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"Swimming for Life"

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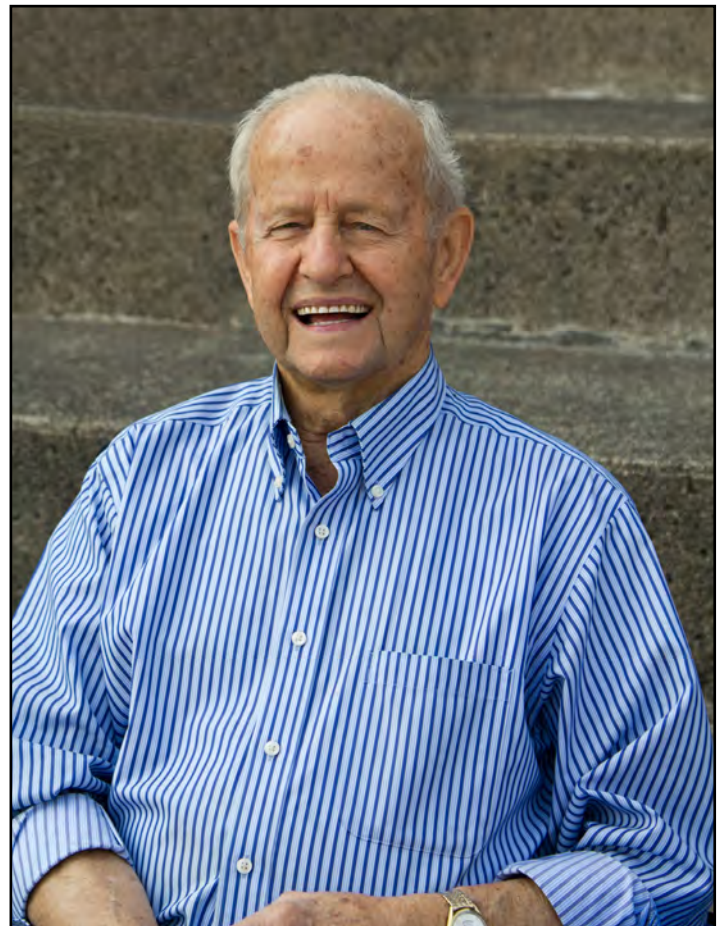
Breaking News!

SOMA Swimmer Willard Lamb to be inducted into the International Masters Swimming Hall of Fame

Matt Miller reports: I received a call yesterday (July 10) letting me know that Willard "Wink" Lamb will be inducted into the Masters International Swimming Hall of Fame (MISHOF) this year!!! This is an immense honor.

I have been going back and forth with MISHOF trying to get a waiver of one of the requirements for induction which states that all nominees shall have participated in the sport for a minimum of 15 years and covering at least four different age groups. Willard has only been swimming 13 years, but they agreed to grant the exception given his stellar resume and advanced age!

The induction ceremony will be at the USAS Convention in St. Louis in September. Wink will be in great company since, also in this year's induction class are Olympians Ambrose "Rowdy" Gaines IV and Rick Colella. I called Wink yesterday to give him the news and then booked him a flight and room. He and Doug, his son, are rightfully very excited about the news and upcoming trip!



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

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Off the Block

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

The Perception Problem with Protein

Jeff Novick, MS, RDN

Protein is one of the most misunderstood nutrients in our diets today. While it receives an incredible amount of attention, there is little justification for this level of attention and concern. Yet protein, specifically animal protein (meat, chicken and/or fish), remains the main center of the plate at home and in restaurants.

People seem so concerned about making sure they're getting enough protein that you would think protein deficiency is a common problem. However, true protein deficiency, in the absence of inadequate calories or a junk-food diet which has more serious problems than a lack of protein, is virtually non-existent — even in athletes and those who are active and exercise regularly. In fact, in over 25 years of work in both clinical and public health, I have never seen one case of true protein deficiency.

When people express their concerns over getting in enough protein, I always ask them two questions:

1. How much protein do you actually need?
2. How much protein are you actually getting?

Rarely has anyone been able to answer either, let alone both, of these questions. Doesn't that seem strange? Many people believe they are not getting in enough protein, but no one knows how much they need or how much they are getting. After all, without knowing this information, how can anyone know a diet isn't providing "enough"?

A study in the Journal of the *International Society of Sports Nutrition* highlighted some of the discrepancies between our perceived protein needs and our actual protein needs (1). If anyone should know their protein needs, it should be athletes, especially collegiate strength-trained athletes. So, let's see how they did.

