



Aqua Master

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"Swimming for Life"

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The Animals Were at it Again!

by Matt Miller

The 15th annual Canby Animal Meet, held on January 13, 2019, saw 50-plus swimmers come out to compete for the right to call themselves "Animal Champions"! This meet is a lot of fun, and is definitely unique. Regardless of age group, swimmers channel their inner animal into one of three categories: Sprint

Animal, Middle Animal or Grand Animal.

Each category requires three events to be swum: an IM event, a butterfly event and a distance freestyle event. Placing is determined by the cumulative time of all three events.



The Sprint Animals go for it in the 100 IM, 50 fly and 200 free. Middle Animals take a swing at the 200 IM, 100 fly and 500 free. The Grand Animals try to survive the 400 IM, 200 fly and 1000 free. Some swimmers do pick and choose their favorite events only, but in order to be eligible for the coveted Gargoyle trophies, the Animal category combo must be completed.

This meet is great in the fact that it puts people outside of their comfort zone by forcing them to do events they might not otherwise choose to swim. It was heard at least a few times that, "This is the first time in many years I've done a 500 free!"

OK, let's move on to the results! Starting with the women, Julie Kamat earned the title of



Sprint Animal. Sara Shepherd laid claim to the tightly contested Middle Animal title, setting a new Oregon Record in the 200 IM for women 35-39 (2:16.89) along the way. Tessa Reeves won her second Gargoyle trophy in the Grand Animal category. Great swimming, ladies! Congratulations to you animals.

In the men's results, Adam Arzner handily took home the gargoyle trophy in the Sprint Animal category. Well done, Adam! In the Middle Animal category, James Adams took care of business and earned the Middle Animal title. In the men's Grand Animal category, Matt Miller and Grant Aldred had a good race. Grant dominated the 200 fly while swimming next to Tom Phipps who set a new OMS record (2:58.24)! Matt was able to pull out wins in the 400 IM and 1000 free, enabling him to take home the Grand Animal Champion title.

Overall it was a fun and well-run meet that seemed to be enjoyed by all who attended! Thanks for hosting, Canby!!

For photos of the other winners, go to page 10



Tessa Reeves and Matt Miller—Grand Animal Masters Champions, with their trophies.

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AWARDS — ANNUAL

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Jacki Allender • jacki.allender@gmail.com

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PAYMENTS ADMINISTRATOR

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PROGRAM DEVELOPMENT

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SAFETY

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SOUVENIRS

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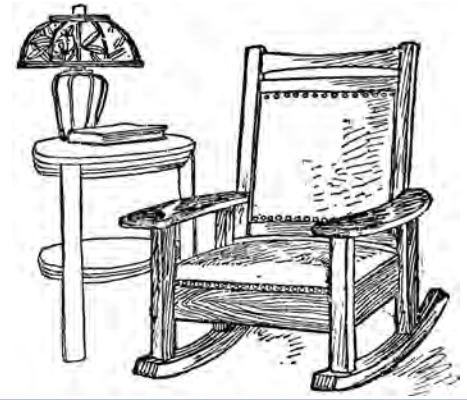
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Send address changes to Susie Young and all other membership questions to Christina Fox.

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Chair's Corner

Tim Waud
OMS Board Chirman



Greetings fellow Masters swimmers,

I hope the New Year is going well for all of you. We have an exciting year ahead of us with some great events lined up for 2019. This year the OMS Association Championship will be held at the newly renovated Tualatin Hills Parks and Recreation Center May 17-19, 2019. Oregon Masters will be hosting our annual membership meeting along with our annual recognition and awards social on Saturday night. The OMS Board of Directors cordially invites all of you to attend this annual event where we recognize our volunteers and swimmers and share some of the achievements from the past year. Don't forget to submit your nominations for the several awards which recognize those who contribute to this amazing organization. We plan on putting together a slide show highlighting all the pool and open water events, workout groups, and individuals who make Oregon Masters Swimming so much fun. Please submit your photos to: matt@flytrapcare.com.

The One Hour ePostal swim continues through the month of February which gives all of you plenty of time to enter this annual event. This is a good way to measure your swimming performance from year to year and set new goals. This is just one of five events U.S. Masters Swimming provides to its membership. If you swim three of the five postal events this year, Stephen Darnell will reimburse you for your 2020 U.S. Masters Swimming membership. What a deal! Let's all rally our teams and enter as many swimmers as possible to secure a National Championship for the One Hour swim.

OMS has several pool events scheduled for 2019 including the Chehalem meet on January 27, which will be hosted in a brand new aquatic facility located in Newberg. Next

up, come check out the brand-new state of the art starting blocks at the Oregon City Spring Ahead meet March 9-10. The 2019 Spring National Championship will be held April 25-28 in Mesa, Arizona and the 2019 Summer National Championship will be held in the newly renovated facility in Mission Viejo, California. The FINA World Championship will be held August 9-18, in Gwangju, South Korea. The Gil Young/OMS Long Course Association/NW Zone Championship will be held at Mt Hood Aquatic Center August 23-25.

