



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

*"Swimming for Life"*

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## Hood River SCM Meet

by Claudia Grow

The winter swim season of 2018-2019 got off to a fast start at the Hood River SCM meet on November 10, 2018, when the Womens 240-279 400 Meter Medley Relay team of Karen Andrus-Hughes, Colette Crabbe, Laura Worden and Arlene Delmage wasted no time swimming to a new FINA world record of 5:12.09. There's nothing like a November taper! Wonder what they'll go in the Association meet? Other noteworthy swims were the eleven Zone records set in the now one-day meet, meaning swimmers had to recover fast before all their events. Sue Calnek-Morris set three new Zone marks in the Womens 75-79 age group with a 1:38.83 in the 100 M Freestyle, 3:37.83 in the 200 Meter Free and smashing the old record of 8:28.01 in the 400 M Free with a 7:20.25. Kurt Grote, swimming in the Mens 45-49 age bracket, lowered the previous mark of 1:09.20 in the 100 Breaststroke with a fast 1:05.93 as well as setting a new standard in the 100 IM with a 1:01.34. Lastly, another relay team showed their stuff when the team of James Adams, Matt Miller, and new world record relay-holders Colette Crabbe and Arlene Delmage combined their efforts in the 200-239 Mixed 800 Freestyle Relay, swimming it in 9:28.95. Tired but rewarded with fast times, swimmers could go home psyched for upcoming meets in December and January, and point toward that taper in the spring!



Mark Worden

*Arlene Delmage, Karen Andrus-Hughes, Laura Worden, Colette Crabbe.*

*These ladies set a WORLD record at the Hood River meet November 10, in the 400 Meter SC Medley Relay; 240-279 age group; with a time of 5:12.09. The previous record was a 5:20.01, set by UCLA in 2016. Each swimmer swam their selected stroke for 100 meters. Splits were:*

<i>Backstroke</i>	<i>Karen Andrus-Hughes (61)</i>	<i>1:13.53</i>
<i>Breaststroke</i>	<i>Colette Crabbe (62)</i>	<i>1:26.95</i>
<i>Fly</i>	<i>Laura Worden (61)</i>	<i>1:22.35</i>
<i>Free</i>	<i>Arlene Delmage (56)</i>	<i>1:09.26</i>

*Congratulations! What great swims, gals, OMS swimmers are proud of you.!*

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## Oregon Masters Swimming, Inc. Board Members

### CHAIRMAN OF THE BOARD

Tim Waud • [timpwaud@gmail.com](mailto:timpwaud@gmail.com)

### VICE CHAIRMAN - SANCTIONS

Robbert van Andel • [swimmer1974@gmail.com](mailto:swimmer1974@gmail.com)

### SECRETARY

Michelle Jacobs-Brown • [Goblin34.mjb@gmail.com](mailto:Goblin34.mjb@gmail.com)

### TREASURER

Kermit Yensen • [kermit.yensen@gmail.com](mailto:kermit.yensen@gmail.com)

### REGISTRAR

Susie Young • [Swim.pdx@gmail.com](mailto:Swim.pdx@gmail.com)

### AQUA MASTER EDITOR

Alice Zabudsky • [azabudsky@msn.com](mailto:azabudsky@msn.com)

### AWARDS — ANNUAL

Sara Shepherd • [albright.becker@gmail.com](mailto:albright.becker@gmail.com)

### COACH'S CO-CHAIR

Tim Waud • [timpwaud@gmail.com](mailto:timpwaud@gmail.com)  
Matt Miller • [matt@flytrapcare.com](mailto:matt@flytrapcare.com)

### DATA MANAGER — SWIM MEETS

Gary Whitman • [all5reds@comcast.net](mailto:all5reds@comcast.net)

### FITNESS CHAIR

Colette Crabbe • [colettecrabbe@hotmail.com](mailto:colettecrabbe@hotmail.com)

### HOST/SOCIAL

Michelle Jacobs-Brown • [Goblin34.mjb@gmail.com](mailto:Goblin34.mjb@gmail.com)

### LONG DISTANCE CHAIR

Bob Bruce • [coachbobbruce@gmail.com](mailto:coachbobbruce@gmail.com)

### MEMBERSHIP PROMOTION

Carolyn DeMarco • [adairpete@msn.com](mailto:adairpete@msn.com)

### MEMBERSHIP

Christina Fox • [foxkohnert@peak.org](mailto:foxkohnert@peak.org)

### OFFICIALS — SWIM MEETS

Jacki Allender • [jacki.allender@gmail.com](mailto:jacki.allender@gmail.com)

### OMS EMAIL GROUP MAINTENANCE

Susie Young • [swim.pdx@gmail.com](mailto:swim.pdx@gmail.com)

### PAYMENTS ADMINISTRATOR

Ginger Pierson • [gingerpierson7857@comcast.net](mailto:gingerpierson7857@comcast.net)

### PROGRAM DEVELOPMENT

Marlys Cappaert • [m.cappaert@comcast.net](mailto:m.cappaert@comcast.net)

### RECORDS

Stephen Darnell • [inancialwizard2@comcast.net](mailto:inancialwizard2@comcast.net)

### SAFETY

Joy Ward • [silenteclipse1210@hotmail.com](mailto:silenteclipse1210@hotmail.com)

### SOUVENIERS

Jeanna Summers • [jeanna.summers@optumhealth.com](mailto:jeanna.summers@optumhealth.com)

### SUNSHINE

Ellen Summers • [ebisch123@aol.com](mailto:ebisch123@aol.com)

### OREG CLUB REP

Nancy Vincent • [ncsvincent@comcast.net](mailto:ncsvincent@comcast.net)

### USMS REP

Sandi Rousseau • [swim@gorge.net](mailto:swim@gorge.net)

### TOP TEN

MJ Caswell • [mjcaswell@earthlink.net](mailto:mjcaswell@earthlink.net)

### WEB MASTER

Matt Miller • [matt@flytrapcare.com](mailto:matt@flytrapcare.com)

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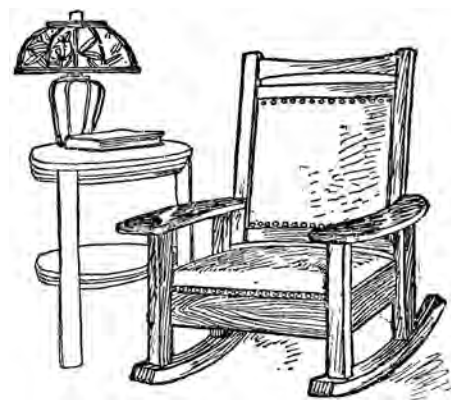
Send address changes to Susie Young and all other membership questions to Christina Fox.

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**PRINCIPAL FOUNDER OF OMS**  
Connie Wilson

# Chair's Corner

**Tim Waud**  
**OMS Board Chirman**



## Greetings fellow Masters swimmers,

Happy New Year! We have an exciting year ahead of us in 2019. This year the OMS Association Championship will be held May 17-19, 2019, at Tualatin Hills Aquatic Center in Beaverton, Oregon. This event will be billed as a "Last Chance" meet to get in some fast times before the end of the Short Course Yards season. Due to pool access and scheduling conflicts we had to move the event to the month of May. The Pacific Northwest LMSC will be hosting their Association Championship April 13-14, in Federal Way, Washington. Aside from our two meets in January, this PN championship event will be the only Short Course Yard meet before the 2019 U.S. Masters Swimming National Championship in Mesa, Arizona.

