



# Aqua Master

Award-winning Newsletter of Oregon Masters Swimming

*"Swimming for Life"*

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## Applegate Lake Swim Series 2019

by Laura Schob

The Rogue Valley Masters are alive and well! In fact, so well, they won the small team state 1500m championship. RVM hosted the glorious Applegate Swim Series July 13-14. The open water 2.5k, 5k, 10k, 1500m, and pursuit relays allowed swimmers at many levels to participate. Todd Lantry was the Race Director, and his wife, Celeste Marokus was Safety Director. Add Bob Bruce giving his famous safety talk and Jocelyn Sanford handling campers and organizing, and the weekend was top-notch.

All open water races in Oregon are well-run, and Rogue Valley Masters added their own spices. Jocelyn wrote campers' names on the asphalt at Hart-Tish; I admit I felt ever-so-famous. Tent campers were guided to their sites with colored chalk messages, too. Lunches were hearty meals of teriyaki chicken, pulled pork, salads, rolls, and rice catered by Auntie Carol's Hawaiian Cafe and Catering. Seconds and thirds were encouraged! Todd announced all swimmers' times, honoring each swimmer. Winners of the 10k were awarded a pottery piece from Frank Philipps, a generous award

donor for many years. John Weston Woodworking donated cutting boards to other distance winners. Age group winners received wine glasses. Jocelyn gave each final swimmer in the races a copy of *Blue Mind*, by Wallace J. Nichols. But wait... The beer truck arrived both days, and I enjoyed a pineapple cider.

The word is out: Applegate is a relaxed, fun, safe place to swim, with wonderful hosts and hostesses, and noteworthy "extras." Did I mention the hillside viewing of races and the 74 degree water? *Life is Good* in Southern Oregon.



Christian Tujo, Coach Bob Bruce and Michael Dix



Michael Dix, Megan Tosh and Christian Tujo at Applegate Lake feeding table

## 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

Kristina Franklin • [kristina.l.franklin@gmail.com](mailto:kristina.l.franklin@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)

### COACHES CO-CHAIR

Matt Miller • [matt@flytrapcare.com](mailto:matt@flytrapcare.com)  
Sara Shepherd • [albright.becker@gmail.com](mailto:albright.becker@gmail.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)

### SOUVENIRS

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

### PRINCIPAL FOUNDER OF OMS

Connie Wilson

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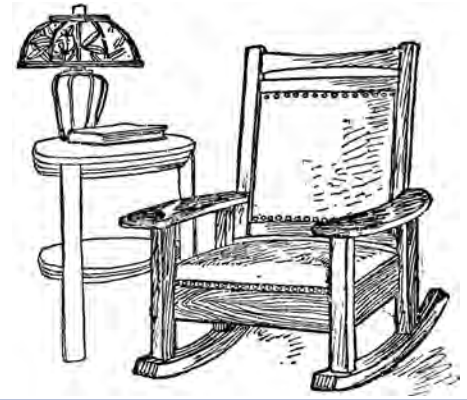
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Send address changes to Susie Young and all other membership questions to Christina Fox.

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# Chair's Corner

**Tim Waud**  
OMS Board Chairman



## **Greetings fellow Masters swimmers,**

I hope your summer is going well and you are spending time with your family and friends. What an exciting Open Water season we have had this year and an even more exciting pool season. Congratulations to those swimmers who competed in the recent 2019 U. S. Masters Swimming Summer National Championship in Mission Viejo, California. The Oregon team won the Regional Club National Championship under the direction of Coach Allen Larson. Several swimmers placed in the Top Ten, with 24 Oregon records, 19 NW Zone records, and two U. S. Masters Swimming National records were set.

Allen Stark set a new National record in the Men's 70-74 200 LCM Breaststroke-3:06.10.

Val Jenkins, Colette Crabbe, Arlene Delmage, and Janet Gettling set a new National record in the Women's 240+ 200-meter Medley Relay-2:22.45.

Congratulations to the following National Champions!

### **WOMEN**

Alexis Higlett, Christine McClafferty, Arlene Delmage, Colette Crabbe, Janet Gettling, Joy Ward,

### **MEN**

Matthew McComish, Gary Patterson, Allen Stark, Ronald Nakata, and Willard Lamb.

## **RELAYS**

Women 240+ Medley Relay (Val Jenkins, Colette Crabbe, Arlene Delmage, and Janet Gettling)

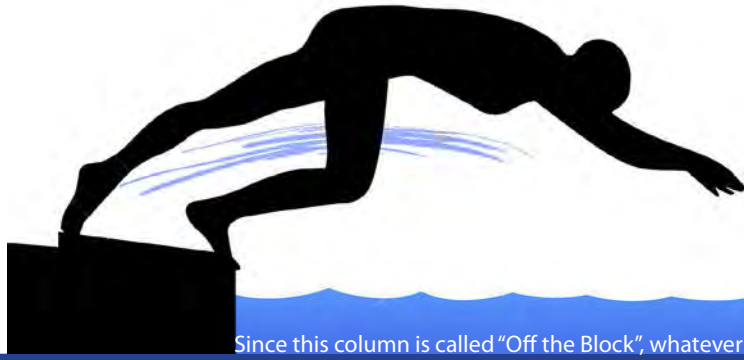
Mixed 320+ Freestyle Relay (Willard Lamb, Ron Nakata, Janet Gettling, and Joy Ward)

We still have a few more Open Water swims coming up in the next few weeks and our OMS Association/ NW Zone Summer Championship later this month.