The Open Water dates have been set with the Portland Bridge Swim hosting the 2019 U. S. Masters Swimming Ultra-Marathon National Championship on Sunday, July 7. The OMS Association Championship will be held at Applegate Lake, July 13-14. The 2019 NW Zone Open Water Championship will be held on Saturday, July 27, at the Cascade Lakes Swim Series & Festival. There are several Open Water swims available this summer and the entry information can be found on the OMS website. If you haven't tried Oregon Open Water Swimming yet, you are missing out on some beautiful lake and river swims.

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 the adult swimming community. Our first step is to assess your needs and solicit those who would be willing to help with clinics. We have created a survey which will help us better understand the needs of our membership. Please take a moment and respond to this quick survey. Your input is really appreciated. The survey can be accessed thru this link: <https://www.surveymonkey.com/r/T7S53GR>

Swimmingly,
Tim Waud/OMS Chair





Off the Block

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

Kate—Terminal Prognosis Turns Into Tremendous Results

You know what it is like because you live it every day. Work, kids, meals, homework, housework and it is a repeat cycle of "busy" until the weekend. Weekends are just as jam-packed until they are broken by Mondays and the start of the weekday cycle of activity all over again.

Life is very full with three kids each needing attention for any number of tween and adolescent crisis. Then there are the demands of nurturing along a career. As you can imagine, there was little time to spare for myself. Still, I loved every minute of my hectic life. My husband, Andrew, would affectionately refer to me as the "Energizer Bunny" as I darted out the door ready to take on the world!

However, in the fall of 2006, I started to notice some things that became progressively more alarming. I was feeling increasingly fatigued, having to come home and nap before doing my "second shift" on the home front and began skipping my regular exercise sessions. Also, more concerning was lower leg and abdominal swelling that I at first attributed to the hotter summer weather. By September of 2007, my level of exhaustion was unmanageable – I was coming home and getting right into my pajamas. I was ready for bed before my kids. The swelling in my lower limbs and abdomen became more unpleasant.

Eventually, all this led to a visit to our local urgent care where I was put on doctor's leave for two weeks to deal with my new diagnosis of type 2 diabetes as well as being scheduled for further investigation for suspicious heart abnormalities. Months of more testing revealed a diagnosis of both severe right-sided heart failure and severe sleep apnea. Six months later, my sleep specialist informed me that



I had idiopathic pulmonary arterial hypertension (IPAH) and needed a right heart catheterization. I became classified as an extremely rare and high-risk patient with no cure and a terminal prognosis: two years to live without treatment and five years to live with treatment.

Suddenly, my life as I knew it was wiped out. I had to stop work immediately, and within months I required a nasal cannula and had to carry around a heavy tank of oxygen. The deterioration continued rapidly with the loss of my eyesight and a page long medication list. I stayed at home except when attending up to three medical appointments a week, keeping more than five specialists busy. My disease progressed to the point that I was placed on a monitoring list for a lung transplant. I continued on a variety of drug combinations ranging in cost from \$36,000 to \$100,000 per year. These potent drugs take a physical toll. I felt like I had the flu every day and the stomach flu every night--waking every morning incontinent. This went on for over five long and challenging years!

Then one evening, I turned on the TV. CBC host George Stroumboulopoulos was explaining that the documentary *Forks Over Knives* had changed his life and might do the same for

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Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



Approach health resolutions as new skills to master.

After the season of reflections and resolutions often comes the season of failure and frustration. And we are just about at that critical time. As people who make health related New Year's resolutions often make a big mistake, they look at them as an issue of willpower rather than ability.

A more helpful approach is to consider those more healthful behaviors new skills, and to accept that there is a process in becoming competent in those. No matter what new skill you decide to learn, there are four learning stages each of us goes through, also known as the four stages of competency. The model is attributed to the work of psychologist Thomas Gordon and his employee Noel Burch in the 1970s, and is described in the "Gordon Training International" website. Being aware of these stages helps us better accept that learning can be slow and frequently an uncomfortable process.

Stage 1: *Unconsciously unskilled:* We don't know what we don't know. We are inept and unaware of it. For example, after seeing the great shape a friend of mine was in and learning that it was the result of being a swimmer, I decide to make it my 2019 resolution to get fit thru swimming. I go to the local pool to swim laps and I immediately felt self-conscious and awkward. I could not swim more than a length of the pool without being out of breath. I was fighting with the water and going nowhere; I could not kick, I could not breathe. I saw people swimming back and forth with seemingly no effort, they used strokes and equipment, I had never seen, much less used and didn't know even existed.

Stage 2: *Consciously unskilled:* We know what we don't know. We start to learn at this level when sudden awareness

of how poorly we do something shows us how much we need to learn. I have exercised for many years, so I thought I was already pretty fit and strong. Wrong. After two or three sessions in the pool, I was struck by how few of the movements I could do well. It is time I decide to take swim lessons. The instructor did a lot of observing and correcting. I also observed the ease with which he or she and other students did more advanced movements (and learned how long they've been doing it.)

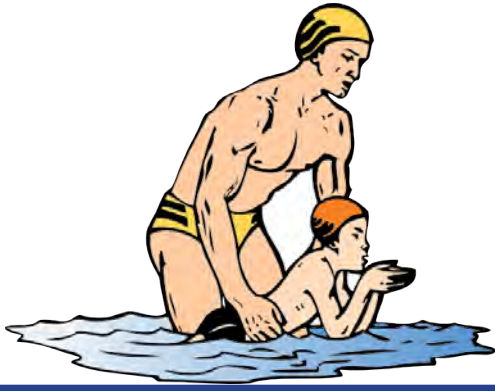
Stage 3: *Consciously skilled:* Trying the skill out, experimenting, practicing. We now know how to do the skills the right way but need to think and work hard to do it. In each swim lesson, I try to concentrate completely on doing the movements correctly--both to get the most benefit from them and to avoid getting corrected. It is not easy because I am not used to these positions and haven't yet developed the core strength it takes to do them well. It is invaluable to have an instructor there to coach and help me get it right.