This summer we have a full line up of Open Water events including the 2019 U.S. Masters Swimming Ultra-Marathon National Championship and the Northwest Zone Open Water Championship. The Portland Bridge Swim will be hosting the National Championship on Sunday, July 7, in Portland, Oregon, and the Cascade Lakes Swim Series & Festival will be hosting the Northwest Zone 1500 m Championship on Saturday, July 27, at Elk Lake.

The Oregon Masters Swimming board is looking for volunteers to serve on the Board of Directors. The two (2) year terms of our principal officers are up for election. We are seeking candidates for the offices of Chair, Vice-Chair, Secretary, and Treasurer. If you are interested in serving on the OMS Board of Directors, direct all inquiries and nominations to our interim Secretary Kristina Franklin: Kristina.I.Franklin@gmail.com. Nominations must be submitted by Friday, January 11, 2019.

You can find the OMS Bylaws and Policies here: <https://swimoregon.org/member-services/>.

## Per OMS Bylaws:

**Section 1.** The principal officers of this corporation shall consist of a chair, a vice chair, a secretary and a treasurer, each of whom shall be elected by the members (i.e., teams). The principal officers of the corporation shall have two (2) year terms, with the election of all principal officers in even numbered years.

**Section 2.** Nomination of principal officers shall be solicited in the newsletter. Candidates for office must provide to the Secretary written notice containing the candidate's interest in serving, qualifications for the office to which the candidate has been nominated and any other information the candidate may wish to provide to the voting members. This notice must be provided within seven (7) days of the date of request by the Secretary, or the candidate shall be removed from the ballot. The written notice shall be provided to each voting member at the time of the election. The election of principal officers shall take place every other year by the members. If, however, there is an unopposed candidate for an office, the candidate may be elected by a two-thirds vote of the Board of Directors. Each principal officer elected shall be a member of the Board of Directors.

The OMS Board is actively seeking a Membership Promotion Chair. This person will be responsible for promoting U.S. Masters Swimming and Oregon Masters swimming events. If you would like more information regarding this position, please contact OMS Chair Tim Waud: [timpward@gmail.com](mailto:timpward@gmail.com).

Upcoming events include the 15<sup>th</sup> Annual Canby Animal meet on Sunday, January 13, and the Chehalis meet on Sunday, January 27

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# Off the Block

Since this column is called "Off the Block", whatever information is deemed of interest is presented.

## Scott Raphael, N.D. — Cures Type-2 Diabetes

by Dr. Scott B. Raphael, N.D.

My health problems started even before I was born. My paternal grandparents were grossly overweight. My grandfather, a butcher, always thought that animal protein was the way to good health. As a child, each meal was laden with heavy servings of meat. After my grandfather retired, my father continued this tradition by purchasing meat at very low prices from grandpa's friends; for example, breakfast was at least two or three pounds of bacon, or a thick ham steak for each of us. (Those choices always seemed strange to me, because I came from a Jewish family.) For dinner, each one of us got a 2-inch thick steak or lamb chop. To keep the family healthy, my dad would make us a large Caesar salad served up in a giant roasting pan and drowned in his homemade dressing. He boasted that he acquired this recipe from the man who originally created it in Tijuana, Mexico. This dressing contained eggs, anchovies, and lots and lots of oil.

The salad being the only vegetable portion of our meal, it is no wonder my father was grossly obese. He died at the age of 67 from complications of diabetes. When we cleaned out his apartment and looked in his refrigerator I discovered it crammed full of salami logs, packages of bologna, many types of cheeses, not to mention all the butter and milk. In the pockets of several pairs of pants were the receipts from Kentucky Fried Chicken. Now you understand how I was brought up to eat.

I had grown up thinking that animal protein was the healthiest thing for me—this is even what my doctor encouraged me to eat. I was a fat kid! As a young adult, living on my own, I started reading about good nutrition and health. What I learned caused me to reduce my intake of red meat, eat more fish, and fry in "good" oils. Unfortunately, this did

not lead to good health.

At the age of 28, I found a lump the size of a golf ball on the left side of my groin area. The biopsy showed I had Hodgkin's Lymphoma—a cancer of the lymphatic system. I went to four specialists, including the leading radiation oncologist at Stanford University in Palo Alto, California, and the leading oncologist at Cedars Sinai Hospital in Los Angeles. They all delivered the same messages: "We don't have any idea how you got this, but we sure know how to treat it. First we remove your spleen, then you will undergo heavy doses of radiation, and some even heavier doses of chemotherapy." After my surgery, during 3 months of radiation therapy, I became sicker and sicker—spending my days and nights vomiting. Although I eventually recovered from my cancer, my general health was never restored—I still was way too heavy and now I had additional problems of colitis and hypertension.



Scott - Day One - The McDougall, January 2006

In 1993, while dating Mary, who soon became my wife, my weight ballooned to 290 pounds, and I came down with what I thought was the worst flu ever. This "flu" had additional features—I had an unquenchable thirst and could not stop urinating. No matter how much I drank the thirst got worse! Mary kept telling me that I should go to the doctor, but I kept resisting. I became so sick that she literally had to drag me to

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# Fit to Swim

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



## 2019: Practice with Heart, Swim with Intelligence, Compete with Courage.

When you read this article, it will be time to set your resolutions for 2019 to make it your best year ever. But before you start writing down crazy, hard-to-keep goals, I want you to think about this motto; "Practice with Heart, Swim with Intelligence and Compete with Courage". This is the motto the YMCA age group team where I coach chose for their 2018/2019 season.

I think it is something you should ponder, whoever you are: the young, the old, the beginner or the top-level swimmers, the triathlete, the newbie, etc. It should be in your mind when you start writing down your specific and measurable goals for 2019.

**Practice with Heart: this should be taken both literally and figuratively.**

You should practice swimming or any other sport because you like it; sorry, you love it. Every time you step up on deck, you should be ready to jump in the water and have a good workout, your heart must be into it. If it is not the case, either swimming might not be your sport, or you might be swimming too much and have lost the spark.

Now you need to work your heart at each and every practice. Here, I am talking about playing with your heart rate. Unless you have a medical condition with your heart, you should increase and decrease your heart rate often during practice. Stepping up your heart rate for short periods of time, will help you get to the next level of fitness and/or improve your time if you compete. Whether you are long distance or lap swimmers, don't continuously swim at the

easy to medium speed. Bring your heart rate up if you want to get fit in a minimum amount of time.

Swim with Intelligence: here we are talking about technique, efficiency, smart training.

One of my goals for 2019 is to bring more clinics to a pool near you to improve your technique, efficiency in the water and to bring smart training tips to the day to day swimmer. Oregon Masters Swimming has a wealth of experience with many coaches, pool and open water swimmers, and we would love to spread that knowledge to all the adult swimming community. In that respect, our first step is to assess your needs and our manpower in order to organize by region and to be able to reach out locally. We have a monkey survey which will come to you and that we would love if you can answer it. Your help is really appreciated. The survey can be accessed thru this link: <https://www.surveymonkey.com/r/T7S53GR> or you can also leave a comment below.

