



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

**"Swimming for Life"**

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## Gil Young Summer Madness

by Claudia Grow

Oregon Reigned Supreme at the 2018 Gil Young Memorial Meet that doubled as the Northwest Zone and Oregon Long Course championships. Home team Oregon Reign took the Championship title with 429 points followed by Southern Oregon Masters who scored 238, and the Oregon City Tankers with 170 points.

Two world records and thirteen zone records were set over the pleasantly warm weekend at Mt Hood Community College in Gresham. In the womens 70-74 age group, Margaret Toppel swam to a world record 32.89 in the 50 M Free and set a zone mark in the 50 M Fly. Sue Calnek-Morris, set new zone records in the women's 75-79 age group four out of the five times she dove into the pool. She was followed by Collette Crabbe, age group 60-64, who swam to two new zone marks in the 800 M Free and the 200 M Breaststroke. Dan Kirkland, 70-74 age group, swimming out of Puget Sound Masters traveled south to set a world record 20:26.12 in the 1500 M Free. He also set a National record in the 400m Free, and a Zone record in the 800m Free, and a Zone record in the 100m Back.

Adding to the fun of relays was the record-setting team of Karen Andrus-Hughes, Robert Smith, David Radcliff and Colette Crabbe who set a zone record of 5:16.94 in the 280-319 age group 400 M Mixed Freestyle Relay. The Gil Young meet is always a great opportunity for northwest swimmers to enjoy an outdoor meet in both shade and sun, and is one we look forward to every year. See you next time!



↑ **Aubree Gustafson and Dennis Baker represent Oregon Reign Masters as they receive the 1st place team banner. [other team winners on page 9]**



← **Sue Calnek-Morris set 4 Oregon and 4 Zone records at the Gil Young meet.**

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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 Female-Swimmer Problems

The girlfriends I met through swimming are some of the best people I have in my life. The pool brings people together, and our time on various swim teams has bonded us for life, and I wouldn't have it any other way.

There are a lot of aspects and experiences unique to the female swimmer. I laugh (and/or roll my eyes) about these a lot with my swimmer girls, and maybe you do too.

**10. The disappointment when your nail polish doesn't even last 12 hours.** You've put on a great new shade and you're feeling pretty good about it. But not even the best top or base coat combination can withstand a swim practice. Does it deter you? Nope. Just an excuse to try another color.

**9. When you find a fashionable jacket or dress that fits properly over your shoulders and back, you're tempted to buy one in every color.** Can we petition to re-term "Man Shoulders" to "Insanely In-Shape Person Shoulders"? Big shoulders were never just for dudes.

**8. You look wistfully at the expensive shampoos at the hair salon and the fancy products at the makeup counter.** It's not worth it when you could go through a quarter of those tiny bottles in one day. For many female swimmers, it's waterproof mascara with a touch of chapstick on a good day. And forget hair styling tools! A messy wet bun and we're out the door after morning practice, ready to tackle the day, and then back in the pool at night.

**7. You are confused as to why women can't swim the 1,500 in the Olympics yet.** We've experienced Janet Evans,

Katie Ledecky, and many other extremely talented distance swimmers. I think we've proved that women can swim the 1,500 as well as anyone by now.

**6. When you show up to practice in the cutest new suit, only to see four of your other teammates bought it too.** Let's face it, swimming doesn't have the added benefit of being able to wear cute workout gear like yoga or spin classes. A colorful, patterned suit is pretty much all the expression we've got. And no matter what, you won't be the only girl on the team with that suit.

**5. Shedding.** Enough said. Boys don't know how lucky they are to be able to shave their heads during swim season. The amount of dry, brittle hair you pull out of your hair and brush after practice is appalling.

**4. Hoping against hope that your body doesn't betray you during the biggest meet of your life.** Ladies, you know what I'm referring to. And to make it perfectly clear for anyone who's wondering: I've never met a female swimmer who has ever backed down from practice or a meet with this as an excuse. Mother Nature can't stop us.

**3. Explaining to your non-swimmer girlfriends why you're not interested in dating any of the male swimmers on your team.** There might be exceptions to this, of course. First off, if you're a female swimmer, you've seen so many boys in Speedos, it doesn't even phase you anymore. Secondly, your team is family, and your male teammates are your friends, and like brothers.

**2. Shaving.** Girls count down to that final day of taper when they can finally shave their legs. Shaving is a privilege, continued on page 14



# Fit to Swim

**Coach Colette Crabbe**  
*OMS Fitness Chair*



## Where is Waldo? Or where are the fit persons hiding?

There is a big misconception that the fit and healthy people are found in the fastest lane at the pool, or are gym rats; that they are all lean and tall and only eat vegetables and seeds; that they enjoy the perfect stress-free life. Let me correct you, those are myths and often completely wrong.

The swimmers in the fastest lane have just better technique. Swimming is a highly technical sport. They are not necessarily more fit or working harder. In fact, those experienced swimmers are the ones who can “fake” a workout, they will have no problem making the send offs and can just swim easy if they want to, while the ones with poor technique will have to gut it the whole practice and would have worked twice as hard. At the end, they will be the ones having worked more towards their fitness goals.

