



Aqua Master

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"Swimming for Life"

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A Personal Touch at OMS Association SCY Meet in Bend

by Jill Marie Asch
MAC Masters Swimming

When we compete, we are connected by a spirit of camaraderie that transcends the clubs we train with. The energy and enthusiasm of everyone who loves swimming knows no age. As I walked around the Juniper Swim Center during Associations to do interviews for this article, the smiling faces in front of me all spoke of their appreciation of the friendships they have made through OMS. Norman Shidle said, "A group becomes a team when each member is sure enough of himself and his contribution to praise the skills of others." I watched many swimmers cheer for their OMS friends who weren't on their same club. In Oregon, we are truly all on the same team. How lucky we all are!



Dennis Baker's Oregon Reign Masters has an amazing new member. His name is Abbas Karimi, a 20 year-old refugee from Afghanistan. Abbas said, "I love my team and my coach! My teammates say I inspire them, but it is my teammates who inspire me with their dedication and hard work."

COMA brought 54 swimmers to Associations, most who raced in 6 individual events. Eighty-one-year-old Kaleo Schroder, from Klamath Falls, has been swimming with COMA since the 1970s.



Mike Self, with the Stafford Hills Tiger Sharks, praised his new swimmer Francie Haffner, for her State Record in the 200 SCY Free.

Everyone was also happy and inspired to see COMA's Tom Landis back in the pool.



The Columbia Gorge Masters ladies were in the house, and wanted to make it lovingly clear to their men back in Hood River, "You're all losers!", for not coming to Associations. Lol



The MACs newest member, 1964 Olympian Margaret Toppel, CRUSHED IT, setting several new State Records.

Tim Waud, coach of the Oregon City Tankers, said, "Everyone is happy with their swims and achieved their goals this weekend." Tim expressed pride in 3 of his Tankers being recognized at the OMS Awards Social for their 2016 achievements.

Colette Crabbe with Oregon Reign Masters, praised the meet officials for their efficiency and organization.

Thank you COMA, and great racing everyone!



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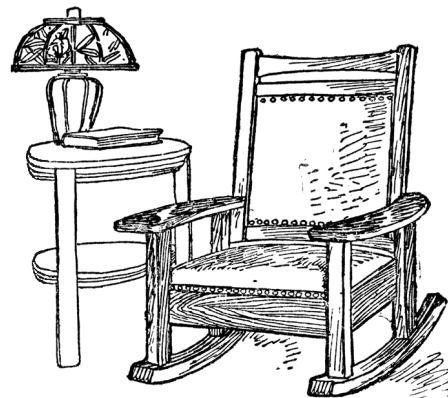
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Send address changes to Susie Young all other membership questions to Christina Fox.

Chair's Corner

Tim Waud
OMS Board Chairman



Greetings Fellow Masters Swimmers,

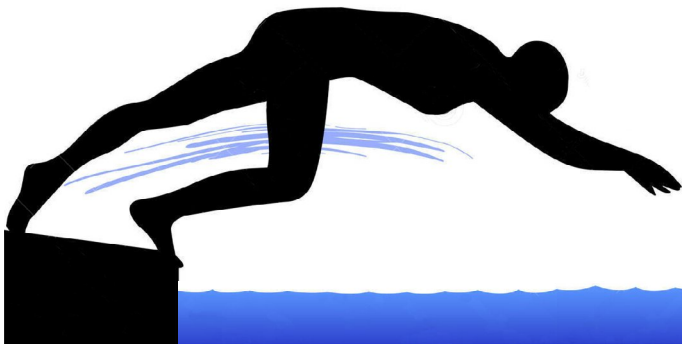
Oregon Masters Swimming recently hosted our Annual OMS Association Championships in Bend, Oregon. What an amazing weekend of racing, comradery, and fellowship. An ocean full of thanks to Bob Bruce, Barb Harris, Jacki Allender, Gary Whitman, COMA, and all of the volunteers who helped make this a fun and exciting event.

The general meeting we held prior to the awards presentation gave those OMS Board members present, an opportunity to introduce themselves and share their role in making Oregon Masters one of the premiere LMSCs in U.S. Masters Swimming. We are very fortunate to have such an amazing group of hard working volunteers and I want to thank all of you for your service to our organization.

We also recognized athletes and volunteers who have excelled in and outside of the pool. The Saturday evening social was a wonderful opportunity for us to come together and applaud the efforts of our fellow members. Thank you to Alice Zabudsky who created the awards booklet and recipient slideshow, Susan Albright for the amazing awards, and Matt Miller who created a montage of swimming moments captured in a fun slideshow.

Congratulations and thanks to each and every one of you!

Swimmingly,
Tim Waud
OMS Chair



Off the Block

This column is called "Off the Block", therefore, whatever information is deemed of interest is presented.

Johnny Weissmuller

Johnny Weissmuller was born as Peter Johann Weißmüller in Freidorf, today a district of the city of Timisoara in Romania, then a part of the Austro-Hungarian Empire. Weissmüller would later claim to have been born in Windber, Pennsylvania, probably to ensure his eligibility to compete as part of the US Olympic team. Weissmüller was one of two boys born to Petrus Weissmüller, a miner, and his wife Elisabeth Kersch. Records show the family arrived in New York on January 26, 1905 when Johnny was 7 months old.

According to Johnny's son, Johnny (who was born in modern-day Romania) and Pete (who was born in Pennsylvania 8 months after Johnny and their parents immigrated to the United States) switched identities so that Johnny could compete at the U.S. Olympic trials, a plan hatched by their mother. For the rest of his life, Johnny feared that the Amateur Athletic Union, the governing body for competitive swimming at the time, would learn of the deception and strip him of his records and medals.

At age nine, young John Weissmüller contracted polio. So, as a sickly child, he took up swimming on the advice of a doctor. He grew to be a 6' 3", 190-pound champion athlete.

