



Aqua Master

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"Swimming for Life"

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Since there have been no meets in Oregon since the COMA meet in Bend on December 10, 2016, Matt is writing about a unique meet which he and some other Oregon swimmers attended.

The Olympic Club 1500 Put this one on your bucket list!

by Matt Miller

In 2015, my curiosity was piqued when I saw some very fast short course meters (SCM) 1500 times entered in the USMS database early in the year. The meet listed for the times was "The Olympic Club 1500 Meter Meet." The Olympic Club is located in downtown San Francisco in the Union Square district. First named "San Francisco Olympic Club," it is the oldest athletic club in the United States, established on May 6, 1860. Talk about history!

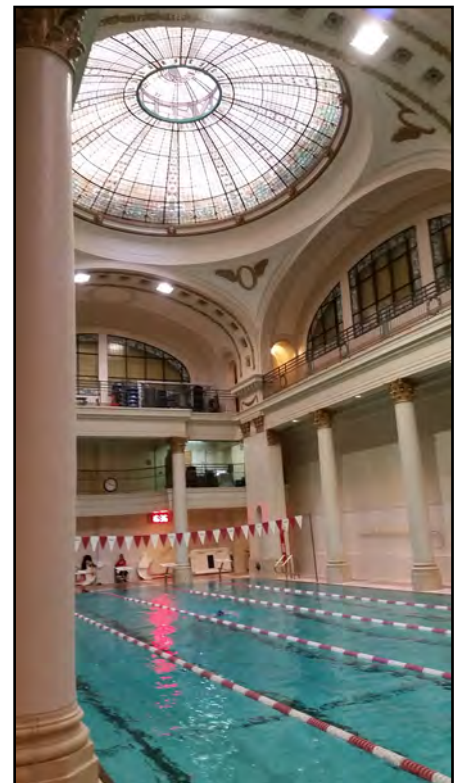
Annually held on the last Saturday in January, The Olympic Club 1500 (commonly abbreviated as TOC 1500) conflicted with the Oregon Chehalem Short Course Yards Meet which has also been held on that same weekend for quite a few years. So, I had to make a decision to skip the Chehalem meet in 2016 to attend TOC 1500. I hated to miss the Chehalem meet and visiting with all of my Oregonian friends, but I certainly wasn't disappointed in my decision! The Olympic Club pool is fast, the competition at the event is deep, and the facility is absolutely amazing.

It is very uncommon, outside of national events, to have nearly 100 people all swimming the 1500 freestyle. With that many people participating, the heats are extremely competitive all the way across the pool. In smaller meets that offer the 1500 freestyle, it's common to see a spread of several minutes separating people, sometimes even in adjacent lanes. However, at TOC 1500, the entire field in the first few heats normally finishes within a few seconds of each other. This makes for a great racing atmosphere!

As most of you probably know, at any meters events your age is determined as of December 31st. So given that this meet is SCM and in January, it draws a lot of people with birthdays later in the year who are aging-up to a new age group and looking to take advantage of this rule.

The most notable swim in the 2016 Meet was Laura Val's multiple world-record setting effort. Laura's birthday is late in the year, so her true age was 64 at the time of the swim, but she was competing in the 65-69 age group. Laura put in split requests for the 200, 400 and 800 and successfully swam her way to 4 world records: 200m (2:25.41), 400m (5:06.74), 800m (10:34.67), and the 1500m finish (20:21.61)!

After attending in 2016, I knew I wanted to come back in 2017. As it turned out, this year the Chehalem meet was a no-go due to a massive renovation project on the pool, so I decided to try to recruit some Oregon friends to come down to TOC 1500 instead.



