



Aqua Master

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"Swimming for Life"

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USMS Ultramarathon Nationals

submitted by Marisa Frieder

The 2018 Portland Bridge Swim took place on a bright, sunny day, with 83 solo swimmers competing in the National Championship, as well as 17 3-person relay teams. River conditions were tougher than most years, with a north wind blowing chop into swimmers' faces even while they rode a long, slow current. At 11:48 the tide started coming in, twice as fast as the outgoing current had been, hitting most swimmers as they entered the long, dispiriting 5 mile stretch between the 10th & 11th bridge. On a good day, almost everybody considers quitting in that stretch, so having to fight a tide and chop made it even more impressive that they all kept going. Despite a roster

full of fast national swimmers intent on taking first place, that position was won by local Galen Sollom-Brotherton of Beaverton. Coming in at 3:58:04, Galen made our Oregon Masters Swimming community proud! Mackenzie Leake of Stanford, CA finished 3rd overall and first for the women, with an eye-popping time of 4:08:51.

Overall & Men's first-place finisher Galen Sollom-Brotherton, 27, from Beaverton OR

Galen graduated from Whitman College in 2014, and spent the next 2 years coaching in different places. During those 2 years, he swam in the Fat Salmon race one year, and the Del Valle 10k the next year. Since his eventual goal is to do a swim

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Alice Zabudsky • azabudsky@msn.com

AWARDS — ANNUAL

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OMS EMAIL GROUP MAINTENANCE

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Marlys Cappaert • m.cappaert@comcast.net

RECORDS

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PRINCIPAL FOUNDER OF OMS

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

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Off the Block



Claire Forrest went to her first swim meet at the age of eleven, on a whim. She fell in love with the sport and never looked back. Classified an S6 disabled swimmer for US Paralympics, Claire specialized in mid-distance freestyle and backstroke and made national and world rankings throughout her career. Claire is passionate about integrating disability swimming into the larger swim community, having swum for able-bodied club teams and her college's DIII team. Article: Courtesy of Claire Forrest

Ten Awkward Moment Swimmers Experience

Swimmers treat their team like a family, albeit a dysfunctional family. As with any close-knit group of well-meaning people, awkward moments will ensue. Luckily, you have your family of teammates who have all been there and will help you get through it. Here are some common swimmer moments that are just a tiny bit awkward.

10. Drinking out of someone else's water bottle

...and getting caught in the act. Whether you meant to grab the wrong water bottle at the end of the lane because you forgot your own or if it was an honest mistake, fending off that death stare from your victimized teammate is tough. Chlorine kills germs, right?!

9. Hairy situations.

Male swimmers are all guilty of asking their female teammates for leg shaving tips at the end of the season, and female swimmers have all attended a Homecoming dance during the swimmer version of No Shave November. Let's just say there's a reason swimmers always take other swimmers to dances and it isn't necessarily romantic. It's because there is no judgment.

8. The half-hearted podium hug or handshake.

Do you shake the hands of everyone, even the people standing next to the podium? What about the one arm hug to the person towering above you from the first place spot? The things you go through in the name of good sportsmanship.

7. Being that person who can't count or do mental math.

Is this the third round? We've done four 50s, right?

We're going on the top...no, the bottom... on the forty-five? Your teammates and coaches all smile and nod at you just so they can see you sprint one more 50 only to get to the other wall before realizing the set is over.

6. Exposing yourself as a Sammy Save-Up.

"Last one, fast one" on that set of 10 x 100s takes on a whole new meaning when you almost get a personal best time on the tenth repetition. Why can't I go that fast in competition, coach? Uh, I actually don't know...

5. Putting on a racing suit with the help of three people.

This is an act of real love. Pure and simple. Even if you tell them you forgot to use the bathroom beforehand.

4. Swim cap and goggle tan.

Not to mention those attractive one-piece suit tan lines. You never have to answer the question, "What did you do this summer?" because everyone can tell you spent it swimming.

3. Never being able to hang out with your non-swimmer friends.

But it's okay, you've got your team, and a three-day meet to eat up all your free time.

2. Accidentally touching another swimmer while doing backstroke in warm ups.

Do not make eye contact with them at the wall, whatever you do. Claim it wasn't you. You would never do that. (Sorry!)

1. When your crush deck-changes in front of you.

Make a wrong move and everyone will know! (This stands for both parties.)

Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



Challenge Yourself with Butterfly

One of the ways to get stronger and healthier is to challenge yourself. There are a myriad of ways to challenge yourself physically and mentally. You can train longer and/or harder, but nothing will compare to learning a new skill. It will challenge your brain, your coordination, different muscles and make you healthier all around.

In this article, we will talk about the basics of the butterfly stroke. It is one of the strokes that many fitness swimmers do not even want to talk about. However, it can be a very fun stroke which can slowly be integrated in your workout and challenge your brain, coordination and certainly your abs muscles!

As with any other stroke, the position on top of the water is crucial. This is a short axis stroke, and you will be bending at the level of your waist. So it is impossible to stay completely on top of the water, but it is critical to avoid as much resistance of the water as possible. Therefore, the undulation should not be too deep. The most common mistake is trying to dive down too much (up and down motion) instead of *thinking extension forward*.