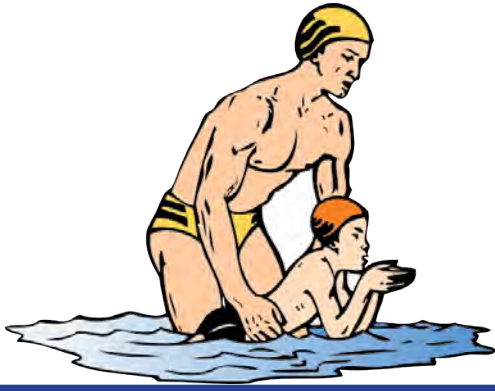
Clinics are almost like magical tools to make you more efficient in the water and enjoy the sport of swimming as a lifelong sport. Whatever your level, the goal of each clinic is to have at least one "aha" moment, one tip to work on when you go back to practice the next day. Be prepared to continuously think about that tip for quite a while in order to make that change permanent. Do not rush to the next step too quickly, patience is key. Swim with intelligence and you will be greatly rewarded.

### Compete with Courage:

Not everybody likes the stress of competing and it is perfectly OK.

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# Coaches Chair

**Coach Sara Shepherd**  
*OMS Co-Coaches Chair*

## **“February Fitness” Challenge**

Are you looking for some long distance swimming opportunities? You have probably heard of USMS “Go the Distance,” but have you heard of the February Fitness Challenge? This international long distance postal swimming event is hosted by the Tualatin Hills Barracudas. The Challenge has always focused on promoting health and physical fitness but also adds a fun competitive edge. Swimmers set a goal to swim as much yardage as possible during the month of February with the ultimate challenge of swimming 100,000 yards or more. And there are some that have taken that goal to the extreme! There are swimmers that have swum more than 600,000 yards in one month.

If you have participated in the Challenge in the past, you may remember paper entries and waiting until March for results. Great news! The Challenge has moved into the 21<sup>st</sup> century. This year’s Challenge will be solely online and will continue with an interactive platform in which you can

enter your results daily and compare them to other swimmers based on age or gender groups. You can also keep up with daily rankings, like who swam the most on a certain date in February. Now you can turn this event into an even more challenging swim or use the interactive platform to help you stay on track with your goals. I found the interactive calendar very useful, it was an easy tool to track yardage and it was fun to be able to compare progress with others on the real-time leaderboard as the month went on.

So join the February Fitness Challenge mascot, the frog, and jump into the pool in February! Challenge yourself, your friends, and your team to see how far you can swim and improve your fitness abilities. We look forward to having you join the Tualatin Hills Barracudas in this great event.

Website link listed below.

<http://barracudas.org/february-fitness-challenge/>



# Long Distance Swimming

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



## This is your year to GO PRO!

What? I — a mere member of Oregon Masters Swimming — can get paid to swim, like Michael Phelps, Katie Ledecky, and most of the other swimmers on our National Team? I have good news for you... YES YOU CAN!

Here's how to GO PRO! Due to a most generous and unusual offer from an unnamed enthusiastic Masters swim booster, OMS will pay your 2020 OMS registration if you swim and enter three USMS Postal National Championship swims in 2019. Simple. No other strings attached.

How are you going to make this work for you? There are five USMS Postal National Championships. They are, in chronological order, the One-Hour Swim (held in January & February), the 5 & 10-km swims (held May 15 thru September 15), and the 3000 & 6000-yard swims (held September 15 thru November 15). Swim them in your local pool (for the most part) and submit your entry online for a modest fee. Again, simple.

Planning ahead to GO PRO! Remember, you only have to swim & enter three (of five) of these swims...

- Your first swim is the One-Hour Swim in January & February. This swim can be done in any 25-yard or 25-meter pool (times from metric pools are converted to yards for comparison). I strongly recommend that you start with this one! Get your local team together to join you. I have listed detailed info about this event below.
- Your second & third opportunities are the 5 and/or 10-km swims. You must do these in a 50-meter pool, and we will be making arrangements at local long course facilities to make them available to you during the May 15 to September 15 window for doing these swims.

- Your fourth & fifth chances are the 3000 and/or 6000-yard swims. Like the One-Hour Swim, you may do these in any 25-yard or 25-meter pool (metric swims are again converted) between September 15 and November 15.

**BONUS:** OMS offers a Postal Participation Challenge Award for completing & entering three USMS National Postal Championship swims in a calendar year. Not only can you GO PRO, but you can also win this award!

**BUT WAIT...THERE'S MORE:** USMS offers a Participation Award if you swim all five of the USMS National Championship swims. By accepting the OMS GO PRO challenge, you are well on your way to qualify for this prestigious award, which only 60 USMS swimmers earned last year. You just have to add two more postal championship swims.

**THE GREATEST BONUS OF ALL:** Doing these postal swims will be the best thing for your heart that you do on the days that you swim them. All OMS members — pool racers, open water swimmers, triathletes, and fitness swimmers — will benefit from doing them. Start preparing to GO PRO!

The First Step to GOING PRO: the One-Hour Swim

**What is the One-Hour Swim?** This event resolves the basic question of how far can you swim in one hour. It's the first USMS postal swim each year, done only during the months of January & February. It's the largest stand-alone participation event on the USMS calendar, as more than 2000 swimmers across the nation swim it most years. It's the oldest of the USMS postal swims; started in 1977. It's not

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# Recent Meets & Records

Records are for Oregon Swimmers Only; \* = split

## Hood River Fall Meet—SCM

November 10, 2018; Hood River Pool, Hood River, OR; Sanction # 378-S006

Results: [https://swimoregon.org/results\\_pdfs/2017-2018/ResultsHoodRiver\\_SCM\\_20181110\\_Splits.htm](https://swimoregon.org/results_pdfs/2017-2018/ResultsHoodRiver_SCM_20181110_Splits.htm)

\* = split

Age Group	Event	Name	Age	Time	Record set
Women 18-24	200 SC Meter Freestyle	Cavender, Erin	24	2:21.38	Oregon
Women 35-39	50 SC Meter Backstroke	Shepherd, Sara	36	32.05	Oregon
Women 35-39	100 SC Meter Backstroke	Shepherd, Sara	36	1:08.48	Oregon, Zone
Women 35-39	200 SC Meter IM	Shepherd, Sara	36	2:34.96	Oregon
Women 60-64	100 SC Meter Backstroke	Andrus-Hughes, Karen	61	1:13.53*	Oregon, Zone
Women 75-79	100 SC Meter Freestyle	Calnek-Morris, Sue	75	1:38.83	Oregon, Zone
Women 75-79	200 SC Meter Freestyle	Calnek-Morris, Sue	75	3:37.83	Oregon, Zone
Women 75-79	400 SC Meter Freestyle	Calnek-Morris, Sue	75	7:20.25	Oregon, Zone
Men 30-34	100 SC Meter Breaststroke	Arzner, Adam	32	1:09.56	Oregon, Zone
Men 30-34	200 SC Meter Breaststroke	Arzner, Adam	32	2:37.29	Oregon
Men 40-44	50 SC Meter Freestyle	Samuel, Jonathan	41	24.60	Oregon
Men 40-44	100 SC Meter Freestyle	Samuel, Jonathan	41	54.44	Oregon
Men 45-49	50 SC Meter Breaststroke	Grote, Kurt	45	30.65	Oregon, Zone
Men 45-49	100 SC Meter Breaststroke	Grote, Kurt	45	1:05.93	Oregon, Zone
Men 45-49	100 SC Meter IM	Grote, Kurt	45	1:01.34	Oregon, Zone
Men 50-54	100 SC Meter Freestyle	McComish, John	52	58.18	Oregon
Men 70-74	200 SC Meter Backstroke	Bruce, Bob	70	3:05.68	Oregon
Men 70-74	200 SC Meter Breaststroke	Bruce, Bob	70	3:29.51	Oregon

