



# Aqua Master

Award-winning Newsletter of Oregon Masters Swimming

*"Swimming for Life"*

Volume 46 • Number 9

Published 10 Times Yearly by OMS, Inc.

October • 2019

## FINA World Masters Championships in Gwangju, South Korea

by Rick Howell

I, an OMS member, made the journey to Gwangju, South Korea, for the FINA World Masters Championships in August, 2019. This was my first time competing in a World Championship, and my first lesson was to arrive early. I definitely underestimated the effect of jet lag and of acclimating to the 91° heat with 90% humidity.

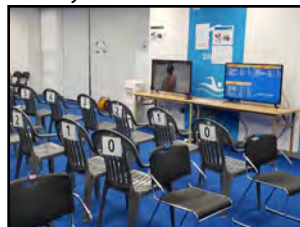
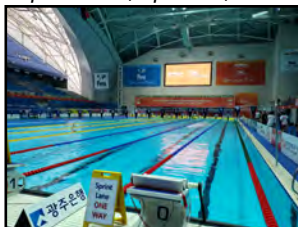
I swam in only my specialty events, the 50 meter, 100 meter, and 200 meter Breaststrokes. Although I wish I had swum faster, I medaled in two of my three events; taking 5<sup>th</sup> place in both the 100 and 200 Breaststroke events. In the 50 meter Breaststroke I took 7<sup>th</sup> place, missing a third medal by 1/100th of a second! The medals are beautiful and the award ceremony makes a person feel like an Olympian.

The ready-room was new to me, and adjusting warm up time with a 15-20 minute wait with your competitors was interesting. But it was also a time to make new friends. Fortunately for mono-lingual Americans, everyone pretty much spoke English.

I have to admit, it was pretty cool seeing my name on the big scoreboard with a US flag next to it. Overall, it was a great experience, even though I know I can swim faster.

I was a tourist for a few days in between races, and saw temples, bamboo forests, and the 1988 Olympic Pool. Next time, Oregon will need to get a group to attend. We would crush the relays! Think Fukuoka, Japan in 2021!

*Medal with diploma; pool; and ready-room*



*Congratulations, Rick! Keep up the great swimming!!*

100M BREASTSTROKE MEN Fina				
HEAT 10				
RESULTS				
1		PODMAREV TIMUR	40-64 RUS	1:14.30
2		BORIOS OLIVIER	40-64 FRA	1:14.94
3		TAYLOR THOMAS	40-64 USA	1:19.17
4		VALENCIA ALVARO	40-64 COL	1:19.40
5		HOWELL RICK	40-64 USA	1:21.64
6		ODA HIDEMASA	40-64 JPN	1:22.38
7		YOSHIKE HIDEYUKI	40-64 JPN	1:23.77
8		MACHATE DIETER	40-64 INA	1:23.98
9		NYMO SVEIN ERIK	40-64 NOR	1:24.58
		ROMERO GUSTAVO	40-64 ARG	DNS

*Rick's name on the scoreboard*



*On the 200 Breaststroke medal stand. (top 6 earn a medal)*

## 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 • [foxkohner@peak.org](mailto:foxkohner@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

# CONTENTS

## Regular Articles

- 3** Off the Block
- 4** Fit to Swim
- 5** Coaches Chair
- 6** Long Distance Swimming

## Records and Links to Meet Results

- 7** Gil Young/NW Zone Championship—LCM

## Articles & Announcements

- 8** Swimmer Spotlight
- 9** Swim Bits
- 10** OMS National Team—Mission Viejo 2019
- 11** Gil Young Meet Photo Gallery
- 11** OMS Team Rankings
- 13** The Whiskeytown Gang!
- 14** Open Water Swimmers Take to Eel Lake
- 15** 2019-2020 Open Water Schedule

## Event Schedule — Back Page

United States Masters Swimming, Inc. (USMS), can not and does not accept responsibility for the content of any information or material not authorized by USMS. All opinions stated in any such material are solely those of the author(s) and not necessarily those of USMS or Oregon Masters Swimming. *Aqua Master* is the official publication of Oregon Masters Swimming (OMS). OMS is a Local Masters Swimming Committee (LMSC) and part of USMS. Information is also available online at [www.swimoregon.org](http://www.swimoregon.org).

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

Volume 46 • Number 9 • October 2019



# Off the Block

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

*This is a quick and easy meal. Better yet, it is very healthy. In spite of being healthy, it also tastes great! Enjoy!*

## Burrito Bowl

**Prep: 15 minutes**

**Cook: Varies depending on grains and beans used**

**Serves: 2-4**

This is our latest favorite meal. I vary the beans used several times a week, and also the veggies and salsa, so the meal is different every time I serve it. I serve this in 8 inch round bowls, so there is plenty of room for all of the ingredients, and we often eat this outside on our deck making it a one dish meal.