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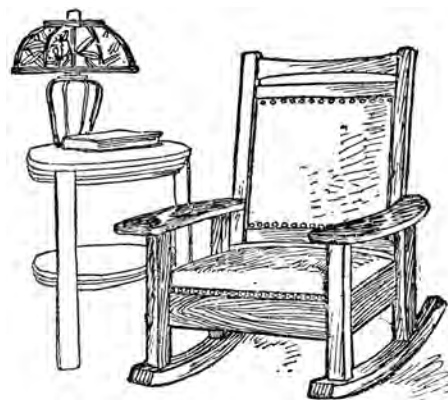
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Aqua-Master is the official publication of Oregon Masters Swimming. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming, Inc. Information is also available on line at www.swimoregon.org.

Send address changes to Susie Young all other membership questions to Christina Fox.

Chair's Corner

Tim Waud
OMS Board Chairman



Greetings fellow swimmers,

The OMS Board of Directors is currently working on setting up an exciting year for our membership. USMS created a strategic plan in 2011 which includes: Membership Value, Partnerships, Brand Clarity, and Innovation. Currently, we are working towards Membership Value which will “enhance and customize value and deliver it to consumer segments based on needs and interests.” USMS currently provides access to these values for free, including workouts, digital articles on the USMS website and social media, marketing materials, and the USMS logo. USMS is also simplifying the cost structure for USMS membership in an effort to reduce barriers to join.

This strategy extends to USMS clubs, workout groups, and affiliated events. These groups and events are the primary delivery method OMS is using to further the best possible experience for our membership. The first line of communication begins with our coaches. Coaches can measure membership value through inclusion. Does your workout group cater to the competitive swimmer and the fitness swimmer? Are you inclusive to those who are merely swimming to attain newfound fitness goals? Do you welcome swimmers of all ages, abilities and disabilities? How are you promoting USMS fitness events, local competitions and National Championships?

Does your pool offer a USMS workout group? If you are interested in starting a new workout group and you're not quite sure how to begin you can contact [Marlys Cappaert](#), our Program Development Chair. Marlys has a wealth of information, and the resources you need to begin a USMS program in your community.

In order to promote Masters swimming within the Oregon LMSC, we have created a new position, the Membership Promotion Chair held by [Carolyn Demarco](#). Carolyn will help identify potential sources for new members through recruiting USA Swimming members, high school swim teams, Triathlon clubs, and college teams.

USMS has also created the Adult Learn-to-Swim program. Adult Learn-to-Swim is aimed to provide swimming lessons to adults who cannot swim. Since its inception, OMS members have offered several ALTS programs in Oregon. The ALTS program is a great way to introduce U.S. Masters Swimming to those new to swimming, and create new members.

I would like to welcome our new Fitness Chair, Olympian [Colette Crabbe](#). Colette will be taking over the position from Aubree Gustafson, who has done an incredible job writing articles for the “Aqua Master” Newsletter. Thank you, Aubree. Colette is excited to develop and promote fitness swimming activities for OMS members, and educate our members on the fitness benefits of swimming.

In April, Central Oregon Masters Aquatics will be hosting our annual SCY Association Championship. This is a time when all of our members come together to compete, and enjoy the camaraderie that Masters swimming affords all of us. I encourage everyone to attend this event, COMA does an outstanding job hosting events, and will be offering a social event for participants. The OMS Board will be hosting the annual general meeting, which is open to all OMS members. This is a great opportunity for all of you to become familiar with the OMS Board members, and have an opportunity to ask questions and give feedback. Following the general meeting, we will have our Annual Awards. This is a time when we recognize members who have gone the extra mile to promote Masters swimming, and/or excelled in their own personal goals.



Off the Block

This column is called "Off the Block" and whatever information is deemed of interest is used.

Nutritional treatment for irritable bowel syndrome (IBS)

by Dr. Joel Fuhrman

Sufferers of Irritable Bowel Syndrome (IBS) can find relief by following natural guidelines. I have found that with a change to a healthful, fiber-rich, Nutritarian diet, successful resolution of IBS typically occurs within a few months.