**They are gym rats.** I have grown up in Europe where most people are still using the public transportation and/or their bike to go anywhere. If you have ever been to Holland, you will know what I mean by using your bike. When asked, a lot of the people will say they are not doing any sport at all and never go to the gym. On the other hand, they are looking pretty healthy. If you investigate a little further, you learn that they are walking everyday 15 min to go to the station to take either the bus or the train and another 15 minutes from the station to their office. At lunch time, they will walk to the park to eat their lunch. If you add it up, it is more than one hour walking five days a week, not too shabby for somebody who claims to be doing no sport at all. They are just getting fit without being aware of it and without buying expensive workout clothes or gym membership. Remember if you are not aware of it, it is not painful. Just keep moving

**Fit people are lean and tall.** Fit people come in all shapes and forms. Some attributes will of course help with

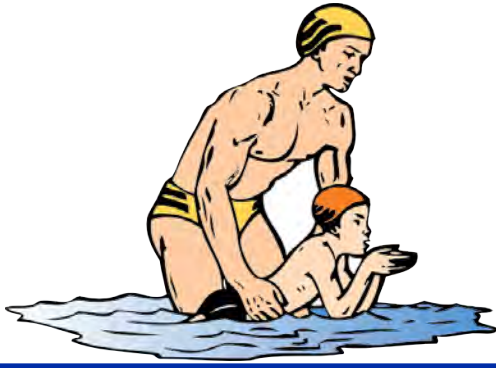
some specific sports, like it is easier to play basketball if you are tall, or do gymnastics if you are small. But you can be overweight and be the strongest and most fit of everybody. Don't you have to gain weight if you want to do an open water swim in cold and treacherous conditions? Yes, you do. Are you fit? Certainly. Yes.

**To be healthy, you need to be constantly on a diet and basically only eat vegetables and seeds.** Wrong again, strict diets are only required for people with medical conditions and/or allergies. Most everybody else, only have to watch what they are eating. It is recommended to eat from all food groups, from all colors and in moderation. If you are on a diet, you will just obsess on the foods which are not allowed, and you will have a strong craving for them. This will be painful and stressful. If you have your mindset that all the foods are allowed but some might not be recommended, it will set you free and will help you make the healthy choice.

**Fit person enjoys the perfect stress-free life.** Everybody experiences stress. Life will always throw something at you: illnesses, death and suffering of loved ones, job constraints and deadlines, problems with children and/or family members, divorces, financial difficulties, etc. ... to name a few. It is your **attitude** towards stress that will make it easier to sail thru life. If you stress over missing a workout, you will be adding to the load. Exercise will indeed help you cope but you need to move away from the “all or nothing” mindset that is so common when it comes to fitness and nutrition. The key to developing and maintaining lasting healthful habits is to remain flexible in your approach. Keep a positive and optimistic outlook.

This is particularly important during vacation time and/or in Sep-  
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# Coaches Chair

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

## Find Your Motivation – A Follow-up to SMART Goals

*What motivates you to stay active, fit, and healthy?*

This article is a follow-up to the January, 2018, coaches' article about goal setting. which can be found here:

<http://swimoregon.org/what-are-your-goals-for-2018/>

I hope that you are enjoying making progress toward any SMART goals you have set for yourself (SMART is defined in the January article on goals). The January article was written in order to offer some ideas for goals and goal-setting, and encourage you to seek guidance from a coach or teammate. This follow-up is to offer a potential motivator toward setting and achieving your SMART goals: social support and camaraderie!

Some swimmers are very self-motivated and easily able to choose SMART goals and work toward them, and some swimmers have a tougher time self-motivating, especially at different times in their lives. Fitness can be a motivator for many people, as can competing and improving. For most people, they'd like to be in top form when they compete in swimming events. But of course, often other parts of life get in the way of always being in peak condition. I find that it is still worth it to participate in swim events even when I'm unable to be at my best. For example, I always learn something from racing and observing other participants that helps me to improve. Whether it is how to pace better, scouting out a new venue, or watching the technique of talented swimmers at the event, I always return home feeling like I have gained valuable knowledge and experience.

However, the primary motivation for me to attend as many events as I do is the social aspect of swimming. Despite coming to swimming later in life (I didn't swim when I

was younger and started US Masters Swimming at age 34), I have always been very active in sports, participating in a number of physical activities throughout my life. Across all of those sports, I have never come across a kinder or friendlier group of people as I have in the sport of swimming. I haven't reached a conclusion as to what precisely it is about the sport of swimming that draws such extraordinarily kind and supportive athletes, but it is a happy reality for me and for others I've spoken with about this phenomenon.

So, even when I am not performing or feeling at my best, I always value attending swim events for the social connection, to support my friends as they swim, meet new people and cheer them on, and enjoy the support and kindness of other swimmers. For many people, competition and getting faster aren't their motivators. Building relationships and enjoying the company of some of the friendliest people on the planet is an additional motivator that might be just for you. Put yourself out there for the camaraderie, and fulfill and create your SMART swim goals in the process!

Many who are reading probably swim for a medium-to-large-sized team, so it is likely that you already know this without having to attend competitions and events. However, if you don't have a team available to swim with, I would encourage you to come out to a swim event and enjoy the friendliness of other swimmers. You can even meet people from all around the United States and the world at larger events. I suspect that eventually you will likely find yourself wanting to go to an event just to see a friend who you know will be there and haven't connected with in a while!