Stage 4: *Unconsciously skilled:* If we continue to practice and apply the new skills, eventually we arrive at a stage where they become easier, and given time, even natural. Now after numerous swim lessons, clinics and joining a Master swim team, I can now swim freestyle, backstroke and breaststroke and no longer feel awkward. I can swim back and forth without feeling out of breath. I look forward to going to swim practices; they are energizing, challenging and rewarding, and no longer scary. I made a new circle of friends. I've gotten stronger and more fit and other people notice the difference too! Still I see how far I have to go! (This year and maybe the next, I am learning butterfly!)

There is almost an indefinite

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Coaches Chair

Coach Matt Miller
OMS Co-Coaches Chair

In-Water Starts

This article is targeted toward people new to competitive swimming or those with physical limitations. Since part of the intended target audience is new swimmers, I'll keep it fairly fundamental in terms of instruction, and explain terminology for people who aren't highly familiar with the sport of swimming.

In individual events in competitive pool races, all swimmers start from one end of the pool. Typically at the "starting end" of the pool swimmers climb up to starting platforms in preparation to dive into the water. In researching for writing this article, I assumed that there were some rules about how high the starting platforms must be but didn't know what they were. I was intrigued to find out that there is a slight discrepancy between the requirements for starting platforms for meters pools and yards pools.

On page 46 of the 2018 U.S. Masters Swimming Rule book it states the legal height of starting platforms. For long course and short course meter pools, the front edge of the platform must be between 0.50 meters (1 foot, 8 inches) and 0.75 meters (2 feet, 5.5 inches) above the surface of the water to be legal. For short course yards pools, it simply states that the front edge of the platform must not be higher than 2 feet, 6 inches above the surface of the water, but has no minimum height requirement.

These starting platforms are commonly referred to as "blocks" or "starting blocks" in the sport. Throughout the history of the sport, these platforms have evolved from large, flat concrete blocks with no special texturing into platforms, often with handles, that are mounted on a stainless steel base and are angled downward to the water. Newer blocks are typically made out of synthetic material with a rough surface like sandpaper to improve grip for the

feet. The most modern blocks now also have what is called a "starting wedge" where swimmers can put their back foot to gain even more ability to propel themselves off the block into the water at greater velocity.

There are circumstances in which a swimmer may not have the desire to or may not be physically able to start from the blocks. Thankfully there is no requirement for all swimmers to start from the blocks! In fact, all backstroke events start in the water. From page 1 of the 2018 U.S. Masters Swimming Rule Book, the rules for in-water starts are as follows:

Each swimmer starting in the water must take the position on the wall with at least one hand in contact with the wall or starting platform and one foot in contact with the wall. A swimmer starting in the water may face any direction.

To slightly reword the above rule, a swimmer starting in the water must have one hand and one foot in contact with the wall. The hand may hold onto the starting platform, but the foot must be in contact with the wall. It doesn't matter which direction the swimmer faces. For backstroke starts, swimmers generally face the block and away from the direction they will be swimming. Most people who start in the water for freestyle events typically face in the direction they will be swimming.

One important point to remember is that the toes cannot wrap over the edge of the gutter or touch-pad. Wrapping your toes over the edge of the gutter or pad will result in a disqualification. So, place your foot comfortably somewhere below the edge of the gutter or pad.



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Recent Meets & Records

Records are for Oregon LMSC Swimmers Only

* = split

Ron Johnson Invitational Championship—SCM

November 17-18, 2018; Tucson, AZ

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

Age Group	Event	Name	Age	Time	Record set
Women 50-54	200 SCM Free	Francie Haffner	51	2:25.07	Oregon

Canby Animal Meet—SCY

January 13, 2019; Canby, OR

Results: https://swimoregon.org/results_pdfs/2018-2019/ResultsCanbyAnimal_Splits.htm

For Pentathlon scores: <https://swimoregon.org/results/>

Age Group	Event	Name	Age	Time	Record set
Women 35-39	200 Yard IM	Shepherd, Sara	36	2:16.89	Oregon
Women 55-59	50 Yard Butterfly	Delmage, Arlene	56	30.32	Oregon
Women 75-79	100 Yard Butterfly	Ward, Joy	76	1:56.82	Oregon, Zone
Men 65-69	200 Yard Butterfly	Phipps, Tom	65	2:58.24	Oregon

Bellevue Club Masters Mile—SCM

January 13, 2019; Bellevue, WA

Results: <https://www.usms.org/comp/meets/meetsearch.php?club=OREG&MeetID=20190113BCMMS>