### RELAYS

Women 240-279	400 SC Meter Medley Relay	5:12.09	Oregon, Zone, National, World
1) Andrus-Hughes, Karen (61)	2) Crabbe, Colette (62)	3) Worden, Laura (61)	4) Delmage, Arlene (56)
Mixed 200-239	800 SC Meter Free Relay	9:28.95	Oregon, Zone
1) Adams, James (41)	2) Crabbe, Colette (62)	3) Delmage, Arlene (56)	4) Miller, Matt (41)

## NW Zone Championship — SCM

November 17 & 18, 2018; Weyerhaeuser King County Aquatic Center; Federal Way, WA; Sanction #368-S008

Results: <https://www.usms.org/comp/meets/meet.php?MeetID=20181117PSMSCMS>

Age Group	Event	Name	Age	Time	Record set
Women 70-74	50 SCM Free	Margaret Toppel	70	33.60	Oregon, Zone
Women 70-74	50 SCM Back	Margaret Toppel	70	40.23	Oregon, Zone
Women 70-74	50 SCM Fly	Margaret Toppel	70	36.88	Oregon, Zone
Women 70-74	100 SCM I.M.	Margaret Toppel	70	1:25.89	Oregon, Zone
Men 25-29	50 SCM Free	Chase Mesford	28	24.15	Oregon
Men 45-49	200 SCM Free	Kurt Grote	45	2:01.87	Oregon, Zone
Men 45-49	400 SCM Free	Kurt Grote	45	4:19.71	Oregon, Zone
Men 45-49	200 SCM Breast	Kurt Grote	45	2:23.75	Oregon, Zone
Men 45-49	200 SCM I.M.	Kurt Grote	45	2:13.31	Oregon, Zone
Men 45-49	400 SCM I.M.	Kurt Grote	45	4:49.84	Oregon, Zone

### RELAY

Men 280-319	400 SCM Free Relay	5:18.04	Oregon
1) Willard Lamb (96)	2) David Hathaway (58)	3) David Radcliff (84)	4) Scot Sullivan (52)



## Southern Pacific Masters Swimming — SCM

December 2, 2018;

Results: <https://www.usms.org/comp/meets/meet.php?MeetID=20181130LBSCMS>

Age Group	Event	Name	Age	Time	Record set
Women 25-29	50 SCM Free	Hailey Bambusch	28	27.12	Oregon, Zone
Women 25-29	50 SCM Back	Hailey Bambusch	28	32.91	Oregon
Women 25-29	50 SCM Breast	Jessica Stacy	29	35.31	Oregon
Women 25-29	100 SCM Breast	Jessica Stacy	29	1:16.22	Oregon
Women 25-29	50 SCM Fly	Jessica Stacy	29	29.04	Oregon
Women 25-29	100 SCM Fly	Jessica Stacy	29	1:04.64	Oregon, Zone
Women 25-29	100 SCM I.M.	Jessica Stacy	29	1:07.06	Oregon
Women 25-29	200 SCM I.M.	Jessica Stacy	29	2:28.68	Oregon
Men 50-54	400 SCM Free	Scot Sullivan	52	4:29.05	Oregon
Men 50-54	800 SCM Free	Scot Sullivan	52	9:30.67	Oregon
<b>Relay</b>					
Mixed 120-159	400 SCM Free Relay			3:56.89*	Oregon, Zone*
Scot Sullivan (52)	Matt Miller (41)	Jessica Stacy (29)	Hailey Bambusch (28)		

\*This Relay team was the first ever, in any age group, in the entire Northwest Zone, to swim this event in less than 4 minutes. They came close to the National record of 3:51.21.

## COMA All-Around Challenge — SCM

December 8, 2018; Bend, OR; Sanction# 378-S008

Results: [https://swimoregon.org/results\\_pdfs/2017-2018/ResultsCOMAPent\\_SCM\\_20181208\\_Splits.htm](https://swimoregon.org/results_pdfs/2017-2018/ResultsCOMAPent_SCM_20181208_Splits.htm)

Age Group	Event	Name	Age	Time	Record set
Men 70-74	100 Breast	Bob Bruce	70	1:37.82	Oregon
<b>Pentathlon Distance</b>					
Mid-Distance (600 meters)	Women 40-44	Stacey Kiefer		8:01.12	Oregon
Mid-Distance (600 meters)	Women 70-74	Ginger Pierson		11:47.95	Oregon
Mid-Distance (600 meters)	Men 70-74	Bob Bruce		8:58.73	Oregon
Long Distance (1200 meters)	Women 55-59	Cherie Touchette		19:48.27	Oregon
Long Distance (1200 meters)	Men 65-69	Kermit Yensen		19:58.63	Oregon

### CHAIR'S CORNER

Continued from page 3

in Newberg, Oregon. The Chehalem meet will be hosted in a brand-new state of the art swimming facility. The Oregon City Spring Ahead (dual sanction) meet will be held March 9-10. The One-hour ePostal swim begins January 1 and concludes on February 28. This is a great event to compare yourself to others swimming the same event.

Hope to see you around a pool soon,  
Tim Waud/OMS Chair

### FITNESS

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Indeed, competing does take courage, first to register not knowing what to expect, second, going faster than usual is hard, third competing against more experienced swimmers is humbling. But everybody needs to start somewhere, so have the courage to compete, you will be rewarded by the great feeling of having done it.

Now as you prepare to write your specific goals for 2019, remember that: "working smart is hard, working hard is easy".

# Swimmer Spotlight

--submitted by Arlene Delmage

## Alice Zabudsky

Age: 73

Occupation: Retired

Water! What a wonderful compound for both inside and outside the body. Swimmers have such a precious gift of being in the water for much of their lives. There is something healing about being in water.

I grew up in San Antonio, Texas, where it is hot and humid. Playing in water comes naturally when it is so hot. Even running outside during a drenching rain storm, with our clothes on, was a huge delight.

When I was less than 7 we rented a farm that had a large concrete pit for washing the vegetables produced on the truck farm. Since we rented the place the pit was not being used for its normal purpose, so we filled the pit with water and swam. Also, Grandma lived in a trailer park that had a pool, so we spent many days swimming and playing tag in the water; the kind of tag that was challenging. One could not tag another if their head was under water; you had to stay in the pool; there was no base.

When I was age 9 to about 21, I became a camper, then a staff member at a summer youth camp in East Texas -- Athens, to be exact. There was hot sand and many pine trees. Being barefoot most of the time I had to run from the shade of one tree to the shade of the next to keep from burning my feet. The camp was on a private lake and activities were built around the water. Red Cross certificates were issued to campers who completed the list of requirements for their choice of rowing, canoeing, sailing, different levels of swimming, and water skiing. One of the requirements set by the Red Cross was a certain number of hours of instruction, and in order for the kids to get the hours required, the camps each lasted for 10 days. I became a staff member at age 11 because they needed help in the kitchen doing dishes! I spent the next 10 summers working at that camp. No pay, just fun in the sun and water for 6 weeks each summer!