In this study, forty-two strength-trained collegiate male athletes were surveyed to find out their perception about their protein needs in specific quantitative terms. Their responses were compared to the RDI of protein, which is 0.8 g/kg/day. The results showed that 67% of the athletes surveyed did not know the protein recommendations for athletes and were unable to express them in any quantitative way. The remaining 33% of the



athletes (who said they *did* know the amount recommended) indicated that the average recommended protein intake for athletes was 21.5 g/kg/d.

This is 26x the RDI!

One subject reported the mean recommended protein intake as 200 g/kg/d, which is 250x the RDI! When this subject was excluded from the results, the average recommended protein intake reported was still 8.7 g/kg/.

This is almost 11x the RDI!

Clearly, we have some perception problems with regard to protein. Even these strength-trained athletes were unaware of what the current recommendations are for protein intake and perceived their own protein needs to be much greater than the current recommendations.

Yet, nature has made sure we are

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Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



Stay cool!, keep breathing!

One of the aspects of swimming which is not often mentioned or emphasized in swim lessons, is how to keep a relaxed breathing. All good instructors will of course teach you how to breathe by turning your head, without lifting it, to stay as much as possible in alignment. As exhaling and inhaling are natural skills, we are not really thinking about it. Often, I see a new swimmer swimming a perfect freestyle stroke, until I notice that they are not breathing. In the middle of the pool, they of course have to take that breath, and everything falls apart. Some will also hold their breath and not exhale in the water, which will prevent them from taking a fast breath and may lead to side ache since they are not inhaling and exhaling completely. In backstroke, it is easy for me to see whether they are holding or not holding their breath.

Here are a few tips for a more relaxed breathing style in swimming:

1. You need to exhale completely underwater in order to be ready to inhale quickly when you need to take a breath. Exhale from both your nose and your mouth. Under water it is about 30% from your nose (to avoid getting water in it,

for it is not pleasant, and will make you panic) and 70% from your mouth (you need to see those bubbles). On land, you exhale probably 70% from your nose and 30% from your mouth (unless you are a big snorer or have a cold!)

2. You should breathe on a regular basis, every two or three strokes for a relaxed breathing during practice. Never hold your breath. Holding your breath automatically puts you in a stressful, panicky situation, especially if you are not yet comfortable in a water environment. You can suspend your breath as you need to time it with your breathing pattern, but you should never hold your breath or have finished exhaling before it is time to take your next breath. As everything else, this does take practice. Learning to time your exhaling, and do it slowly, will help you alleviate that fear of being trapped underwater. Practice at the wall if needed. It will help your swimming tremendously.
3. Keep a relaxed breathing in all the strokes, have a pattern, and stay with it, even in backstroke! You may change that pattern if you are sprinting. But if you are a novice swimmer, it is important not to wait too long before breathing,

and to breathe consistently. You will have to experiment yourself, in order to determine what the best pattern is for you. As a fitness swimmer, it should probably be every 2 or 3 strokes in freestyle. Some like the 3-strokes pattern, for it teaches you bi-lateral breathing and can better balance your stroke. It is however, harder to master. For some, breathing every two seems like over breathing and can make you dizzy. If you are a new swimmer, I would never recommend more than four strokes, as it might create an oxygen deficiency and will prevent you from doing a quick, efficient breath without getting out of alignment.

4. Breathing is an in-born mechanism that our body has to control stress. It is a key element in yoga and relaxation exercises. In Quebec, Canada, they have an expression, when somebody is in rage, to tell them “respire par le nez” or breathe by your nose. Stay in control, practice relaxed breathing, so you can feel comfortable underwater and focus on your stroke. If you are new to



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Coaches Chair

Coach Matt Miller
OMS Co-Coaches Chair

Go anaerobic from time to time

I have traveled around the country extensively in the last few years and, on almost every trip, I will try to hook up with a local Masters team for a workout. Of course, I always like to meet new swimmers, as they are the friendliest group of people I've encountered! But I also enjoy experiencing the workout of another team. In most of my experiences with other Masters teams' workouts, the focus is on aerobic sets. Of course, these should make up the bulk of most workouts, but it seems exceedingly rare for most Masters teams to do much, if any, anaerobic sets. I understand the aversion, as anaerobic sets are very painful! However, anaerobic activity is important to perform from time to time in swim practice.