Age Group	Event	Name	Age	Time	Record set
Women 65-69	1500 Meter Freestyle	Summers, Jeanna	65	24:13.08	Oregon
Men 70-74	400 Meter Freestyle	Kirkland, Dan L	71	*5:08.30	Oregon
Men 70-74	800 Meter Freestyle	Kirkland, Dan L	71	*10:27.08	Oregon
Men 70-74	1500 Meter Freestyle	Kirkland, Dan L	71	19:46.94	Oregon, Zone, National, World
Men 85-89	200 Meter Freestyle	Radcliff, David A	85	*3:11.18	Oregon, Zone, National
Men 85-89	400 Meter Freestyle	Radcliff, David A	85	*6:32.33	Oregon, Zone, National, World
Men 85-89	800 Meter Freestyle	Radcliff, David A	85	*13:20.46	Oregon, Zone, National, World
Men 85-89	1500 Meter Freestyle	Radcliff, David A	85	25:22.07	Oregon, Zone, National, World

Swimmer Spotlight

--submitted by Karen Andrus-Hughes

Christian Tujo

Age: 47
Workout group: Central Oregon Masters Aquatics (COMA)
Occupation: Financial Advisor

Hi! For those that don't know me, my name is Christian Tujo. I was born and raised in Portland, Oregon. I'm currently working as a Financial Advisor in Bend, Oregon, where I also do volunteer work for the Central Oregon Veterans Ranch. I have a beautiful daughter, Alexis, who has embraced water sports just as her Dad does. Alexis is a tremendously talented breastroker for Bend Swim Club who also plays Water Polo for the Bend Waves Club. My Wife, Alicia was born in Jasper, Indiana, and attended Indiana University. Alicia is an avid runner and has qualified for the Boston Marathon on several occasions. My family loves the outdoors and adventure here in Bend. We have hiked to the top of several of the mountains here with our two faithful Labradors, Rocky and Abby!

I attended the Virginia Military Institute where I played Division 1 Baseball. A lefty pitcher with a few tricks up my sleeve, helped to pay for my college! I loved playing baseball, especially when it came down to a bases loaded situation with the game on the line! After graduating from the Virginia Military Institute in 1994, I was commissioned as an officer in the Air Force. I worked as a Logistics and Mobility officer at many locations across the world. Serving my country was one of the most important and rewarding jobs I could ever hope for! After my active duty service, I returned to Portland and began a career as a Financial Advisor. My first 3 years in the business saw many challenging times including 911 and the tech wreck of 2001; however, I managed to survive and developed a rewarding business. My favorite aspect as a Financial Advisor is the relationships I build with my clients. While in Portland I continued my military career as a reserve officer with the 939th Rescue Wing at the Portland IAP. Realizing that my heart was in the mountains, we moved to Central Oregon in 2005. Alicia and I got married, and Alexis was born, all in the same month!!

I started swimming at the age of 5 for the Portland Parks Swim Team, where I was one of the founding swimmers. My brothers and I embraced the sport, and the competition ensued! At the age of eight, I won my first Columbia Basin Swim League Title in the 25 butterfly, which made my coach, Mary Goar, very happy, and also enticed her to start challenging me more in practice! Over my age group career I managed to be successful at the short axis strokes, butterfly and breaststroke, qualifying for regionals and zone meets. That is where I saw this name on a heat sheet: Can Ergenekan. **Can** was a name that I would never

forget. He was always in the last heat at every meet, a dominator of sorts! I never met him during age group swimming, but the name surfaced again in Masters Swimming. I would come to learn **Can** was actually pronounced **Jon**. Can and I would become good friends while training at the Multnomah Athletic Club. He motivated me to become a better swimmer and pushed me to swim faster during the dreaded postal events!



While in Bend I embraced Triathlons, and over a 5 year stretch, I competed in several Iron Man 70.3 races, along with many of the other great races Bend has to offer. The culmination race for me was the Lead Man Ultra Tri here in Bend: 2.5 mile swim, 137 mile bike (including a double summit of Mt Bachelor) and a ½ marathon! After that race, I decided a 14 hour race was a little long!! While training

for Triathlons I met a man named Bob Bruce. He was the Masters coach at the time, and a swimming genius and advocate. He was also very persistent about getting me into Masters Swimming competition. Eventually, I submitted and began competing for the Central Oregon Masters. Bob taught me how to be a better swimmer especially in the long distance arena, teaching me how to swim with my noggin as opposed to brute strength! I got better at the sport through the support of many amazing COMA swimmers. Masters swimming for me has brought about an increased fitness level and many great relationships. I would encourage any and all Oregonians to swim with a Masters team. You'll be happy that you did!!

Swim Bits

by Ralph Mohr

Late last summer the Carr Fire burned completely around Whiskeytown Reservoir near Redding, California. The 2018 Whiskeytown open water meet was cancelled.

The Whiskeytown races will be held again this year, according to the coach of the Redding Swim Team. I would like to propose that Oregon Masters swimmers make a decided effort to go to Redding and Whiskeytown in support of the area and the team who suffered serious losses in lives and homes due to the Carr Fire.

The meet will be held Sunday, Sept. 8. More information will be available eventually at <https://www.pacificmasters.org/content/open-water-swims>.

There is an extra incentive for Oregon open water swimmers to continue their season in 2019 into September. The Lake of the Woods open water events will be held the day before Whiskeytown, Sat, Sept. 7.

Three years ago, Mike Carew and I swam two open water events at Lake of the Woods on Saturday, then drove down to Redding that afternoon, and went one mile and two mile swims

at Whiskeytown on Sunday.