My first assignment was a helper in teaching rowing, then I taught rowing by myself, then canoeing; and sailing for one or

two summers. All the time not spent teaching was free time, and teaching only lasted 4 hours per day. With all the equipment available (boats, canoes, sail craft), there was plenty that could be done. Sometimes I would swim breast stroke across the lake at the narrowest place.

Somewhere during those years I got my Water Safety Instructors certification. No instruction on competitive stroke technique, and swimming competitively never entered my mind.

Fast forward — 1972. We had just moved from Michigan to Oregon, and, wanting to lose fat from a pregnancy, I signed up for community swim classes at David Douglas High School pool, with Karl Von Tagen as the instructor. After the course was finished, Karl told me about AAU Swimming (the name was later changed to Masters Swimming) and encouraged me to try it. I asked him how to swim butterfly, and he told me to do 25 yards 8 times with as much rest as needed. He probably thought I already knew how to swim butterfly. Well, that was the beginning of my competitive swimming days. No coach. My first meet was December 31, 1972, at the Reynolds High School pool! I did a flip turn on the 50 yard butterfly event! It broke my heart when I was disqualified!

I swam in every meet that was in the area, dragging my husband and two children with me. The children were used to sitting in the stands while I swam. On my workout days, when my workout was over, it was their turn to swim, and they loved the water. Neither of them got to swim competitively as they grew up. My daughter wanted to join a team, but it didn't work out.

In the early days of AAU Swimming, I got a National Top 10 time every time I swam, and many first place swims in local meets (there were very few swimmers in any age group). On the current USMS web site there are not many Oregon meets from the 1970s, so most of my swims don't appear there.

Most of my swimming days have been self-coached. In the 1980s I met Chris Clum who was working out at the same pool as I, and we have been workout-partners since then. (Chris swam in age-group swimming with Ginger Pierson.) We get our workouts from the internet. The coaches we have had,

Continued on page 18



# Aging Wet

by Joe Oakes

*Old.* Right there is a loaded word. Sometimes it is used as a pejorative, as in 'old coot' or 'old geezer,' but I like it, because I have earned the right to be called old and am enjoying my seniority immensely.

Let me give you an example. Last month (October, 2018) our oldest son and his wife celebrated their fortieth wedding anniversary. (The inescapable implication is that I must be old.) The whole family booked a Mediterranean cruise to mark the occasion. Great food, no responsibilities, beautiful and interesting ports to visit: What could be better?

Here is what turned out to be the icing on the cake for the swimmer in me. The good thing about cruise ships is that they are always (doh!) close to the water, as was indeed the case with our ship, Holland America's *Oosterdam*. Her itinerary took us from Venice to Rome and back, with stops in Croatia, Albania, Greek islands, Malta and Sicily, a new port almost every day, always with a fine beach within a short distance of the ship's mooring. When the ship was not in a port, my alternative was to make use of the two small pools on board.

So I sought and found delightful places to swim in the sea everywhere. In the Albanian city of *Sarande*, there is a lovely town beach within a short walk of the pier. Just south of the city of *Catania*, Sicily, is a broad beach with gentle surf and warm water. Just under the ancient city walls of *Rhodes* I swam laps between luxurious mega-yachts and the ship. In *Santorini* we

rode away from the touristic town of Thira and found isolated, enchanting *Mera Beach* about twenty minutes away. There is a hidden beach just outside the old city of *Dubrovnik*, where I swam with a local swim group. Always the sea calling me; always right at hand. How much did I swim? Whatever felt right, always close to shore; usually between 500 and 1500 meters. Sylvia was always there to keep an eye on me.

In places where we were docked in an industrial area of a big city, I took a cab or a city bus to the outskirts. That was the case in *Peiraeus*, Athen's port city, where for five euros we took a taxi to the quiet little fishing town of *Mikrolimano*, and we were the only tourists in town to enjoy a great swim and a fine dinner from the sea. Rome's port city is *Civitavecchia*, and just south of this lovely town is a beach that will satisfy your inner needs.

I swam in the beautiful Mediterranean every day. It is what I love and need, and I confess to being a non-repentant swim-aholic. With the blessing of time and good health, I will continue to pursue my vice. And when I am sailing on a cruise ship, I will continue to sneak off to frolic in the sea. That is where the ship will always be, and it is what I do. Would you call that a symbiotic relationship?

*Note regarding cruising:* I have heard people say that they are afraid to cruise because of the fearsome food and drink temptations. The fact is that you have the same temptations at home: the choice is always yours. I know folks who walk six miles a day on board, and there is always a gym and a place to swim, either in the on-board pool or in some exotic port. And it is *so nice* to have someone cook and clean for you. The older I get, the more I like it. Maybe I am a cruise-aholic too?



## REMINDER

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### **Call for Nominations for Annual OMS Awards must be submitted by January 25, 2019**

Every year we ask our members for nominees for the five OMS Awards described below. This is your opportunity to give recognition to a worthy individual, organization, business or group that has contributed outstanding service to a team or to OMS.

Awardees are announced and celebrated at the social held during the Association Championship. With that event just around the corner, **we need all nominations to be submitted by January 25, 2019.**

How to submit your nomination(s):

1. Read through the award descriptions below.
2. Look through the list of past OMS Award Recipients to assure that the awards go to different nominees each year.
3. Submit the name of the award, the nominee's name and a brief explanation of why you think your nominee is deserving of the award. If you can, we would appreciate a photograph of the nominee for publication later.
4. Email your nomination information by Friday, January 25, 2019, to:  
Sara Shepherd (Awards Chair)  
ssobx5@yahoo.com

Nominees will be reviewed and voted on in mid-February, 2019, by the OMS Board and two persons from the general membership.

## **Annual OMS Awards**

### **CONNIE WILSON MEMORIAL AWARD**

Given to an individual who has made an outstanding, long-term leadership contribution to OMS and to Masters swimming.

### **OL' BARN AWARD**

Given to the individual who has shown outstanding leadership, dedication, and devotion throughout the past year, to OMS and Masters swimming.

### **HAZEL BRESSIE SPIRIT - FEMALE AWARD**

Given to the female who has shown enthusiasm and spirit to her team and/or other Masters swimmers during the past year.

### **GIL YOUNG SPIRIT - MALE AWARD**

Given to the male who has shown enthusiasm and spirit to his team and/or other Masters swimmers during the past year.

### **SPECIAL SERVICES AWARD**

Given to an individual, organization, business, or group that has gone the extra mile by contributing outstanding service to a club or to OMS.

# In Memory—Virginia Phipps

Virginia R. Phipps  
 Nov. 2, 1924 - Aug. 7, 2018  
 Virginia “Ginny” Phipps, 93

WRITTEN BY TIM WAUD

Our beloved Virginia Phipps passed away on August 7, 2018. Virginia was an accomplished Oregon Masters swimmer and Tanker Towel award winner. In honor of Virginia, Oregon City Swim Team has created a scholarship in her honor. The Virginia Phipps scholarship is a one year membership to the Oregon City Tankers. Details will be coming later.

WRITTEN BY VIRGINIA’S FAMILY

Virginia Ruth Phipps was born to Harold and Dorothy Young Nov. 2, 1924 in Salem, Ore. She spent her youth growing up in the Pacific Northwest. After graduating high school in Athena, Ore., she went to the Northwest Business College in Portland, where she learned secretarial skills.