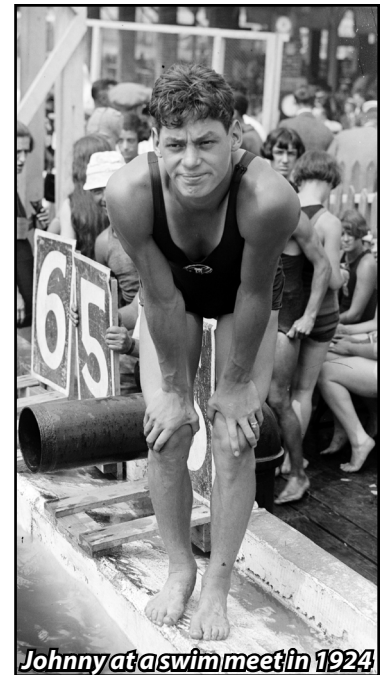
To help out the family, after school he worked as a bellhop and elevator operator at the Plaza Hotel in Chicago and trained for the Olympics with a swim coach at the Illinois Athletic Club, where he developed his revolutionary high-riding front crawl. He made his amateur debut on August 6, 1921, winning his first AAU race in the 50-yard

freestyle. Johnny Weissmuller has one of the best competitive swimming records of the 20th century. He was one of the world's fastest swimmers in the 1920s. He was the first man in the world to swim 100 meter Freestyle in less than a minute.

It was during the 1920s that Weissmuller became an enthusiast for John Harvey Kellogg's holistic lifestyle views on nutrition and exercise. He came to Kellogg's Battle Creek, Michigan, sanatorium to dedicate its new 120-foot swimming pool, and would go on to break one of his own previous swimming records after adopting the vegetarian diet prescribed by Kellogg.

In 1927, Weissmuller set a new world record of 51.0 seconds in the 100-yard freestyle, which stood for 17 years. He improved it to 48.5 seconds at Billy Rose World's Fair Aquacade in 1940, aged 36, but this result was discounted as he was competing as a professional.

He was a winner of five Olympic gold medals for swimming and one bronze medal for water polo at the Olympic Games in 1924 (Paris) and 1928 (Amsterdam), and broke the record in each gold-medal race. He won fifty-two U.S. National Championships, set more than fifty world records, both in freestyle and backstroke, and was the holder of every freestyle record from 100 yards to the half-mile. From 1921-1929 he won every



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Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



Spring is Here, Time for “Spring Cleaning” Fitness Challenge

I have found that Spring is one of the best times to launch into a new fitness routine. Days are longer, flowers start blooming and in between the rain, the sun tries to peek in. We all itch to go outside and enjoy nature. Hopefully, you now have designed your resolutions into achievable goals and you are on your road to fitness. Thru this article, I just want to help you kick start your program thru a few challenges and set you up on the right track.

The first challenge is the “keep moving challenge” and is very simple. For a whole month, you need to commit yourself into walking at least 30 minutes 3 times a week. If you own a dog, he or she will love you. Rain or shine, in the early morning, during your lunch time or at night with your family, go outside for a stroll. Be creative and social, ask your colleague to go on a walk instead of having a meeting in a conference room, invite your lonely neighbor to accompany you, propose to your other neighbor to walk their dog if need be, take your kids and husband to the park after dinner. In addition to slowly getting in the habit of being more active, you will be more social, make new friends and therefore will be happier.

The second challenge is a succession of weekly challenges aiming at making more healthy choices in regard to food and nutrition. These challenges are not recommended diets. I am not a nutritionist and should only be targeting normal, relatively healthy adults. If you are on a strict diet due to allergies and/or chronic illness, keep following your doctor’s advice.

In the second challenge, instead of trying to forge a new habit, we are aiming at trying to get rid of some habits and/or foods which have been proved to be addictive but also to be the culprit of a lot of diseases such as obesity, alcoholism, heart disease, diabetes and so on.



On the first week: the challenge is not to eat any fried food. You know very well what they are: fries, fried chicken, onions rings but also doughnuts and beignets* and so on.

On the second week: the challenge is to get rid of most processed sugar. In the last edition of *Swimmer* magazine, there was an article about sugar and the difference between added sugar versus natural. For this challenge, we are not only targeting the added sugar found in a myriad of processed foods in the bakery items and sodas, but also in canned soups and canned vegetables, processed meat and sauces. You are not going to be able to completely get rid of all added sugar intake but if possible try to replace the added sugar with its natural form found in fresh fruits or even milk. When your sweet tooth kicks in, grab a piece of fresh fruit instead of a muffin. In the processed sugar category, I am also including all the substitute sugar added in diet items which for this challenge should also be avoided.

On the third week: the challenge will be to avoid all alcoholic beverage. This is self-explanatory but it can be the hardest challenge for some of us.

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Coaches Chair

Coach Matt Miller
OMS Coaches Co-Chairman

Rotate the Body, but Still the Head!

I'm all about optimization... especially in swimming. It's great when swimmers get the biggest returns possible on the efforts they put into swimming. As such, the first two technical articles I've written as the Co-Coaches Chair, have focused on two of the most common and fairly easily fixed technical issues seen with swimmers: streamline and rotation.

To continue along those lines, this installment addresses another very common and fairly easily remedied issue: keeping the head still and in the correct position. Last month we addressed body rotation and how it relates to power generation in one's stroke. So, body rotation is a good thing. However, a common error is to allow the head to follow the rotation of the body, and/or have the head in a less-than-ideal position, both of which will result in slower swimming.

The ideal head position in freestyle is achieved when the line of sight is straight down and head is in alignment with the body, as it would be if you were standing upright and looking in the eyes of someone of the same height. This head position achieves the least amount of frontal drag, which is always a goal in swimming. Many swimmers swim freestyle and backstroke with their heads positioned too high. This causes the hips and legs to drop from near the surface and dramatically increases frontal drag. To make matters worse, swimmers will often additionally move their head side to side with their stroke. Doing so further breaks streamline, which results in even greater frontal drag, and often causes the hips to shift in the opposite di-

rection of the head, creating a snake-like swim pattern through the water. And we all know that the shortest distance between two points is a straight line! To move the fastest that we can through the water, we need to swim straight and eliminate any movements that do not aid us in moving from one end of the pool to the other, especially those that increase drag and make the work harder.