With that in mind, the first thing to learn is how to kick and how to initiate the kick from your core muscles. **With your fins on**, start from a prone position on top of the water: arms extended with your hands slightly wider than your shoulders and your fingers slightly pointing down. Drop your chest, then initiate a powerful downwards contraction of your abs which should propel you forward. Your legs will automatically follow up and down thru the motion. At this time do not think too much about your kick, let it just be the continuation of your undulation. Remember that real dolphins do not have arms or knees but just powerful abs and awesome undulations!!! This is your first drill; it is easy

to incorporate into your workout. Do it until you master it. Breathe every four undulations without stopping your kick, and keep your arms extended in front close to the level of the water. When you go for a quick breath, you can scull a little so that your chest can easily drop down, but your hands must remain close to the surface of the water. This drill is not done in a streamline position. We are getting a feel for the undulation while swimming butterfly on top of the water, and we are not practicing the underwater streamline kick. So stay on top of the water.

Once you know how to undulate, your position on the water and the timing of your breath are the two crucial elements for an efficient arm stroke and a smooth butterfly. Once your two hands land in the water, it is very important to stop the downwards movement of your arms and hands by sculling to the outside corner while your head and chest keep going down. You need to start your pulling being on top of the water, forming a Y with your arms and hands, your chest and head slightly below your hands, your eyes looking down towards the bottom of the pool, and your hips on top of the water. You are then in prime strength position to pull the water backwards. Now three things need to happen **AT THE SAME TIME**:

- position your fingers toward the bottom of the pool, while keeping your elbows up (90° catch position). Start pulling with your full forearms toward the back, and your hands will automatically go toward the middle of your body
- drop your hips to initiate the undulation and
- quickly breathe as the powerful dropping of the hips helps you lift your head up

Those need to happen simultaneously because they are correlated and help each other.

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Coaches Chair

Coach Sara Shepherd

OMS Coaches Co-Chair

Introducing Sara Shepherd New OMS Coaches Co-Chair

When I think about something that is so very important to me, that shaped who I am today, and that continues to have a profound influence on my life, one word comes to mind: swimming.

Let me introduce myself. My name is Sara Shepherd and I have recently taken on the role of Coaches Co-Chair alongside Matt Miller, as well as Awards Chair. I have been interested in getting more involved with OMS and am excited to be given this opportunity. I look forward to sharing my knowledge and experiences in the sport of swimming and most importantly, getting to know a lot more members of this amazing swimming community.

I was born and grew up in Bethlehem, Pennsylvania, and started swimming competitively at the age of seven. Sports were a huge part of my life growing up. I competed in many different types of sports, but swimming always came out on top. Swimmers are a special group of people, and the friendships I've made throughout my swimming career is one of the main reasons I stuck with the sport for so long. I attended and swam at Penn State University, where I was named Captain my senior year, and was fortunate to be part of two Big Ten Championship teams (2002, 2005). Swimming in college was one of the most demanding and rewarding experiences of my life. I was challenged physically and mentally every day, and I would do it all over again. After my collegiate swimming career was over, my competitive spirit stayed strong. I continued to swim (on my own terms) and started to compete in triathlons and running races. In 2010, I competed in my first Masters swim meet since college, and that's when I got hooked all over again. Improving my Masters times and climbing up the top ten

national ranking lists in my age group continue to be the driving force that motivates me to keep going.

Throughout high school, college and beyond, I have also coached summer high school, club and Division I collegiate level swim teams. I have always enjoyed working with and teaching swimmers of all ages about the sport of swimming. Sharing my experiences and watching them improve has been truly rewarding.

Moving to Oregon in January, 2015, was easily the best decision I have ever made. I lived in Astoria for about a year and a half, training on my own and helping to coach the local club team. Training alone is not easy, so I was overjoyed and super pumped when I was given the opportunity to move closer to Portland for work. I currently live in Beaverton, and train with the Tualatin Hills Barracudas. I can't say enough good things about the team, and many have become my closest friends out here in Oregon. Knowing I have such a great group of friends and training partners on the team makes it a heck of a lot easier to get out of bed when the alarm goes off before 5:00 am, and head off to practice. Since moving to Beaverton, I have competed in a few Association Championships meets, which I look forward to each spring. I love how all of the Masters teams in Oregon come together and race! It's also fun to catch up with fellow swimmers who live and train farther away, and to meet new swimmers as well! I also competed in the 2016 Long Course USMS Summer Nationals in Gresham, and most recently the 2018 Short Course USMS Spring Nationals in Indianapolis. Spring Nationals was such an electrifying meet! Such great competition, and I absolutely loved representing Oregon Masters Swimming with my teammates. I currently hold a USMS Level 1 & 2 Coaches Certification,

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Foster Lake Cable Swim

by Alice Zabudsky

My husband and I got up early one Thursday morning and headed toward Foster Lake. What a great morning! The sky had no clouds, the air smelled fresh and damp, the temperature was perfect and the sun was just beginning to shine on the tops of the surrounding trees. The sun shining on the far hills gave definition to the hillsides. I was so excited, because this was my first-ever, open-water swim! Although we went as volunteers, it was exciting to be able to see how open-water swims are done. I had heard many things about the camaraderie at open-water swims, and had, many times, wanted to experience that, so here was my chance.

Foster Lake, July 12, 2018, was the National Championship for the 2-mile cable swim, and was the Association Championship for the 1-mile cable swim. This cable swim is the only one that exists west of the Allegheny Mountains*. It is a half mile course, measured down to $\pm 3'$, and permanently anchored to the bottom of the lake; so the course doesn't change. There are sleeves where metal poles can be placed for the event, and removed afterwards. A very interesting article about how this cable course was installed, written by Tim Luney, is on pages 24-26 of the May/June 2012, issue of the *Aqua Master*. You can find that article on the OMS website at <http://swimoregon.org/newsletter/>.