Each person is unique and is uniquely encouraged at different times in their life by different types of goals and motivators. Perhaps for you as an individual or at this time in your

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# Records & Links to Results

## Gil Young/NW Zone Championship — LCM

July 20- 22, 2018; Mt. Hood Aquatic Center, Gresham, OR; Sanction # 378-S005

Results: [http://swimoregon.org/results\\_pdfs/2017-2018/ResultsGilYoung\\_LCM\\_20180720\\_Splits.htm](http://swimoregon.org/results_pdfs/2017-2018/ResultsGilYoung_LCM_20180720_Splits.htm)

\* = split

Age Group	Event	Name	Age	Time	Record set
Women 25-29	200 LC Meter Butterfly	Chernoff, Kendra	27	2:38.44	Oregon
Women 60-64	800 LC Meter Freestyle	Crabbe, Colette	62	11:16.10	Oregon, Zone
Women 60-64	200 LC Meter Breaststroke	Crabbe, Colette	62	3:13.31	Oregon, Zone
Women 60-64	50 LC Meter Butterfly	Crabbe, Colette	62	34.67	Oregon
Women 70-74	50 LC Meter Freestyle	Toppel, Margaret	70	32.89	Oregon, Zone, National, World
Women 70-74	50 LC Meter Butterfly	Toppel, Margaret	70	37.36	Oregon, Zone
Women 75-79	50 LC Meter Freestyle	Calnek-Morris, Sue	75	41.73	Oregon, Zone
Women 75-79	800 LC Meter Freestyle	Calnek-Morris, Sue	75	15:18.99	Oregon, Zone
Women 75-79	1500 LC Meter Freestyle	Calnek-Morris, Sue	75	28:36.12	Oregon, Zone
Women 75-79	50 LC Meter Breaststroke	Calnek-Morris, Sue	75	56.61	Oregon, Zone
Men 60-64	100 LC Meter Butterfly	Lacount, Curt	60	1:11.10	Oregon
Men 70-74	400 LC Meter Freestyle	Kirkland, Dan (PSM)	70	5:11.91	Zone, National
Men 70-74	800 LC Meter Freestyle	Kirkland, Dan (PSM)	70	*10:47.41	Zone
Men 70-74	1500 LC Meter Freestyle	Kirkland, Dan (PSM)	70	20:26.12	Zone, National, World
Men 70-74	100 LC Meter Backstroke	Kirkland, Dan (PSM)	70	1:19.45	Zone

### RELAYS

Mixed 280-319	400 LC Meter Free Relay			5:16.94	Oregon, Zone
1) Andrus-Hughes, Karen 61      2) Smith, Robert 75      3) Radcliff, David 84      4) Crabbe, Colette 62					

## Pan American Masters Championship — LCM

July 28- August 4, 2018; Orlando, FL

Results: [http://swimoregon.org/results\\_pdfs/2017-2018/Oregon-Results-from-2018-UANA-Pan-American-Masters-Championships.pdf](http://swimoregon.org/results_pdfs/2017-2018/Oregon-Results-from-2018-UANA-Pan-American-Masters-Championships.pdf)

Age Group	Event	Name	Age	Time	Record set
Men 95-99	200 LCM Backstroke	Willard Lamb	96	4:34.73	Oregon, Zone, National, World



# Swimmer Spotlight

submitted by Karen Andrus-Hughes

## Michael Dix

**Name:** Michael Dix

**Age:** 46

**Occupation:** Veterinarian

**Local Team:** SOMA

For as long as I can remember, I have considered myself a swimmer. Even when I rarely touched a pool or lake for almost 20 years, I still considered myself a swimmer. I started competitively swimming when I was 5 years old at our local neighborhood pool in Concord, CA. When I was almost 8 years old, my family moved to Michigan, and I started swimming year round. Other than some futile attempts at playing football and basketball (it was just too hard to practice and not have “zone-out” time), I more or less swam straight for the next 10 years.

There were times when I was considered a good swimmer, times when I was OK, times when I loved swimming, and times when I really did not like it at all. Yet, I kept on doing it. I enjoyed being around friends while still being in my own bubble, and I enjoyed the time to think about things or to think about nothing. I do credit swimming with helping me learn fractions and percentages – at a young age I could tell you what percentage any multiple of 25 was of 500. Swimming is just what I did. I never questioned it, I just did it.

Being a late physical bloomer, I didn’t actually start placing in state meets until my senior year of high school. I didn’t intend to swim in college, but my successes at the end of high school made me change my mind. That was a big part of the reason I attended the University of New Hampshire. It was a mid-sized school that had the academic programs I wanted, and the swim team was not very strong so I figured I could swim there. (There was no way I could swim for the University of Michigan – I would have had to shave and taper just to keep up with their slowest swimmers in practice).

Choosing to swim at UNH ended up being one of the best decisions of my life. I was a shy person and it allowed me to integrate into a social group very quickly. As a swimming friend of mine used to say “Swimmers are my people,” and I was able to find my people fairly quickly in college. I improved considerably in college and, by the time of graduation, I held several



school records. To this day, I still hold the school 200 butterfly record. (Caveat – the men’s swimming program at UNH was dropped some time in the early 2000s, but that is just a technicality).

I remember crying after my last event at the championship meet of my senior year. I didn’t cry because I lost a close race (though I did lose a close race), nor because I had a boo-boo. I cried because I thought I would never again find the comradery that I had found in swimming (and maybe because one of my best friends hugged me and said, in hopes of making me laugh, “You know Mike, we are never going to look this good again.” I occasionally use those words to spur me on to try and prove him wrong, but, he was right.)