Irritable bowel syndrome is a gastrointestinal condition that hinders normal daily life for 11 percent of the population. The characteristic symptoms include chronic, relapsing digestive tract discomfort accompanied by cramping, pain and bloating, with diarrhea and/or constipation. Often, pain and bloating do not improve with conventional treatments for IBS, which aim mostly to treat diarrhea or constipation. Treatments which safely address the pain and bloating in addition to diarrhea and constipation have the potential to greatly improve quality of life for sufferers of IBS. The cause of IBS is unclear, but many patients have resolved their symptoms naturally with a combination of a high-nutrient diet, exercise, and supplements.

New research has established dietary changes as meaningful for improving IBS symptoms, and high-fiber—especially high-soluble fiber—foods as an important therapeutic tool. I recommend a diet of high-nutrient foods with attention to soluble fiber. Soluble fiber, as is abundant in chia seeds, for example, absorbs water, forming a viscous gel. By forming gels in the

digestive tract, soluble fiber acts to counteract diarrhea (by absorbing water) and constipation (by adding bulk to the stool). A high-soluble fiber diet has been found to improve IBS symptoms. In addition to chia seeds, beans and oats are rich in soluble fiber. Whole grains (other than oats) contain primarily insoluble fiber. Most vegetables, fruits, beans, nuts and seeds contain a combination of soluble and insoluble fiber.



A healthful diet for IBS completely avoids sugar, white flour, processed foods, and foods cooked in oil as these are significant triggers for IBS. For many sufferers, changes in diet can be adjusted to minimize gastrointestinal discomfort, for example adding more cooked vegetables, beans, and oats in the beginning while slowly increasing high-fiber raw vegetables, which are higher in insoluble fiber and may be difficult to tolerate at first. A good place to start could be with small amounts of raw vegetables at each meal, chewed very well; eventually, the goal would be to work up to larger, well-chewed leafy green salads with shredded raw vegetables, such as beets, cabbage, and carrots. Whole grains, also high in insoluble fiber, may aggravate symptoms early on, and are best introduced slowly.

Probiotics, exercise, and avoiding dietary triggers – which may vary between individuals – are also important parts of the recovery process from IBS. Probiotic supplements have been shown in randomized controlled trials to improve pain and

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Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



Resolutions, Resolutions, Goals

My name is Colette Crabbe and I am your new Fitness Chair. My background is in pool swimming. I consider myself an individual medley swimmer, which really means I am constantly working on my technique in all four strokes. I am also getting older so I am definitively starting to understand what adjustments are needed to your fitness regimen as you age. But my major goal as Fitness Director is to motivate and guide our large base of non-competitive swimmers in their quest to swimming for fitness.

As the year turned to 2017, you might have committed to some crazy huge resolutions, and by now you might already have forgotten about them or you are barely keeping them. Studies show that only 8% of the population can keep their New Year resolutions for more than about 3 weeks. So, what went wrong and why? Most of the time, the resolutions are too vague such as, I want to be a better swimmer, or unrealistic such as, I will swim seven days a week. You are not considering your personality such as, I will go to the morning practice, but you are not a morning person or you are not taking into account your other life obligations such as, I will go right after work but you have to pick up your kids by 6 PM and make dinner.

I think it is now time to turn your resolutions into **step by step, measurable, and enjoyable goals.**

First, I would recommend that you take a **step by step approach** instead of an all-out approach, although

I am aware that your personality might dictate that decision. It is my experience that if you want to stay in the sport for a long time, it is better to ease into it. Of course, your age, your swimming background, your career, your family obligations will play a role. You might also want to see your doctor before starting a new sport regimen. If you are completely new to the sport of swimming, I would strongly recommend joining a Masters team or group swim lesson to improve your technique as well as for the social support and motivation. Two or three times a week might just be enough, maybe go on a walk or do another gentle activity such as pilates or yoga the other days.