Bob Bruce ran a very nice event. A delicious and very adequate lunch was served also. And the camaraderie was as good as I had heard. Everyone should at least volunteer to help



Bob Bruce is marshaling the 'troups' for the 2-mile swim

at an open water swim. Volunteers are always needed, and it is a great way to spend a day at the lake!

There were 105 swimmers registered for the 2-mile National Championship and 93 swimmers registered for the 1-mile Association Championship. National Championships are always fun, because swimmers come from many different states.

Results are posted on the OMS website: <http://swimoregon.org/results/>

*From northeast to southwest, the Allegheny Mountains run about 400 miles. At their widest, they are about 100 miles. The ridges are in Pennsylvania and West Virginia. They are not to be confused with the nearby Cumberland Mountains and the Appalachian Mountains.

July—A Busy Swimming Month!

July was a very busy month for Open Water events; with a pool event thrown into the mix. There was a swimming event every weekend of the month! A HUGE, Thank you, to the hosts: Marisa Frieder, Bob Bruce, Dennis Baker and Matt Miller. These four people hosted seven swims. Below is a quiz for you. Match the Host (numbers) with the swim/s they hosted (letters). Answers are on the back page, but try not to peek!

1. Marisa Frieder
2. Dennis Baker
3. Matt Miller
4. Bob Bruce

- | | |
|--------------------|----------------------|
| A. Applegate Lake | E. Lake of the Woods |
| B. Foster Lake | F. Eel Lake |
| C. Portland Bridge | G. Gil Young |
| D. Elk Lake | |

Swimmer Spotlight

submitted by Arlene Delmage

Name: Kurt Grote
Age: 45
Team: Multnomah Athletic Club (MAC)
Occupation: McKinsey and Company, a global management consulting firm. Senior Partner in the health care division serving clients across North and South America on strategy, operations, and organization topics.

I was born in San Diego and always loved the water. The beach was “home base” throughout my childhood and I spent much of the summer peeling skin off my nose after long hours frolicking in the ocean (sorry dermatologists). I loved the freedom of gliding among the waves, chasing fish, and then heading home to play Marco Polo in our pool. I was – and I assume, am – killer at Marco Polo.

At the same time, I was firmly not an athlete. I played soccer from age 5-12 but never made it past rec league. I was a right fullback because I was right footed and had no coordination or reflexes. With no disrespect to high-performing “real” soccer defense players, right fullback is where you cache your worst players in rec league. My chief skill was waiting for a forward with the ball to approach me and trying to boot it out of bounds. I also grew up with moderate-severe asthma and had many environmental allergies that limited my participation. I bounced in and out of the doctor’s office a few times a month and missed a lot of school and practice. BUT, I liked the team atmosphere of competition, and I loved my team.

As high school approached I wanted to find that same spirit of camaraderie in a high school sports team, but it was clear I was not going to make it in any of the “skill sports”. I talked to my

doctor about what might work for my asthma and he suggested swimming. Apparently the humidity near the surface of the water is soothing to the lungs of asthmatics. In any case, it seemed like a natural thing to try, given my love of the water and, by the way, there were a lot of girls on the team. And there were no cuts. So I went for it and joined my high school team.

I vividly remember my very first commute to swim practice. I was wearing board shorts and had my first pair of goggles in my lap. I had never used them and was curious whether they’d work. I told my mom, “I hope I don’t make a fool of myself.” When I arrived I slunk into the slowest lane and started trying my best but had no idea how to do 3 of the 4 strokes, what intervals were, etc. We’ve all been there, right?

That first season was a mix of frustration and exhilaration. I had frequent problems controlling my asthma during workouts, sometimes heaving at the side of the pool or sitting in the bleachers wheezing while the rest of the team worked out. At one point a few weeks in, the coach approached me and asked whether I might rather quit the team. But I persisted, as I felt if I could get my asthma under control, competitive swimming had the potential to become something special in my life. My teammates

became fast friends, and we went to battle against neighboring high schools together, on the bus wearing our team sweatshirts and chanting each other encouragement. It was awesome, and I was a part of it! Moreover, from pretty early on that season, I felt like this was something I might actually have some talent to do. In my first swim meet I swam the 50

free and went 28.76 (I have this weird thing where I can’t forget times). I even did a flip turn! For the first time in my life I wasn’t in the bottom 10% of my sports team.

At that point things started happening that, honestly, I still sometimes look back on and shake my head. My swimming accomplishments started building steadily and quickly, season by season.

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Swim Bits

by Ralph Mohr

One of the nice things about being an Oregon open water swimmer is that you can extend the summer swimming season into September, and see part of Oregon and California that many of us may have never been to before.

The Rogue Valley Race Group runs the Tri Sport Weekend at Lake of the Woods between Ashland and Klamath Falls on Saturday and Sunday, September 8-9. They have both 3000 meter and 1500 meter events as part of their festival on Saturday.

This year these two events are part of the OMS Open Water Series, and are the last of Oregon's open water swims for the year. The Southern Oregon Masters Association (SOMA) has agreed to help with the swimming events.

Go to <https://www.trisignup.com/Race/Events/OR/KlamathFalls/LakeoftheWoodsTriSportWeekend#event-205233> for information. Scan down the list of events until you run into the two swimming events, both of which you can swim for \$48.