### Ingredients

- baked tortilla chips (see hints below)
- 2-4 cups cooked grains (see hints below)
- 2-4 cups cooked beans (see hints below)
- romaine lettuce or steamed kale
- tomatoes, chopped
- green onions, chopped
- 1-2 cups corn kernels (see hints below)
- 1 avocado, chopped
- fresh salsa

### Directions

To assemble bowls: Take a handful of the chips and break into pieces in the bottom of the bowl. Spoon some of the cooked grains over the chips, then top with some of the beans and layer on the rest of the toppings; lettuce or kale, tomatoes, onions, and avocado. Top with as much salsa as you like. Eat warm or cold.

Hints: The **grains** can be any of your favorites, rice, quinoa, buckwheat, etc. Either cook them from scratch, or



use frozen grains and microwave them, or use instant whole grains and cook for only a few minutes. Use either canned **beans** (they come in many varieties), or slow-cooked beans (less heat in your kitchen in the summer and less time over the stove). You can eat them either warm or cold. If you have leftover grains and beans in your refrigerator, this can be a really fast meal. I usually use frozen organic **corn** kernels, thawed under cold running water until tender, and then drained well. Read labels carefully to find baked **chips** without added fat, or make your own chips from soft corn tortillas. Cut them into wedges, spritz with water and bake at 300° until crispy.

# Fit to Swim

**Coach Colette Crabbe**  
OMS Fitness Chair



## October: Time for Reflection, for Tune-Up, for Changes, for Setting Goals

September is officially the beginning of the new swimming season. Whatever your level, it is the best time to reflect on the past year: what did I enjoy, what did I succeed in, what was harder, what will I do again, what will I never do again? All of this reflection should lead to two things:

- 1) Reinforce the positives and
- 2) Change the negatives and find a way to turn them into positives.

Whatever your year has been, there were definitively positives and negatives. This reflection process will help you pinpoint them. Most of the time, you only focus on the negatives and forget all the wonderful things and improvements you achieved. Psychologically it is important to recognize them, write them down and celebrate them. Look at the bright side and do not dwell on the negatives. All negatives can be turned around with the correct and proactive attitude. The only mistake you can do is to not try.

With that attitude in mind, September is time for **tune up, change and goal setting**. In regard to swimming, **tune up** generally means going back to technique and assessing your stroke. It is important to correct those bad

habits you might have, or learn a new stroke before going into longer mileage. I have a motto: "Never practice a bad stroke". It will only lead to injuries and or flaws that will get harder and harder to break. This also means tons of repetitions before **a positive change** can occur. Be patient!

**Changes** are needed to reach your goals and turn the negatives into positives. Usually if you keep the same process, you will get the same results. If you want another result, you need to change the process. For example, if you were disappointed with your speed, maybe you need to incorporate some more sprints in your practices. If you were not able to go the distance, maybe you need more mileage. If your dives and turns were not up to par, maybe you need to incorporate more core and legs exercises.

The next step is to articulate those changes into achievable and measurable goals. Break down those lofty ideals into mini goals. What is the one small thing I can do today to make me better tomorrow. Before you start each practice, you should have one and only one mini goal to try to achieve as a focus point. For example, keep my head down, keep my streamline, keep

my kick going, work on my vertical forearm catch... and stay focused on it during the whole workout. It does not mean you will achieve it 100% of the time, but you will focus on it 100% of the time. There is a big difference.

The process of changes, finding the correct fit thru trial and error and setting goals does require time and leads me to the topic of New Year resolutions. Although we are still three months out of December 31st, I want you to start thinking about your New Year resolutions. Most of the time, New Year resolutions go down the drain because they have not been thought about long enough and experimented with beforehand. For example, if your New Year resolutions will be to lose weight or to get fit, now is the time to start experimenting with what might work for you. What kind of diet do you like and tolerate? What kind of exercise do you like and will be able to sustain in the long run? This may require a lot of trial and errors; be patient, have a positive attitude and you will be ready to succeed when 2020 arrives. If you discover the magic formula right away, it is OK to have a head start.





# Coaches Chair

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

## Six Mental Training Tips for Swimmers

As an athlete, you spend hours in the pool training. You work out physically in order to get your body into peak form. You also use your mind more than you may think. Many top athletes have found mental training vital to their success. Mental training, in some form, is important to implement into your plan for success. Just like physical training, it takes dedication to instill good mental habits and get into peak mental form.

The following article was written by Olivier Poirier-Leroy, a former national level swimmer. He is the author of the recently published mental training workbook for competitive swimmers, *Conquer the Pool: The Swimmer's Ultimate Guide to a High Performance Mindset*. In his article he lists six mental training tips for swimmers that I have highlighted for you below.

Swimming – and sport in general – offers a rich proving ground for developing mental training skills that can serve you a great deal of good outside of the pool. Mastering the process of setting and planning goals, being resilient in the face of adversity, and of learning how to squeeze the best from yourself will come in handy in life's endeavors.