To swim as fast as we can, we would ideally never move our heads from the correct position. However, we humans of course can't breathe with our faces in the water, so when swimming freestyle we have to turn our heads out of the water to get oxygen, thereby creating drag. Although we can't avoid this, we can minimize the amount of that drag. A common mistake is when swimmers rotate too far when breathing. Even just a bit too much head rotation can create a drag issue, especially when the body follows the head rotation.

Breathing while swimming should be quick and with minimal movement. A good rule of thumb is to keep one goggle below water level when breathing, and the smaller the turn of the head, the better. Exhaling should be done entirely under water so that when the mouth clears the water, air can be quickly taken in and the head returned to the ideal position and locked in to being perfectly still again until the next breath is needed.

Elite level swimmers know how critically important it is to keep one's head perfectly still after entering the water from a start or coming off a turn at the wall, all the way through the breakout and into the stroke cycle. Remember, the goal of the start or a turn is to take the speed from the breakouts off of the blocks or wall and maintain that speed as you transition into swimming strokes. Maintaining speed requires far less effort than gaining speed. And since the breakouts are the fastest you will ever be moving, it is especially important to keep your

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Long Distance Swimming

Coach Bob Bruce
Long Distance Chairman



The coming of spring reminds us that summer is not far away, and with it comes the 2017 Oregon open water season.

You can find the schedule, event information, and entry forms for all Oregon events and information about the 2017 Oregon Open Water Series at <http://swimoregon.org/calendar/> and <http://swimoregon.org/open-water/>.

Here is a short description of the open water offerings at each venue this summer, with basic camping and parking information, so you can plan ahead and reserve your campsites early.

Lake Juniper Open Water Clinic (Saturday, May 20) & Buoy Swim (Sunday, May 21)—USMS-sanctioned:

Host team Central Oregon Masters and Event Director Bob Bruce will open the season by offering the 6th annual Lake Juniper Buoy **Swim** in the 50-meter pool at Juniper Swim & Fitness Center (a.k.a. Lake Juniper). The swim will be 1200-meters, run in small heats & smaller waves, feature the warmest water on the Oregon open water circuit, and include a big brunch afterwards. The Buoy Swim is to open water as short track is to long-oval speed skating—close physical proximity & drafting, tight turns, forceful passing, and daring split-second tactical decisions. All in all, wonderful preparation for open water racing! Event & entry at https://www.clubassistant.com/club/meet_information.cfm?c=1756&smid=8905

On Saturday afternoon, COMA will also present an **Advanced Open Water Clinic with Olympian & World Champion Alex Meyer** as the guest clinician. **DO NOT MISS THIS OPPORTUNITY!** This clinic is targeted to all interested swimmers who have some experience in open water swimming and who would like to raise their game in open

water racing. All swimmers—from modest to expert ability and achievement—will benefit! We guarantee you will learn some things—perhaps many things—about open water swimming and racing which you have never even thought! See Buoy Swim URL above for details.

For most of us, it's a bit brisk and a bit early for camping in Central Oregon, but you should be able to find lodging in all categories and price ranges.

Hagg Lake (Sunday, June 11)—unsanctioned: The Portland Tri Club will host the 14th annual swims at Hagg Lake. There are three separate swims of 2000, 800, & 4000 meters, in that order. This event is very popular with triathletes, so we expect a big turnout. Look for water temperatures just above 60, which would mean no wetsuit deduction for race or series scoring. Event and registration info are available at <http://www.pdxtriclub.org/hagg-lake-swim>. These swims are a good start to our lake-swim summer season.

There is no camping available at or near Hagg Lake, a situation ameliorated somewhat by the Lake's proximity to the Portland Metro area. The McMenamins Grand Lodge in Forest Grove is the closest overnight accommodation; call 877-992-9533. Note: The race venue at Hagg Lake has a \$5 day use fee.

Foster Lake (Saturday, June 24)—USMS-sanctioned: Host team Central Oregon Masters and Event Director Bob Bruce will run the 7th annual Foster Lake Cable Swims—featuring the **USMS Two-Mile Cable Swim National Championships**—just east of Sweet Home on the only permanent cable swim course west of the Allegheny Mountains (not the Rockies, the Alleghenies!). They will offer both one & two-mile swims on a certified course, so National & Oregon records are in play. Online entry only (and NO day-of-race entries) at https://www.clubassistant.com/club/meet_information.

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Recent Meets & Records

Association Championships — SCY

April 7-9 (Friday - Sunday); Bend, OR

* = split

Results: http://swimoregon.org/results_pdfs/2016-2017/ResultsAssnChamps_SCY_20170407_Splits.htm