Hope to see you around the pool or open water soon.

Swimmingly,  
Tim Waud/OMS Chair





# Off the Block

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

Have any of you triathletes heard about World-Class athlete Ruth Heidrich? Ruth (now 84), a runner and triathlete, was 81-years-old at the time of the interview in this link. <https://www.youtube.com/watch?v=dH7YS02r5zE> The next link gives Ruth's take "On Going Vegan And Aging Gracefully" <https://renaissance-humans.com/ruth-heidrich-81-triathlete-vegan-cancer-aging/>



## Ruth Heidrich Defeats Cancer and Osteoporosis

by Ruth with comments from Dr. McDougall

For all my 47 years, I thought I was extremely healthy! After all, at that time (1982), I'd been a daily runner for 14 years, had run 3 marathons, and ate what I considered a very healthy diet — lots of chicken, fish, and low-fat dairy.

I'd been heavily involved in my career as a military logistician. In fact, as a management-level female in a male-dominated world, I was being groomed for a top-level position in the Pentagon. Little did I know there was an insidious cancer growing in my right breast. When it grew to the size of a golf ball, I was rushed into surgery. Even then, I was sure it couldn't be cancer because I felt so healthy. A frozen section was done immediately; I was then told it was invasive cancer, and later, that it had spread, not only throughout the whole breast but also involved my bones and one lung.

While recovering from the surgery I saw a newspaper item asking for

volunteers for a breast cancer/diet research study. I ran to the phone and was told to get my medical records, and get in to see Dr. McDougall right away. After being shown the results of the breast cancer/diet research thus far, I was convinced that Dr. McDougall was on the right track and left his office a low-fat vegan. I also decided against chemotherapy and radiation, electing to use the vegan diet as my sole weapon against the cancer.

I found the dietary changes very easy to implement. I already loved brown rice, whole wheat bread and oatmeal. I just had to add veggies to replace the chicken, fish, and dairy. My body responded immediately. The next morning I discovered I'd been constipated all my life but didn't know it!

It was at this time that I saw the Ironman Triathlon on TV and immediately said, "I've GOT to do that!" Then it hit me, I was now a cancer patient.



When I realized I still felt healthy, I thought this would be an excellent way to show people that you could do one of the toughest races in the world, the Ironman Triathlon, on a vegan diet. I added biking and swimming to my daily runs and since my diagnosis in 1982, have completed the Ironman 6 times, run 67 marathons, have won over 800 racing trophies, have been declared "One of the Ten Fittest Women in North America" in 1999, and have a Fitness Age of 32 although chronologically am 67! I'd also been working on a Ph.D. in Psychology and soon realized that I was far more interested

Continued on page 14

# Fit to Swim

**Coach Colette Crabbe**  
OMS Fitness Chair



## Attitude is everything with health and fitness.

Health is your most precious gift. Fitness is the best medicine around. Do you have the right attitude about it?

Here are a few examples of attitudes that might backfire in your long-term pursuit of fitness.

**Attitude #1: All or nothing attitude.** You avoid all your favorite food. Depriving yourself of your favorite foods is a surefire way to resent fitness and increase your chance of binge eating. Healthier choices might be needed; you don't have to give up your favorite foods completely or let yourself be hungry. When it comes to nutrition, focus on the 80/20 rule: 80% of the time you eat really well, and 20% of the time, you indulge a little. The amazing thing is that the healthy eating will seem to taste better and better as you progress. You may get to the 90/10 rule without realizing it.

**Attitude #2: You take calorie counting too far.** Never let yourself be hungry, but never overeat. Your body is a wonderful machine which lets you know when you need to eat or drink, and lets you know when you are full. Listen

to your body and it will automatically adjust your calorie intake based on your exercises.

**Attitude #3: You force yourself to do activities you hate.** The beauty about fitness is that there isn't only one way to go about exercising. Allow yourself to explore, discover and experiment with different types of exercises or methods of eating until you find one that works for you. Try new activities, taste new healthy food and see what you like. Just because you are not in a gym or at the pool, it doesn't mean you can't improve your fitness. The only requirement is that you stay active and enjoy yourself.