What's neat about the swims is that you are in a lovely lake in the Siskiyou Mountains, surrounded by pine trees. Most of

the other swimmers are triathletes in wet suits, and you do have to run out of the water to a finish line up the beach.

A few years ago Mike Carew and I swam in this event, and then drove afterwards to Redding, CA, to do the Whiskeytown Open Water Swims the next day. The races start from Brandy Creek Beach, and the two mile swim goes behind two islands, making it hard to get lost.

Mike and I were standing on the beach after the two mile, still wet, discussing our swims with other Oregon Masters swimmers, when we heard the call for the one mile swim, less than a half an hour after we had finished the first. We looked at each other, finished our hydration, and got back in the water for the one mile. It was quick and fun!



The Redding Swim Club AquaDucks USA swim team puts on the Whiskeytown events. The event information is not yet online (as of July 10). Keep checking their web site at <https://www.pacificmasters.org/content/open-water-swims>, if you want to do the double on the weekend of September 8-9.

Whiskeytown gives great awards. I have two very large coffee cups from the one meet I went to. Mike Carew has many more than that. Attend both Lake of the Woods and Whiskeytown if you can.

COACHES CHAIR

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and was the assistant coach to Matt Miller at this past Spring Nationals. I also volunteer coach a few times a month for the Tualatin Hills Barracudas (THB) Masters team.

I am definitely ready for more racing and coaching out

here in Oregon, and as Coaches Co-Chair with Matt Miller, I look forward to teaching more about the sport and meeting many new swimmers. I am more than motivated to continue improving and doing what I love. I hope I can inspire other fellow swimmers to work hard for what they want and to help them achieve their goals. Swimming is my passion and I am looking forward to many more years in the pool and on the pool deck. Please feel free to contact me at any time. See you at the pool!

Why I Entered the Portland Bridge Swim

by Tim Cespedes

I entered the 2018 Bridge Swim because of a promise. I didn't go into it with any expectations of winning or racing or "getting on the podium". That was the farthest thing from my mind. I know that those things are not part of my world any more. Not in my "new normal".

Around 2009, my health started to change. Even though I was still swimming regularly, I was getting slower and slower and unable to complete workouts. I had this feeling of being out of shape all the time, struggling to keep up. I wondered how I could I have gone from swimming the English Channel to getting tired from walking up a flight of stairs?

Swimming was no longer a source of energy and pride. I dropped out of the faster lanes. And even though I was happy to meet new lane mates, I was embarrassed to admit that I struggled with the slower intervals. I stepped away from the team for a while just to avoid the conversation. What was worse was that I didn't know how to explain this to a doctor.

"I came in today to tell you that my problem is I'm getting slower in the pool." I was finally able to describe it as a combination of heart and nerve issues. After years of doctors' visits, I discovered that my heart was out of beat, an atrial flutter, and one of the heart chambers doesn't function properly. My "loss of feeling in the water" and "out of sync" kicking was due to neuropathy.

Finally, in 2013, I was diagnosed with a rare, incurable, blood disease called "amyloidosis". It often goes undiagnosed because the symptoms mimic other more common diseases. Amyloidosis is a disease where mis-folded proteins collect in different parts of the body, impairing their normal function. For me, it's my heart and nervous system. Treatment for my type involved several weeks of chemo and a stem cell transplant requiring hospital isolation.

During my stay, I found a window that looks down on the Willamette River. I remember thinking about how I'd rather be anywhere else than sitting in that damn hospital wondering if my body would ever get back to "normal". And seeing the river just made me realize how much I missed open water swimming. I missed feeling the water and having that sense

of freedom. And in one of my lowest moments, I made myself a promise. If I could ever recover, if I could ever get back to "normal", I will swim in that river and look back up.

So, somewhere in that second hour, breathing to my left, I looked up and saw the building. Kohler Pavilion, standing tall up on the hill. I resisted the urge to flip it off and yell "screw you Amyloidosis!" Instead, I realized how far I've come. Not back to "normal" but now in my "new normal." I thought about my 11-day stay on the 14th floor. I thought about the nurses and doctors who work hard to find a cure for this disease. I thought about the other patients just now going through their stays; riding the exercise cycle or walking laps in the hall to build up their energy levels; their IV stands in tow. I wondered what they hoped for, what they wished for, what simple pleasure they wanted back.

I did this swim to fulfill a promise; to swim in the river, look back up, and celebrate. I knew that for me, in my new normal, this was going to be about a six-hour swim. And that's how I approached it; a six-hour celebration. A celebration of life.



Tim's now-empty chair, on the 14th floor of the hospital, looking out the window at the Willamette River.



Applegate Lake Open Water Weekend

by Matt Miller

The Applegate Lake Open Water Weekend has been running for over 30 years and is the oldest and longest running open water event in Oregon. This year the Applegate Lake 10K swim on Saturday, July 14th, served as the 2018 USMS Long-Distance Open Water National Championships. This was the final segment of the three-part Oregon Swimcation National Championship series following the Portland Bridge Swim (ultra-marathon) on the previous Sunday and the 2-Mile Cable Swim at Foster Lake on Thursday. Applegate Lake Saturday events also featured 2.5K and 5K options for those not wanting to swim a marathon.

Though the weather was a little hot, with temperatures at the lake hitting 105°F on Saturday, the water was near perfect at 75°F and the event was a big success. This year was the largest turnout in the history of the event, with more than 152 people pre-registered for the two-day event and an additional

five people signing up on race day. The field of swimmers in the 10K was impressively fast and very competitive, with six swimmers completing the 10K under 2:18 and with less than a minute separating 1st through 6th place! Wow!