Age Group	Event	Name	Age	Club	Time	Record set
Women 18-24	50 Yard Breaststroke	Schuck, Makila	22	OREG	31.86	Oregon (tie)
Women 25-29	50 Yard Freestyle	Chernoff, Kendra	26	OREG	24.52	Oregon
Women 25-29	50 Yard Butterfly	Chernoff, Kendra	26	OREG	25.71	Oregon
Women 25-29	100 Yard Butterfly	Chernoff, Kendra	26	OREG	56.25	Oregon, Zone
Women 25-29	200 Yard Butterfly	Chernoff, Kendra	26	OREG	2:10.47	Oregon
Women 30-34	100 Yard Backstroke	Shepherd, Sara	34	OREG	1:01.84	Oregon
Women 30-34	200 Yard Backstroke	Shepherd, Sara	34	OREG	2:13.63	Oregon
Women 30-34	200 Yard Breaststroke	Blank, Abby	31	OREG	2:32.24	Oregon
Women 40-44	100 Yard Butterfly	Skinner, Sonja	40	OREG	1:01.87	Oregon
Women 50-54	200 Yard Freestyle	Haffner, Francie	50	OREG	2:07.48	Oregon
Women 60-64	1000 Yard Freestyle	Crabbe, Colette	60	OREG	*12:47.35	Oregon
Women 60-64	1650 Yard Freestyle	Crabbe, Colette	60	OREG	21:13.93	Oregon
Women 60-64	50 Yard Breaststroke	Crabbe, Colette	60	OREG	35.88	Oregon, Zone (tie)
Women 60-64	100 Yard Breaststroke	Crabbe, Colette	60	OREG	1:18.48	Oregon
Women 60-64	200 Yard Breaststroke	Crabbe, Colette	60	OREG	2:51.95	Oregon
Women 60-64	100 Yard IM	Crabbe, Colette	60	OREG	1:08.65	Oregon
Women 60-64	400 Yard IM	Crabbe, Colette	60	OREG	5:20.18	Oregon, Zone
Women 65-69	50 Yard Freestyle	Toppel, Margaret	69	OREG	30.35	Oregon
Women 65-69	100 Yard IM	Toppel, Margaret	69	OREG	1:16.96	Oregon
Men 25-29	100 Yard Freestyle	Nagle, Brett	26	OREG	46.39	Oregon
Men 25-29	100 Yard Butterfly	Nagle, Brett	26	OREG	50.18	Oregon
Men 25-29	100 Yard IM	Nagle, Brett	26	OREG	52.95	Oregon, Zone
Men 40-44	100 Yard Breaststroke	Rasmussen, John	42	OREG	59.05	Oregon, Zone
Men 40-44	200 Yard Breaststroke	Rasmussen, John	42	OREG	2:07.92	Oregon, Zone
Men 45-49	50 Yard Backstroke	Self, Mike	46	OREG	25.32	Oregon, Zone
Men 45-49	100 Yard Backstroke	Self, Mike	46	OREG	54.18	Oregon, Zone
Men 45-49	200 Yard Backstroke	Self, Mike	46	OREG	2:00.08	Oregon, Zone
Men 50-54	200 Yard Freestyle	Lussier, Eilhard	51	OREG	1:50.19	Oregon
Men 50-54	500 Yard Freestyle	Lussier, Eilhard	51	OREG	5:01.36	Oregon
Men 50-54	1000 Yard Freestyle	Lussier, Eilhard	51	OREG	*10:38.53	Oregon
Men 50-54	1650 Yard Freestyle	Lussier, Eilhard	51	OREG	17:32.00	Oregon

Women 18+	200 Yard Medley Relay	OREG	1:53.69	Oregon, Zone
1) Kieras, Jessica 36	2) Schuck, Makila 22	3) Blank, Abby 31	4) Chernoff, Kendra 26	
Men 18+	200 Yard Medley Relay	OREG	1:39.34	Oregon, Zone
1) Blank, Nick 28	2) Stratton, Mike 26	3) Nagle, Brett 26	4) Merkle, Jonathan 20	
Men 25+	200 Yard Free Relay	OREG	1:28.85	Oregon
1) Nagle, Brett 26	2) Blank, Nick 28	3) Vidal, Juan 27	4) Michael, Daniel 28	
Mixed 18+	200 Yard Medley Relay	OREG	1:45.67	Oregon
1) Nagle, Brett 26	2) Schuck, Makila 22	3) Vidal, Juan 27	4) Chernoff, Kendra 26	
Mixed 25+	200 Yard Free Relay	OREG	1:34.45	Oregon
1) Blank, Abby 31	2) Chernoff, Kendra 26	3) Blank, Nick 28	4) Nagle, Brett 26	
Mixed 25+	200 Yard Medley Relay	OREG	1:46.92	Oregon
1) Sullivan, Scot 50	2) Grote, Kurt 43	3) Stacy, Jessica 27	4) Bambusch, Hailey 26	

Zone Championships — SCY

April 7-9 (Friday - Sunday); Federal Way, WA

Women 45-49	50 SC Breast	Jayna Tomac	45	OREG	32.78	Oregon, Zone
Women 45-49	100 SC Breast	Jayna Tomac	45	OREG	1:11.29	Oregon

Swimmer Spotlight

—submitted by Karen Andrus-Hughes

Abby Blank

Age: 31

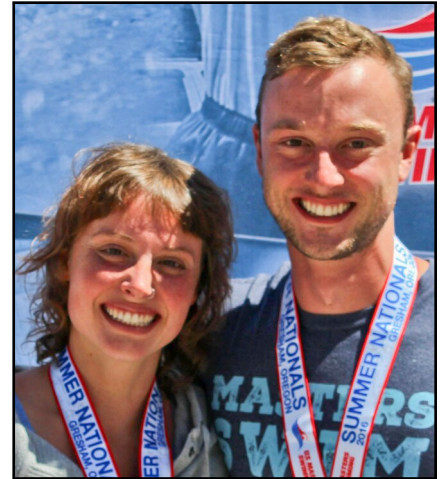
Occupation: Library Assistant at Vancouver Community Library
LMSC: Oregon Reign Masters

Swimming was a family affair. My older brother started it. Then came my sister, me, and shortly thereafter my little brother. My parents swam too. I started swimming competitively at age six on the Coeur d'Alene Area Swim Team with Carolyn Magee, a wonderful woman and all around superb coach. Intensely technique focused, Carolyn pushed me to not only love but understand swimming in a way that gave me an unrelenting drive to tackle the sport. So I kept on it. In high school, after Carolyn had moved, I switched club teams and swam for Spokane Area Swimming under Todd Marsh, another wildly talented coach. My skills as a 200 breaststroker and 400 Imer blossomed under Todd, as he knew how to crank out high, quality yardage in every practice while still making the whole thing fun. College swimming was always a goal, and under Todd it was a certainty. He was thoughtful and patient when helping us choose a good fit, and somehow convinced me to attend a D1 school in the very middle of the Midwest.

But college swimming was a struggle. I didn't connect to the coaches, team, or workouts the way I had in the past. This process that was once exciting and challenging became monotonous, and swimming turned from something I loved doing into a job. By my senior year all I could focus on was putting one foot in front of the other to get through it. My silver lining was school, and I was lucky enough to understand that swimming was paying my way to open up new and vastly different doors. I fell into the creative writing program, where I worked with some fabulous professors who ultimately pushed me to go to grad school. It wasn't until later that I found out Todd had urged me to go to this school primarily for the academics. Swimming was just a way to get there.