The Whiskeytown course is also different to navigate. On the two mile you go behind two islands before coming back to the finish line. It's impossible to get lost.

I know that promoting open water swims eight months before they're swum seems early, but I have a personal reason for doing so. During the summer of 1967 I lifeguarded at Brandy Creek Beach, the starting point for the Whiskeytown races. It was a great place to guard: clear water, a diving float about 50 yards out, and Kokanee salmon coming up Brandy Creek to spawn.

Now the entire area has been devastated by fire. I want to see what happened last year, and I want to support the Redding area and Redding Swim Club, who put on the Whiskeytown open water event, in their efforts to re-establish the event.

Put both Lake of the Woods and Whiskeytown on your schedule for 2019. I hope to see you there.



Holiday Swim Breakfast

by Ginger Pierson

For many years now, a group of us, primarily from Oregon Reign Masters plus friends, have been enjoying a pre-Christmas get-together at Elmer's Restaurant. Of course, it's after practice on a Saturday. We do an ornament exchange (\$5 limit), have breakfast/lunch, or just come to visit. Participate in all or be selective. When we first started there were only three attendees; the next year five, then eight, etc. This year there were twelve of us. It's a fun/relaxing way to actually chat with folks, especially at this time of the year.

Attendees from left to right: Claudia, Sue, Coach Aubree, Jeanna, Colette, Ellen, Nancy, Tam (obscured--seated behind Carole), Carole, Linda, Ginger/Miyagi, and my friend Pam. We missed Buz, Allen/Carol, Sally, Linda B. and Ron this year. Hopefully, next year we'll get everyone to join us.



Bellevue Club Masters Mile

Part of Matt Miller's blurb to the SOMA swimmers

It happened on Sunday, January 13, 2019

I'll start with results from the Bellevue Club Masters Mile (SCM 1500; sponsored by PN) where SOMA swimmers Rick Howell and Dan Kirkland swam very well. Rick posted a time of 22:08, which was good enough for 7th all time in Oregon for men 60-64! Congratulations Rick!

And one of our newest SOMA members, Dan Kirkland posted a smoking fast time of 19:46.94, a new world record for men 70-74 in the 1500m free. Wow! Dan broke his own world record from last year of 19:52.89. Congratulations Dan!

Though not a SOMA swimmer, this is very much worth mentioning as well. My good friend and mentor, David Radcliff -- a 1956 Olympian, aged up to the 85-89 age-group this year and made quick work of demolishing 3 world records in this one swim!! Dave put in split requests for the 200m, 400m and 800m and set world records in the 400, 800 and 1500. A hat trick! His 200 split was a national record. Wow!! Congratulations, Dave! Way to represent Oregon!!



Dan Kirkland and David Radcliff after their WORLD record swims

CANBY ANIMAL MEET

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Sara Shepherd and James Adams with their trophies
Middle Animal Masters Champions



Julie Kamat and Adam Arzner with their trophies
Sprint Animal Masters Champions

Two-Mile ePostal Relay

by Jim Teisher; Tualatin Hills Barracudas

In 2017, the Tualatin Hills Barracudas ran the first USMS-sanctioned ePostal Two-Mile Relay. A relay team is made up of 2, 3, or 4 swimmers, each swimming 100 yds in rotation until they reach 3600 yards. If there are two swimmers, each swims 18 x 100. For 3 swimmers, each swims 12 x 100, and for 4 swimmers, each swims 9 x 100. Mixed relays are permitted for 2 and 4 swimmer relays. Swimmers may dive off the blocks or push off the wall.

Relays must be swum between October 1 and November 30. For more details and registration information, please go to <https://tinyurl.com/2MileRelay>

A survey was sent to relay participants to get their feedback on what they liked about the event. Their comments included:

- Fun, team oriented, hard.
- It was awesome and built team camaraderie.
- It was great to support each other. Relays are always WAY more fun than swimming an event by yourself.
- Diving off the blocks and sprinting. It's a great workout.
- If was fun to do a relay with teammates of mixed gender and age. We were able to complete it during practice time. Great results in every way imaginable.
- Harder than I thought.
- Good workout! 7th, 8th, & 9th legs were brutal, but it set me up for a good multi-day meet in California later in the week.
- I am more of a fitness swimmer than competitor, so I loved the chance to try something new. I put together a team of women like me and we did it. We want to do more events like that.
- Not as boring as the other ePostals.

Two-Mile ePostal Relay Records

Women

Age Grp	Time	# of Swimmers	Club	Year	Swimmers
18+	37:28.14	4	OREG	2018	Erin Cavender, Sara Shepard, Cailee Caldwell, Brianna Showell
25+	37:49.07	3	UMAC	2018	Courtney Randolph, Laura Rose, Mollie Grover
35+	43:18.02	4	NCMS	2018	Trista Mennen, Jennifer Kerestes, Meredith Moore, Elizabeth Kalka
45+	39:37.42	4	OREG	2018	Gillian Salton, Diedra Cherzan, Cheryl A Morgen, Betsy A Hanson
55+	43:02.07	4	MOST	2018	Susan Ingraham, Julie Eakle, Elaine Valdez, Suzanne Cuda
65+	56:26.50	3	MOST	2017	Ann Vitt, Connie Lindsey, Randee Burke
75+	01:24:02.08	3	SUSA	2017	Lynne Lund, Dorthy Kennedy, Ruth Sluder