Here are six simple tips for making the most of the whirring, constantly-on, piece of grey mush between your ears:

**Block Out Negative Self-Talk.** Easier said than done, but when it comes to crunch time, or you are staring at that mega set on the chalkboard, with panic welling up within you, you'll feel the rising wail of negative self-talk. Some of self-talk's greatest hits include: "I can't do this." "Way too impossible." "I stink at butterfly." "Blah blah blah." Self-sabotage at its worst. This type of self-defeating inner monologue psychs you out before you've even lifted a finger. When negative flavored self-talk shows its face, look for alternate ways to look at the situation ("It's a tough set, but if I did do it..."), categorize the thoughts as realistic or not ("Do I have any factual basis to feel this way?") and most importantly, get some perspective on the situation ("What is the worst that could really happen?").

**Focus.** We live in a world of permanent distraction. Everywhere we look there is something shiny to occupy our attention. When distractions begin to take root, it's because we allow them the attention to sneak in through the door. Put your head down and

focus solely on the task at hand. Don't allow your mind to wander, or your focus slacken. When you slip into the water be present with yourself and your swimming. Instead of just going through the motions, focus and consider your technique, your streamline and turns, your breathing, the way your hand enters the water.

**Practice High Pressure Situations.** Ultimately, the best way to be cool under pressure is to get used to it. Embrace situations that require you to achieve at your highest level, and when that championship meet comes up at the end of the year, it will feel like another day at the office. This doesn't mean you need to wait until the next big competition to hone the skill of being mentally tough. It's stepping up when those challenging main sets get scrawled on the whiteboard. It's pushing through those last reps in the midst of that seemingly impossible swim workout when your lungs and muscles are screaming. It's making the lifestyle choices that sacrifice short-term pleasure for long-term gain.

**Develop Your Anchor.** For many swimmers across the nation,  
Continued on page 12



# Long Distance Swimming

**Coach Bob Bruce**  
Long Distance Chairman



*Congratulations Bob Bruce—Coach for 24 years at Bend Park & Recreation District. This deserves a lavish honor banquet thrown by his team swimmers.*

## Oregon Open Water Series 2019 Series Final Summary

AgeGr	Place	Name	Team	Points	Swims	Venue	W/M
W30-34	1	Tosh, Megan	ORM	127	8	3	7
W40-44	1	Kiefer, Stacey	COMA	143	7	4	3
W45-49	1	Harrison, Elizabeth	THB	128	14	5	6
W50-54	1	Pettit, Jayette	SOMA	179	11	4	1
	2	Rabiah, Susie	COMA	102	6	3	11
	3	Morgen, Cheryl	COMA	90	8	3	13
	4	Salton, Gillian	COMA	75	5	3	14
W55-59	1	Hanson, Betsy	COMA	129	9	5	5
W60-64	1	Cheney, Lizzie	ORM	175	15	5	2
	2	Schob, Laura	COMA	131	8	4	4
	3	Shuman, Connie	COMA	124	12	5	8
	4	White, Susan	COMA	105	11	4	9
	5	Martin, Stephanie	COMA	104	7	3	10
	6	Schiavon, Caryl	OPEN	97	11	4	12
W70-74	1	Wilson, Connie	SOMA	33	3	3	15
M35-39	1	Stadnisky, Mike	COMA	121	7	3	9
M40-44	1	Miller, Matt	SOMA	165	9	3	5
	2	Lantry, Todd	RVM	80	4	3	13
M45-49	1	Tujo, Chris	COMA	202	13	6	2
	2	Osborn, Matthew	SOMA	151	10	5	6
	3	Bernardo, Ceasar	ORM	81	8	3	12
M50-54	1	Sullivan, Scot	MACO	139	8	3	7
M55-59	1	Allender, Will	OR-un	199	13	5	3
	2	Bragg, Robin	OPEN	123	13	4	8
M60-64	1	Allender, Pat	CAT	216	14	6	1
	2	Uhlir, Don	COMA	179	14	5	4
	3	Ramsey, Ed	THB	112	9	4	10
	4	Graeber, Doug	COMA	73	8	3	15
	5	Douglas, Michael	COMA	64	7	3	17
	6	Carter, Walt	COMA	49	8	3	19
M65-69	1	Yensen, Kermit	COMA	106	6	3	11
M70-74	1	Bruce, Bob	COMA	77	5	3	14
	2	Henderson, Matt	COMA	67	6	3	16
M75-79	1	Spence, John	COMA	52	5	3	18
M85-89	1	Radcliff, Dave	THB	106	9	3	*

38 swimmers qualified for the 2019 Oregon Open Water Series.  
The Overall Series Champions were Jayette Pettit and Pat Allender.