**Attitude #4: You tend to avoid social interactions for fear of ruining your diet, or because you need to exercise.** Social interactions are an integral part of being happy and leading a fulfilled life. Isolating yourself will not lead to fitness and/or a perfect body. Go out and have a drink or two with no shame. Just keep the big picture in mind. It is only thru social interactions that you will have the support needed to stay on track.

**Attitude #5: You want immediate gratification and you quit when it gets tough.** It is important to accept that there are going to be obstacles, challenges or

perceived failures along the way to any goal. Those who succeed learn from the challenges and get right back on the exercise track. There is always a way to justify a lack of discipline. Don't make excuses. Often, discipline and will-power are perceived as deprivation: we are sacrificing or losing something. But for a moment, can you imagine it the other way around: every time you work out, do not indulge in a less healthy choice, you are giving yourself something (spiritually, emotionally and physically). Think of that the next time you notice yourself indulging a little too often. Push it away, let go of your excuses. Pick yourself up, stay positive and keep marching on. You are actually giving something to yourself rather than taking something away.

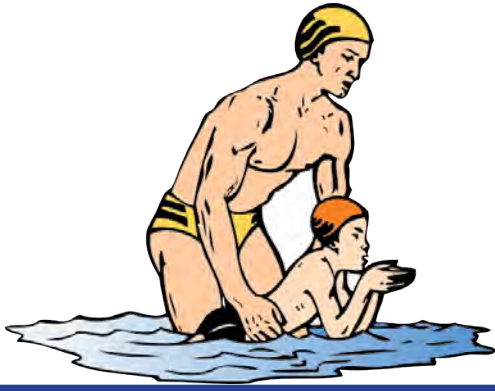
To finish, here are a few motivational quotes which might help you in your pursuit of health, fitness and happiness.

*"Attitude is a little thing that makes a big difference."* —Winston S Churchill

*"We cannot change our past, we cannot change the fact that certain*

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# Coaches Chair

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

## Taper Tips

You've put in the time, you've logged the yardage, your big meet or event is on the horizon...it's TAPER time! Time to come down in yardage, up the quality efforts a little bit here and there, fine tune the technical aspects of your training and then SMASH your personal best times at the big goal meet. Growing up in the pool, I have always looked forward to taper time, no doubt about it. Conversations with teammates at the wall because of the increased rest periods were always my favorite part...not sure if my coach felt the same way!

When you taper, you want to keep your gains, build on them and simultaneously recover from all the hard work you have been putting in. Under the surface, during taper, you are becoming more powerful, your stroke gets a little longer (distance per stroke is increased), you swim faster, your arms get stronger and you feel a lot better mentally. The major benefit from a taper is the recovery and restoration that it facilitates. What actually influences the competitive performance that results is the quality and type of training that has preceded the taper. The

question that gets asked the most is how long should a taper last? It could be anywhere between 1-3 weeks, and even then it could be shorter or last longer. Not every taper should be or will be the same, because we all have different strengths, weaknesses and goals. Your taper response is unique to your training background, your event, and your physiology, among other things. The onus is on you, the swimmer, and your coach to build a taper plan that works best for you and your goals in the water.

Here are a few mental tips to keep in mind during taper time so you are able to enjoy the process of sharpening your swimming so you swim fast when it matters most:

Do some dress rehearsals – visualize your race, the way you are going to get ready beforehand, how you feel in the water and how awesome it will feel when you hit the wall and see a new best time.

Relax – mentally and physically. Avoid last minute urges to sneak in any last minute hard workouts.

Journal your taper – this is something I have never done but think it's

such a good idea. Having this record on hand for future tapers can be invaluable, and you can make changes in the process if necessary.

Swim faster by sleeping more – be focused on getting a ton of sleep each night to maximize recovery during taper time. Don't underestimate the benefits of spending that quality time with your pillow.

Trust the plan – trusting the process is difficult when the results aren't immediately apparent. Don't overthink things, have faith in the process, trust that you put in the work during the past months and months of training, and plan to reap the rewards.

Best of luck at your goal meet or event!



# Long Distance Swimming

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



## Upcoming Swims

- —Saturday, September 7: Southern Oregon Swims at Lake of the Woods, between Medford & Klamath Falls. Our season wrap-up. 3000 & 1500-meter swims on a gorgeous lake. Info & entry at [https://www.clubassistant.com/club/meet\\_information.cfm?c=2441&smid=11819](https://www.clubassistant.com/club/meet_information.cfm?c=2441&smid=11819). Entry deadline: Thursday, September 5. \$10 extra for day-of-race entry.
- —Until September 15: USMS 5 & 10-km ePostal Championships. You still have time to do one or both of these swims, and some of you need to do this to meet the Go Pro Challenge (swim & enter three ePostal Championships in 2019, get free OMS membership in 2020). Check with your local teams that have 50-meter pools for availability. Info & entry at <https://www.usms.org/events/national-championships/epostal-national-championships/2019-epostal-national-championships>.
- —Note: JSFC in Bend will have an ePostal session on Saturday, August 24 (sorry, it's the only 50-meter date that I could get). 10-km swims start at 9:30am sharp; 5-km swims start at 9:30 or 11:10am! Fee: JSFC pass or \$8. Contact [coachbobbruce@gmail.com](mailto:coachbobbruce@gmail.com) to reserve your spot for either swim.