After taking a year off of school and coaching swimming (and learning why my coaches had us do sets of 4 X 1000s), I attended the University of Wisconsin School of Veterinary Medicine. I had tried to get back into swimming, but the rigors of school and just life in general got in the way. After graduating I moved to Portland, OR, and would occasionally get in a pool 3-4 times over two weeks but would then not get back in the pool for several years. Yet, while in Portland, I found a new activity – hiking. I would hike 12+ miles three times a week in the Gorge and around Mt Hood. It is what kept me in shape – though I never developed a social group from hiking. Also, in Portland, I met my beautiful wife Elissa and we got married in 2003.

Then, in 2005, my wife and I moved to a very small town in Southern Utah called Kanab. We worked at an animal rescue organization called Best Friends Animal Society. The nearest

***continued on next page***

indoor pool was 90 minutes away, and the town's outdoor pool was only open for about 10 weeks each summer, would frequently be closed, and was only open for lap swim during the week from 9-10AM. With the limited availability to a pool and a very busy job, I basically did not swim for 10 years.



We had a beautiful, sweet, stubborn child in 2012, and we decided to move back to Oregon in 2015. We had loved Portland, but had gotten used to the dry weather in Southern Utah, so decided Southern Oregon would be a nice compromise. I ended up getting a job at a small veteri-

nary practice in Jacksonville, OR, at a practice that I had interviewed at after I finished my internship in 1999. I was excited to move back to Oregon and be near a pool.

However, I didn't start swimming regularly again until the winter of 2016. I was a little nervous to start swimming again, because in my mind I was still that record holder in the 200 fly, but in my body I was that record holder's out-of-shape dad. I tried running to stay in shape – but I hated it. Eventually, I realized I just needed to jump in the pool again, or keep gain-

ing weight (long distance hiking time was harder to come by with a small child). I started swimming at the local Y. My first 50 felt great and I thought I still had it. Then, when I could not complete a 200 without gasping for air, I realized I did not have it and was not sure I wanted to go looking for it. But I persisted. The smell of a pool deck conjured fond memories for me, and I felt content at the pool. I also loved being able to move smoothly through the water, and I started talking to people about competing again. Initially, I did not want to compete, as I did not want to become obsessed with competition, and just wanted to swim for the joy of it. Well, a tiger cannot change its stripes. I found that I needed the idea of competition to keep myself training, and to not just turn off my alarm clock at 5 AM. I also found that having an outlet for my competitive nature has made me nicer in other aspects of my life – though my son may disagree.

I did OK training by myself for almost a year, but found myself stagnating, so I decided to reach out to Matt Miller and started training with him, Mike Servant, Mark Hageman, Maggie Trujillo and other members of what is now known as SOMA. I am so happy I swim with them now even though they chit-chat too much sometimes and do crazy things (Matt Miller will warm up doing a 100 freestyle in 1:02 – who does that?) I know this is supposed to be a positive piece, that OMS is a supportive environment, and Matt is a great guy that everyone loves – but I think people deserve to know that he has a very dark side. I am happy to discuss these issues with anyone who wants to know more. I feel like I am with my people again, and am so happy to be swimming competitively again. I am happy to be part of the OMS community.

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## Swim Bits

by Ralph Mohr

### Whiskeytown Lake Open Water Swims Update



Whiskeytown open water events have been cancelled for this year. I've been in contact with the meet director and learned that he has lost a house and friends in the Carr fire. If you look on-line at CalFire you will see that the fire near Redding completely surrounded Whiskeytown Reservoir, including Brandy

Creek Beach where the swims are usually held.

I've already put Whiskeytown on my calendar for 2019. We in Oregon can show our support for those in the Redding area in this great trauma by attending the Whiskeytown events next year.



# Gil Young Team Winners



*Gil Young Memorial Second Place team  
Southern Oregon Masters Aquatics*



*Gil Young Memorial Third Place team  
Oregon City Tankers*



*Gil Young Memorial Fourth Place team  
LaCamas HeadHunters*



*Gil Young Memorial Fifty Place team  
Central Oregon Masters Aquatics*



# Cascade Lakes Swim Series and Festival—Elk Lake

by Pat Allender

One hundred sixty-three swimmers entered the 24th Annual Cascade Lakes swim Series this year, and, as usual, the event was a major success. Elk Lake is a spectacular setting for an open water swim event. The water is clear and the scenery is outstanding.

Friday evening began with the 3000 meter event. The afternoon wind hadn't quite died down for the first lap, so we had a little bit of choppy water, but the water temperature was over 70 degrees and was very comfortable without a wetsuit. We followed the swim with chicken wings and a great selection of ripe fruit.

Those who were camping were treated to a "blood moon" rising around 9:30 pm. We couldn't see the actual eclipse, but the moonlight lit the lake in beautiful fashion. A handful of us went for a moonlight swim towing our lighted swim buddies. Jessica Kieras wrote about our experience at <https://oregon-lakebagging.wordpress.com/2018/08/01/night-swim/>. For me, it was quite the experience to slip off into the water at night with a very bright moon over my right shoulder. Halfway to the marina, there was suddenly a second, even brighter light just by the moon. I stopped to look, and had the sensation that the second light was only 10 feet away and was looking at me. About that time, Mike Tennant started laughing, and I realized

it was his headlamp from his paddle board, and not something from the X Files. [See photo on page 12]

Saturday morning was bright and warm. We started with the 500 meter time trial. Some of us were quite inept at coming up with our seed times for the time trial, but we all got to swim and learn first-hand that the shortest race of the swim series is the hardest and most painful! After a break, we were back in for 1500 meters. Again, we had perfect conditions, followed by, what else, a great meal. Then, there was lounging on the beach for the rest of the afternoon. What a great way to spend a day.