Second, your goals need to be **measurable**. Within your first week, you need to assess your current level of fitness. Although you might not be competitive, the pace clock is your best ally. To be able to track your improvement, you need to know where you stand now. If you are a brand-new swimmer, just see how far you can go in 15 and/or 30 minutes in any stroke you can swim and with as little rest as possible. Retest yourself in about 3 months and see the improvement. If you have a little bit of swimming background, you need to widen your assessment, it will open your possibilities for improvement and motivation. I would recommend 3 tests: 1) a distance test: how far can you go in 30 and/or 60 minutes; 2) a pace set such as 12 x 100 (or 50) at a set interval (about 10 sec over the time of your 1st 100 or 50), can you hold that interval for 12 and is it easy?; 3) a sprint and stroke test: how fast can you go in a 100, 50 or 25 of each stroke you currently can swim. And remember *it is not about being the best, it is about being better than you were yesterday.*

Third, it needs to be enjoyable. Choose activities you like, mix and match activities, your hike, the tennis match with your friends, your yoga and/or aerobics class, your bicycling, your

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Coaches Chair

Coach Matt Miller
OMS Coaches Co-Chairman

Pick the low-hanging fruit: Streamline!

Most Masters swimmers who have some background in competitive swimming understand the importance of streamlines. However, when I attend meets and practices around the state and country, I am always surprised to see quite a number of swimmers losing time on their starts and turns due to sub-optimal streamlines. For a swimmer with inefficient streamlines, there is nothing easier to work on to see significant drops in time than improving streamline. Truly, streamlining only requires minimal mental focus and very little physical effort.

A good streamline starts with the hands. The hands should be placed one on top of the other, with whichever hand is most comfortable on top. The thumb of the hand on top should lock around the bottom hand. This is called the "power lock" or "thumb lock" position and is critical to a tight streamline. Locking the thumb of the top hand over the bottom hand and squeezing tight provides a way to keep the hands from separating even when the force of the water wants to pull them apart on a block start or a fast push off the wall. It should be noted that overlapping hands and squeezing both thumbs together is another method I've seen used, but offers far less streamline value.

Once the hands are locked with fingertips stretched and reaching as far forward as possible, the next thing to focus on locking down is head position. The head should be tucked snugly between the arms with eyes facing down, chin to chest, and elbows squeezing together,

pushing your biceps tightly against your head behind the ears. The upper body should remain in this lock phase throughout any start or turn until ready to start the breakout. There should be no "head bump" on the backside of the swimmer, meaning that the surface on the back of the swimmer's hands down to their feet should be smooth.

As for the legs, simply lock out your knees, squeeze the legs tightly together, and point your toes to minimize drag.

The start or push off should be sufficiently deep as to avoid the surface of the water where the tension is the greatest. A good target depth is to push off with your feet on the "T" on the wall and the rest of your body in line (level) with the feet. Once pushed off, think about stretching your body from the fingertips to the toes to make it as long and straight as possible.

Streamlines are often overlooked in Masters swimming practices and workouts. But there is a lot to be gained from regular practicing of streamlines, even for someone who has very good streamline technique. It's worth it to find time to practice streamlining in every practice workout and to focus on it when turning, throughout practice. One good streamline-focused drill is to practice pushing off the wall or starting from the blocks and then gliding as far as possible without breaking into stroke. During the drill, do a few repetitions while intentionally making your streamline imperfect and feel the drag on your body and notice the change in distance traveled.

For external feedback, get your coach (or knowledgeable teammate) to watch your starts and turns, both above and under water. Have them look for points of inefficiency. Some common ones are:

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Long Distance Swimming

Coach Bob Bruce
Long Distance Chairman



The highest distinction for a Masters long distance swimmer is to be named to the USMS Long Distance All-Star Team. To be considered for this honor, swimmers must participate in at least three of the National Long Distance Championship events, including at least one open water and one postal event. Points are tabulated for placement in each event, much like our scoring in the Oregon Open Water Series. The top point-scorer in the nation in each age group—and only one from each age group—is named to the All-Star Team.