# Recent Meets & Records

Records are for Oregon LMSC Swimmers Only

\* = split

## USMS Summer Nationals—LCM

August 7-11, 2019; Mission Viejo, California

Results: <https://www.usms.org/comp/meets/meetsearch.php?club=OREG&MeetID=20190807SNCL>

Age Group	Event	Name	Age	Time	Record set
Women 55-59	200 Meter Freestyle	Jenkins, Valerie G	56	2:27.89	Oregon
Women 55-59	400 Meter Freestyle	Jenkins, Valerie G	56	5:12.51	Oregon, Zone
Women 55-59	50 Meter Backstroke	Jenkins, Valerie G	56	34.74	Oregon, Zone
Women 55-59	100 Meter Backstroke	Jenkins, Valerie G	56	1:15.95	Oregon, Zone
Women 60-64	50 Meter Breaststroke	Crabbe, Colette M	63	39.91	Oregon, Zone
Women 60-64	100 Meter Breaststroke	Crabbe, Colette M	63	1:28.61	Oregon, Zone
Women 60-64	200 Meter IM	Crabbe, Colette M	63	2:49.85	Oregon, Zone
Women 70-74	100 Meter Breaststroke	Gettling, Janet	71	1:46.08	Oregon, Zone
Women 70-74	100 Meter Butterfly	Gettling, Janet	71	1:47.60	Oregon, Zone
Women 70-74	200 Meter Butterfly	Gettling, Janet	71	4:00.76	Oregon, Zone
Men 18-24	50 Meter Freestyle	McComish, Matthew	20	25.32	Oregon
Men 18-24	50 Meter Backstroke	McComish, Matthew	20	29.02	Oregon, Zone
Men 18-24	200 Meter Backstroke	McComish, Matthew	20	2:16.59	Oregon, Zone
Men 18-24	100 Meter Butterfly	McComish, Matthew	20	58.57	Oregon, Zone
Men 18-24	200 Meter IM	McComish, Matthew	20	2:19.90	Oregon, Zone
Men 60-64	50 Meter Breaststroke	Patterson, Gary L	60	33.51	Oregon, Zone
Men 60-64	100 Meter Breaststroke	Patterson, Gary L	60	1:16.75	Oregon
Men 70-74	50 Meter Breaststroke	Stark, Allen L	70	37.75	Oregon
Men 70-74	100 Meter Breaststroke	Stark, Allen L	70	1:24.33	Oregon
Men 70-74	200 Meter Breaststroke	Stark, Allen L	70	3:06.10	Oregon, Zone, National
Men 80-84	200 Meter Breaststroke	Nakata, Ronald K	80	4:10.14	Oregon, Zone

### RELAYS

Women 240-279 200 Meter Medley Relay

OREG "A"

2:22.45

Oregon, Zone, National

1) Jenkins, Valerie G F56 2) Crabbe, Colette M F63 3) Delmage, Arlene F57 4) Gettling, Janet F71

Men 280-319 200 Meter Medley Relay

OREG "A"

2:22.58

Oregon, Zone

1) Edwards, Wes M66 2) Stark, Allen L M70 3) Brockbank, Doug M66 4) Nakata, Ronald K M80

Mixed 320-359 200 Meter Medley Relay

OREG "A"

3:09.61

Oregon, Zone

1) Ward, Joy F77 2) Nakata, Ronald K M80 3) Gettling, Janet F71 4) Lamb, Willard J M97



# Swimmer Spotlight

—submitted by Karen Andrus-Hughes

**Name:** Janelle Miller  
**Age:** 56  
**Local Team:** Tualatin Hills Barracudas

My adventures in swimming began when I was very young, thanks to my parents and to where I grew up. To not know how to swim in Southern California so close to the beach and with so many pools would be a shame, my parents thought. As a result, my older brothers and I were enrolled in Red Cross lessons, learning to be safe in the water. I was proud of my brothers when they came home from summer league meets with ribbons in hand, documented by my camera-enthusiast father.

We lost beach access when we moved to northern California, but pools were just as prevalent, and of course, all of them were outdoors. My best childhood memories were of the sun on the water, the smell of chlorine and our very green-blond hair that marked us as 'swimmers.' When my brothers began swimming AAU, I wondered why I wasn't invited. I must

have made enough noise, hence I found my way into the world of competitive swimming at age eight. Too bad I couldn't make a full 25 yards without standing up, but you have to start somewhere, right?