I gave up swimming while pursuing my MFA because the thought of stepping foot into a pool was overwhelming. I was burned out, unmotivated, and couldn't fathom trying to reestablish any type of relationship with coaches, teammates, or water. I also didn't want to face the daunting transition from club to Masters swimmer. Retraining my brain and body to be okay with a much slower me was, well, scary. It wasn't until I graduated and moved back to North Idaho for a few months that I was coaxed back into the water by the skilled and ebullient

Mike Hamm, coach of Coeur d'Alene Kroc Masters. It really was because of Mike that I started to like, maybe even love, swimming again. A techniques master, Mike got me to start rethinking about the mechanics of swimming instead of the trivial ups and downs of winning and losing, which is a driving force of any college sports team. Much of his energy, too, was focused on building a lively and familial team, of which I reaped the benefits.



After my short stint back in North Idaho, I packed up and moved down to Los Angeles to meet up with my now-husband, Ryan. I immediately landed a job coaching girl's high school swimming, joined the Southern California Aquatics (SCAQ) Masters team, started teaching private swim lessons, and eventually started coaching for SCAQ as well. Needless to say my swimming equilibrium seemed to balance out, so when Ryan and I moved up to Portland three years later I felt at ease jumping on to the Oregon Reign Masters team, and even competing at meets again (thanks, Dennis!). Though I rarely compete, maybe twice a year, I have found it to be a good motivator in setting goals throughout the year.

Since moving to Portland I've also started incorporating yoga into my exercise routine, and can't believe I didn't start sooner. Because of yoga my swimming has gotten stronger and, dare I say it, even a little easier. These days I swim three days a week, and do yoga four to five times a week. I also love hiking and backpacking, and just got my first real-deal mountain bike. I recently got a job working at the Vancouver Community Library, so writing and (lots of) reading has reentered my life as well.

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Please see <http://swimoregon.org/wp-content/uploads/2017/04/170320-Lake-Juniper-Clinic-Buoy-Swim-Entry.pdf>, for much more, very important information.

LAKE JUNIPER CLINIC & BUOY SWIM

**Advanced Open Water Clinic, featuring Olympian & World Champion Alex Meyer
& 6th Annual 1200-meter Pool Buoy Swim**

at Juniper Swim & Fitness Center in Bend, Oregon on May 20-21, 2017

Hosted by Central Oregon Masters Aquatics
Sanctioned by Oregon LMSC for U.S. Masters Swimming, Inc.
In partnership with the Bend Park & Recreation District

GENERAL INFORMATION

SITE: Juniper Swim & Fitness Center, 800 NE 6th St., Bend, OR. Both events will be held in the JSFC 50-meter pool (a.k.a. 'Beautiful Lake Juniper' for this event). Expected water temperature is 80-81 degrees Fahrenheit.

ELIGIBILITY: Open ONLY to 2017 USMS members or foreign equivalents. Eligibility will be automatically verified through the online entry system. USMS "One-Event" membership is available for adults for \$21.

REGISTRATION: https://www.clubassistant.com/club/meet_information.cfm?c=1756&smid=8905

ADVANCED OPEN WATER CLINIC INFORMATION

CLINIC GOAL: This advanced open water clinic is intended to expose participants to a wide variety of open water racing skills and lift the ability level of all participants regardless of their previous experience & achievement. This clinic will review basic skills, but focus on examining, practicing, and perfecting the advanced skills required in open water racing at the highest levels.

CLINIC AUDIENCE: This clinic is targeted to all interested swimmers who have some experience in open water swimming and who would like to raise their game in open water racing. All swimmers—from modest to expert ability & achievement—will benefit! We guarantee that you will learn some things—perhaps many things—about open water swimming and racing about which you have never even thought!

BRIEF OUTLINE (subject to modification):

- Introductions & clinic framework (on pool deck).
- Short warm-up (in water)
- Basic skills review: swimming straight & navigating (in water; breaks as needed)
- Advanced skills: Pack swimming, drafting, buoy turns, starts, & finishes (in water); feeding (on pool deck).
- Videos (on pool deck).
- Q & A & poolside wrap-up (on pool deck).
- Social (brew pub to be determined).

GUEST CLINICIAN: ALEX MEYER—Olympian, World Champion, and long-time member of the U.S. National Open Water Team. Alex started youth swimming in upstate New York, winning state high school titles in the 500 free twice. At Harvard College, he was team captain, high point winner, and NCAA All-American in the pool. He then hit the international open water swim scene in a big way, winning the 2010 25-km World Championship, finishing fourth in the 2011 10-km World Championship, placing tenth in the 2012 Olympic 10-km championship, and finishing as runner-up in the 2015 25-km World Championship. Obviously a great swimmer, Alex is also an experienced & outstanding clinician, having offered many clinics—to unanimous raves—in the past few years. He is enthusiastic and very well-spoken, easily able to pass on his knowledge and experience to other swimmers. He has some great stories too!

FEE FOR CLINIC: \$80 (\$90 for day-of-clinic enrollment). Given the content & duration of the clinic and the expertise of the clinicians, THIS IS A GREAT VALUE!

LIMIT: This clinic is limited to 40 swimmers on a first-come first-served basis.

EVENT WEBSITE: www.comaswim.org

EVENT DIRECTOR: Bob Bruce coachbobbruce@gmail.com 541-317-4851

Oregon Masters Swimming: Open Water Swim Schedule for 2017 (as of 20 Feb 2017)

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category	USMS Status
Sat 20 May	1	Advanced 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
Sun 11 Jun	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 377-W002
Sun 9 Jul	1	Portland Bridge Swim in the Willamette River	Portland	PBS,LLC	Marisa Frieder	17-km downriver	Featured	Sanctioned 377-W001
Sat 15 Jul	2	Southern Oregon Swims at Applegate Lake	Ruch	RVM	Matt Miller	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 Yes — TBD
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 377-W003
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.

Swim Bits

by Ralph Mohr

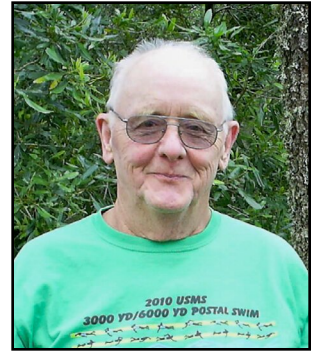
The secret's out. Peanut butter and jelly sandwiches are good for you, especially before a game or workout. The NBA has declared it so. Cf. http://www.espn.com/espn/feature/story/_/page/presents18931717/the-nba-secret-addiction/.