In 2016, six Oregonians—that's right, six—joined fourteen other outstanding swimmers in the nation in earning that honor. Think about this: six out of twenty from one club! No other club in the nation had more than one Long Distance All-Star. Oregon has now had 24 of 60 Long Distance All-Stars in the past three years, continuing our enviable tradition of excellence!

Anicia Criscione (Corvallis Aquatic Team, Women's 40-44 age group) has made the All Star team for the first time. Way to go Anicia! She has been a strong performer in both postal and open water swims for several years, and has moved up to take the top spot in her age group this year.

Matt Miller (Rogue Valley Masters, Men's 35-39 age group) has been named to the All Star team for the fifth consecutive year. Despite a bad bike accident in 2014, Matt appears to have healed very well indeed, winning three open water and three postal championships.

Todd Lantry (Rogue Valley Masters, Men's 40-44 age group) joins the All-Star team for the first time. Long-time leader and enthusiastic participant in our local events, Todd won the 10-km Open Water Champion-

ships at Applegate Lake, and placed well in his other swims.

Hardy Lussier (Central Oregon Masters Aquatics, Men's 50-54 age group) joins the All Star team for the fourth time. Hardy won the 2-mile cable, 5-km postal, 10-km postal, and 6000-yd postal championships, and the 2.7 Open Water Championships in Donner Lake.

Bob Bruce (Central Oregon Masters Aquatics, Men's 65-69 age group) joins the All-Star team for the seventh time, fourth time consecutively, practicing what he preaches as OMS Long Distance Chair. Bob swam in seven of the nine championship races in 2016, placing well in all of them.

Dave Radcliff (Tualatin Hills Barracudas, Men's 80-84 age group) joins the All-Star team for the sixth time, fifth time consecutively. Dave won every USMS national championship event that he entered this year, including one open water and all five postal championships. Dave owns all seven (five postal & two cable) USMS long distance records in his age group.

What does it take to become a USMS Long Distance All-Star? Obviously, a swimmer has to be pretty good at what they do. But, beyond that, they also have to show up for national championship events. We have been fortunate in Oregon to have national championship open water events locally almost every year, thanks to assertive bidding by a few of our Oregon teams (note that we will host two open water championships in Oregon in 2017, and three in 2018!). All of our All-Stars last year raced locally, and many travelled out-of-state for other championship events. AND FOUR OF THE SIX OF OUR 2016 USMS ALL-STARS SWAM IN ALL FIVE POSTAL CHAMPIONSHIPS, WHICH ARE AVAILABLE TO EVERYONE WITHOUT MUCH TRAVEL. If you want to succeed, you gotta show up!

Good luck and good swimming!

Swimmer Spotlight

Nancy Vincent

—submitted by Denise Stuntzner

Age: 57

Workout Group: Lacamas Headhunters

Occupation: Engineering Manager at HP

As a child growing up in Palo Alto, CA, I swam in a few summer league meets, but really started competing when I joined my Junior High Swim Team in 7th grade. After that season, I begged my parents to let me join an Age Group team and I've been swimming ever since.

I attended Dartmouth College as an engineering major and swam all 4 years there. After college in 1982, I moved to McMinnville, OR, to work at HP. I was tired of spending so much of my time devoted to swimming and I decided to try other things. I really didn't think I was going to get back in the pool any time soon. I started running, which led to triathlons, which led back to swimming.

In 1986 I joined OMS and started swimming in meets because I found out Masters Nationals would be in Portland that summer. I've now been a member of OMS for 31 years, although I haven't been active in swimming during all those years. In the 80s and early 90s I swam with Masters workout groups in McMinnville and Newberg.