Before getting into the details of the benefits of anaerobic workouts, let's quickly define the difference between aerobic and anaerobic activity. "Anaerobic" means "in the absence of oxygen" or "without oxygen." When performing anaerobic exercise, your body is using more oxygen than it can provide to your muscles. Thus, anaerobic exercise is fueled by energy stored in your muscles. To the contrary, aerobic exercise is fueled by oxygen

carried to your muscles through your blood stream.

The benefits of anaerobic workouts are being more highly touted in recent years and for good reason. Regularly incorporating anaerobic exercise into your workout routine provides many benefits. Below just a few benefits of anaerobic exercise are listed and briefly described.

Improved muscle strength

Short, intense bursts of anaerobic activity actually increase the fast twitch muscle fibers in your body. Fast twitch muscle fiber is what your body uses when you need to perform intense activity, such as an all-out 50 freestyle or the sprint to the finish at the end of an open water race.

Increased Muscle Mass

Intense exercise creates small tears (micro-tears) in muscle fibers. As these micro-tears are repaired, the muscles become stronger, more toned and larger.

Increased Metabolism

Most people are aware that, at rest, muscle fibers burn more calories than fat. As muscle mass increases, you will create hungrier tissue which results in a small boost in metabolism. Additionally, in the hours after intense

anaerobic activity, muscles burn more calories.

Increased Energy

Glycogen is stored in muscles as energy. Anaerobic activity increases the amount of glycogen that your body can store, thus giving you more energy when your body needs it!

Decreased Soreness

Initially when one starts incorporating anaerobic sets into workouts, soreness is inevitable. But once anaerobic activity becomes a regular part of your workout routine, soreness is minimized due to the fact that your body gets better at tolerating the waste products of anaerobic exercise such as lactic acid and your muscles become stronger.

Improved Joint Protection

The additional muscle mass and strength allows for your muscles to better carry your weight and protect joints, helping protect you from injury.

The above listed benefits are just a few of the many that your body will experience when incorporating anaerobic

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Long Distance Swimming

Coach Bob Bruce
Long Distance Chairman



Applegate Lake Swims

Bob Bruce has been busy weekend after weekend planning and helping with open-water swims. These are pictures of the teams who are the OMS Open Water Champions for 2019.

Large Team champions — Central Oregon Masters Aquatics (COMA).

Small Team Champions — Rogue Valley Masters (RVM).



Large Team champions is Central Oregon Masters Aquatics (COMA)

Small Team Champions is Rogue Valley Masters (RVM).



Recent Meets & Records

Records are for Oregon LMSC Swimmers Only
* = split

Juniper Swim Center Pentathlon—LCM

June 15, 2019; Bend, OR;

Results: https://swimoregon.org/results_pdfs/2018-2019/19-Lake-Juniper-Results-FINAL.pdf

Pentathlon Distance	Age Group	Name	Age	Time	Record set
Mid-Distance [600 yards]	Women 60-64	Colette Crabbe #	63	8:21.77	Oregon
Mid-Distance [600 yards]	Men 40-44	Matt Miller	42	7:47.95	Oregon

#—the fastest time for an Oregon woman of any age, since OMS began keeping these records

PNA Masters Summer Meet—LCM

July 6, 2019; Federal Way, WA; Sanction #369-S006

Results: <https://www.usms.org/comp/meets/meetsearch.php?club=OREG&MeetID=20190706PNALCML>

Age Group	Event	Name	Age	Time	Record set
Women 55-59	400 LCM Free	Valerie Jenkins	56	5:24.29	Oregon, Zone
Women 60-64	400 LCM Free	Colette Crabbe	63	5:29.19	Oregon, Zone
Women 75-79	200 LCM I.M.	Joy Ward	77	4:04.11	Oregon, Zone
Men 45-49	50 LCM Free	Kurt Grote	46	25.64	Oregon
Men 65-69	100 LCM Back	Wes Edwards	66	1:17.05	Oregon, Zone
Men 70-74	200 LCM Back	Dan Kirkland	71	2:49.31	Oregon
Men 85-89	200 LCM Free	David Radcliff	85	3:12.86	Oregon, Zone

Colette Crabbe



Dan Kirkland



Dave Radcliff



Joy Ward



Kurt Grote



Matt Miller



Wes Edwards



Valerie Jenkins

Swimmer Spotlight

—submitted by Arlene Delmage

Name: Julie Kamat
Age: 31
Occupation: Sr. HR Technology Analyst
Local Team: Club: OREG (no local team affiliation)

In the fall of 2018 my husband and I moved from Orlando to Portland, Oregon, for a new job opportunity. Since moving here, I have mainly trained solo (with help from the MySwimPro app) at various pools around the Beaverton area.