Every morning I have two WASA light rye crackers covered with peanut butter and jelly with my tea, even when I go to workout on the weekends, 7-9 AM. The peanut butter does not bother my stomach during workout; it also provides me some vegetable oil to slowly digest during workout; the jelly gives me some instant pickup from its fructose; I get long lasting carbohydrate from the rye cracker. What's not to like?

We athletes are always searching for a magic mix of food to lean on during workouts and at meets. I've always believed in the KISS method, Keep It Simple Swimmer. There are three basic premises I work on. I must eat something before workout. It must be easily digestible and not bother me. It must be healthy.

What better than peanut butter and jelly on whole wheat bread or WASA crackers? Add a suitable fluid of choice (mine is hot tea), and swim. NBA players agree, and they are some of the best conditioned athletes I've ever seen.



If I know I have a long workout or swim ahead of me (3600+ workout; 1650 and up swim), I will also take along a thermos with orange juice spiked with Accelerade, "The Protein-Powered Sports Drink." Its first two ingredients are sucrose and whey protein concentrate. It, too, doesn't bother my stomach upon ingestion or later during the effort.

The sucrose is diluted by the orange juice, and it has been proven we need protein during and after long distance swims and hard work outs. Some swimmers swear the combination will also avoid cramps in swims over 3K. I'll check that out this summer.

So come better prepared to workouts and meets in the future. Stoke up on peanut butter and jelly just like the pro-basketball players do.



The Orca Swim Team Proudly Presents

The 18th Annual
FAT SALMON SWIM

The 2017 Zone Open Water Championship

Saturday, July 15th, 2017
Lake Washington, Seattle
A 3.2 mile point-to-point swim for wetsuits and non-wetsuits

Registration opens on **May 1st**, please visit us at
www.fatsalmonswim.com
for more information

Brought to you by these sponsors:



USMS 1-hour ePostal

6 National Champions from Oregon:

Sara Nelson

Colette Crabbe

Matt Miller

Ralph Mohr

Dave Radcliff

Willard Lamb

OMS SCY Association Championships April 7-9, 2017



Central Oregon Masters Aquatics; 1st place; Large team



Oregon City Tankers; 2nd place; Medium team



Oregon City Tankers Team Spirit



Rogue Valley Masters; 3rd place; Medium team



Columbia Gorge Masters; 2nd place; Small Team

Open Water Team Champions

The OMS Association Open Water Championship is a single 1500-meter or 1-mile swim.

Large Team

Central Oregon Masters Aquatics

Small Team

Rogue Valley Masters



Open Water Series Champions

This is a series of open water swims that are conducted at Oregon venues—lakes, reservoirs, and rivers. Individual results are tabulated for Oregon Masters athletes, with scoring, awards, and recognition for a cumulative series.

Lisa Gibson



Patrick Allender



Mike Morehouse Spirit Award

The Mike Morehead Spirit Award is given annually to someone who displays the highest character of sportsmanship during the Oregon Open Water Series, past and present.

Sue Phillips



Steve Johnson



Most Splashes Award

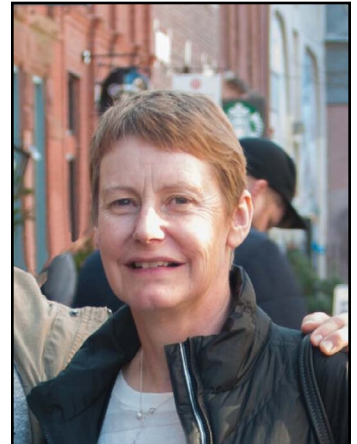
The "Most Splashes Award" is presented to an OMS male and female who achieve the most splashes (swims) within Oregon, not including relays.

First Place

Willard Lamb (36)



Christina Fox (39)



Second Place

Matt Miller (35)



Shirlene Gonzalez (24)



Third Place

Timothy Waud (26)



Rebecca Ducore (23)



Outstanding Swimmer Award

Points are accumulated from first to tenth place in the USMS pool top ten (10 points for first place, 9 points for second, etc...). The swimmer who has amassed the most points from short course yards, short course meters, and long course meters, is the OMS outstanding swimmer.

49 & under

First Place

Mike Self



Sonja Skinner



Second Place

Chip Polito



Sara Nelson



Third Place

Matt Miller



Francie Haffner



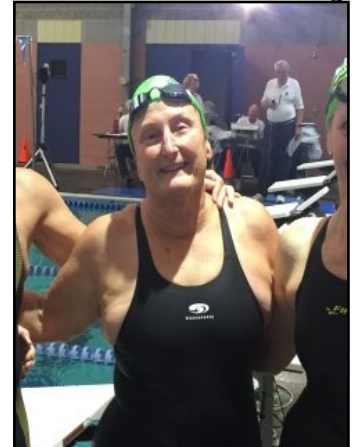
50 & over

First Place

Scot Sullivan



Janet Gettling

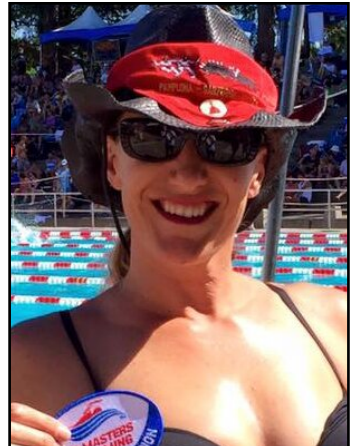


Second Place

Allen Stark



Jill Marie Asch



Third Place

Ron Nakata



Arlene Delmage



Lifetime All-Star Award
Colette Crabbe



Hazel Bressie Spirit Award
Marisa Frieder



Gil Young Spirit Award
Mark Frost



Memorial Awards & Lifetime All-Star Award

OMS Special Service Award
Tim Waud & Dennis Baker



Ol' Barn Award
Susie Young



Connie Wilson Memorial Award
Stephen Darnell



OFF THE BLOCK

Continued from page 4

freestyle race he entered.

In 1970, he attended the British Commonwealth Games in Jamaica where he was presented to Queen Elizabeth.