In 1997, I took another job with HP in Vancouver, WA, when HP decided to close the site in McMinnville. When I first

moved to Vancouver, there were very few places to swim and none were convenient. I took a year off from swimming and went back to exercise classes and running. In early 1998, Lacamas Swim & Sport opened in Camas with a 3 lane 25m indoor pool that was near the HP office. I joined before the club opened and started swimming again, but didn't compete for several years as my kids were young. In 2003, the outdoor 8-lane 25m pool was built at the club and we started a Masters team. I joined and was one of the charter members. I've been swimming there ever since.



As a Masters swimmer, probably my most memorable experience is competing in the World Masters Championships at Stanford in 2006 with a large group of OMS swimmers. That was a fun team experience.

Currently, I am a manager of a team of engineers at HP developing ink jet printers. I try to swim 4 times a week with the Lacamas Masters team, although sometimes work and family get in the way.

I am married to a runner and have 3 children, one in college and two in high school, none of whom are swimmers. In my limited free time, I enjoy reading, hiking and skiing.

THANK YOU SWIMMERS

The following OMS swimmers have generously donated to OMS while registering with USMS for 2017.

<u>Name</u>	<u>Level</u>	<u>Name</u>	<u>Level</u>	<u>Name</u>	<u>Level</u>
Stephen Darnell	Diamond	Michael Brinster	Silver	Jan Irene Miller	Silver
Willard Lamb	Diamond	Charles Bushey	Silver	Edwin Morgan	Silver
Mike Tennant.....	Diamond	Michael Dix	Silver	Sue Nesbitt	Silver
		Earl Ellis	Silver	Frank Philipps	Silver
Tim Cespedes.....	Gold	John Foges.....	Silver	James Proffitt	Silver
Colette Crabbe	Gold	Karen Gaffney	Silver	John Raisin	Silver
Stephen Kevan	Gold	Patricia Gayman	Silver	Robert Richardson	Silver
Roy Lambert.....	Gold	Dan Gipe	Silver	Charles Roome	Silver
Michelle Macy.....	Gold	Shirlene Gonzalez.....	Silver	Kaleo Schroder	Silver
Keith Peters.....	Gold	Sue Harrington	Silver	Chuck Schuler	Silver
Sandi Rousseau	Gold	Alexander Hermann	Silver	Michael Silvey	Silver
Scot Sullivan	Gold	Kjell Karlsen	Silver	Bonnie Speer.....	Silver
Nancy Vincent.....	Gold	Rebecca Kay	Silver	Jessica Stacy	Silver
Sumner Williams	Gold	Lori Lamoureux.....	Silver	Charlie Swanson	Silver
		Allen Larson.....	Silver	George Thayer	Silver
Elke Asleson.....	Silver	Craig Limoges.....	Silver	Tyler Thessin	Silver
Kris Asleson.....	Silver	David Livengood	Silver	Robert Voll	Silver
Jeanette Bello	Silver	Jeanne Magmer	Silver	Dick Weick.....	Silver
Peter Berghaus	Silver	Steve Mann.....	Silver	KermitYensen.....	Silver
Lou Boone	Silver	Karl Mawson.....	Silver		

FRONT PAGE

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My recruiting was successful, and this year there were four Oregon Masters Swimmers entered in the event: Barry Fasbender, David Hathaway, Scot Sullivan and myself (Matt Miller). Barry and his wife Alice are new to Oregon, moving to Medford this winter, but are not at all new to Masters Swimming. Barry was very active in the Pacific Masters LMSC for many years and has volunteered at the national level for a number of years. Notable work and achievements of Barry's include directing the FINA Masters World Championships at Stanford in 2006, and earning the high honor of the Capt. Ransom J. Arthur Award in 2008. We're happy to have Barry here in Oregon and I'm especially happy because Barry and I share the same pool in the mornings at Superior Athletic Club in Medford. Welcome to Oregon, Barry and Alice!