\*With five previous wins, Dave Radcliff is retired from Series overall consideration



# Recent Meets & Records

Records are for Oregon LMSC Swimmers Only

\* = split

## Gil Young/NW Zone Championship—LCM

Mt. Hood Community College; Gresham, Oregon

Results: [https://swimoregon.org/results\\_pdfs/2018-2019/ResultsGilYoung\\_LCM\\_20190823\\_USMS\\_Splits.htm](https://swimoregon.org/results_pdfs/2018-2019/ResultsGilYoung_LCM_20190823_USMS_Splits.htm)

Age Group	Event	Name	Age	Time	Record set
Women 25-29	50 LC Meter Butterfly	Chernoff, Kendra	28	30.17	Oregon
Women 55-59	800 LC Meter Freestyle	Vaughn Edmonds, Holly	57	10:38.92	Oregon
Women 70-74	100 LC Meter Freestyle	Toppel, Margaret	71	1:18.61	Oregon, Zone
Women 70-74	50 LC Meter Backstroke	Toppel, Margaret	71	39.76	Oregon, Zone
Women 70-74	100 LC Meter Backstroke	Toppel, Margaret	71	1:31.96	Oregon, Zone
Women 75-79	100 LC Meter Breaststroke	Calnek-Morris, Sue	76	2:14.18	Oregon, Zone
Women 75-79	200 LC Meter Butterfly	Ward, Joy	77	5:25.80	Oregon, Zone
Women 75-79	400 LC Meter IM	Ward, Joy	77	8:45.22	Oregon, Zone
Men 18-24	800 LC Meter Freestyle	Edwards, Evan	21	9:33.08	Oregon, Zone
Men 50-54	1500 LC Meter Freestyle	Sullivan, Scot	53	18:42.22	Oregon
Men 65-69	200 LC Meter Backstroke	Edwards, Wes	66	2:53.93	Oregon
Men 70-74	400 LC Meter Freestyle	Kirkland, Dan	71	5:16.85	Oregon
Men 70-74	1500 LC Meter Freestyle	Kirkland, Dan	71	20:55.40	Oregon
Men 70-74	100 LC Meter Backstroke	Kirkland, Dan	71	1:19.30	Oregon, Zone
Men 80-84	200 LC Meter IM	Nakata, Ronald	80	3:53.76	Oregon, Zone

### RELAYS

Women 240-279	800 LC Meter Free Relay	OREG	12:46.86	Oregon, Zone
1) Lamoureux, Lori 60      2) Fox, Christina 59      3) Royle, Mary Anne 67      4) Summers, Jeanna 65				
Women 280-319	200 LC Meter Free Relay	OREG	2:23.58	Oregon, Zone, National, World
1) Gettling, Janet 71      2) Ward, Joy 77      3) Toppel, Margaret 71      4) Andrus-Hughes, Karen 62				
Women 280-319	200 LC Meter Medley Relay	OREG	2:41.43	Oregon, Zone, National, World
1) Andrus-Hughes, Karen 62      2) Gettling, Janet 71      3) Toppel, Margaret 71      4) Ward, Joy 77				
Men 280-319	400 LC Meter Medley Relay	OREG	5:58.21	Oregon, Zone
1) Edwards, Wes 66      2) Howell, Richard 60      3) Washburne, Brent 58      4) Lamb, Willard 97				
Mixed 100-119	400 LC Meter Free Relay	OREG	4:42.20	Oregon, Zone
1) Boles, Paige 20      2) Boles, Matthew 46      3) Boles, Emma 21      4) Cage, Nathan 21				
Mixed 240-279	800 LC Meter Free Relay	OREG	10:05.34	Oregon, Zone
1) Kirkland, Dan 71      2) Hathaway, David 59      3) Andrus-Hughes, Karen 62      4) Haffner, Francie 52				
Mixed 320-359	200 LC Meter Medley Relay	OREG	3:05.67	Oregon, Zone, National
1) Ward, Joy 77      2) Nakata, Ronald 80      3) Toppel, Margaret 71      4) Lamb, Willard 97				

# Swimmer Spotlight

—submitted by Arlene Delmage

**Name:** Ron Nakata  
**Age:** 80  
**Occupation:** Retired Dentist  
**Local Team:** Oregon Reign Masters (ORM)

I was born in Portland, Oregon, and my early childhood years occurred when the US went to war with Japan in 1941. I was three years old when my family was interned in Heart Mountain, Wyoming. Because my father was fluent in both Japanese and English, the US government hired him to instruct naval intelligence officers in the Japanese language. As a result of this, we were released from the camp in six months and we moved to Boulder, Colorado, so my father could fulfill this obligation. Others in the camps were interned for much longer.

When the war ended, we returned to Portland to create some semblance of normal life. As a kid growing up, you don't think about much except school, summer vacations, sports, and staying out of trouble. I was always involved in sports, and could do a lot of things, but I was not exceptional in any one. I learned how to swim at the YMCA around age 8. I remember a young black boy telling me he had athlete's foot. I thought I must have it because I'm an athlete. Little did I know!!