Sunday morning continued with ideal conditions for the 5000 meter event. One diamond, 2 triangles. If you've done this race, you understand. While the 500 meter race is the hardest, the 1000 meter race is the hardest to start. Lots of groaning and aching muscles at the start fade as the race progresses. After the race, more food and the award ceremony.

Chad Hagedorn and Alexis Higlett were the winners of the short series (the 500, 1000, and 1500 meter races), while Michel Heijen and Jessica Kieras were champions in the long series (1500, 3000, and 5000 meters). A total of 68 swimmers completed the survivor series (all 5 distances).

Thank you, Bob Bruce and Barb Harris, COMA volunteers, our safety boat spotters and power boat crew, paramedics, all of the event sponsors, and Bend Parks and Rec for putting on a great event.



Photo by Pat Allender

**Elk Lake—start of the 500 meter swim**



# Eel Lake

by Pat Allender

Thirty swimmers turned out for this year's Eel Lake swims. Eel Lake is a freshwater lake by the coast between Reedsport and Coos Bay, part of William Tugman State Park. We had fine weather this year, and the water was warmer than normal, so that wetsuits weren't necessary for a comfortable swim. The water level was a little lower than normal, so cutting across the "point", as we have done in previous years, wasn't permitted. We also came across some shallow seaweed beds that were a little startling at first, but were fine to swim through.

We had 2 events this year, the 3000 meter and the 1500 meter swims. Michael Oxendine was the 3000 meters men's winner, and Jayette Pettit took the women's title. Jayna Tomac and Matt Miller won the women's and men's 1500 meter races respectively.

The day was capped by a potluck dinner in the campground, courtesy of Dan Gray. The food was delicious, and the stories told seem to get better each year.

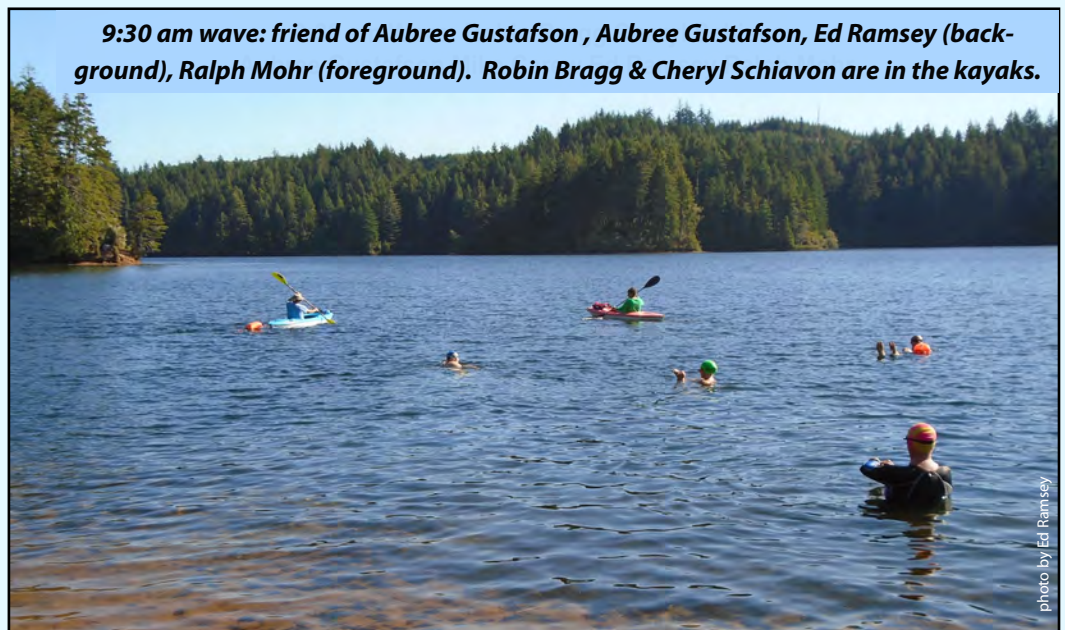
Some of us didn't get enough on Saturday, and we met again Sunday morning for an informal tour de Eel Lake. Ed Ramsey took some pictures of this beautiful setting.

Thanks to Matt Miller, Mike Servant, Jayna Tomac, Ralph Mohr, all of our boat spotters, timers and officials, our paramedic, and the Coast Guard crew that made this event possible.