I grew up in New York's capital region, where I started swimming at age four and began competing when I was twelve. At the 2005 NY Empire State Games, my coach put me in as anchor for the Women's 400M Free Relay. It was a lot of pressure because I was swimming with the state's fastest sprinters and I was a mid-distance swimmer at the time. There was a lot of pressure on the relay to medal—I was so pumped and I swam so vigorously that my legs totally died 10 meters from the wall. Luckily we ended up capturing bronze! It was a lifetime best race for me in the 100M Free. I was so tired that I ended up collapsing after getting out of the pool!

At sixteen I started fighting shoulder problems for three years leading into college. I decided not to pursue D1 and instead attended State University of New York at Geneseo in D3 swimming. Within the first two months of college, my shoulder completely blew out, and I had surgery shortly thereafter to relieve the pain. I stopped swimming to focus on my academics and my career. During that time I stayed active by running some 5ks, lifting weights and pursuing synchro-

nized swimming again. While training with NYC Gotham Masters Synchro, I had the opportunity to perform in a music video for Mac Miller's Clubhouse in 2015, which was an all-around amazing experience.

After watching Anthony Ervin win the 50 Free in the 2016 Rio Olympics, I felt inspired to get back into the pool and aim to qualify for the 2020 Olympic trials in the 50M Free. When I moved from NYC to Orlando in 2017, I switched from synchro



to competitive swimming (again) and joined a local Masters team there.

I have undergone two shoulder surgeries, with the most recent in January 2018. The surgeon advised that the shoulder has about two good years left. A year in, I am still dropping time and keeping healthy! I swim shorter yardage with lots of high-intensity sprints, paired with

a structured upper body gym session to help maintain the strength and flexibility my shoulder and back require. I continue to work with a physical therapist weekly to stay ahead of any possible injuries down the line. I've learned over the years that if something hurts during a workout, stop immediately. Make an adjustment to what's being done or move onto a different kind of workout focusing on a different area. For example, if my shoulder is hurting, I'll have a kick ladder practice instead.

I typically swim two to five times a week, between 2,000-2,300 yards/meters. I do train USRPT, but deviate from that a bit with a little more rest than expected—my main goal is to focus on the quality of my stroke to keep my left shoulder healthy. I put a lot of focus into my weight lifting routine 2-3 times a week to augment my power in the water.

When I'm not in the pool, my husband and I like to travel and find new adventures and collect seashells from any beach we visit. We are excited to explore new places along the west coast, and are always on the hunt for the best ramen, street tacos, and Greek food!

I wouldn't be where I am without the support of many people and organizations that inspire and enliven me to be the best swimmer possible, and I'm truly thankful for that. As a Masters swimmer, I don't feel all the outside pressures that I used, to and that makes everything enjoyable. Staying true to our goals is essential, but we have to love the process to realize them in the first place.

Swim Bits

by Ralph Mohr

How I Came to Appreciate Mark Spitz

Part 2 - Mano a Mano with John Ferris

In 1964, I became coach of Shasta High School and the Redding Swim Club in Redding, California. It was a fun place to coach. We started the high school season on January 3 one year, and we had a snow ball fight on the deck.

During the summer, the air temperature at noon workout in the 55 yard pool by the Sacramento River was usually over 100 degrees. We used no lane lines, so the ten-and-unders (10U) would go widths while the older age groups went lengths.

In the spring we attended the Pacific Association Short Course Junior Olympic Championships, which were always held at the Arden Hills Country Club in Sacramento. Sherm Chavoor owned the club, and was also the coach of Arden Hills Swim Team. The pool was in a grassy swale with a hill on the right side.

That first year I watched Susan Pederson become the first 10U to break a minute for the 100 yard freestyle. It helped that she was about 5'6" tall and weighed over 130 pounds. In Sherm's book, *The 50 Meter Jungle*, he comments that he nearly came to blows with a swim team mother who was bigger than he was. That was Susan Pederson's mother.

Chavoor was the coach of Debbie Meyer, who won three gold medals in the 1968 Olympics in the 200, 400, and 800 freestyles, and of John Ferris, third in both the 200 IM and 200 fly in Mexico City. Mark Spitz finished last in the finals of the second event after being favored.

The rivalry between Ferris and Spitz, however, had started much earlier than Mexico City. In 1966 it came to a head at the SC JOs at Arden Hills.