After competing in high school basketball (winning the state championship in 1956) and baseball (making it to the finals in 1957), swimming and golf became my primary activities. I joined the high school swim team as a freshman, and from there I was asked to join the Aero Club of Oregon for formal training. Don Schollander was a member before

moving to Santa Clara. After high school I swam and competed for the University of Oregon. My best events were butterfly and IM.

In the mid 1960's after college, I spent three years in Washington, D.C., with a career in the foreign intelligence service training to be a covert case officer in southeast Asia, (Vietnam). It was there that I met my future wife, Wanda, a native Floridian who also worked in the foreign service.

Because assignments required separation of spouses, we resigned and decided to move back to Portland in 1966. Now what?

My father was a dentist, so I figured why not give it a try. After two years of meeting prerequisite courses, I was accepted into dental school. My father passed away at age 60 from stomach cancer, a year before I graduated. I inherited a busy practice that was maintained by a volunteer dentist. I did this for 34 years before retiring.

I'm still married to my wonderful wife Wanda after 55 years. She has been my biggest supporter, putting me through school by working in a law firm, and later on running her own travel agency. The great thing about retirement is that I have more time for swimming and my other passion, golf. My handicap ranged from 1-6 most of my golfing career, but my mental expectations are being overrun by older physical limitations! I did win two national senior golf association



*Ron Nakata with Wanda, his beautiful wife of 55 years.*

tournaments in Miami, FL, and Pinehurst, NC. I also participated in a 72-hole amateur tournament at Pebble Beach, CA, in 1993.

I've continued swimming more and more regularly as I've grown older. Swimming is a lifelong activity that's not only healthful but a great reliever of stress. Any semblance of my health I can attribute to swimming and the great friendships encountered along the way.

Note:—Ron Nakata was one of the original Masters swimmers in Oregon in the early 1970's. He has 108 individual USMS Top 10 rankings and 24 relay USMS Top 10 rankings. At the Gil Young LCM meet in August, 2019, he set a zone record in the 200 IM and a National record in the 320-359 mixed medley relay with Joy Ward, Margaret Toppel, and Willard Lamb. Congratulations Ron!

Ron has been the family dentist of a number of OMS members



# Swim Bits

by Ralph Mohr

## How I Came to Appreciate Mark Spitz — Part 4

### Salt Lake City, Revenge, and Murray Rose

After Mark Spitz' less than sterling performance at the Mexico City Olympics, he enrolled at the University of Indiana under Doc Councilman. There was a lot of talk about how he would adjust to Doc's style of coaching and how Doc would handle him. Some of this came out at the NCAA Championships in 1969 in Salt Lake City.

One of the major concerns about holding the NCAAs at SLC was at the altitude of 4226' above sea level. Mexico City was 7382', and as many Oregon swimmers know, swimming in Coos Bay at sea level is greatly different than at Elk Lake near Bend at 4800+ feet.

I was able to go to SLC, since it was after the Oregon high school swim season, still in the fall in 1969, and because Don Van Rossen, my old coach at Oregon, had a spot and ticket for the NCAAs that I could use.

The meet was fun. It was the first meet that used a full board Colorado Timing System. We were fascinated with having near instantaneous results posted above the finish line. The system also ran splits for us.

During a heat of the 400 Free Relay, some water fell on the control panel

near the pool and shorted the system out briefly. Van Rossen turned to me and asked, "Do you have the splits?" I shook my head and said, "No, I was using the board times, too." We had already become lazy and stopped using our suddenly obsolete windup watches.

The meet itself was full of tension after the Mexico Olympics. Mike Burton was the swimmer of the meet, winning the 500 and 1650 freestyles and the 200 Butterfly. Nobody, really, paid any attention to that, as the big race was going to be Spitz versus Doug Russell in the 100 fly, reprising the Olympic final, when Russell upset Spitz.

Arnold Spitz (Mark's father) was high up in the stands, glowering as usual. Spitz first swam the 50 free, and Councilman's plan for him became apparent - take some pressure off Spitz by swimming him in different events. Spitz did not swim the 200 fly at all, but he could not avoid the 100 fly.

The actual race was anti-clamatic. Spitz blew Russell off in a convincing victory. It wasn't even close. I don't remember what other race Spitz swam, but the comeback from Mexico City had started.

While at the NCAAs, I was able to chat

with Murray Rose, the great Australian distance freestyler, whom Dave Radcliff swam against in the Melbourne Olympics. I asked Rose why he and other Australians in the 1950s were so superior to US swimmers in the distances. He said, "We worked harder and swam farther." I asked, "How far did you go in a workout then?" "About 7500 yards."

When I think about that now, with 10 and unders and many Masters swimmers averaging 7500 yards a workout, I just shake my head. Swimming has changed a lot since the Melbourne Olympics

To be continued: Part 5 - The Munich Olympics and Tom Jager



# OMS National Team—Mission Viejo 2019

Allen Larson coached the OMS team at the 2019 USMS Summer Nationals in Mission Viejo, CA. They won 1<sup>st</sup> place in the Regional Club category. Congratulations Allen and swimmers!