I'm not sure how old I was when double workouts set in, but swimming began to define me. How could it not? I spent hours in the water, felt the shoulder soreness, and experienced the highs and lows of competition. I did enjoy swim meets, and posed proudly for Dad in front of my wall of medals and ribbons. No college recruiters banged down the door, however, so I happily swam for the local junior college. I began to drift away from all things swimming, realizing there was certainly more to life outside of the pool. I happily broke with the sport at age 19 with no looking back.

But — 31 years later — Why I started ruminating about the pool again I have no idea. I was in Oregon. It was cold and rainy. Were there even any pools in this state? And if I could find one, could I give

swimming a try again? How would it feel to be in the water? Would it be fun? I located the Oregon City pool and jumped in with the lap swimmers. I swam a length and smiled as I rested at the wall. I'm sure it wasn't pretty but it was glorious nonetheless. I was so happy. I think



Janelle Miller, in a meet in Monterey, CA in 1972

I made it about 20 minutes and immediately bought a monthly pass. A year passed of renewing/relearning technique and developing strength and endurance. My eight-year-old self then asked: Why shouldn't I try Masters Swimming anyway?

Tualatin Hills has been a perfect fit with their beautiful 50-meter pool, noon workouts and great coaches. I am forever amazed at the ability and attitudes of my teammates. To all of the busy full-time workers, sleep-deprived parents, speedy pool swimmers, powerful triathletes, and open water fanatics, you greatly inspire me.

I am so glad the water called me back!



Janelle Miller writes: We were in a wildlife preserve in South Africa & got passes for access to their cheetah. We were told how to act & where to position ourselves while with her. It was amazing! 2018 photo

# Swim Bits

by Ralph Mohr

## How I Came to Appreciate Mark Spitz — Part 3 Spitz, Burton and a Cute Redhead

It's a little known fact that Mark Spitz was considered to be a world class long distance freestyler as well as a butterfly. In the summer of 1966 the AAU Long Course National Championships were held at Lincoln, NE. I happened to be free that August, having resigned as coach of the Redding Swim Club, so I decided to go to Nebraska.

In those days you didn't have to pass any courses to be a timer at Nationals. Interested in timing at Lincoln, I contacted some friends of mine who were veteran swim meet timers in the Pacific Association (one year they timed 54 swim meets).

They got me in contact with the Pacific Association AAU, and I was immediately accredited to time in Lincoln. I did have a white shirt, and that was all I needed.

I was assigned to lane 3. We used huge Bulova mechanical watches, at least an inch thick and about four inches in diameter. We were also placed on a platform about ten feet above the edge of the pool. Looking down we could see clearly any finish. We could also watch the races as the swimmers swam away from us and back. The best seats in the pool.

One of the other facets of the meet was that a wind usually came up in the evening during the finals. This affected the swimmers because their splits were

definitely slower going into the wind, especially in breaststroke. And our timing slips were picked up for each heat by a cute, 6 year old redhead named Barbara Harris (yes, the Barb Harris who lives in Bend). Her father was another timer somewhere on the platform.

During the meet the focus was not on Spitz (he was still only 16), but on how the meet would set up swimmers for the Mexico City Olympics, at 7000 feet altitude. The strongest team, of course, was Santa Clara with Greg Buckingham, Don Schollander and Claudia Colb who would be major swimmers in Mexico.

One of the big races everyone was looking ahead to was the 1500 meters. Steve Krause from Washington State had recently broken the magic 17:00 minute time for the event. He was the big favorite. Mark Spitz was also in the final heat. So was a relatively unknown swimmer from Arden Hills Swim Club of Sacramento, Mike Burton.

In the officials' meeting before the meet Steve Krause's coach had made a big stink about some turn boards at the end of the pool. The head of the AAU, whose name I don't remember, shot the coach down thoroughly at the meeting. It didn't make a difference in the 1500.

Mike Burton took the 1500 out at a ferocious pace. He was ahead of everyone by at least five body lengths at the half way point, only six tenths slower

than the world record for 800 meters. All of the timers were saying, "Who is that?" I knew, having been at Arden Hills so many times.

Burton won in 16:41.6, breaking the old record by 17 seconds and obliterating the field. I don't know where Spitz finished, but I know it was the last 1500 he ever swam. It should be noted that Spitz did win the 100 fly in Nebraska, but *Swimming World* in October, showed Burton and Claudia Colb on the cover, not Spitz.

After that, Mark Spitz became one of the big favorites for Mexico City, but he had a poor meet there. He won only two golds, both in relays, and was 8th in the 200 fly, supposedly his best event, and third in the 100 free. Though favored, he was second in the 100 fly, beaten by Doug Russell, a major disappointment for Spitz.

It was after the 1968 Olympics, that Spitz went to Indiana University, left Santa Clara Swim Club, and eventually came back to Sacramento, where he had started his swimming career at the Arden Hills Swim Club under Sherm Chavoor. But first he had a return engagement with Doug Russell at the 1969 NCAA Championships in Salt Lake City.