After completing the program she returned home to Milton-Freewater, Ore., and got a secretarial job at a nearby Army Air Corps base in Walla Walla, Wash. There she met, and fell in love with, our father, Maurice Phipps. They were married June 2, 1945. While Maurice went to school on the GI Bill, Virginia raised a toddler and worked part time to help support the family.

Virginia was a stay-at-home mom raising two more children, Thomas and their youngest Tracey, and supported the home front through several moves. When Tracey was in grade school, Virginia got to realize her lifelong dream of continuing her education. She enrolled part time in Chaffey Community College and then transferred to Pomona College in Southern California where she graduated Summa Cum Laude with a degree in Eng-



lish. Mom continued her education at Arizona State University, graduating with a Master of Arts in Teaching English as a Second Language. After graduating, Mom worked in the art department of a textbook company in the Bay Area.

As part of their post-retirement travels they participated in: tours of England, Wales, Ireland, Germany and France; cruises of the Caribbean and Alaskan waters; and Holiday Rambler RV Group caravans and gatherings. They especially enjoyed the many friends they made during their travels.

Virginia passed away in her sleep on Aug. 7, 2018; 20 days after Maurice’s passing. She is survived by her sons, Michael (Susan) and Tom (Molly); daughter, Tracey; and three grandchildren, Dan, Mary and Anne. (Published in The Oregonian from Oct. 4 to Oct. 7, 2018)

## Virginia Phipps’s Swimming Accomplishments

### WOMEN 90-94

#### OREGON SCY RECORDS

50 Yd. Free	Virginia Phipps	04/12/15	1:11.16
100 Yd. Free	Virginia Phipps	04/12/15	2:45.85
200 Yd. Free	Virginia Phipps	04/12/15	5:28.54

#### NW ZONE SCY RECORDS

200 Yd. Free	Virginia Phipps	04/12/15	5:28.54
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#### OREGON & NW ZONE LCM RECORDS

50 M. Free	Virginia Phipps	08/21/16	1:25.97
100 M. Free	Virginia Phipps	08/21/16	3:05.93

Virginia was on the USMS ‘Top 10’ list 6 times during 2015-2016. She was also featured in the “Swimmer Spotlight” article in the July, 2016, issue of the *Aqua Master*.

# 2018 European Masters Swimming Championships

By Lex Higlett

Back in Early September I jumped on a plane and traveled to Slovenia to meet up with my old teammates from my UK club London Otter, at the 2018 European Masters Championships. I'd never been to Slovenia before so when my friends from my old club said they were entering, I figured it was a good excuse to see them & a bit more of the world.

The Championships were held over 2 weeks with 4,529 participants from 40 countries, competing in Swimming (2793), Open Water (1112), Water polo (892), Diving (72) and Synchronized Swimming (218), and it was pretty fun.

Being relatively new to Masters swimming, this was only my second International Masters meet. The first was the European Championships in London in 2016, which while fun, was a bit of a nightmare. An administrative oversight led to meet entries far exceeding the competition and pool's capacity. Half the races (including all my individual events) ended up being held in the warm-up pool. Warm-up was 10 minute slots in seriously overcrowded pools. Racing finished after 11 p.m. at night & you had to line up for 2+ hours to get into the pool. It was fun, like swimming meets are. But far from ideal.

Slovenia could not have been more different. The swimming competition was held in Kranj, at a venue with two Olympic swimming pools. The outdoor competition pool was lined with sun umbrellas, cheering teammates and spectators. While the indoor pool was used for warm up and cool down. The weather wasn't like summer for the first few mornings, with heavy, heavy rain, but the event organizers, commentators and volunteers created a great atmosphere and kept the competition running right on time until the sunshine arrived in the second half of the week.

As the weather got better, so did my results. Our Ladies 120+ — 4 x 50 Freestyle team successfully defended our title from London, winning gold, and our Mixed 120+ — 4 x 50 Freestyle team picked up Bronze. I was pleased to also get my first individual International Masters swimming medal too; Bronze in the Ladies 35-39-400 Free. My goal had been to finish top 10 in my events, so was very happy with my 5th place finishes in the 100, 200 and 800 Free, and a 9th in the 50 Free.

When the pool racing finished on Friday, it was time for the Open Water on a beautiful open water course in Lake Bled.

Lake Bled was stunning— with amazingly still clear water, a castle on the hill & a small island in the middle, complete with an old Church. Racing started each day at 10 a.m. with 15 minutes between waves for the 3-km and 20 minutes between waves for the 5-km. It was a pretty amazing place to race, and one of the easiest. The course was super straight lines with buoys evenly spaced and joined by a rope. So you didn't need to do a lot of spotting, and with such smooth water, and no men in my wave, it was calmer than most training sessions. I raced in the 3-km event on Saturday, finishing 5th (again), then paddle boarded around the lake to watch friends swim the 5-km on Sunday.

Overall I had a blast. It was a great week of racing and once again I realized how lucky I am to be part of the amazing Masters swimming community, and to have made friends from all around the world, swimming.

A few things to know if you want to compete at Europeans in the future.

- The 2020 Championships are in Budapest, Hungary.
- As a US swimmer you can compete, but you'll need to find a European club to swim for, and you'll need to be a member of that club for a year prior to the event to be eligible.
- Times that you swim at the championships are not eligible for USMS Top Ten rankings. For your swims to be considered for USMS top 10 and records, you must be representing USMS.
- Try to arrive a few days before the meet if you can. Turns out jet lag is definitely a thing.

See photo of Lake Bled on page 19



*Our Ladies 120+ 4x50 Free team successfully defended our title from London, winning gold. Lex is on the right*

# Swim Bits

by Ralph Mohr

## The Dumbo Effect –

“Dumbo” was a 1941 Disney animated movie that featured a baby elephant with very large ears. In the film Dumbo is picked on because of his ears, but with them he can do something no elephant could ever do - fly.

Dumbo needs confidence, though. His only friend, Timothy Q. Mouse, figures out that Dumbo can fly and finally persuades Dumbo that all he needs is a magic feather to soar with his ears as wings.

I have run into many swimmers who use “magic feathers” for events and practice. Sometimes the feather has been a ritual before the event, splashing water on their face, stretching, or arm swings, like Michael Phelps used.

Or there is a special pair of goggles only used for open water, or a suit for State only. Ryan Murphy, Olympic champion

backstroker, has a full set of “feathers” that he uses for races.

“At swim meets I get super superstitious,” he says, laughing. “I’ll wear USA socks every time. I’ll have a Greek yogurt, banana, and peanut butter and jelly before every race. I always do a pretty similar warm-up.”



Do you have a set warmup, one you have confidence in, for both practice and meets? Coaches will often provide workout warmups. Meet warmups are different and should prepare you for your events.

What are your “feathers,” the little quirks that allow you to focus on the up-coming race? I splash water in my face before a pool race. It helps settle goggles firmly, but it is also a ritual that lets me know I’m ready to race.

Having routines before practice and meets is a good idea for all athletes. What are yours?

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## You can change your USMS registration information, yourself.

Just go to <https://www.usms.org/reg/member/updateinfo.php>. Using this tool, you can update any of your personal information including your Workout Group. USMS will send your update request to Susie Young (OMS Registrar) and she will approve it.