After completing their swim, participants enjoyed live music while eating delicious Hawaiian style plate lunches from Auntie Carol's Hawaiian Café, and sipping on the beverage of their choice from the "beer ambulance" provided by Growler King of Medford. Despite the extreme heat, everyone agreed that it was a very fun time!

Sunday usually features the 1500-meter swim followed by the popular 3 x 500-meter pursuit relay. Unfortunately, just before the 1500, mother nature presented us with some interesting weather including strong winds, heavy rains, hail, and lightning, which delayed the start of the 1500 by an hour and forced cancellation of the pursuit relays. Despite the unusual weather delay, people said they enjoyed the uniqueness of the weather of the day. The food and drink tasted just as good in the rain as in the 100°+ heat!



Ready for the start of the 10 K at Applegate Lake

Tektronix Honors Connie Wilson

Fueled by Curiosity and Determination, Self-taught Woman Engineer Led CRT Engineering Group – Tektronix Establishes Award Program in Her Honor.

Tektronix is recognizing the accomplishments of former Tektronix engineer, Connie Wilson, who led the development of the cathode-ray tubes (CRT)* used in early oscilloscopes in the 1960s during her time at the company from 1957 to 1974. The company is establishing the annual “Connie Wilson Award” to recognize those within Tektronix who raise the bar in engineering.

by Aliza Scott -- Connie's work involvement

Connie truly embodied the values of women in engineering. But she had a big hill to climb in that she came to the field with no engineering degree, not even a bachelor's degree in any subject. But in 1964 she helped build the oscilloscopes that became industry standards, and were critically important pieces of technology for Tektronix at the time; for Tektronix was doing battle for market share with Hewlett-Packard and its then-marquee product.



Connie left her mark at Tektronix as the former head of the CRT engineering group.

her parents moved to Missouri. With no place to live, she quit school and went to work. After working other jobs for a couple of years, in 1957 she landed a job at Tektronix' CRT Production's Gun Fabrication group.

Here was a woman who had studied human physiology, not physics and electrical systems. But she saw an opportunity and took it. She was a fast learner and within six months, she was transferred to what became CRT Engineering as a techni-

cian. Not long after, her supervisor promoted her to project leader of the group that designed CRTs. Reporting to her were three engineers and two technicians.

Her passion for learning served her well. The article said engineering was a specialized field, but “designing cathode-ray tubes (critical components of oscilloscopes) is even more specialized: no colleges graduate students as tube engineers. It has to be learned through curiosity, and experience on the job.”

Connie Wilson had curiosity in abundance. She studied CRTs – how they work, what they could be used for and how to make them better and better.

Relaxing at the end of the day wasn't in her make-up, it seems. After work (her spare time) she was the manufacturer for Medical Instruments, Inc., which makes Shipp's Automatic Injector for X-ray equipment. She built the electronic parts for the Injector.

She did find time to leave the lab and swim laps. And there, too, she was a winner. She helped build the Oregon Masters Swimming organization, including serving on the Oregon LMSC (Local Masters Swimming Committee) and National-level committees. She won a silver medal in the 50-meter backstroke after cancer surgery in 1985 and was part of a winning Oregon relay team. She was preparing for nationals in Portland when she died of cancer in 1986.

She left Tektronix in 1974 to coach volleyball at Clackamas Community College and run the trailer park she had bought. As a going-away present, fellow employees presented her with a gold-plated gun routing jig.

*The cathode ray tube (CRT) is a vacuum tube that contains one or more electron guns and a phosphorescent screen, and is used to display images. It modulates, accelerates, and deflects electron beam(s) onto the screen to create the images. The images may represent electrical waveforms (oscilloscope), pictures (television, computer monitor), radar targets, or other phenomena. CRTs have also been used as memory devices,

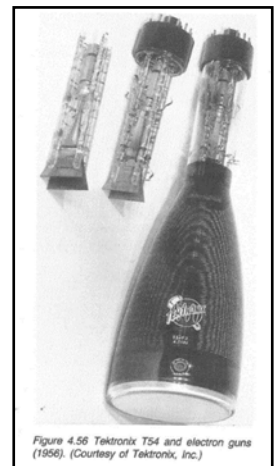


Figure 4.56 Tektronix TS4 and electron guns (1956). (Courtesy of Tektronix, Inc.)

Example of an electron gun used in the CRTs which Connie helped design.

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Classes & Clinics in the Portland Area

presented by USMS



*USMS Level 1 & 2
Coach Certification
Sat., Sept., 15, 2018
8 a.m.–3 p.m.*

A course for full-time, part-time, volunteer coaches or anyone interested in becoming a Masters coach or starting and supporting a Masters program. From understanding the adult learner to writing workouts and coaching triathlon and open water swimmers. This certification course gives participants the skills and confidence needed to become a better coach.

Saturday, September 15, 2018
Classroom Instruction Levels 1&2
8:00am - 3:00pm

Location of Classroom Instruction:

*Courtyard Portland Airport
[11550 NE Airport Way](#)
[Portland, OR 97220](#)*

Instructors: Mike Hamm and Mel Goldstein

*USMS Clinic Course
for Coaches
Sat. & Sun., Sept. 15 & 16
2-part course*

This course instructs the Masters coach how to conceptualize, organize and deliver a stroke development clinic for swimmers. This course is only available to registered USMS certified coaches and may be taken along with the Level 1-2 course.