Johnny was inducted into the Body Building Guild Hall of Fame in 1976, and into the U.S. Olympic Hall of Fame in 1983, as a charter member.

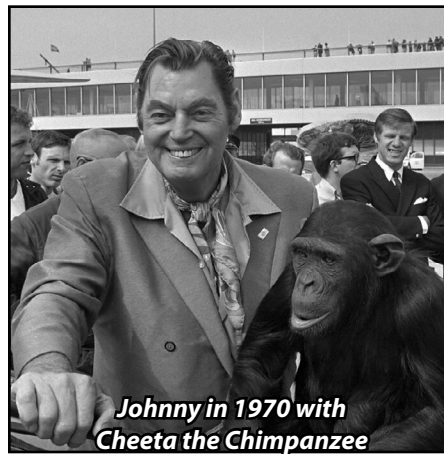
Actor life

In his first picture (1929), he appeared as an Adonis, clad only in a fig leaf. After great success with a jungle movie, MGM optioned two of Edgar Rice Burroughs' Tarzan stories. Cyril Hume, working on the adaptation of Tarzan the Ape Man (1932), noticed Weissmuller swimming in the pool at his hotel and suggested him for the part of Tarzan. Weissmuller was under contract to BVD to model underwear and swimsuits; MGM got him released by agreeing to pose many of its female stars in BVD swimsuits. The studio billed him as "the only man in Hollywood who's natural in the flesh and can act without clothes". The film was an immediate box-office and critical hit. Seeing that he was wildly popular with girls, the studio told him to divorce his wife and paid her \$10,000 to agree to it. After 1942, however, MGM had used up its options; it dropped the Tarzan series and Weissmuller, too. He then moved to RKO and made six more Tarzans. After that he made 16 Jungle Jim (1948) programs for Columbia. He was the first Tarzan who spoke.

In the late 1950s after retiring from acting, Weissmuller moved back to Chicago and started a swimming pool company. He also lent his name to other business ventures, but did not have a great deal of success. He retired in 1965 and moved to Fort Lauderdale, Florida, where he was Founding Chairman of the International Swimming Hall of Fame.

He retired from movies to run a private business in Fort Lauderdale, Florida.

Weissmuller had a close call in Cuba during the time of the Cuban Revolution. While playing golf, he and his friends found themselves suddenly surrounded by a group of Fidel Castro's soldiers intent on kidnapping them, or worse. Thinking fast, Weissmuller immediately gave his trademark Tarzan yell. The soldiers immediately recognized it and were so delighted to meet Tarzan that they began to clap and escorted the group back to a safe area, where Weissmuller was presented a \$100 bill.



Johnny in 1970 with Cheetah the Chimpanzee

When Weissmuller was introduced to Cheetah the Chimpanzee in his Tarzan films in 1931 (he worked with 8 chimpanzees altogether), the chimp's trainer told him to show no fear or the animal would attack him. As Weissmuller, dressed in his

Tarzan loincloth and hunting knife, walked up to the animal, it bared its teeth, growled at him and lunged as if to attack him. Weissmuller took the knife out of the sheath and held it in front of the chimp's nose, to make sure he saw and smelled it. He then slammed the animal on the side of the head with the knife handle. He put the knife back in its sheath and held out his hand to the chimp. It glared at him, bared his teeth again, then changed its mind, grinned at Weissmuller and jumped up and hugged him. Weissmuller never had any further problems with the chimp—although other cast and crew members did—and it followed him around like a puppy dog during all the pictures they worked together.

In 1974, Weissmuller broke a hip and leg. While hospitalized he learned that, in spite of his strength and lifelong daily regimen of swimming and exercise, he had a serious heart condition.

His daughter, Heidi, died in a car crash on November 19, 1962, which also killed her unborn child. According to his son, Weissmuller never got over the loss of his daughter and unborn grandchild.

He died in January, 1984, the month after the last surviving silent Tarzan, James Pierce, died. At his request, a recording of his trademark Tarzan yell which he invented, was played as his coffin was lowered into the ground.



Official Publicity Photo

FIT TO SWIM

Continued from page 5

On the fourth and last week: choose the challenge which was the hardest for you and try to do another week of it.

P.S. If you succeed to achieve all the challenges and you are interested in being recognized in our next "Aqua-Master", send me an email with your name (first name is enough) and maybe your age and town. I will add that list at the end of my next fitness article.

If you also have a story you want to tell, please send it and I may choose to publish it if I think it might help others get on their way to fitness.

*French Cookery: any fruit, vegetable, seafood, etc., dipped in batter and deep-fried.

COACHES CHAIR

Continued from page 6

head still and eyes down during these times so that you don't waste any energy trying to regain lost speed. That said, a still head and proper head position should be a priority throughout the entirety of a swim. You'll minimize drag and maximize speed. And be happy that you did!

SWIMMER SPOTLIGHT

Continued from page 9

The act of swimming has been a lifeline for me. The process is familiar, centering, and therapeutic. It's a way to be weightless and grounded at the same time. And it's a way to be connected to all sorts of fantastic people who, for some reason, keep coming back again and again to willingly jump into that cold water. I am eternally indebted to this sport, and am so grateful to know that it will be a part of my life forever.

LONG DISTANCE SWIMMING

Continued from page 7

cfm?c=1689&smid=8417. Some of you have never done a cable swim, so be sure to visit the www.comaswim.org for all of the down-and-dirty details that you're gonna need to know for these swims.

Foster Lake is centrally located within two hours of most Oregon-registered swimmers. Check-in begins at 7:45 am, allowing many swimmers to travel to and from the venue on the day of the event. For those with camping in mind, we offer tent camping (sorry, no RVs) in Lewis Creek Park—the fee is \$10 per tent, payable with your entry. Also, Sunnyside Park is a fully-equipped Linn County campground 1.2 miles from the race site. Tent sites are \$13/night and hold up to 8 people, and hookup sites are \$18/night plus \$11 reservation fee/site. Call 541-967-3917, but do it soon—this campground will fill quickly on the weekend before Independence Day. Note: The race venue at Lewis Creek County Park has a \$5 parking fee.