Since the JOs were a spring event, both Ferris and Spitz were 16, as Ferris didn't turn 17 until July. Spitz, by this time had already transferred to Santa Clara Swim Club, and he and Ferris were entered in the same three events - 50 Fly, 100 Fly and the 200 IM.

In the course of the meet, Spitz had touched out Ferris in both butterfly events. Ferris always took an early lead as, I believe, he was the originator of the starting dive we all use now. You know, the one where you are supposed to go in the air as far as you can and then punch a hole in the water with your hands where the rest of your body is supposed to follow.

Before Ferris, we were told by coaches to skim the surface of the water on the start so we could begin to swim as soon as possible. We never considered that surface tension would slow us down and that it was faster to stay underwater.

With his start, John Ferris always had a lead after 25 yards fly. Mark Spitz, however, ran him down, even in the 50, looking for Ferris all the way. Then came the 200 IM.

Ferris qualified 4th and Spitz 2nd in the prelims, just what Ferris wanted: someone between him and Spitz to make it harder for Spitz to keep track of

where Ferris was in the race.

Again, at the start Ferris was ahead at the 25 and this time kept his lead for the 50 fly. I don't know what the split was, but I'd guess it was close to being 23 something, an amazing time for 16 year-olds in 1966.

Ferris held the lead in backstroke and breaststroke, hammering the turns and using his superior underwater technique to stay ahead of Spitz. As we all know, it's hard to keep track of another backstroker anyway, and there was a swimmer between the two to obscure Spitz's view.

Breaststroke was Spitz's worst stroke in the IM and Ferris knew that, and knew he had to have a lead going into free. He did and held it all the way to the finish. The crowd on the hill, I among them, were going bananas, and when Ferris won in his home pool, the roar was tremendous. He had beaten Mark Spitz and set a new national JO record in the 200 IM for 15-16 boys.

Then Ferris' younger brother jumped into the pool to celebrate with his sibling before the last swimmer in the race finished. Ferris was disqualified.

During the awards ceremony for the IM a curious thing happened. Mark Spitz refused to mount the top platform to get the gold medal for the race. I was about 20 feet away from the ceremony, and I am sure to this day, from his body language and, perhaps, from what I thought Spitz said to the swimmer who was next to him, that Spitz felt he didn't deserve first place. He



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...and then there were NINE

by Ginger Pierson

Editor's note: Up to the time of this writing, Ginger had set eight of the nine available Pentathlon records in her current age group (70-74), and her goal was to get all 9 of those records. All she had to do was to legally complete the final necessary five swims, and the record was hers. This article was written to celebrate her completion of those nine records!

In December, 2017, I competed in a Pentathlon in Bend. My participation was due to the fact that I desired one of the illustrious microwavable drinking glasses. Then I had another shoulder surgery on January 28, following that meet.

Yes, it hurt to swim that event, but in the surgery after the event (5 surgeries within that one operation) the pain was excruciating. Oxycodone didn't work, Vicodin nor Tylenol 3 didn't work - nothing did. So after a month and a half in bed, trying to sleep sitting up, I decided to try to "get back on track". Flexibility was the primary concern at the time, and adding a little water work seemed encouraging (much stretching, walking, reaching, back sculling, etc.).

For those of you who know me, goal setting is a must. Knowing that I could no longer set WR's or NR's, or even PR's (no records to go after - none, nada), I had to find something to keep me in the water - "just complete it". I still hurt before, during and after the swims.

Then I remembered the Pentathlon records.

These records were very attainable, since only two of the nine possible swims had a record in place in my age group, and the other seven records could be set by just completing the swim. If I could just finish legally I could set a Pentathlon record

- Short Distance = 50 of each stroke + 100 IM..... 300 (for LCM, you swim a 200 IM instead of a 100 IM)..... 400
- Medium Distance = 100 of each stroke + 200 IM..... 600
- Long Distance = 200 of each stroke + 400 IM..... 1200

(SCM is the same distances as SCY.)

I knew the 70-74 age group, SCY, 50s record would be the most challenging, so I saved those swims to attempt at the last.

It was kind of like tapering: no records to go after ...and then there were NINE. Yes, I could do that. It's still painful for me to swim, and I may still be faced with another surgery on my "good" arm.

The most rewarding of all of the records was the SCY Sprint Distance, since it was set in 1983 by Olympian Dawn Musselman (the other record was set in 1989 by Maggie Wells).