Classroom location:

Saturday, September 15, 2018
Courtyard Portland Airport
[11550 NE Airport Way](#)
[Portland, OR 97220](#)
Check-in 3:15 - 3:30 pm
Classroom instruction: 3:30 - 5:45 pm

On-deck location:

Sunday, September 16, 2018
David Douglas HS Pool
[13030 SE Taylor Ct](#)
[Portland, OR 97216](#)
Check-in 7:45 - 8:00 am
On-deck instruction: 8:00am - 12:00pm

Instructors: Mel Goldstein and Bill Brenner

*USMS Stroke Clinic
Sun., Sept., 16, 2018
8 a.m.–12 p.m.*

USMS stroke development and improvement clinic for swimmers of all abilities. The goal is to help swimmers improve stroke technique and teach drills that will enable the continued refinement of strokes

*David Douglas HS Pool,
[13030 SE Taylor Ct](#)
[Portland, OR 97216](#)*

*USMS ALTS Instructor
Certification
Sun., Sept. 16, 2018
8 a.m.–3 p.m.*

An adult learn-to-swim instructor-certification course which incorporates the most effective training methods to ensure the certified instructors have the tools to successfully teach an adult to swim and become safer in the water.

*David Douglas HS Pool,
[13030 SE Taylor Ct](#)
[Portland, OR 97216](#)*

How to Handle Your Out-of-Country Swim Records

Swimmers, if you want your times from out-of-country swim meets to count for records or USMS Top Ten, please read the following note from Walt Reid. Walt is the keeper of Masters World Records for FINA. He used to keep the U.S. National Records for USMS, but he transferred that job to Mary Beth Windrath a few years ago. Walt is the authority on just about everything regarding Masters Swimming records.

Below is the note from Walt:

As you all know it is the swimmer's responsibility to obtain the required documentation for meets held outside the USA.

The meet host is responsible for documenting any FINA Masters World Records but will have no knowledge of USMS Records. However they are usually very helpful especially if the documenting is done during the meet.

So I would suggest the following:

Before the meet:

- Check with the USMS Records person, Mary Beth Windrath, to see that the pool measurement is on file with FINA. The pool length must be confirmed before any swims can count for USMS Top10 or USMS Records.
- Lookup the current USMS records for the events you are going to swim to see if you might break any records. Remember to include records for possible splits.



- Get copies of the USMS Record Application from the USMS Website and take them with you to the meet.

During the meet:

- After the race immediately check the results for your race, including the splits.
- If you broke the USMS records, fill out a USMS Record Application for each potential record and take it to the meet referee.
- You will be asking him/her to sign the application, and get you a copy of the timing system sheet.

After the meet:

- Submit this information to your LMSC Records/Top10 person of the results of your swims for USMS Top10. Include the meet location, date and name of the pool.
- Also submit any USMS Record Applications with required documentation.

Walt Reid

FITNESS

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Once you have reached the middle of your body, your hands almost touching each other, you accelerate your pull and let your hands go towards the outside. Your head must start its downwards motion and you should start looking towards the bottom of the pool, as this will help bring your arms over the water with less effort. The recovery of the arms over the water should be wide, close to the water, arms straight and thumbs down. The kick at the end of your undulation should also help bring back your hips at the surface.

Easier said than done! If this does not make you think and use your brain, I don't know what will. I know there are a

few drills in butterfly, but sometimes those are as hard to do correctly. For me, I would strongly recommend using fins, and only try a few strokes to start with. The key elements are

starting position (Y- hips up, head down)

breathing early at the start of the pull and initiation of the core undulation

your head should land before your hands on the recovery. In other words, timing is everything

Have fun with it; it is definitely a challenge and a physical feat. It will make you work every muscle you have for a total body and mind workout. It will make you fit!!!



Large Team winner at Foster Lake: Central Oregon Masters Aquatics (COMA)



Aubree Gustafson and husband Lee Rosvold at their wedding on June 19, 2018

Oregon Masters Swimming: Open Water Race Schedule for 2018 (as of 21 Feb. 2018), OR Series

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category	USMS Statu
Sat 11 Aug	1	Southern Oregon Coast	Lakeside	SOMA	Matt Miller	3000-meter	Featured	Sanctioned
		Swims at Eel Lake				1500-meter	Featured	#378-W005
Sat 8 Sep	1	Lake-of-the-Woods	Klamath Falls	SOMA	Matt Miller	3000-meter	Featured	Sanctioned
						1500-meter	Featured	#378-W006

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; participation events score 7 points. Top 10 scores count towards a swimmer's final Series total.

PORTLAND BRIDGE SWIM

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like Lake Tahoe or an English Channel crossing, he was pleased to find a swim as long as the Portland Bridge swim. Galen says, "Swimming through downtown Portland and under the bridges was definitely a once in a lifetime opportunity. I will never view the Willamette the same."

When Galen was about 2 miles from the finish, he began to feel the tide holding him back a bit. Regarding the swim, Galen says, "It was a brutal one for sure." He paced himself by keeping his eyes on Eilhard Lussier.

First Place Women's finisher Mackenzie Leake, 24, Stanford CA

Mackenzie is a third-year computer science PhD student at Stanford, and is a summer research intern at Adobe in San Francisco. She wanted to enjoy a vacation in Oregon with her family, and explore and swim in some beautiful places. She swims with the Stanford Masters team, for Coach Tim Edmonds.