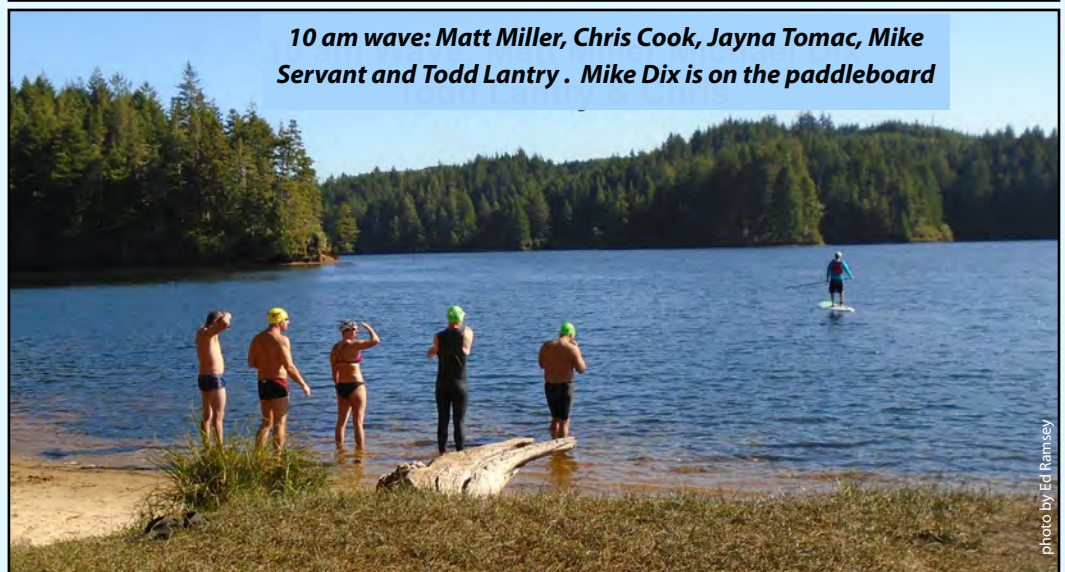
**7:30 am wave: Pat Allender & Sue Phillips**

photo by Ed Ramsey



**9:30 am wave: friend of Aubree Gustafson, Aubree Gustafson, Ed Ramsey (background), Ralph Mohr (foreground). Robin Bragg & Cheryl Schiavon are in the kayaks.**

photo by Ed Ramsey



**10 am wave: Matt Miller, Chris Cook, Jayna Tomac, Mike Servant and Todd Lantry. Mike Dix is on the paddleboard**

photo by Ed Ramsey

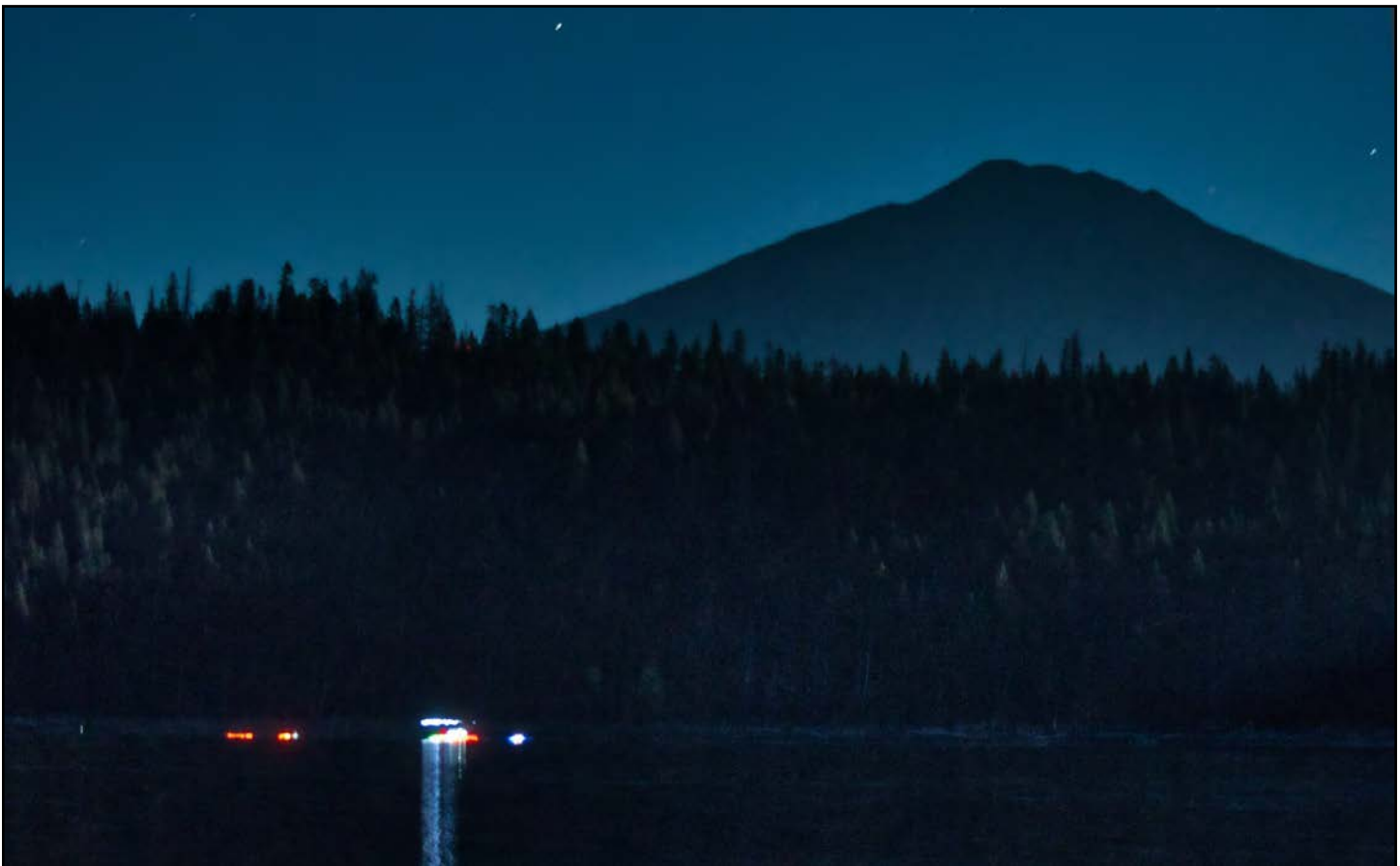


Photo by Pat Allender

### **Cascade Lakes Swim Series and Festival—Elk Lake Night Swim**

## **Eel Lake**

by Ralph Mohr; he wrote this for his local newspaper and shared it with the *Aqua Master*