Allen Larson writes: “Probably not my last post but it will be my most informative. First I would like to say that if you love something enough, it will love you back. Swimming has been that for me. The photos are my evidence.

“Not included was my getting a Toyota V.I.P. parking pass, so I had a spot right at the entrance to the pool for my 2007 Camry.

“Next I thought this might be my first nationals ever that I did not medal. First swim, 5 swimmers scratch to take away that stress.

“Going into this meet no one gave Oregon a chance of winning a banner. Not only did we get one, we got first. More than that we were 6th place OF ALL TEAMS. It was a team effort. Almost every Oregon swimmer scored points.

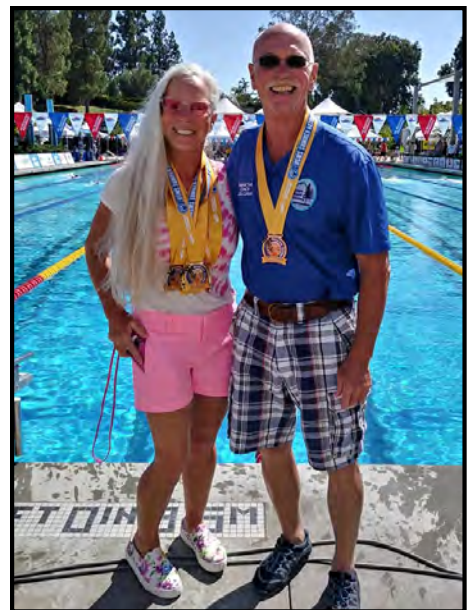
“Sure, belittle our 1st in regional teams, as we were second largest in that category but 6th of all teams is incred-

ible. The mighty 27, as I called them.

“What a great time I had hanging with the members in the team tent. The humor, the support and the respect for each other was inspiring.

“As I said when I accepted the honor of head coach for the Oregon team: I am honored and humbled to be the coach of this team.

“WOW! Sums up my thoughts the best.”



Clockwise from top: Linda & Allen Larson; First place team banner lined with medals; team dinner; many of the National team; Nationals medal.



# Gil Young Meet Photo Gallery



Live entertainment at the Gil Young meet was provided by "Condition Chlorinated"—on bass guitar is Mark McCallister, on lead guitar is Bob Voll, and on Rythem guitar is Christian Tujo.



Ron Nakata, Margaret Toppel, Joy Ward, and Willard Lamb set a **National record** in the Mixed 320-359—200 LC Meter Medley Relay with a 3:05.67. Great swimming!



Mary Anne Royle, Lori Lamoureux, Jeanna Summers and Christina Fox set **Zone records** in the Women 240-279—800 LC Meter Free Relay with a time of 12:46.86. Way to swim fast, gals!



Karen Andrus-Hughes, Joy Ward, Janet Gettling and Margaret Toppel. These gals set **two World records** in relays: Women 280-319—200 LC Meter Free Relay and the Women 280-319—200 LC Meter Medley Relay; with times of 2:23.58 and 2:41.43 respectively. Congratulations to each of you!

## OMS Team Rankings

2019 Gil Young Memorial/NW Zone LCM Champs - 8/23/2019 to 8/25/2019

Place	Team	Points	Swimmers
1	Oregon Reign Masters—ORM	449	24
2	Southern Oregon Masters Aquatic—SOMA	324	12
3	Multnomah Athletic Club—MAC	215	10
4	Corvallis Aquatic Team—CAT	177	5
5	Central Oregon Masters Aquatic—COMA	137	6
6	Stafford Hills Club—SHC	124	5
7	HeadHunters—LHST	88	4
8	Oregon City Tankers—OCT	83	4
9	Tualatin Hills Barracudas—THB	54	5
10	Portland Community College Masters—PCCM	19	1
11	Salem Kroc Masters—KAM	14	1
12	Lewis and Clark Masters—LCM	7	1



Southern Oregon Masters Aquatics (SOMA) captured **second place** with 12 swimmers and 324 points

## COACHES CHAIR

Continued from page 5

chasing elite dreams happens in not-so-elite places. The disconnect between our training circumstances and our goals can be deflating, but this is where having an anchor can be very useful. An anchor is a quick mental countdown or cue that places us in a highly primed state. It can be a simple countdown, a set of cues (chest-pounding, for instance), or a phrase or motto that you tell yourself to get yourself primed (“Let’s do this!”). Developing a consistent cue that you use every time before a big performance – both in practice and competition – primes your body for high performance.

Think of your anchor as a switch you can use to put your body into mega-fast swimming mode.

**Have A Coping Plan In Place.** You won’t nail all of your swims. Things will happen that are out of your control. But what you can control is how you deal with a bad swim afterwards. Having a coping plan in place for those bad times gives you peace knowing that even if things go south you’re going to be just fine, which frees you up to focus on the event instead of dwelling on the what-ifs. Your coping plan can include a designated amount of time to vent, doing an assessment of your swim, and whatever else you need to get you grounded and

refocused.