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*Arlene Delmage, James Adams, Colette Crabbe and set a new NW Zone record in the mixed 800 meter freestyle relay, age group 200-239, at Hood River on November 10, 2018, with at time of 9:28.95. Each swimmer in this relay swam their heart out for 200 meters!*

*The splits were:*

<i>James Adams (41)</i>	<i>2:14.13</i>
<i>Colette Crabbe (62)</i>	<i>2:32.25</i>
<i>Arlene Delmage (56)</i>	<i>2:30.78</i>
<i>Matt Miller (41)</i>	<i>2:11.79</i>

*Way to go, guys and gals! Congratulations!*



# Faster Freestyle Workshop

coming to Portland, Oregon; offered by Karyl Pipes

Karyl Pipes is an Inspirational Speaker, World Class Swim Coach, Author of "The Do-Over" and was inducted into the International Swimming Hall of Fame in 2015, joining all-time swimming greats such as Mark Spitz, Janet Evans and Johnny Weissmuller in this prestigious recognition. Take one of her workshops so she can show you the secrets to FASTER SWIMMING



Do you get confused when it comes to swimming technique?

Do you feel a little stuck because you are working hard but not getting any faster?

Then YOU will really benefit by attending a Faster Freestyle Workshop led by Hall of Fame swimmer Karlyn Pipes [www.karlynpipes.com](http://www.karlynpipes.com)

Using simple terms and referencing a variety of examples found in any aquatic environment, Karlyn will help you make sense of what many have made WAY too complicated. How simple? Well...why not just paddle your body like a surfboard? Karlyn will also teach you to become a more self-aware swimmer so you can self-correct and continue to improve your technique long after the workshop is over.

Karlyn will be offering a Faster Freestyle Workshop in Portland, Oregon and would love to help you swim faster with less effort! This workshop begins with an hour in a classroom setting to discuss past and present freestyle techniques followed by about 1:45 in the water for the step-by-step Faster Freestyle progression and about 15 minutes to wrap up. Registration

includes: Aquatic Edge Cap, detailed written supporting material and light snacks.

- Cost is \$125 and space is limited.
- In Portland, Oregon, on Wednesday, January 30th from 6:00-9:00 p.m. at the Mittleman Jewish Community Center. Register at <https://www.active.com/portland-or/water-sports/swimming-clinics/faster-freestyle-workshop-with-karlyn-pipes-in-portland-oregon-from-6-9-pm-2019>
- Here is more info about the workshop. <https://karlynpipes.com/swim-technique-workshops/>
- Here's a link to Aquatic Edge, a site that has a lot of written content: <http://aquaticedge.org>
- Visit Karlyn's YouTube channel for videos demonstrating the techniques she teaches: <http://www.youtube.com/channel/UCNozSUnZ1jO1553iL2BCVMQ/videos>
- Here's a fun podcast from Ironman last year discussing Karlyn's teaching techniques with Kristian Manietta from Trispecific: <https://www.trispecific.com/fb229-karlyn-pipes-kona-2017/>
- Lastly, here's Karlyn's wiki page! [https://en.m.wikipedia.org/wiki/Karlyn\\_Pipes](https://en.m.wikipedia.org/wiki/Karlyn_Pipes)

See you soon and please share!





## OFF THE BLOCK

Continued from page 4

the car and take me in for help.

As I was wheeled into the doctor's office I kept drifting in and out of consciousness. I remember two doctors and a couple of nurses rushing me into the exam room trying to get a blood glucose level. My sugar was so high that their conventional glucometer would not register. The paramedics were called to transport me to the hospital—the last thing I remember before blacking out was one of the four paramedics trying to lift me saying, "Hey, buddy you're a big guy, you are going to have to help us move you."

I woke up in the ICU unit of the hospital recovering from diabetic ketoacidosis—a commonly fatal complication of untreated diabetes. The hospital lab had registered my glucose level at 1130 mg/dL—ten times the normal level. After two days in ICU, I was transported to the "diabetic ward" where I was shown how to inject myself two to four times a day with insulin in my belly and my thighs. I was sent from there to diabetic classes where I was told that I was eating correctly but needed to cut my portions in half.

When my brother found out how sick I was, he sent me a book called "The McDougall Plan." I read a few chapters, and continued following the meal program the diabetic center dietitians had taught me. No matter how hard I tried my glucose levels would not stabilize. The dietitians' recommendation: just increase my dosage of insulin and maybe try oral diabetic medication. Unfortunately, the new pills, Glucophage, created unbelievable bowel distress. I started to think, that maybe eating beans, fruits and vegetables wouldn't be so hard to do—I got down "The McDougall Plan" again and read it cover to cover—all I wanted to do was to be well. However, putting into practice what I read was not all that easy.

Finally, in January of 2006, my wife and I took what we like to call "our most important vacation ever"—we joined John and Mary for their 10 day program in Santa Rosa, California. I learned more in those 10 days than I had learned in all my previous years of natural health education. We started the program with an exam from Dr. McDougall, where he addressed my health issues. Every morning, Mary McDougall was there to take my blood pressure, weigh me, and check how I was doing. The lectures were insightful and very pertinent to my getting well. Subjects included protein, calcium, diabetes, high blood pressure, how to use the Internet, reading labels and finding hidden fat. I thought

that it would be hard to cook delicious meals, but we were given excellent recipes in our cooking class. The delicious food at the program was served buffet style and I had no limitation on how much I could eat—what a change! Exercise became a joy, not drudgery. What I learned most from the program was that all the misinformation given to us by our trusted doctors and dietitians was really making us very sick. I should have figured this out on my own by the way I had continued to look and feel while following their advice.

Before adopting The McDougall Program, my weight averaged 290 to 295 pounds, my blood pressure was in the area of 195/110 mmHg and my glucose levels were in the range of 300 to 400 mg/dL.

Now my blood pressure is down to 110/80 mmHg and my glucose levels average about 120 to 130 Mg/dL, and I am off insulin and pills. I am down to 190 pounds, a total weight loss of about 100 pounds in 9 months, and I have lost 13 inches off my waist. I am a new person—my level of confidence and self-esteem are at a heightened level that I had not felt in decades. I have changed so much that people who have not seen me in a while have to look twice to make sure it's me.

Finally, I want to add that the McDougall Program (even though I did not follow it for many years) was the major force that caused me to return to school and to get my degree in natural health. After seven years of study I am now a Doctor of Naturopathy and practice in and around the Orange County/ Los Angeles area. I give lectures on the benefits of a low fat vegan lifestyle—and now, because of all the weight I have lost and my radiant energy, I am viewed by the audiences I speak to and by my patients with far more credibility.

For information on the McDougall program, see <https://www.drmcDougall.com/>



## SWIMMER SPOTLIGHT

Continued from page 10

each for a very brief period of time, were Chris Roth, Bud Taylor, Sandy Nelson, Rod Jones, Derek Spires, and Marc Smith. Sandy, Rod, and Derek were coaches for the local age-group team and each coach allowed us to swim with the age-groupers for a brief time. Bud and Mark coached me as a Masters Swimmer. It was Mark Smith who taught me, as recently as 2016, how to do butterfly correctly. Since then I have been working on it without feedback until Dennis Baker walked by one day and gave me a tip to breathe earlier and to put my head down sooner. It is getting better. Thank you, Dennis.