Thirty Master swimmers lined up at Eel Lake last Saturday for the second and final race of the day when a voice called out, “The yellow turn buoy is loose!” The buoy had marked a significant turning point around a morass of water weed just under the surface which no one wanted to swim through.

A boat was manned, a fast swimmer went out, too, and the buoy was quickly snagged and put back into place. The 1500 meter open water race started with no other problems.

Matt Miller of the Southern Oregon Masters Association (SOMA) won the 1500 in 21:31.7. Miller was coming off from winning the Pan-American Masters 1500 open water race at Daytona Beach, Florida, in the Men’s 40-44 age group.

Finishing third overall, the first female finisher was Jayna Tomac of Coos Bay, also swimming for SOMA, in 22:44.2. The only other local swimmer in the race was Ralph Mohr who won

the 75-79 Men’s age group in 32:01.9

The competition had started with a 3000 meter swim, twice around the course set up in the west arm of Eel Lake. The 3000 was won by Michael Oxendine of SOMA in 46:22.1. Christian Tujo of Central Oregon Masters Association (COMA) from Bend was second in 47:41.8, and he was second in the 1500 in 22:41.7.

Swimmers came to Eel Lake for the 15th Eel Lake Open Water Swims from Beaverton, Corvallis, Portland, Crescent City, Medford, Ashland and Berkeley, CA. They enjoyed a cool morning for the first swim and a sunlit finish on the 1500.

The Eel Lake swims were sponsored and run for the first time by Southern Oregon Masters Aquatics. People can check out SOMA’s website for more information if they’d like to join the group at <http://somaswim.org/>

SOMA will also be running the last Oregon Masters open water event of the year at Lake of the Woods, September 8. For more information on that event go to <http://somaswim.org/lake-of-the-woods-open-water-swims/>



# 2018 Pan American Masters Championships Recap

by Matt Miller

Six Oregon swimmers made the very long journey from Oregon down to Orlando, Florida to compete at the 2018 Pan American Masters Championships held from July 28 through August 4th, with the open water competition taking place on August 5th. The competition pool was 8 lanes and 50 meters long with depths ranging from 7 feet to 9 feet and the water temperature was nice, hovering somewhere around 79 or 80 degrees Fahrenheit. We swam well and did our best to make the rest of you back in Oregon proud of us! Full results can be found here: [Oregon Results from 2018 Pan American Masters Champs.](#)

The six registered Oregon swimmers in attendance were Marcie Adelman, Shirlene Gonzalez, John Foges, Willard Lamb, Christian Tujo and me (Matt Miller). (Technically there were seven of us from Oregon in attendance, but Bob Voll switched to Swim Fort Lauderdale for the meet for more relay opportunities.)

Willard (Wink) Lamb had another great meet and continued his apparent quest to rewrite all of the record books by setting five new Pan American records, one in each individual event he swam at the meet, which included the 50 free, 100 free, 200 free, 50 back and 200 back. In addition to those Pan Am records, Willard added another world record to his long list by bettering his own 2017 world record time in the 200-meter backstroke with a time of 4:34.73. Congrats Wink! Willard came home with five Pan American gold medals in the 95-99 age group. It almost goes without saying at this point, but he is simply heads and shoulders above his peers, not only besting everyone in his age group, but everyone in the 90-94 age group and most everyone in the 85-89 age group. Amazing!



**Willard's first gold medal at the Pan Am Games**

The rest of us from Oregon all had very good swims as well, with most of us placing in the top 10 in at least one event, and setting personal best times in our current age groups. Quite a few swims were even lifetime personal best times! Congrats Oregon swimmers!

With four men from Oregon at the meet, we had just enough men to be able to swim relays. As most swimmers know, relays are always the best part of any meet and this meet was no exception!!

The teams from South America were very energetic and cheered very loudly for their teammates throughout the meet, and especially so on relay day. It was an awesome atmosphere in which to swim!



**Men's Relay: Matt Miller, Willard Lamb, Christian Tujo and John Foges**

Willard, Christian, John and I teamed up for two men's relays: one freestyle and one medley relay. Thanks to Willard at 96 years old and John at 74 years, we landed in the 240-279 age group for relays (age groups for relays for LCM meets are determined by the sum of the ages of the swimmers). I think Christian and I may have been the only 40-somethings to be swimming in the 240 age group J. We ended up taking 12<sup>th</sup> in the 200 freestyle relay and 9<sup>th</sup> in the 200 medley relay. It is a huge honor to swim a relay with a legend like Willard, and the medley relay came with a souvenir as we were able to place in the top 10 and earn a medal. That is one that I will cherish forever. I told Wink that this was his only opportunity to earn something other than a gold medal so I didn't want to let him down ;-)

We put the cherry on top of relay day with a great Oregon team dinner at Fogo de Chão (minus Marcie, Shirlene and John, but including Bob).