--To be continued

## Making Waves

by Dan Jones for the *Medford Mail Tribune* — used with permission

The pool is a special place for Medford swimmers Aaron Ghiglieri and Mark Hageman.

The former NCAA Division I athlete set state records at the Oregon Masters Swimming Championships in May, in Beaverton. The men were two of about 250 competitors at the event, which took place at Tualatin Hills Aquatic Center.

The Masters meet was Ghiglieri's first, and he made it count, with three state records for men ages 25-29. The 25-year-old recorded a time of 21.28 seconds in the 50-yard freestyle, 26.74 seconds in the 50-yard breaststroke, and 23.09 seconds in the 50 butterfly.

Curtis Taylor, who grew up in Ashland, owned the previous 50-yard freestyle record (21.52 in 2000). Ghiglieri topped Greg Latta's 50-yard breaststroke mark (27.38 set in 1999) and Rick Abbott's 50-yard butterfly mark (23.36, achieved in 1983).

The 56-year-old Hageman, who is a dentist in Medford, began swimming Masters in 2016. He eclipsed the record for men ages 55-59 in the 400 individual medley (4:52.10), besting Stephen Kevan's 2010 record of 4:52.39.

Ghiglieri's high school career at Cascade Christian included state title wins in the 100-yard butterfly his junior season, and state championships in the same event and in the 200 individual medley his senior year. He was also a standout with the Superior Stingrays, a local club.

Ghiglieri swam at the University of Michigan from 2012-2016. The team won a National title his freshman season in 2013.

"It was a lot of work," says Ghiglieri, who graduated with a degree in anthropology. "A lot of time. Especially with school and academics and the expectations. I didn't sleep a whole lot."

Ghiglieri says he had to knock off some rust during the competition, but found success using the skills he developed in college.

"I learned how to get some more momentum going off the wall in college," says Ghiglieri, who is now pursuing a Masters degree in biotechnology through Johns Hopkins' online program. "That is a key for breaststroke in a short race."

Gym work and diet also prepared Ghiglieri. He says he rotates upper and lower body, and core workouts on land, and abides by an intermittent fasting diet lifestyle, adding that it seems to give him better energy.

The whole Masters meet experience was awesome, he said.

"Now, as opposed to the past, it is way different," says Ghiglieri, who was encouraged by Miller to compete for the first time in three years. "At Michigan, you're doing it to score points, so I felt responsible to my team and coaches. This was more for fun."

Hageman's record was on the first day of the event, and it drained him.

"That was the only good swim I had because I was toast after that," recalls



Mark Hageman (left) and Aaron Ghiglieri pose side-by-side at Superior Athletics pool.  
Andy Atkinson / Mail Tribune

Hageman, who grew up in Ohio and swam at Ohio State University. "The 400 IM is a grueling event. I knew as soon as I finished, that I was done. At my age it takes about a week to recover from that."

Hageman secured the record despite losing several seconds to a rocky start. He hadn't swam the 400 IM competitively in over 30 years.

"The rest of the story is that I told myself, 'It is a long race, and we will see what happens,'" he says. "I was going for the record. I thought I could probably make it (the time) up."

Miller was confident in Hageman. "I knew he was primed and ready to go," Miller says.

Swimming in meets helps Hageman stay active and motivated.

"Mostly it is just about training and exercising," he says. "A group of us train together in the morning. ... Exercise is a lot like flossing. You should do it every day."

"It's not about records or swim meets," he says, "it's really about getting up every morning and moving."

## English Channel Crossing Attempt

Matt Miller (SOMA) and Christian Tujo (COMA) left August 6, for England to attempt to swim across the English Channel as a 2-person relay. Yeonjoo Lee of SOMA went along to crew for them.

They were to be on the boat "Pathfinder" with captain Eric Hartley. According to Captain Eric, the most probable day to swim will be the 11th of August.

Matt should have a report for the *Aqua Master* when he gets back, so stay tuned!

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## Awesome Ladies—Colette Crabbe & Karen Andrus-Hughes Oregon record-holders

After noticing that Dave Radcliff and Willard Lamb hold so many Oregon records in their age groups, Steve Darnell noticed that between Colette Crabbe and Karen Andrus-Hughes, they hold ALL of the Oregon records for women 60-64 in:

1. LCM — [https://swimoregon.org/records\\_pdfs/Oregon\\_LCM\\_records.pdf](https://swimoregon.org/records_pdfs/Oregon_LCM_records.pdf)
2. SCM — [https://swimoregon.org/records\\_pdfs/Oregon\\_SCM\\_records.pdf](https://swimoregon.org/records_pdfs/Oregon_SCM_records.pdf)
3. SCY — [https://swimoregon.org/records\\_pdfs/Oregon\\_SCY\\_records.pdf](https://swimoregon.org/records_pdfs/Oregon_SCY_records.pdf)

CONGRATULATIONS KAREN AND COLETTE

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## Grants Pass YMCA

Michael Grant of Grants Pass YMCA (GPY) reports: "Our Masters Swimmers had some awesome swims at Applegate Lake Open Water Swim Series (July 14-15)!"