Portland Bridge Swim (Sunday, July 9)—USMS-sanctioned: See Portland like you never have before! Event Director Marisa Frieder will host our longest event of the season, the 5th edition of a 17-km swim in the river. The swim will also include 3-person relays. Starting from Sellwood Riverfront Park, you will pass under all 11 of Portland's bridges and end at Cathedral Park. For safety reasons, this swim will start early, will require an individual escort (non-motorized boat or kayak), and entry will be limited. Additionally, there will be a qualifying swim of 5-km; think about swimming your postal 5-km soon after May 15 to use as your qualifying swim. Info & online entry at <https://portlandbridgeswim.redpodium.com/portland-bridge-swim-2017>.

I strongly suspect that you won't be planning to camp the night before this swim, and there are plenty of hotel accommodations in the Portland Metro area.

Applegate Lake (Saturday-Sunday, July 15-16)—USMS-sanctioned: Event Director Matt Miller and host team Rogue Valley Masters (RVM) will present the 32nd annual Southern Oregon open water swims at Applegate Lake, featuring the USMS 10-km Open Water National Championships and the OMS 1500-meter Open Water Individual & Team Association Championships. Online entry at https://www.clubassistant.com/club/meet_information.cfm?c=2128&smid=8972. Saturday's events will be 2500, 5000 & 10,000-meter swims, run simultaneously, perfect for

Continued on page 19

LONG DISTANCE SWIMMING

Continued from page 18

this venue. Sunday features the classic 1500-meter race and the popular 3 x 500-meter pursuit relay. Look forward to hot weather, clear & balmy 73-77 degree water, fine camping, great recreational or cultural opportunities (bring your mountain or road bike, or your appetite for wine tasting), and the ever-bountiful RVM hospitality. So come swim in the lake, bring friends and family, and have fun!

RVM has reserved tent camping sites and self-contained RV camping spaces (no hookups) at race site Hart-Tish Park. For Hart-Tish camping, contact Jocelyn Sanford at 541-210-0088. Other camping sites near Hart-Tish include Jackson, Watkins, and Carberry Campgrounds—call the Hart-Tish Concessionaire at 541-899-9220 or www.applegatelake.com. Beaver Sulfer campground may be reserved at 1-877-444-6777 or www.reserveamerica.com. For other accommodations away from the race site, search the web for lodgings in Ruch, Jacksonville, Medford, or Ashland. Note that the race venue at Hart-Tish Park has a \$5 per day vehicle parking fee; please drive down the hill to the general store and purchase your parking pass so that you can park before the event. No dogs are allowed in Hart-Tish Park.

Cascade Lakes Swim Series & Festival at Elk Lake

(Friday-Sunday, July 28-30)—USMS Sanctioned: Event Director Bob Bruce and host team Central Oregon Masters will present the 23rd edition celebration of this major event, which will retain the traditional 'five swims in three days' format and will feature the **USMS 5000-meter Open Water National Championships!** Start late Friday afternoon with a 3000-meter swim. Saturday will feature the individual-start 500-meter sprint and the 1500-meter championship race, and plenty of lolling around the beautiful lake. Sunday will open with the 5000-meter swim and conclude with the tactically-challenging 1000-meter swim with small group send-offs. There are cumulative awards for the three-swim Short and Long Series, as well as Survivor awards for those compulsive maniacs who complete all five swims (will you be among them?). COMA promises a festival atmosphere with fun family-oriented events and the usual groaning hospitality table. For full info and entry details, see https://www.clubassistant.com/club/meet_information.cfm?c=1756&smid=8418—online entry only except for day-of-race entries.

COMA has again reserved the Little Fawn Group Site, and you may pay for camping with your entry at \$8/adult/day—there is a limit, so enter and reserve early as there will be no

last-minute drop-in camping! The campground is available for FOUR days, Thursday through Sunday. The Group Camp is a large area designed to hold 50 campers & 12 cars (small & medium motor homes too), and COMA will have a Camp Host on site. Dogs are allowed in the campground—always on a leash of 6 feet or less—but not at the race site. Parking will be limited to the pullouts off the Cascade Lakes Highway or in the Little Fawn campground, and there will be no parking at the race site until all event activities have been concluded, so please plan to park at the campground even if you are not camping. Shuttle vans will run between the campground and the race site during registration hours and after lunch & awards.

All other camping sites at Elk Lake are on a first-come basis, so send a teammate early to secure sites. Campgrounds at nearby lakes offer reserved sites through www.recreation.gov. For cabins at the lake, go to www.elklakeresort.com. Bend and Sunriver offer many lodging choices at various price levels, but reserve your place EARLY—there are other big events in Bend on this weekend.

As always, the Oregon open water season offers plenty of variety and challenges...

- Six attractive venues—mountain lakes, scenic reservoirs, the Willamette River, and even a 50-meter pool!
- Venue formats—three single-day, two two-day, and one three-day meeting.
- Race distances—seventeen total swims ranging from 500-meter to 17-kilometers.
- Race courses—out-and-back to triangular to diamond to free-form to point-to-point.
- Race formats—individual-start to small group to traditional mass start.
- Water temperatures—normally ranging from low 60s to mid 70s.
- Clinic—a major opportunity to learn and hone your open water skills, especially this year!

Most importantly, the great variety of friends who will come together again this summer to swim, camp, and frolic in the fellowship that is Oregon open water swimming.

We have an active, challenging, and fun Oregon open water season planned for you. Look for entry information and details about the Oregon Open Water Series in the OMS newsletter *Aqua Master*, on the OMS website www.swimoregon.org, or on individual host websites listed above. Please join us for a wonderful summer of fitness, fellowship, and fun!

Good luck and good swimming!

Summary

Records & Results...

Oregon Association Championships — SCY
NW Zone Championships—SCY

Looking Ahead...

Long Distance Swimming Schedule (see page 11)
Pool Meet Schedule below

Date	June 17; Saturday
Course	SCY
Meet	Oregon Senior Games
Pool	Juniper Swim 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

Date	November 11-12; Saturday-Sunday
Course	SCM
Meet	Northwest Zone Championship
Pool	Hood River Aquatic Center
Location	Hood River, OR

Quote for the month...

You don't have to be great to start, but you have to start to be great.