Men

Age Grp	Time	# of Swimmers	Club	Year	Swimmers
18+	37:51.22	4	OREG	2017	Ryan Clark, Darren McCarthy, Peter Kircher, Andrew Scott
25+	35:52.16	4	OREG	2017	Paul Slotemaker, Michael Baele, Brian August, Steven Arms
35+	36:48.31	4	OREG	2018	Matt Miller, Mike Oxendine, Mark Hageman, Mike Dix
45+	35:14.03	4	WLOO	2017	David McClellan, Brian Buras, Ron Orris, Mike Varozza
55+	37:38.76	2	TXLA	2017	Larry Wood, Jim Sauer
65+	43:13.47	4	OREG	2018	Larry Philbrick, Michael Kelber, Robert Maestre, James Wiens
75+	52:27.21	2	OREG	2017	Fred Anderson, Dave Radcliff

Mixed

Age Grp	Time	# of Swimmers	Club	Year	Swimmers
18+	41:26.15	4	OREG	2018	Anna Daggett, Tim Cespedes, Rachel Tsu hyde, Brian Parrott
25+	38:37.99	4	MOST	2018	Erica Kao, Stephen Nicols
35+	39:10.50	4	MINN	2017	Peggy Kratz, Wendy Peterson, Eric Vogen, Sean Bateman
45+	40:02.67	4	OREG	2018	Mark Frost, Toni Hecksel, Bill Sumerfield, Kathleen Collins
55+	38:55.23	4	OREG	2018	Colette Crabbe, Robert Voll, David Hathaway, Arlene Delmage
65+	51:44.60	4	OREG	2018	Sandi Rousseau, Lynne Pendleton, Mike Pendleton, Michael Stephenson
75+	01:28:41.84	4	MOST	2017	Gail Marsch, Wendell Peters, Claire Gregg, Louis Raiborn

Set a Pentathlon Record in non-Pentathlon Meets

by Steve Darnell

Starting immediately, Masters swimmers may set Oregon Pentathlon records in any sanctioned one-day swim meet.

There are still quite a number of unclaimed records, and some soft records, in all 3 courses (SCY, SCM, LCM). So think about these options in choosing your swim events in your next one-day swim meet. Records are maintained for every 5-year age group, for each gender, for all 3 courses, and for 3 different distances (Long, Mid, Sprint, detailed below).

A swimming Pentathlon is defined as the total time for 5 swim events. The same distance for all four individual strokes, plus an Individual Medley.

- Long Distance = 200 yard / meter event of each stroke, plus the 400 IM
- Mid Distance = 100 yard / meter event of each stroke, plus the 200 IM
- Sprint Distance = 50 yard / meter event of each stroke, plus the 100 IM*

*for the LCM Sprint Distance, there is no 100 IM, so substitute the 200 IM

Current Oregon Pentathlon records can be viewed at this web page: <https://swimoregon.org/records/>

OFF THE BLOCK

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viewers. My husband, Andrew, and I watched the documentary from the front row of the movie theater—the only place I could see it with my limited vision—and we were on board. In November, 2012, after a year of trial and error, I reached out to one of the featured doctors in *Forks over Knives*: Dr. Caldwell Esselstyn Jr., MD. This phone consultation changed my life

The next month, with the generous support of friends

and church members, I attended a five-day intensive program at Dr. McDougall's Health and Medical Center. It was there that I gained the tools and knowledge to adopt a whole food plant-based lifestyle, making food my first medicine. I taught myself how to cook while legally blind and too weak to stand. I started by choosing meals I already loved to eat—healthy, delicious versions of international cuisine—for example, Indian Chana masala (chickpeas cooked with tomato and onions) and Chinese stir-fried veggies cooked in veggie broth or water.

Fifteen months later, my eyesight was fully restored, I was off the lung-transplant monitoring list, I needed oxygen only at night, and I no longer required any insulin. My right-sided heart failure was gone, and so were symptoms like neuropathy, dizzy spells, and fainting. By June, 2013, I had lost more than 110 pounds. My respirologist downgraded my IPAH to level 1 (from level 3) and took me off my IPAH drugs and my endocrinologist considers me a non-diabetic!

Today, I safeguard my health and maintain my weight loss by eating a whole food plant-based diet and exercising daily. My kidneys were compromised during the potent drug therapies but evidence-based nutritional science indicates I am on the healthiest diet possible for my kidneys and overall health. I am very grateful

I have put this gratitude into action by finding ways to help others gain the benefits of preventing and reversing lifestyle diseases. To get the message out, Andrew and I host a monthly meet-up community potluck in Calgary offering a delicious array of food and a 'vegucation' lesson with each gathering. To further support others in this lifestyle, we also co-facilitate a monthly "Staying Power" Support Group. And in the Spring of 2018, we were lucky enough to host the "Fork Smart Two Day Why and How Summit" featuring both Dr. Anthony Lim, JD, MD, Medical Director of McDougall Health & Medical Center and via Skype Dr. John McDougall, MD. We are in the process of planning our next Fork Smart Summit for May, 2019.

Ultimately my own story is a valuable reminder that while others empowered me with knowledge and support, the change came about because of me—and what I chose to put on the end of my fork!