After the pool meet concluded on Saturday, August 4<sup>th</sup>, Christian and I headed over to Daytona Beach to participate in the open water portion of Pan Ams. There were two distances to choose from: 1500 meters or 5000 meters. I chose the 1500 and Christian entered the 5000.

**continued on page 14**

## PAN AM GAMES

continued from page 13

The surf was surprisingly big and the swims were rough but we both swam our hearts out and came out of the day with more hardware. Christian took 5<sup>th</sup> in the 45-59 age group for the 5000 with a time of 1:22:04 and I somehow was able to win the 1500 in my very competitive age group of men 40-44, taking 3<sup>rd</sup> overall with a time of 22:07 and nearly winning the event outright (1<sup>st</sup> and 2<sup>nd</sup> were less than a second apart finishing around 21:57). Christian and I both were super happy with our performances.

Overall, for me the best part of these large meets is the people. Seeing old friends is always a treat and meeting new friends is so very easy in this incredible sport of swimming. I was able to see friends from all over the country who came out to participate. I also made quite a few new friends. While I love pushing myself in a competition setting, it is the friendships that keep me coming back year after year to these well-

attended meets (please see the Coaches article for more on this subject). I am already looking forward to the next big meet, hope to see you there!!



***Sunrise at Daytona Beach where the open water portion of the Games was held.***

## OFF THE BLOCK

continued from page 3

honestly. Non-swimming women don't know how lucky they are. Though, to be honest, it's really nice to have an excuse not to shave your legs, too.

### **1. When non-swimmers challenge you to a pull-up contest or say they could probably beat you in a 50 free.**

Just like any swimmer, females have incredible arm strength, so don't second guess us on pull-ups. And in the pool? We swim like girls, and that's a good thing, so you're out of luck. Swim on, ladies!

## COACHES CHAIR

continued from page 5

life, the social aspect of swimming could be a good motivator to achieve your SMART goal(s). I hope you enjoy the wonderful mutual support of other swimmers as much as I have!

PS - If you have ideas as to why swimmers are such a friendly group of people, taken as a whole, please comment below or send your thoughts to [matt@flytrapcare.com](mailto:matt@flytrapcare.com). I'd love to hear what you think!

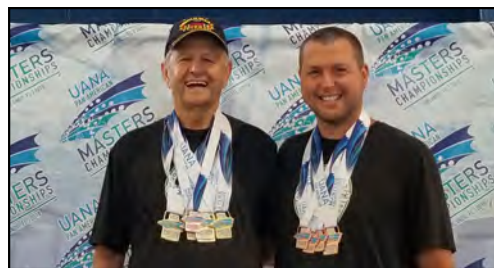
## FITNESS

continued from page 4

tember when the whole family is adjusting to a whole new schedule. This can mean different physical activities, splitting up your desired minutes of physical activities per day into smaller portions. (5 or 10 minutes here and there will help). On vacation, try a new activity such as paddle boarding or water-skiing, a yoga class. In September, go for a quick walk while waiting for your children to finish soccer practice. Be creative and keep moving (cleaning the house, gardening, cooking are all activities in your to do list which will also count towards your physical activities log)

Working out is a great habit that, once broken, can be hard to pick up again. But you can still fit it into your overseas travel, business trip, beach visit, or children's busy schedule. Be the fit and happy person hidden in the crowd who has healthy habits, and always has the energy needed to live life to its fullest.

***Willard Lamb & Matt Miller at Pan American Games showing off their medals!***





# Pan Am Games

Clockwise from top: Shirlene Gonzalez doing the 400 IM, she placed 8th; Matt Miller getting a medal from Rowdy Gaines; Shirlene Gonzalez with her 3 medals; Christian Tujo with Rowdy Gaines; Team Dinner; Wink Lamb and Matt Miller displaying their medals; John Foges starting his 200 meter freestyle; center—Matt Miller's medals.





# Eel Lake Photos



*Coast Guard on hand to help with safety*



*David Radcliff, 1956 Olympian, eldest swimmer in attendance at 84*



*SOMA people at Eel Lake*



**EEL LAKE PHOTOS**  
continued



*Ralph Mohr returning from setting the course buoys*



*Swimmers traditional Super Bowl Dinner*

<b>Oregon Masters Swimming: Open Water Race Schedule for 2018 (as of 21 Feb. 2018), OR Series</b>								
<b>Date(s)</b>	<b>Days</b>	<b>Event/Venue</b>	<b>OR Location</b>	<b>Host</b>	<b>Event Director</b>	<b>Swims</b>	<b>Category</b>	<b>USMS Status</b>
Sat 8 Sep	1	Lake-of-the-Woods	Klamath Falls	SOMA	Matt Miller	3000-meter 1500-meter	Featured	Sanctioned
							Featured	#378-W006

# Summary

## Records & Results

*Gil Young/NW Zone Championships—LCM*  
*Cascade Lakes Swim Series and Festival at Elk Lake—OW*  
*Pam American Masters Swimming Championships—LCM*  
*Southern Oregon Coast Swims at Eel Lake—OW*

## Looking Ahead. . .

### Pool and Open Water Schedules

<u>Date</u>	<u>Course</u>	<u>Swim</u>	<u>Venue</u>	<u>Location</u>
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 17)*

## Quote for the month. . .

*All it takes is all you got*