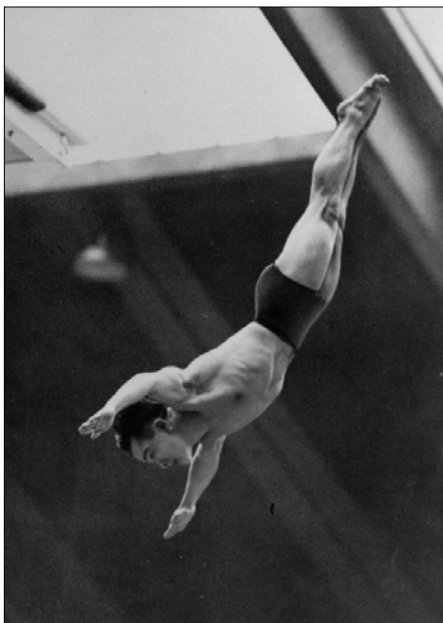
Continued from page 4

do both.” Dr. Lee went on to become an ear, nose and throat specialist. He studied pre-med at Occidental College where he did a lot of studying and a lot of diving, and received his MD at the University of Southern California Medical School in 1947. Due to the outbreak of World War II, an urgent need for doctors arose. Sammy enrolled in an “accelerated program”, completing the normal four-year curriculum in just three years. In the meantime, Sammy would squeeze in diving practice when he could.

The Lees encountered racial abuse from neighbors, who used slurs and urged them to move. Sammy also heard it in school, where distinctions among Japanese, Chinese and other Asians were lost in a blur of angry abuse. Dr. Lee said his father called the bigots misguided, and urged him to be proud of his heritage.

Lee was good enough to make the Olympic team, but the 1940 and 1944 Olympics were canceled because of World War II. He finally got his chance in 1948. He was a 28-year-old medical corpsman in the Army Reserves competing in the London Olympics.

So, on August 5, 1948, as the Olympic diving competitions drew to a close in London, fulfilling the vow to his father, he stood on the high diving platform at the Olympic Games in



London and looked down at cheering crowds. It was like standing atop a three-story building. But he had long ago conquered his fear of heights, and of bigotry. He was a doctor and a compact athlete representing the United States. He was lithe and muscled, just over five feet tall, and in recent days had dazzled crowds and judges with dives of

balletic precision, with front and back somersaults and elegant pikes and twists. He had already won a bronze for springboard dives, and he led the pack in platform scores.

The cheers stopped.

He ran forward and rose majestically into the air.

He hovered at the peak, his arms reaching for heaven, and curled into a tuck — a man wrapped into a tight ball, chin brushing kneecaps, hands grasping shins — before rolling forward into the power dive. A blur of speed, he somersaulted three and a half times in a 33-foot pinwheeling plunge, coming out of it just in time and opening into a perfect illusion of the vertical body — a knife entering the water.

He had the gold. And he would do it again four years later.

He competed once more in Helsinki four years later during the Korean War. As Major Sammy Lee, he almost didn't go: Lee thought he needed to tend to the troops. The Army thought otherwise, gave him a month to train, and urged him to go. Lee won his second gold, making him the only Asian-American to win two consecutive Olympic gold medals. (He also earned a bronze in London for the 3-meter springboard.)

Dr. Lee won a gold medal in 10-meter platform diving and a bronze in 3-meter springboard diving at the 1948 Olympics in London, and a gold in platform diving at the 1952 Olympics in Helsinki, Finland. He also won three national diving championships as a collegian in the 1940s and was named America's outstanding amateur athlete of 1953 by the Amateur Athletic Union.

But he had to overcome much discrimination in attaining his goals: to be an Olympic Champion and to be a Medical Doctor.

As a civilian, Lee discovered that his status as a veteran didn't shield him from prejudice. In 1955, as he ended eight years of military service, he tried to buy a home in Garden Grove, a booming postwar community in Orange County, where he wanted to open a medical practice. When turning him away, real estate agents were candid. "I'm sorry, Doctor," he remembered one telling him, "but I have to eat, and I'd lose my job for selling to a nonwhite."

Dr. Lee's wife, Rosalind, then tried to buy a building lot in a development in Anaheim. He recalled, "The agent said the value of the property would drop so badly if he sold to me that he wouldn't be able to sell the rest of the homes."

That same day, Dr. Lee was at the White House, dining with

Continued on page 18

## OFF THE BLOCK

Continued from page 17

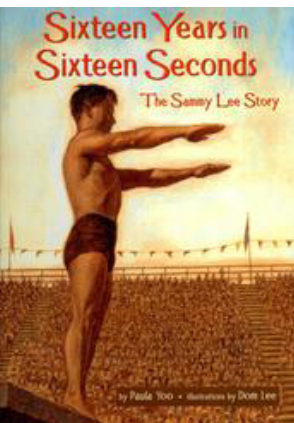
President Eisenhower. When word got out that he had been a victim of housing discrimination, the news media picked up the story, and it became a national scandal. Protests, apologies and offers of assistance ensued.

Housing discrimination has always been common in America, despite laws against it. But Dr. Lee's status as an Olympian made a difference. Vice President Nixon said he was "shocked" and pledged help. Anaheim's mayor spoke out. A newspaper offered to pay the Lees' house-hunting expenses, and real estate agents jumped to show them homes.

The Lees bought one in Garden Grove, and the county gave a welcome party when they moved in. Neighbors came, and politicians gave speeches. "My belief in the American people is substantiated," Dr. Lee said.