Mackenzie's dad is the reason that she started doing longer swims. "In high school he jokingly said he wouldn't come and sit 8 hours at a swim meet to watch me swim for 30 seconds. I figured that meant I needed to start swimming the mile if I wanted him to come (and I figured 11 miles might actually make it even more worth it this time around)," Mackenzie said.



Mackenzie Leake

Mackenzie has been swimming for so many years, that she is always looking for new swimming challenges. She describes her experience during the Portland Bridge Swim. "The Portland Bridge Swim is longer, by far, than anything I've ever swum. Something I love about open water swims is nice views along the way, so I was really excited about getting a special tour of Portland. I definitely got more eager to continue the tour and see the next bridge as the swim went on."

Michael Oxendine, currently 35 (36 in competition),

Talent OR

Michael discovered that he liked open water swimming (no gators - no sharks), and having some great local friends who like it too ([Todd Lantry](#), [Leah Harris](#), [Shannon House-Keegan](#), [Mike Stadnisky](#)), just makes it more fun. They all train together with [Southern Oregon Masters Aquatics](#) and [Rogue Valley Masters Swim Team](#). Michael says, "I had a blast for the first 8 miles, and then...I was ready to be at the finish, which didn't seem to be getting close nearly fast enough." He really enjoys the sportsmanship and support from the other competitors.



Michael Oxendine

Pat Lee, Richland WA

Pat's cousin used to be water patrol for the 4.4 mile Chesapeake Bay Bridge swim, in the D.C. area. He was aware of the event, but had no aspirations to swim it at that time. But, 20 years later he was driving home from work in Richland, Washington, and saw a 4.4 swim sticker on the back of a car. He got to know the swimmer driving that car, and learned that he had done the race a few years before. So, they began training together. Pat finally swam the 4.4 mile swim in 2012. He enjoyed the challenge so much that he started to look for similar challenges in other states. Then he discovered the PBS swim. After asking his training partner if they could do PBS together, his partner said, "Maybe ... someday". Pat began training on his own since he had no friend in the race. He logged hours and hours in the pool.

He finished the PBS in 2013 and was racing well in the 2014 event before it was cancelled because of a lightning storm. After the disappointment of the 2014 event, he didn't want to spend another four months training (mostly by himself) with the possibility of another cancellation. However, in 2018 his training partner, the one who had inspired him to pursue long distance open water swimming in the first place, entered the PBS. Just days after the opening of registration, his training partner told him that the registration limit had been reached and registration was now closed. So Pat went home and got on the waitlist. Pat and his friend continued to train together

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SWIMMER SPOTLIGHT

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season. I dropped the 50 from 28, to 24, to 21. In my junior year, on a lark, I entered the 200 breaststroke in a ditch meet after the high school championships, and my time (2:02.40) was more competitive than anything I could do in freestyle. So I became a breaststroker. By my senior year I was winning the San Diego high school championships and had won junior nationals.

I was fortunate to be admitted to Stanford and the coach, Skip Kenney, let me walk on to the swim team. I had started to feel like a big shot in high school, but this was an entirely different level. I was awestruck by the amazing athletes on the team, many of them national champions and Olympians. I was the slowest of 4 breaststrokers, but that was a familiar feeling, and I knew how to deal with it. I watched the guys who were better, chased them every day, beat them when I could, and pushed to my absolute limit in every workout. I was known as the guy who swam slow and threw up in workout a lot. I was also a student of the sport. I tore up my stroke and rebuilt it and watched video obsessively to figure out how to get better. Seven years later (I'll spare you the details) I had made steady progress every year and had won a bunch of national titles, an Olympic Gold medal on a relay, and an individual gold medal in the World Championships 200 breaststroke in 1998. I retired 2 years later after an ignominious end to my career with knee injuries, and my swimming went quiet as I finished medical school, started a family, and launched a demanding career.

In 2016, my family and I moved to Portland from Silicon Valley to enjoy the green (my wife grew up in Seattle and missed the rain) and slow the pace of life a bit. We have two children, Kellen 16, and Lucy 13. Our house happens to be a 5-minute walk from the Multnomah Athletic Club. Ok, I admit it, "happens" is the wrong word as I was pretty excited about living close to a world class athletic facility and hoped to knock myself back into shape. But the experience has been much more than that. I've found great friends at the Multnomah Athletic Club and across Oregon Masters Swimming. Our community has fed my soul, given me an outlet away from work, and taught me to enjoy exercise again (I had been running, but let's be candid, running sucks). And as long as I compare my current SCY times to my old LCM times, I'm still at my peak!

I am so thankful to all of you reading this for being a part of this community and for all you do to nourish and grow it. I look forward to being a part of it – and it being a part of me – for a long, long time.

PORTLAND BRIDGE SWIM

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and got pulled from the wait list in May. They had spent several long Fridays doing 12k - 13k in a 25 yard pool, because open water in Richland is too cold to train for such long swims. Pat says, "Training in the pool, as boring as it was, paid off because I was 9th out of the water and first in my age group."

Katie Levine, Missoula MT

Katie found out about the Bridge Swim at the 2017 Elk Lake Swim Series. Upon returning home to Missoula, MT, she told her best friend and training partner, Carrie Jacobs about the event, half joking that they should do it. When Carrie said, "Let's do it!", Katie was a little excited, but mostly anxious. Since the Bridge Swim fell on Katie's birthday, she had to do it! Katie says, "The Bridge Swim became a personal challenge for me. In 2004 I was diagnosed with a rare autoimmune disease, polymyositis, that causes muscle weakness. Conquering an 11 mile swim was my way of showing that my arthritis does not define me!"