**Focus On The Grind.** Do you find yourself caught up in the results or possible outcomes for a competition that is still weeks and months away? Often swimmers get psyched out by the big goal or meet that is still far off in the horizon and forget about the daily grind. You can control your technique, your execution, your nutrition, showing up early; all of the seemingly mundane things that ultimately form the foundation for your success. You won’t always be able to control the result – you are racing other people, after all — but you can control the one thing that will have the most profound impact on your swim, effort.



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

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



*Whiskeytown—Matt Miller and Kimberly Elsbach were the top male and female finishers in both the 1 & 2 mile swims.*



*Eel Lake—Jayette Pettit, of Vancouver, Wash., emerges from the water Saturday taking first place in the 3,000-meter-swim ahead of Pat Allender of Corvallis.*

# The Whiskeytown Gang!

by Ralph Mohr

Eight stalwart Oregon Masters swimmers went to Whiskeytown Lake, Sept 8, to swim amidst desolation and ashes. Last year the Whiskeytown races were not held due to the disastrous Carr Fire near Redding.

From the starting line at Brandy Creek, swimmers could see fire-swept hills in the distance and charred oak trees nearby. Brandy Creek itself was full of mud from winter rains sweeping slides into the water.

The Redding Swim Club carried on, running two races, One mile and Two Mile for 104 swimmers. Matt Miller of SOMA and Oregon won the overall One Mile event, going 21:54.15 into a stiff breeze from the west on the first leg of the triangular course.

Jayette Pettit, 50-54 women, was 12<sup>th</sup> overall and third in her age group with the time of 24:03.30. She was followed by Suzy Jajewski, who was 25<sup>th</sup> among everyone and first in the womens age group of 40-44 with 25:22.55.

Bob Bruce won the 70-74 men in 26:51.95 and placed 28<sup>th</sup>. Kermit Yensen

was second in the 65-69 men, was 34<sup>th</sup> across the finish line in 27:04.45.

Jeanna Summers was second in the 65-69 women, going 30:06.40, and Ralph Mohr beat the only other 75-79 men's swimmer, placing 69 out of 104, in 31.46.25.

The Two Mile swimmers had only a 30

hind two islands before heading back to the finish line.

Matt Miller again led Oregon swimmers in the race, and was the first overall Masters swimmer finishing in 43.09.90. Jayette Pettit was the first Oregon female to finish, winning the 50-54 womens race in 48:09.25, placing 13<sup>th</sup> overall.

Suzy Jajewski won again in her age group, in 50:42.25; 23<sup>rd</sup> overall. She was followed by Bob Bruce, 35<sup>th</sup>, and first in 70-74 men again, swimming 53:49.65.

Ed Ramsey in the 60-64 men was 44<sup>th</sup> at the finish and fifth, going 56:22.20. Jeanna Summers won the 65-69 women, 52<sup>nd</sup> overall, in 59:33.70.

Matt Miller, Jayette Pettit, Bob Bruce and Ed Ramsey had already swum at Lake of the Woods the previous day, and then made the two and a half hour trip to Redding for the Whiskeytown events.

The support and efforts of all Oregon swimmers at the meet

were gratefully acknowledged by the Redding Swim Club in various conversations with RSC members. The Whiskeytown event literally rose from the ashes of catastrophe to be held again.



L to R back row: Ed Ramsey, Bob Bruce, Ralph Mohr, Matt Miller  
L to R front row: Jayette Pettite, Suzy Jajewski, Jeanna Summers

minute break between the two events, but fortunately the wind that had bothered everyone in the One Mile started to die down. The Two Mile course at Whiskeytown is fun, as swimmers must go be-

# Open Water Swimmers Take to Eel Lake

Zach Silva, *The Umpqua Post*  
Aug 17, 2019

A successful open water swimming event in Oregon is: “Water quality, good water temperature, great surroundings and great people. It’s really about people,” said Oregon Masters Swimming Open Water Chairman Bob Bruce on Saturday morning, August 17, at Eel Lake. “It’s a great day when we can find a sunny day like this and a beautiful venue and go swim with our friends.”

Those ingredients came together on Saturday morning, August 17, as a group of 31 swimmers from across the Northwest took the plunge at the 15th-annual US Masters Open Water Swim Meet at Eel Lake. The day is made up of three events: a 3,000-meter swim, a 500-meter agility course and a 1,500-meter swim. With 25 of the swimmers swimming in both of the long events, and about 20 in the agility race, it was a day of racers getting in and out of the water.

“We hang out on the beach and socialize, then we get in the water and swim, and then we hang out on the beach and socialize,” said Pat Allender of Corvallis, who was competing in this event for the 10th time. Allender finished second in both the 1,500 and the 3,000. “It’s a beautiful lake and the water is really nice. It’s a good course, friendly people — what’s not to like?”