He became an ambassador to the Olympics for Presidents Dwight D. Eisenhower, Richard M. Nixon and Ronald Reagan; coached Greg Louganis, Bob Webster and other American diving champions, as well as the American diving team at the 1960 Olympics in Rome; and was elected to the International Swimming Hall of Fame in 1968 and the United States Olympic Hall of Fame in 1990.

He later toured Asia for the State Department. "Whenever I was asked by those people in the Far East how America treated Oriental people, I told them the truth," he recalled. "I said Americans had their shortcomings, but they had guts enough to advertise them, whereas others try to cover them up."



Dr. Lee practiced medicine in Orange County for 35 years, retiring in 1990. He later moved to Huntington Beach, Calif. His condominium community had a pool, and even in his 90s he swam a few laps every day.

Video: <http://www.super-cool-products.com/coolIndrySPORTSHAMMY/biographydrsammylee.html>

The Video of Dr. Sammy Lee - Filmed and Produced in 1998 - Courtesy of NBC Sports

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## COACHES CHAIR

Continued from page 5

In 2015, I enjoyed serving as the head coach for Oregon at USMS Spring Nationals in San Antonio, Texas. This summer, at USMS Summer Nationals in Gresham, I served as the women's relay coach. I've also been on the OMS board for the past few years, contributing as the Webmaster, which I will continue to do.

As a Co-Coaches Chair with Tim Waud, I'm excited to share any knowledge and experience that I've gained over these recent years of my swimming career and to learn from all of you. I hope that my enthusiasm and love for the sport is also shared. I welcome any suggestions, comments, concerns, or questions that anyone may have. Feel free to contact me at any time.

**Matt Miller; [matt@flytrapcare.com](mailto:matt@flytrapcare.com); 636-209-8916**

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## LONG DISTANCE SWIMMING

Continued from page 6

**Is a championship run feasible?** We've won loads of national postal 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 2016, and we have dominated the other postal championships in the past ten years. 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 think big—that's less than half of our club membership. Together, we can do it...if we choose to do it!

**Bonus thought (and ultimately the most important one):** The best build-up for a successful spring and summer season is to develop your aerobic swimming capacity early in the year so that you can then do your race training on a solid base. Not to mention that the best build-up for a long and satisfying life is to do the same. The One-Hour Swim is one of the best tools to develop and measure your aerobic capacity. Use it that way!

## Oregon Masters Swimming: Tentative Open Water Race Schedule for 2017 (as of 10 Oct 2016)

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	OR Series Category	USMS Status
Sat 20 May	1	J5FC OW Clinic	Bend	COMA	Bob Bruce	Basic Open Water Clinic	xx	Unsanctioned
Sun 21 May	1	Lake Juniper (pool)	Bend	COMA	Bob Bruce	1200-meter	Featured	Unsanctioned
???	1	Hagg Lake	Forest Grove	PTriClub	?	2000-meter 800-meter 4000-meter	Featured Qualifying Featured	Unsanctioned
Sat 24 Jun	1	Foster Lake Cable Swims	Sweet Home	COMA	Bob Bruce	2-mile cable ( <b>Nat'l Champs</b> ) 1-mile cable	Featured Featured	Sanctioned
Sun 9 Jul	1	Portland Bridge Swim in the Willamette River	Portland	PBS,LLC	Marisa Frieder	17-km downriver	Featured	Sanctioned
Sat 15 Jul	2	Southern Oregon Swims at Applegate Lake	Ruch	RVM	?	2500-meter (with 10,000-meter) 5000-meter (with 10,000-meter) 10,000-meter 1500-meter 3 x 500-meter Pursuit Relay	Qualifying Qualifying Featured Featured Participation	Sanctioned
Sun 16 Jul								
Fri 28 Jul	3	Cascade Lakes Swim Series & Festival at Elk Lake	Bend	COMA	Bob Bruce	3000-meter 500-meter 1500-meter 5000-meter ( <b>Nat'l Champs</b> ) 1000-meter	Qualifying Qualifying Featured Featured Qualifying	Sanctioned
Sat 29 Jul								
Sun 30 Jul								

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

# Summary

## Records & Results...

COMA Pentathlon — SCM  
Canby Animal Meet — SCY

## Looking Ahead...

Long Distance Schedule (see page 19)  
Pool Schedule

**Date** March 4-5; Saturday - Sunday  
**Course** SCM  
**Meet** Oregon City Spring Ahead Dual Sanction Meet  
**Pool** Oregon City Municipal Pool  
**Location** Oregon City, OR

**Date** April 7-9; Friday - Sunday  
**Course** SCY  
**Meet** Association Championships  
**Pool** Juniper Swim and Fitness Center  
**Location** Bend, OR

**Date** April 27-30; Thursday - Sunday  
**Course** SCY  
**Meet** USMS Spring National Championship  
**Pool** Riverside Aquatics Complex  
**Location** Riverside, California

**Date** June 17; Saturday  
**Course** LCM  
**Meet** Oregon Senior Games  
**Pool** Juniper Swim and Fitness Center  
**Location** Bend, OR

**Date** August 25-27; Friday - Sunday  
**Course** LCM  
**Meet** Gil Young/NW Zone  
**Pool** Mt. Hood Community College  
**Location** Gresham, OR

## Quote for the month...

Use what talents you possess: the woods would be very silent if no birds sang there except those that sang best.