The other feat that came out of all this was that I was the first and only person to hold all of the Pentathlon records, in any age-group, at the same time. The times are very slow, but attainable, so that just about anyone could get my records, but I challenge someone to go after all of them in a single age-group.

Of course, as per the rules, the Pen-



Ginger Pierson holding the lap counter with the #9. She just completed the last group of 5 swims (her 9th and final Pentathlon swim), at the Pacific Northwest Masters LCM Summer Meet at Federal Way, WA., July 6, 2019.

tathlon must be swum in one day. Try finding a one day LCM with all the events needed. That in itself is a challenge. (If you need suggestions/help finding those meets, you can call/email me).

...and then there were NINE

Thanks to Bob Bruce for introducing the annual pentathlon meet with drinking glasses included, and to Steve Darnell and Matt Miller for updating the records. After Matt got wind of my goal, he quickly emailed me to remind me that in 22 months (age up) I'd have another nine to attempt!

Portland Bridge Swim 2019

by Marissa Frieder

This year's Portland Bridge Swim took place on Sunday, July 7. We were proud to host the USMS National Championships for the second year, welcoming 81 solo swimmers and 19 relay teams from 17 states. Of those, 33 solo swimmers and another 16 relay swimmers were Oregon Masters swimmers. We love our visitors, but are especially proud of our local swimmers!

The race was supported by USMS and its sponsors, as well as Swim Trek and Alder Creek Kayak. OMS board member Susie Young lets us put our radio repeater on her back deck every year, and this year the Boathouse Apartments agreed to let us put our second repeater on their roof.

It takes an army of volunteers to make this race happen, and we are fortunate to have a crew of dedicated workers who come out year after year. An 11-mile race requires groups of volunteers that are unusual for Masters events. These include Rob Steffek's crew of power boaters and safety officials to oversee

the course, as well as race officials who enforce rules from kayaks out among the swimmers. Ben Karlin managed all those race officials, joining Safety Director Tim Waud on the command boat to keep a watchful eye on things. We are lucky to have good relationships with kayakers in the area, and they come out to escort our swimmers from out of town. This year, because it was a National Championship, we had an unusually high number of requests for escorts. Escort Coordinator Merri Compton managed to find volunteer escorts for 25 swimmers, as well as course volunteers. We may well have recruited every kayaker in the city.

Race weekend started with a pre-race pasta feed in the beautiful event space at Jacobsen Salt. The dinner allows local and out-of-town swimmers to get together and commiserate before the big day. It gives us a chance to welcome them all and share our wonderful swimming community. Safety Director Tim Waud emceed, greeting everyone and asking everyone to introduce themselves and ask questions. We loved getting

to meet everyone and hope more swimmers and OMS members will join in the party in future years.

Race day starts ungodly early for everyone. With a 7:30 start time, volunteers and swimmers are at the start site before the sun is. Julie Andrade's crack team of registration



volunteers had everybody signing in and getting situated, while rental kayaks were picked up and swimmers' pre-race jitters were jittered. The pre-race briefing was actually shorter this year, staying well away from last year's record-setting 24 hours and 18 minute talk time (sarcasm intended). On a very sad and serious note, race organizers held a moment of silence in honor of swimmer #23, Charles van der Horst, who was lost during the 8 Bridges Hudson River race last month. He was registered to swim the Portland Bridge Swim and we all felt his absence.

The first wave left the Sellwood Bridge at 7:25 AM, heading off into beautiful glassy water under overcast skies. It was gloomy, but great conditions for the swimmers. The same can't totally be said for the water temperature, which had flirted with 70 degrees earlier in the week but was back down to 68 on race day. That temperature was great for some, but difficult for others.

This year's field was full of many return swimmers, including 11 people who have competed in the solo race three

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Swimmers, lots of them, under the Ross Island Bridge. Each kayak represents a swimmer



PORTLAND BRIDGE SWIM

Continued from page 11

times or more. We saw fast swimmers from Oregon and across the country, as well as so many swimmers attempting their first marathon swim. On a day when the US Women's Soccer team won the World Cup, Mackenzie Leake of Stanford Masters became the first woman ever to win the Portland Bridge Swim in 4:59:18. She edged out Oregon's own Hardy Lussier, after losing to him last year by 23 seconds. This year they swam

neck and neck for 11 miles and when they finished, each spoke graciously and admiringly of the other and the fun they had racing together.