Team GPY received a special commendation from Bob Bruce, the OMS Open Water Chair, for being the first representation from a Grants Pass team in as long as anyone



could remember. It made the whole team smile with pride! Michael (center in photo) started this team from scratch. One of the members, in her first swim competition ever, at age 62, was Michael's first ALTS student, and a cancer survivor! Awesome!

## FIT TO SWIM

Continued from page 5

*people will act in a certain way. We cannot change the inevitable. The only thing we can do is to play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... We are in charge of our ATTITUDES."* —Charles Swindoll

*"A great attitude becomes a great day which becomes a great month which becomes a great year which becomes a great life."* — Mandy Hale



Applegate Lake: These three swimmers are (left to right) Susie Rabiah, Erica Schumacher, and Natalie Schrik (from TEME in California)

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## Whiskeytown Notice

Whiskeytown is on! They will run the event Sunday, Sept. 8, as planned, and from the original site, Brandy Creek Beach. It will be interesting to see how much damage the Carr fire did last year. We need to support our neighbors to the south.

For more information and registration go to [https://www.clubassistant.com/club/meet\\_information.cfm?c=2204&smid=12474](https://www.clubassistant.com/club/meet_information.cfm?c=2204&smid=12474).

See you there.



Applegate Lake: SOMA Swimmers Erika Schumacher, Kari May and Julie Hall



Start of the 1500-meter event at Applegate Lake



Applegate Lake: GPY swimmer Karen Whelden finishing her 1500-meter swim



The Hood River Gang celebrated Bill Mellow's birthday!! "Thanks, Bill, for joining us on your 78<sup>th</sup> birthday, so we could help you celebrate another year's ride around the sun on planet Earth." Bill had a brand-new suit for the occasion; he got it on the internet for \$4.99. Bill is the one in the front with the white goggles on his head.



Applegate Lake: SOMA swimmers Christian Tujo, Linda Parmentier-Nesbitt, Matt Osborn and Connie Wilson



Applegate Lake: Michael Grant (center), coach of GPY - with Denise Silberman and Cathy Milner from Grants Pass YMCA (GPY) swimmers started the GPY (Grants Pass YMCA) team from scratch

## Your swim team in the *Aqua Master*!

If you want your team represented in the *Aqua Master*, please send information and a related picture to the editor, at azabudsky@msn.com. News can be sent at any time of the month, whenever you have something to report. You may want to select one or more reporters. Teams who report their news, get the most coverage!

## OFF THE BLOCK

Continued from page 4

in diet and exercise, and so I changed my field of study and completed my Ph.D. in Nutrition and Exercise Physiology.

Because I was concerned about a strong family history of osteoporosis, I tracked my bone density and found that from the age of 47 to my last test at 64, my bone density INCREASED significantly with each test. I was obviously getting enough calcium on this diet! I was also very pleasantly surprised to discover that my arthritis disappeared, that I could stop taking Naprosyn. This was the drug that had been prescribed for my arthritis which I'd been told I would have to take for the rest of my life! My joints today not only are not arthritic, but are very supportive of my running. Running obviously doesn't wear out your joints since I've now been a daily runner for 34 years. And, this diet obviously provides all the nutrients I need since I've been extremely healthy for 20 years now.

My future plans are to keep on running (and winning) races. My book, *A Race For Life*, (Lantern Books, NY, NY, 2000), covers the theory of how the diet and exercise program works, how to put it into practice, and details how I went from a cancer patient to a world-class triathlete, winning trophies in Japan, New Zealand, Thailand, Canada, Russia plus all over the U.S. With this diet and exercise program, I feel that anyone, at any age, can avoid most of the diseases afflicting us: heart disease, cancer, diabetes, arthritis, osteoporosis, high blood pressure, obesity, and even impotence! And, speaking of age, this program comes as close as possible to reversing the aging process!

### Comments (by Dr. McDougall):

Ruth Heidrich demonstrates the mi-

raculous healing properties of the body with the right diet, exercise program, and supportive environment. I know many of you believe that you are incurably ill. After over 25 years of practice, I can say without hesitation, I have never seen anyone fail to improve their health when they changed from the typical American diet to the McDougall diet. The principles are too basic to be unsuccessful. It would be equivalent to seeing a smoker's health not improve after giving up 2 packages of cigarettes a day, or an alcoholic failing to become healthy after drying out.