Barry, David, Scot and I got to witness two new 1500 SCM world record swims: Heidi George, women 40-44, at 16:59.56; and Bruce Thomas, men 60-64, at 18:07.65. We all had very good swims ourselves and thoroughly enjoyed cooling down and playing in the practice pool and hot tub after our swims. We also walked around the breathtaking facility to take it all in. It's truly an amazing place with a long and rich history. The \$25 entry fee for the event is a deal just to get into the building to see the place!

If you're interested in swimming TOC 1500 in 2018, be sure to register early because the event normally fills quickly. Registration normally opens in mid-to-late November and a link to registration will appear on the Pacific Masters Event Schedule: <http://www.pacific-masters.org/pacm/schedule>

I'm hoping to see more Oregonians attend this meet in the future. It really is an event every distance swimmer should have on their bucket list.



Scott Sullivan, Barry Fasbender, Matt Miller and Dave Hathaway at TOC 1500 by the competition pool.

OFF THE BLOCK

Continued from page 4

bloating associated with IBS, and peppermint oil supplements may also be helpful.

Trials on exercise have also produced positive results in patients with IBS. Exercise is thought to help by accelerating colon transit time and helping to normalize the altered gut motility commonly seen in IBS patients.

Common dietary triggers include wheat, gluten, dairy, and fructose; restricting or avoiding one or more of these substances may help IBS improve. IBS sufferers should also discuss any medications they are taking with a physician, as some prescription and over the counter drugs may exacerbate symptoms.

FIT TO SWIM

Continued from page 5

kayaking, your jogging, your kick boxing or playing with your kids in the park will all improve your fitness level and you will feel better than you did yesterday. Just keep moving. And mostly do not sweat it if you miss a workout, enjoy your time and your family. You will be more healthy.

As a fitness chair, I am also here for you, I would like to design a challenge to track improvement and motivate you. If you have any ideas about it, or about articles you would enjoy reading, or about what would motivate you, please let know. Feel free to contact me with any suggestions, questions, concerns or comments and I will try to answer them to the best of my ability.

Colettecrabbe@hotmail.com



TOC 1500 Award Mugs

COACHES CHAIR

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- Head too high and chin not tucked against the chest (“head bump”)
- Hands not tightly locked together in “power lock”
- Arms not squeezed tightly enough against the head
- Hands not pointed at the far end of the pool, and either too far up or down
- Angle off the wall is too steep to the surface
- Not sufficiently deep to avoid surface tension
- Toes not pointed
- Knees not locked out

Regularly spending time working on streamlines could pay big dividends in terms of dropping time, especially for those who currently have poor streamline technique. Enjoy that low-hanging streamline fruit!



Hood River Valley Aquatic Center, no workout on February 8.

You Know You're a Swimmer When...

- you collect swim caps
- you critique the way people swim on TV or movies, because their technique is terrible
- every conversation somehow reverts back to swimming
- you can smell a pool from a mile away
- you wear flip flops and sandals year round
- you are guilty of wearing socks with flip flops
- you decorate your fins
- you have gotten into a fight with the lane line during a backstroke set
- there is nothing worse than a warm pool
- you regularly buy your suits two sizes too small
- you have the sound of “take your marks... beep!” forever engrained in your mind
- your conversations take place in 15 second intervals
- you find yourself doing random shoulder stretches in class or the office
- you can swim longer distances than you could ever run
- waking up before dawn to exercise seems normal
- jamming a piece of Styrofoam between your legs is not a kinky sexual activity
- your skin is always dry
- bugs die of chlorine poisoning when they land on your skin
- the first place you go when you're stressed out is a swimming pool
- you have trouble fitting into clothes because your shoulders are so broad
- you have rings around your eyes unrelated to the amount you sleep you got
- you sweat chlorine
- you can't understand why people worry about having a “bikini body” for the summer
- you barely recognize fellow swimmers when they have dry hair and normal clothes on

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 (Nat'l Champs) 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 (Nat'l Champs) 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

Looking Ahead...

Long Distance Schedule (see page 12)

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...

Do not wait for your ship to come in, swim out to it.