We got to see so many people complete this race, and hear their stories of how they got to the beach in Cathedral Park. We never get tired of watching them do their hard work, and being there to cheer for them when they step out of the water in Cathedral Park. Despite the Race Director's habit of cackling during the pre-race briefing while discussing the challenges of the course, she gets

choked up every time another swimmer crosses the finish line. We are so proud of all our swimmers and were honored to have them join us.

Next year's race will go back to our usual pattern, the second Sunday in July, and will fall on July 12. It will not be a National Championship, which should make life a little easier for our kayak recruiter. Registration will open on January 1, 2020, and will again require a qualifying time of 5000 m or 5500 yds in 1:45 or less. We look forward to seeing everyone on the river again next year!



Solo swimmer Wendi Lui (THB) finishing the race while OMS' official cheerleader, Dave Radcliff, applauds her. That guy is the sweetest damn thing. He has held a dinner the past 2 years for Barracudas registered for the Bridge Swim, to talk over marathon swimming, preparations, what to think about, etc., and he is always there at the finish to greet all our swimmers. I love this photo. When we finally lose this treasure of a man, this is how I will always, always remember him.

Solo swimmer Brad Robinson at the race finish



Photos



Mark Hageman and Matt Miller in Santa Clara



Cliff Stephens, Elke Asleson, Stephen Darnell and Jim O'Donnell take a break from warming up to graciously pose for a photo. Association Meet



Mark Frost just finished his 52 x 100s in honor of his 52nd birthday, and added a 200 IM. He was all smiles! Way to start your day Mark!



Michael Grant is doing great things at the Grants Pass YMCA, having started the Masters program there from scratch and built it up enough to get a good group to come out and swim at Applegate Lake this year.

McDougall's Moments: Atherosclerosis

An atherosclerotic plaque is not made of concrete. It can be removed rather easily. So when you start controlling your knife and fork, keeping them from scooping up gobs of grease and clumps of cholesterol-filled fats, you stop promoting the disease. Soon, with such restraint on your part, more cholesterol leaves your arteries than enters them. The plaques shrink and the artery walls strengthen. The risk of tragedy to you from a ruptured blood vessel or a blocked artery is diminished almost overnight. To learn more, watch Dr. McDougall's short video on Atherosclerosis. <https://www.drmcDougall.com/health/education/videos/mcdougalls-moments/atherosclerosis/>



OFF THE BLOCK

Continued from page 3

protected against a protein deficiency, as all whole, natural foods are abundant in protein. Whole grains, starchy vegetables, vegetables, and legumes are all excellent sources of high-quality protein. Legumes may be one of the best sources of protein as they are not only rich in fiber and nutrients and are very filling, they are also very low in saturated fat and have no cholesterol. Based on most national health recommendations, which encourage us to eat a more plant-based diet and cut back on cholesterol and saturated fat, they sound like the perfect fit.

Let's put protein in its proper perspective. It is very easy to get in enough protein and virtually impossible not to if you follow these three simple guidelines:

1. Make sure you consume enough calories to maintain a healthy weight.
2. Eat a variety of minimally processed whole, natural foods, including plenty of vegetables, starchy vegetables, whole grains, beans, peas and lentils.
3. Greatly limit or eliminate junk foods.

If you do, you will easily surpass the amount of protein you need, even if you are an athlete — even if you include no animal protein.

However, if you still want to focus on protein, focus on legumes and getting in 1-3 servings per day (a serving is 1/2 cup of cooked beans). Simply put, getting in enough protein is not a concern or a health issue for most of us.

So, let's focus our attention on where

it is really needed and not on issues that are not a concern or a health issue. Let's focus on the real health issue of increasing our consumption of fruits, vegetables, starchy vegetables, whole grains and legumes. In doing so, not only will we get in enough protein, but we will also get in enough fiber, vitamins, minerals, antioxidants and phytochemicals. This way, we can help reduce both our personal risks and the national epidemics of obesity, heart disease, stroke, diabetes and many cancers.

In Health,
Jeff

1) Fox EA, McDaniel JL, Breitbach AP, Weiss EP. Perceived protein needs and measured protein intake in collegiate male athletes: an observational study. *J Int Soc Sports Nutr.* 2011;8:9. Published 2011 Jun 21. doi:10.1186/1550-2783-8-9

FITNESS

Continued from page 4

swimming, practice blowing bubbles at the wall, do some bobs (immerse your head in and out of the water). Experiment with breathing on one side and the other to see which one feels the most comfortable to you.