The weather outside got up to 70 degrees with the water temperature at about 72 degrees for the swimmers. The day kicked off at 9 a.m. with 28 swimmers competing in the 3,000. The two-lap course marked by buoys was monitored by nine volunteers on kayaks and paddle

boards, with the Coast Guard patrolling the middle of the lake.

Taking an early lead that she would never relinquish was Jayette Pettit who came down from Vancouver, Wash., for the race. Pettit, who swims 5,000 meters a day, trains in everything from the Columbia River to the Willamette River and any other body she stumbles upon that looks swimmable. In her third competition at Eel Lake, she finished in a time of 46 minutes and 10 seconds.

“I like to do open water swims and this is really a nice one. It’s a really a great area and they’ve got a really wonderful lake here,” said Pettit. “There are not that many open water swims so I try to do them all.”

Splitting up the two distance races of the day was the 500-meter agility course that was set up by the chairman Bruce. The race had swimmers bobbing through buoys, hopping through hula hoops and even a brief stint limboing on land.

“It’s always fun to throw a curveball into the mix. This one they had to do 10 features of agility stuff in the middle of it, not the least of which, was swimming through a lot of weeds which freaks some people out,” said Bruce. “I want people to have fun. Variety is the spice of life and the agility swim was our variety today.”

The final race of the day was the 1,500, which featured 31 swimmers. Just one lap around the course, a group of familiar faces, including Pettit and Allender, emerged early in the lead pack. But pulling away in the final stretch was Emily Fenster, who finished first in a time of 22:56.

Fenster, a former Washington State

University swimmer and recent Eugene transplant, was looking to test the waters of open water swimming. With the help of a friend she found this race and the pair decided to try it out.

“We were just kind of looking online and neither of us had swum in years and we picked one later in the summer so we would have time to get back into the water,” said Fenster who was competing in her third open water swim ever. “We had no idea what to expect. How many people were going to be here, how intense it was going to be but we were just excited to do it. So now I’m hoping to do more of them.”

Also competing in the 1,500 was Dale Barrett of Coos Bay, one of just a few local swimmers racing on the day. Barrett’s swims are often paired with a bout of biking and running as he prepares for various triathlons, including an Ironman triathlon that he competed last May.

But on Saturday, Barrett was pleased with just having one event to focus on.

“I just wanted to complete it. Having a good time,” said Barrett who swims at Eel Lake each weekend. “It’s not a super competitive thing, it’s not a ‘hey, I’m going to be first’ kind of thing. It’s a ‘Hey, let’s do it, let’s have some fun.’ If you happen to be the first one in, great, if you happen to be the last one in, who cares? You did it.”



Shawn Orchard, of Tigard, after the 3,000-meter swim.

## Oregon Masters Swimming: Tentative Open Water Race Schedule for 2020 (as of 1 Sep 2019) OR Series

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category	USMS Status
?Sun 17 May	1	Lake Juniper (pool)	Bend	COMA	Bob Bruce	1200-meter	Featured	
?Sun 14 Jun								
Sat 27 Jun	1	Foster Lake Cable Swims (dual sanction with USA-Swimming)	Sweet Home	COMA	Bob Bruce	2-mile cable 1-mile cable Swim with your Dog	Featured Featured xxx	
Sun 12 Jul	1	Portland Bridge Swim in the Willamette River	Portland	PBS, LLC	Marisa Frieder	17-km downriver (individual & relays)	Featured	
Sat 18 Jul	2	Southern Oregon Swims at Applegate Lake	Ruch	RVM	Todd Lantry	2500-meter (with 10,000-meter) 5000-meter (with 10,000-meter) 10,000-meter	Qualifying Qualifying Featured	
Sun 19 Jul						1500-meter 3 x 500-meter Pursuit Relay	Featured Participation	
Fri 31 Jul	3	Cascade Lakes Swim Series & Festival at Elk Lake	Bend	COMA	??	3000-meter 500-meter 1500-meter 5000-meter 1000-meter	Qualifying Qualifying Featured Featured Qualifying	
Sat 22 Aug	1	Southern Oregon Coast Swims at Eel Lake	Lakeside	SOMA	Matt Miller	3000-meter 500-meter Predicted Time 1500-meter	Featured Participation Featured	
Sat 12 Sep	1	Southern Oregon Swims at Lake-of-the-Woods	Klamath Falls	SOMA	Matt Miller	3000-meter 1500-meter	Featured 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.

# Summary

## Records & Results. . .

*Gil Young Memorial/Zone/Association Championship — LCM*

## Looking Ahead. . .

### Pool Schedule

<b>Date</b>	<b>Course</b>	<b>Event</b>	<b>Pool</b>	<b>Location</b>
Sat., Dec. 14	SCM	COMA All-Around Challenge	Juniper Swim Center	Bend, OR

### Detailed Open Water Schedule *(see page 15)*

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

## Quote for the month. . .

*My weapon is my body. My element is water – My world is swimming.*

*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.*