Swimming is the best exercise one can do, in my opinion. I am so thankful to be in a sport where a person can get a good cardio workout without becoming injured. Swimming is fun, is very healthy, and, it is for the rest of my life.

Arlene Delmage asked me to explain how I became editor of the *Aqua Master*.

I am a scientist, and in no way did I consider myself creative enough to do anything in the 'artsy' field. In spite of no graphic arts classes in my background, a man who had been doing a pro bono newsletter for another organization wanted to retire, so he sold his newspaper and asked me to take over the pro bono newsletter. He gave me some hints and I was on my own. That newsletter gave me experience which I enjoyed, so, when I saw the notice that David Radcliff was going to turn over his job to someone else, I wrote David and asked for details. When he asked me for a sample of my work, I was able to send him a copy of the newsletter referred to above.

The OMS Board asked for an interview and they gave me the job. I told the Board that I just wanted to do the layout aspect of the newsletter — let someone else be editor. So, instead, they gave me a very good writer, Karen Andrus-Hughes, to write the front page, but wanted to call me Editor. I hesitated about that arrangement, thinking I would probably end up being the Editor—but, eventually said okay.

The rest is current history!



NW Zone record-setting mixed 400 free relay (120-159) from the SPMS meet. This Relay team was the first ever, in any age group, in the entire Northwest Zone, to swim this event in less than 4 minutes. They came close to the National record of 3:51.21. L to R Matt Miller, Hailey Bambusch, Jessica Stacey, Scot Sullivan



Mike Dix, Matt Miller, Mike Oxendine and Mark Hageman set a National 2-mile Postal relay record at Superior Athletic Club

## LONG DISTANCE SWIMMING

Continued from page 7

only a spirited competition, but also an excellent post-holiday, early-in-the-year fitness event suitable for EVERYONE. I repeat: EVERYONE! Did everyone hear me say EVERYONE?

**Is a National Championship run feasible?** We rallied to crush the rest of the nation when we hosted the Summer Pool Championships in 2008 and 2016, and we have dominated the other postal championships in the past fifteen years. But we've never won the One-Hour Swim Championships (we've been runners-up often). What about it? We have the pools. We have the swimmers. We have the experience. Do we have the will? Can we do it? Of course...if we want! But I estimate that it will take 400 swims to win this thing. That's right, 400! Sure, that's way more than we've ever had before, but think big—that's less than half of our club membership. Together, we can do it...if we choose to do it!

**Bonus Benefit:** The best build-up for a successful spring and summer season is to develop your aerobic swimming capacity so that you can do your race training on a solid base, and the One-Hour Swim is one of the best tools to develop and measure your aerobic capacity.

**Another Bonus Benefit:** Even if simply swim for your own fitness and never compete in pool, open water races, or triathlons, this is still a wonderful fitness challenge for YOU. Join your teammates, test your fitness, and have some fun!

**And a Final Benefit:** The GO PRO CHALLENGE! Swim and get paid.

**Oregon Club Participation:** As OMS Long Distance Chair,

I plan to send information packets to each team before Christmas. These packets will include...

- An information letter to Coaches, Team Reps, and One-Hour Swim Captains;
- A copy of the event information;
- Instructions on how to run a successful group postal swim;
- Our current OMS One-Hour Swim Top Twelve; and
- A large-print copy of the "Top Ten Reasons to Do the One-Hour Swim", suitable for posting.

Coaches, we cannot do this without your active support and participation. Think of the great benefits for every one of your team members!

**Organizing Locally—the Key to Success:** The most powerful motivation for a big group effort is always local, with the folks that you swim with every day. I urge one swimmer from each local team to step forward to help your coach coordinate this effort and rally the troops. Coaches, get on board—this is a great team building opportunity including all of your swimmers! Please work it out within your team structure, then tell me who you are (contact me at coachbobbruce@gmail.com).

**But a one hour swim is so long...:** Balderdash! Your typical practice lasts for one hour, if not longer. Just consider a one-hour continuous swim as your practice for that day. No whining or flimsy excuses!

**Note to swimmers from other clubs in Oregon:** If swimmers representing these clubs—the other clubs in our Oregon LMSC—are feeling a bit left out in this effort, PLEASE DON'T BE! Commit to the event and the strategies listed above (not to mention the GO PRO challenge), and go for it this year! You reap the same benefits!

Good luck and good swimming in your One-Hour Swim!



*Open Water events for the 2018 European Masters Championships in Slovenia, were held at Lake Bled. The lake was stunning — with amazingly still clear water, a castle on the hill & a small island in the middle, complete with an old Church.*

## Oregon Masters Swimming: Tentative Open Water Race Schedule for 2018 (as of 30 Sept. 2018), OR Series

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category	USMS Status
Sun 19 May	1	Lake Juniper (pool)	Bend	COMA	Bob Bruce	1200-meter	Featured	Sanctioned
Sat 29 Jun	1	Foster Lake Cable Swims Sprint Series	Sweet Home	COMA	Bob Bruce	1/4 mile cable 1 mile cable	Featured Featured	Sanctioned
Sun 7 Jul	1	Portland Bridge Swim in the Willamette River	Portland	PBS, LLC	Marisa Frieder	17-km downriver (Nat'l Champs)	Featured	Sanctioned
Sat 13 Jul	2	Southern Oregon Swims at Applegate Lake	Ruch	RVM	?	2500-meter (with 10,000-meter) 5000-meter (with 10,000-meter) 10,000-meter	Qualifying Qualifying Featured	Sanctioned 378-W003
Sun 14 Jul						1500-meter	Featured	
						3 x 500-meter Pursuit Relay	Participation	
Fri 26 Jul	3	Cascade Lakes Swim Series	Bend	COMA	Bob Bruce	3000-meter	Qualifying	Sanctioned
Sat 27 Jul		& Festival at Elk Lake				500-meter	Qualifying	378-W004
Sun 28 Jul						1500-meter	Featured	
						5000-meter	Featured	
						1000-meter	Qualifying	
Sat 17 Aug	1	Southern Oregon Coast Swims at Eel Lake	Lakeside	SOMA	Matt Miller	3000-meter 1500-meter	Featured Featured	Sanctioned
Sat 7 Sep	1	Lake-of-the-Woods	Klamath Falls	SOMA	Matt Miller	1500-meter 3000-meter	Featured Featured	Sanctioned

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.

# Summary

## Records & Results. . .

Hood River Fall Meet—SCM  
NW Zone Championships—SCM  
Southern Pacific Masters—SCM  
COMA All-Around Challenge—SCM

## Looking Ahead. . .

Registration for all events is found at <http://swimoregon.org/events/>

## Pool Schedule

<u>Date</u>	<u>Course</u>	<u>Swim</u>	<u>Venue</u>	<u>Location</u>
Jan. 13, Sun.	SCY	Canby Animal Meet	Canby Swim Center	Canby
Jan. 27, Sun.	SCY	Chehalem Meet	Chehalem Aquatic Center	Newberg
March 9-10; Sat-Sun	SCM	Oregon City Spring Ahead Meet	Oregon City	Oregon City
May 17-19; Fri-Sun	SCY	Association SCY Championships	Tualatin Hills	Beaverton
August 23-25; Fri-Sun	LCM	NW Zone Championships/Gil Young Memorial Meet		MHCC, Gresham

## Detailed Open Water Schedule (see page 20)

## Quote for the month. . .

It's not a real day if you haven't watched the sunrise from the swimming pool.