TEKTRONIX HONORS CONNIE WILSON

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in which case the visible light emitted from the fluorescent material (if any) is not intended to have significant meaning to a visual observer (though the visible pattern on the tube face may cryptically represent the stored data).

by Sandi Rousseau -- Connie's swimming involvement

I knew Connie for several years, for she was one of the two people who basically founded Oregon Masters Swimming. She was at the first organizational meeting in 1981 which I attended. Connie and Earl Walter ran what eventually became Oregon Masters Swimming before our formal organization formed. They wrote newsletters, organized Masters meets, and did all of the communication from their living rooms. I became the secretary of Oregon Masters Swimming at that organizational meeting, so I continued to work with Connie.

Oregon Masters hosted our first U.S. Masters Swimming National championship at Mt. Hood Community College in 1982 and Connie was involved in hosting that event, plus she swam in it. She attended the U.S. Aquatics Sports convention every year and was my mentor at my first convention in 1985. We roomed together there and it was at that convention that Connie told me she was having some abdominal discomfort. I am a nurse practitioner and advised her that she should get some evaluation when she returned home. That was when she was diagnosed with ovarian cancer. She continued to assist with the organization of the 1986 National championships which we were again hosting at Mt. Hood Community College, but she died from that cancer the month prior to the event. So we dedicated that meet in her honor.

Connie was an intelligent lady. She was an engineer which was more unusual for a female in the 1970-1980s. My husband, Tom Rousseau, worked at Tektronix for 30 years from 1969-1999 as an electronics engineer, and also knew Connie, but never worked with her directly. He recalls that she was very well regarded by others.

Below is an article from the *Aqua Master*, the newsletter of Oregon Masters Swimming, dated August, 1986. It has a tribute written by Earl Walter about Connie after she died. Oregon Masters established an award in Connie's honor named the Connie Wilson Memorial Award. It is awarded annually to a person who has demonstrated long time commitment and dedication to Oregon Masters Swimming. Earl Walter was the first recipient of this award in 1987.

by Earl Walter -- Tribute to Connie

It is a time to remember a great and fine person, whose happy smile plus infectious laugh made each and every day that much better, that much the greater, for Oregon Masters, and for everyone.

Connie Wilson, the founder and Chairman Emeritus of Oregon Masters Swimming, died on July 22nd, 1986. She was in swimming and athletics from almost the day she was born. She was also a fine volleyball player and coach at Portland State, (PSU was then a powerhouse in women's volleyball), a gold medalist and National Champion in Masters Track and Field, a National Champion and Oregon's first All-American in Masters Swimming.

1986 was a difficult year for Connie. She was ill on and off, but still was willing and able to assist with the planning for the up-coming Long Course Championships at MHCC. In the water she was almost her old self, winning a silver medal in the backstroke at Nationals and swimming a leg on our Gold-medal women's medley relay team, also at Ft. Pierce.

Yes, a time to remember. When things were darkest for Oregon Masters Swimming, with only two or three dozen swimmers and all in disarray, she stepped into the breach. Connie's leadership was immediately evident. Masters Swimming in Oregon became alive and well.

I first met Connie in 1974 at the Association Championships in Beaverton. Masters Swimming was going well and growing by leaps and bounds. Connie single-handedly was building one of the finest Masters organizations in the country. I am happy to say that she asked me to join the team. She continued with unmatched energy to build Oregon Masters Swimming as well as Masters Swimming in the Northwest and across the country.

Connie went to almost every National U.S. Masters Convention, was selected by three national presidents to serve as a delegate at large. She turned over the reins in Oregon after building OMS into the sixth largest organization in the USA. As we all know, she did not stop there, but kept right on working, going to conventions, helping us get the Nationals in 1982, helping in all ways, including registration for a couple of years.

From the little girl who swam a mean backstroke for the MAC, to the fine person who helped us all in so many ways, yes, we will remember Connie Wilson, and we will miss her in so many, many ways.

Summary

Records & Results

<http://swimoregon.org/results/>
Portland Bridge Swim — OW
Foster Lake — OW
Applegate Lake — OW

Looking Ahead. . .

Pool and Open Water Schedules

<u>Date</u>	<u>Course</u>	<u>Swim</u>	<u>Venue</u>	<u>Location</u>
Aug 11, Sat.	OW	Southern Oregon Coast	Eel Lake	Lakeside
Sept 8, Sat.	OW	Lake-of-the-Woods	Klamath Falls	Klamath Falls
Nov. 10, Sat.	SCM	Hood River Fall Meet	Hood River Pool	Hood River
Dec. 8, Sat.	SCM	COMA All-Around Challenge	Juniper Aquatic Center	Bend
Jan. 13, 2019 Sun.	SCY	Canby Animal Meet	Canby Swim Center	Canby
Jan. 27, 2019 Sun.	SCY	Chehalem Meet	Chehalem Aquatic Center	Newberg

Detailed Open Water Schedule (see page 14)

Quote for the month. . .

On matters of style, swim with the current, on matters of principle, stand like a rock. - I can't really do the running on hard ground that I used to do. Instead I go swimming as often as possible. - Jamie Dornan

Answers to quiz

1C 2G 3A, E, F 4B, D