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

Winter Swimming in Arizona

by Francie Haffner*

I have been swimming for Oregon Masters Swimming in Tualatin with Stafford Hills Club for almost two years now. Whether it be driving down the road to Gresham, Oregon City, or to Bainbridge Island, to compete in a swim meet...going to different pools is one of the things I love about Masters Swimming. So, when I was getting ready to book tickets for Thanksgiving to visit my family in Tucson, Arizona, I decided to check for any swim meets in the area. Pleasantly surprised, The Ron Johnson Invitational in Tempe, AZ was scheduled for the weekend before Thanksgiving. Since I swam at The University of Arizona years ago, I was excited to get to swim at my rival school pool, ASU, once again!

I was lucky enough to hook up with one of my favorite college swim buddies, Becki, to make the short drive to Tempe from Tucson with her and Coach Jim of Ford Aquatics Masters. Of course my stomach was trembling as we approached the familiar roads leading to the pool. What was I thinking...what if I don't swim fast? After all, these were my old stomping grounds when I was at the top of my game back in the day! I tell myself to settle down, this is Masters Swimming...it's all for fun!

As I enter the pool, I see a familiar face from college swimming, and then another. And then, I see someone from my age group swimming days! Now this is fun...who cares how I swim! Oh, and one of the stroke and turn judges (who competed one day and then officiated the next)...yep.. she officiated when I was an age grouper! How cool is that?

Ok...time to warm up. I'm proudly wearing an Oregon Masters Swim Cap, and I don't swim more than a 50 when a gal asks if I am the only one from Oregon? Yes, I am! Good luck she says, and swims on her way. Oh no, here comes the nervous stomach again.

As I get ready to race, I see a few more familiar faces, meet some new ones, and look at the heat sheet. Oh great...I'm swimming next to Dean Hagen, a fellow Wildcat from U of A, (but he was a SPRINTER!!) in the 200 free, my first race. I go and find him and ask him if he is going to go out super-fast? Oh no, he insists...I'm not as fast as I used to be. Well guess what...neither am I! Long story short, he beats me, but I hung in there, finishing a few seconds behind him.

I swam seven events throughout the weekend, either just

beating my best time, or coming pretty close. I don't pay too much attention to times while at meets, but rather wait for the results to come out a few days later on line. I was excited to see that I broke the Oregon State Record in that 200 SCM free...(I keep chasing my good friend Karen Andrus-Hughes' records every meet!), and improved some top twelve times. So, overall, I was happy with my swims.



My entire family came to watch me, and had a great time. They, too, knew lots of people, as we were a swimming family all through my childhood, high school, and college years. It was pretty great to have them all there.

The pool is awesome, the people are amazing, and it's a great time of year to visit Arizona. I, happily, even got a little sunburned, but was never hot. The weather is perfect in Arizona this time of year. The pool is a great one, and the area is super nice. I actually can't believe I am boasting about ASU. It's usually unheard of coming from a Wildcat! There are some new renovations since I swam there 30 years ago...pitchforks and flames are everywhere! Even on the backstroke flags! A little distracting during my backstroke races, but it does look pretty cool.

All in all, it is a great place to visit, at a perfect time of year, and a fun time was had by all. I hope that I will make this a tradition in my fall competition schedule, and that some of my fellow OMS teammates will join me next year! It was a great experience that I hope to repeat for years to come.

*See page 7 for Francie's State record from this meet.

Catalina High School (AZ) Swimming Accomplishments

- 4-time State Champion – 100 Freestyle (1981-85)
- 4-time State Champion – 200 Freestyle (1981-85)
- NHSA High School All-American in Freestyle events (1985)

Division 1 Swimming Accomplishments at the University of Arizona

- PAC-10 Champion - 200 Freestyle (1987-1990)
- NCAA Champion - 200 Freestyle (1987-1990)
- 4 time All-American selection (1987-1990)

U.S. National Team Accomplishments

- Olympic Trials Qualifier in 1984 & 1988, placing 7th in the 200 Freestyle finals (1988)
- Member of the USA National Team in 1985, 1987 and 1989

Francie was also featured in a "Swimmer Spotlight" in the February, 2018, Aqua Master.

FIT TO SWIM

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amount of skills to learn in all areas of your life. There is always something new to learn and master. The choice for your reflections and resolutions is endless, but each resolution must be broken down into skills to master, and then go thru the process: research the problems, assess what needs to be done to reach it, take action to learn the new skill and finally enjoy the rewards. Be aware that those lifestyle or behavior changes require a long and sometimes painful process before it is built into a skill that seamlessly fits into your life.

To help you keep those resolutions alive, January and February are also the "get into shape" months and a lot of events are organized:

- The one hour postal swim which is a National Championship, with ranking, relays and results. Oregon is always trying to be one of the best teams in the nation, and it is a numbers game. The more people who swim it, the more opportunity we have to be first. You do not have to be the fastest, you just have to swim it and you will glean some points for the team. It can be swum in any pool during January and February. Bob Bruce, our long-distance guru, provides the details of some financial incentives to swim the e-Postal events in 2019 (see his article in the January,

Aqua-Master)

- The 2019 Smarty Pants Vitamins US Masters Swimming Winter Fitness Challenge: a 30 minutes swim to be completed between February 15 and 28, 2019. This is a non-competitive fun event. The big advantage of this swim is the 6-week free training plan which can be very helpful if you are swimming by yourself and are new to the sport. All the proceeds also benefit the USMS Swimming Saves Lives Foundation.
- The February Fitness challenge is hosted by our local team, the Tualatin Hills Barracudas. In a nutshell, the goal is to swim as often and as much as you can during the month of February. Our coach Sara Shepherd wrote an article about it in the January, *Aqua Master*.
- The USMS Go the Distance program. This is an ongoing program which can be started anytime. You get a personal log, in which you record your swim mileage as you go at your own pace. You will collect rewards as you reach some milestones.