Ruth achieved three dramatic benefits from a healthy diet and exercise program that are rarely talked about: "cure" of her cancer, cure of her arthritis and reversal of her bone loss. *The McDougall Program for Women\** book discusses in great detail the benefits of a healthy diet and exercise program for women with breast cancer. Essentially, the rich American diet is the most important controllable cause of breast cancer according to many experts. If you believe this, then it makes no sense to "throw gasoline on a fire." In other words, once you get a dietary-caused cancer one of your fundamental treatments must be a change to a healthy diet. I published the first study on the dietary treatment of breast cancer in a medical journal in the early 1980s (the results of the study Ruth mentioned above). I was considered radical back then. Over the past 20 years there have been many similar research papers published in the world's best medical journals that come to the same conclusion: women who get breast cancer and eat healthier live longer (you will find most of these papers cited in *The McDougall Program for Women*).

Most people consider bone lost to be irreplaceable. Bone is a living tissue and

given the right stimulus, like exercise, it will try to build itself stronger. The one thing that prevents this for most people is the highly acidic American diet (meat, poultry, fish, shellfish, eggs, and hard cheeses are very acidic). The acids we eat in our foods must be neutralized – the bones are the primary buffering system of the body. They dissolve in order to neutralize the acid and the bones are then washed out into the kidney system (making kidney stones along the way). After years of such treatment they become so frail they break with the slightest provocation, like a friendly hug. A complete discussion of diet and osteoporosis is in *The McDougall Program for Women*.

Let Ruth Heidrich be an inspiration for those of you who have little hope and so much to live for. The greatest medical miracle ever experienced is the human body properly supported by the right foods and surrounding environment. Don't delay; you will never have the opportunity to live today over again.

You can find information on the cure of arthritis on my web site under "Diet: Only Hope for Arthritis." [<https://www.drmcDougall.com/health/education/mailings/featured-articles/articles/diet-only-hope-for-arthritis/>]

continued on page 15



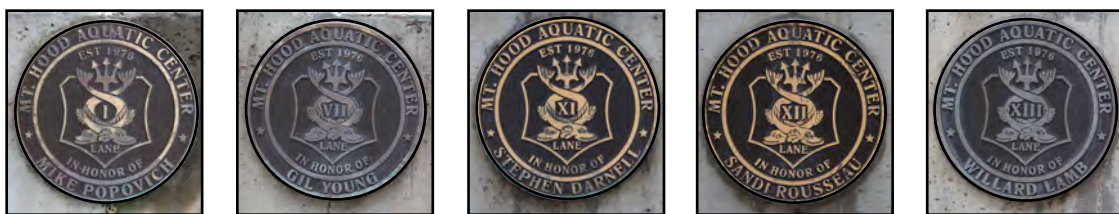
## OFF THE BLOCK

Continued from page 14

\*The *McDougall Program for Women* book will provide information on the most important and controversial medical issues facing women today. *The McDougall Quick and Easy Cookbook* may be the best recipe book investment you have ever made. If you need the motivation to get going, then get the 6-video tape series, "Dr. McDougall's Total Health Solution for the 21st Century." These are the very lectures Mary and John McDougall gave at their 12-Day live-in hospital-based program. See [www.drmcDougall.com](http://www.drmcDougall.com) for ordering information.



### Lane Medallions at Mt. Hood Aquatic Center



In 2008, the outdoor 50 meter pool at the MHCC Aquatic Center was not up to FINA specifications for major swim meets. The pool was too shallow for diving starts on one end, and did not have a reasonably consistent depth for the entire 50 meter length. In order to bring the pool into compliance with FINA regulations, MHCC needed to deepen it. So, how do you deepen a pool that already exists? By going up! They went up a total of 3 feet, with a concrete pad.

This major reconstruction work required a lot of money, so the pool accepted donations from the public, and any interested parties, to fund the remodel work. Most of the money that was required for deepening the pool to FINA specs, and for adding the Dome, came from the college.

To encourage and honor significant outside donors, the college decided to offer the opportunity to place uniform "Lane Medallions" on the raised concrete pad that goes around the pool. The Lane Medallions are round metal plaques, about 16 inches in diameter, placed at the end of each lane, in both short course and long course directions. Each Lane Medallion has the name of a swimmer, swim family, or swim-related organization. Donated funds go into a general fund for the MHCC Aquatic Center.

If you walk around the pool and look carefully, you will see Lane Medallions honoring five OMS swimmers: former MHCC Aquatic Director Mike Popovich, long-time MHCC swimmer Gil Young, OMS Board member Stephen Darnell, long-time OMS and USMS leading volunteer Sandi Rousseau, and International Masters Swimming Hall of Fame member Willard Lamb. Willard was also honored for his stellar swimming achievements.

The Lane Medallions that honor OMS swimmers are pictured above.

## 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 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. . .

*Cascade Lakes Swim Series*

*Applegate Lake Swims*

*Portland Bridge Swim USMS Ultra-Marathon Distance National Championships*

*Foster Lake Cable Swim Results*

*Lake Juniper Buoy Swim*

*Open water event results can be found at <https://swimoregon.org/results/>*

## 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

*Detailed Open Water Schedule (see page 15)*

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

## Quote for the month. . .

*Want seconds? Follow me!*

Update your own USMS registration information—<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.