Once you can master a relaxed breathing pattern, you will automatically be able to swim more relaxed, and for longer periods of time. It will alleviate your eventual fear of the water, and send you on the way of being a true mermaid. This is one step of the swimming process that is sometimes ignored but should not be, as it is the key to the enjoyment of the water, to the enjoyment of learning how to swim, and to the enjoyment of becoming a master swimmer.

COACHES CHAIR

Continued from page 5

sets into your swim workouts regularly. If you aren't doing much or any anaerobic sets, ask your coach or workout partner to start offering more of them and watch your health (and speed!) improve!

During anaerobic workouts, aim to work out at 80 to 90 percent of your maximum heart rate. Virtually any swim workout set commonly referred to as a "sprint" set or "max" set would achieve this. To quickly provide an example of a couple of anaerobic workouts:

- 8 x 50-meter (or yard) sprints at your maximum pace with three to five minutes of rest between sprints.
- 5 x 100-meter (or yard) sprints at your maximum pace with four to six minutes of recovery between sprints with the following instructions: #1 and #2 straight through, #3 and #4 broken at the 50 for 10 seconds, #5 broken 50-25-25 with 10 seconds rest between each break.

Have fun getting stronger, healthier, and faster!

SWIM BITS

Continued from page 9

didn't win the race, Ferris did, and Spitz would not accept the gold medal.

Humility is not often associated with Mark Spitz, but though he was a very precocious 16 year-old, I think I saw it in him that day.

— Next: Part 3: Lincoln, Nebraska, 1966: Burton, Spitz and a cute redhead.

Whiskeytown Swim is On!

After last year's disastrous fire around the lake, the Whiskeytown Open Water swims will take place Sunday, September 8th, as announced by Mark Wagner, Head Coach of the Redding Swim Team. The swims will take place at Oak Bottom Marina on Hwy, 299 west of Redding.

Almost all of the 42,000 acres of the Whiskeytown Park were torched in the Carr Fire of last year. 40 boats were lost at Oak Bottom, and the infrastructure at Brandy Creek was wiped out.

For Oregon open water swimmers the resumption of the Whiskeytown event is a chance to do something intriguing. They can swim two events at Lake of the Woods on Saturday morning, September 7, and then drive down to Redding that afternoon. On Sunday swimmers can go two more events in Whiskeytown Lake to help support the Redding Swim Club and the Whiskeytown National Recreation Area in recovering from the catastrophe of last year.

Awards in the past for the Whiskeytown swims have been lovely and substantial mugs. More information on the Whiskeytown event will be soon listed on the Pacific Association Masters swim schedule at <https://www.pacificmasters.org/pacm/schedule>.

Update your own USMS registration information

You can register without selecting a Workout Group. 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. The update request will be sent to Susie Young and she will approve it.

Report from SOMA

from Matt Miller

There is a nice write-up in The Medford Mail Tribune about the SOMA team and the Association meet that can be found here: <https://mailtribune.com/sports/community-sports/ghiglieri-sets-three-oregon-masters-swimming-records>

Amazing Dave Radcliff

Records, records, records. Dave Radcliff currently holds the Oregon records for all 6 freestyle events for the following age groups, with only two exceptions.

SCY & SCM

75-79; 80-84; 85-89 (all but the 50s in this age group; those he left for Willard!) He also holds the 50 Free record in the 70-74 age group in SCM!

LCM

70-74; 75-79; 80-84

That means a total of 53 records!

Congratulations Dave!

Oregon Masters Swimming: Open Water Race Schedule for 2019

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	OR Series Category	USMS Status
Sat 17 Aug	1	Southern Oregon Coast Swims at Eel Lake	Lakeside	SOMA	Matt Miller	3000-meter	Featured	Sanctioned
						1500-meter	Featured	
Sat 7 Sep	1	Lake-of-the-Woods	Klamath Falls	SOMA	Matt Miller	1500-meter	Featured	Sanctioned
						3000-meter	Featured	

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.

Aqua Master

August 2019

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Place
Stamp
Here

Records & Results

Juniper Swim Center Pentathlon—LCM
PNA Masters Summer Meet—LCM

Looking Ahead . . .



Pool Schedule

<u>Date</u>	<u>Course</u>	<u>Swim</u>	<u>Venue</u>	<u>Location</u>
August 23-25; Fri-Sun	LCM	NW Zone Champs/Gil Young Memorial	Mt. Hood C College	Gresham

Open Water Schedule (see page 15)

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

Quote for the month . . .

Seven Days Without Swimming makes one WEAK.

Summary

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