To conclude, and for you to help me with my resolution of bringing more clinics to the swimming community, where I am still at the stage one of that skill (I don't know what I don't know), I am still asking for your help with filling out the monkey survey about clinics. Here is the link: <https://www.surveymonkey.com/r/T7S53GR> or you can send me an email (colettecrabbe@hotmail.com). Thank you so much and happy, fit 2019.

Change your USMS registration information

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.

Have your teams' special events published in the *Aqua Master*

Just send a brief note describing the event, including a picture to: azabudsky@msn.com to have it included in the *Aqua Master* as space permits. A picture with a caption would also be acceptable.

COMA Pentathlon!

by Claudia Grow

(Editor's note: You can be assured that any meet run by Bob Bruce will have some very creative twist to it. This one did not disappoint!)

On the pre-holiday Saturday afternoon of December 8, 2018, a collegial group of folks gathered underneath the Big Top at the Juniper Swim center in Bend to test their mettle in a short-course meters swim pentathlon. A swimming pentathlon is one in which swimmers race varying lengths of all four strokes plus an Individual Medley. Some chose the sprint events—50 meters each of Freestyle, Backstroke, Breaststroke, and Butterfly plus the 100 IM. Others opted for mid-distance—100s of each stroke and a 200 IM, while some extra-hardy folks went for the long game—200s plus a 400 IM. If that wasn't quite enough for them, though, some added a 1500 M Free on top of it (actually anyone could). You didn't have to swim all five events; swimmers could swim anywhere up to six events of their choosing—it is Masters, after all, and choice rules!

Five new pentathlon records were set that day in the somewhat-rarified air of 3,000+ feet elevation. Bob Bruce took

advantage of his home field and set a new mark in the men's 70-74 mid-distance pentathlon with an 8:58.73. Stacy Kiefer, in the women's 40-44 did likewise in 8:01.12, and Ginger Pierson, swimming in the women's 70-74 age group, set a new record 11:47.95. Taking things up a notch, two swimmers broke records in the long distance pentathlon—Cherie Touchette, W 55-59, swam her five races in 19:48.27 and Kermit Yensen followed up in the M 65-69 age group with a 19:58.63

To top off the day, each time a swimmer swam an event, a playing card was drawn and noted. Those who swam five events ended up with a virtual hand of five-card stud and the swimmer with the highest hand won a special prize of heady wine from an exclusive cellar in Bend. Several people were rewarded for their good fortune, including the author, who never wins anything! But everyone went home armed with fun memories and a feeling of swims well swum.

COACHES CHAIR

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Once the official has issued the starting command, simply push of the wall and start swimming! For an in-water start, probably the fastest way to get off the wall and maintain momentum is a backstroke start. However, a good backstroke start is physically challenging to perform so most people starting in the water for a non-backstroke event are probably going to opt to simply go under water and push off the wall in a streamline position. For more information about how to execute a good streamline for an in-water start, read more in this previous article here: <https://swimoregon.org/pick-the-low-hanging-fruit-streamline/>

If for any reason you aren't able to or are hesitant to start from the platform, remember that it is not a requirement. The important part is participating and having fun, so if going off the blocks isn't possible or creates anxiety, choose an in-water start instead!

NOTE: This article was written for Alice Fasbender, my teammate and mentor, who has been asking me to write about this subject for a very long time!

OMS Super-Star Willard Lamb

news from Steve Darnell

Willard completed his 2019 USMS one-hour postal swim January 10. Steve Darnell timed for him at Propstra Aquatic Center in Vancouver, WA. He swam 2,852 yards this year. Twenty yards more than his 2,832 yards last year! Just short of his own 2017 National record of 2,885 yards. He held a steady pace for the entire swim, all freestyle.

Right after the swim, he headed over to his usual Vancouver swim club to swim another half mile or so, to make sure he swims a total of more than 2 miles today.

Wink is 96 years old. If he can do the one-hour postal swim, we ALL can do it! Rally your team. The One-hour Postal is to be swum between January 1 and February 28, in any pool that is 25 yards or longer. You still have time to grab someone to count laps for you, swim the event, then register here: https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=10953.

Summary

Records & Results. . .

Ron Johnson Invitational, Arizona Championships—SCM
Canby Animal Meet —SCY
Bellevue Club Mile—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>
March 9-10; Sat-Sun	SCM	Oregon City Spring Ahead Meet	Oregon City Pool	Oregon City
May 17-19; Fri-Sun	SCY	Association SCY Championships	Tualatin Hills Pool	Beaverton
August 23-25; Fri-Sun	LCM	NW Zone Champs/Gil Young Memorial	MHCC	Gresham

Quote for the month. . .

Life is simple. Eat. Sleep. Swim.