



Aqua Master

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"Swimming for Life"

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2019 Puget Sound Masters SCM Championship Meet in Federal Way, WA, on November 24, 2019

by Arlene Delmage
Photos by Jill Marie Asch

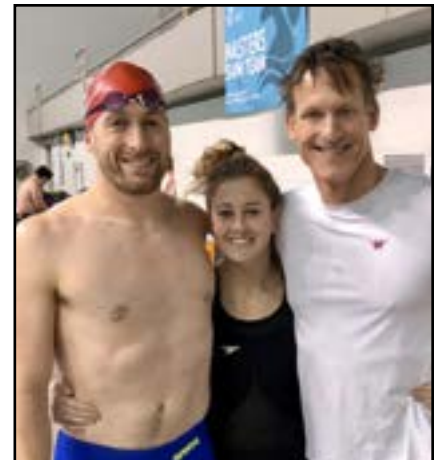
More than twenty Oregon swimmers attended the 2019 Puget Sound Masters SCM Championship Meet in Federal Way, WA, on November 24. As usual, our friends to the north were great hosts, providing a fast pool and a fun atmosphere. It was a one day meet, which makes all of the swimming records even more impressive. The competition was held in a 25 meter pool. Everyone had a great race day but the following swimmers set records and had an exceptional day:

Alexis Higlett	1 Oregon
Sonja Skinner	3 Oregon, 2 Zone
Joy Ward	3 Oregon, 3 Zone
Mirjana Prather	1 Oregon, 1 Zone
Dan Kirkland	3 Oregon

There were many other Zone, National, and World records set by PSM swimmers.



Joy Ward and Jeanna Summers
from Oregon Reign



Shane Hubble, Alexis Higlett, Scot
Sullivan, MAC



Williard "Wink" Lamb of SOMA



Jill Marie Asch, Alexis Higlett, MAC

Photos by Jill Marie Asch

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

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Chair's Corner

Tim Waud
OMS Board Chirman



Greetings Fellow Masters Swimmers,

Pacific Northwest Masters and Blue Wave Aquatics will be hosting the Northwest Zone Short Course Yard Championship April 10-11, 2020, at the King County Aquatic Center. The 2020 U.S. Masters Swimming Spring National Championship will be held in San Antonio, Texas, April 23- 26. This championship will be the celebration of 50 years of U.S. Masters Swimming and I foresee a large contingent of Oregon swimmers attending this event.

Oregon will be hosting two Northwest Zone championship events this year. Oregon Reign will host the annual Gil Young Memorial/Northwest Zone/OMS Association Long Course Meter Championship at Mt. Hood Community College August 21-23, and Columbia Gorge Masters will host the short course meter Northwest Zone Championship on November 14, in Hood River.

Happy Holidays to all of you and I look forward to seeing you all on a pool deck 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

From Irritable Bowel Syndrome to Competitive Cyclist

by Phil

My name is Phil; and I'm 28 living in the UK. I spent my childhood overweight and was always teased at school for being fat. I also suffered with stomach issues, which was later discovered to be IBS (Irritable Bowel Syndrome). This would give me extreme pains in my lower abdomen.

By the time I was 18 years old, I was 6 feet 5 inches and 280 pounds. I decided to try and lose weight with all kinds of crash diets, and consequently my weight yo-yoed for a few years.

I finally discovered The McDougall Program after seeing a few people on YouTube following Dr. McDougall's advice with great success. I took up cycling and completely changed my lifestyle by following The McDougall Program. My weight came down from 280 pounds to 200 pounds, where it stayed for some time.

I recently had issues with IBS again, so I decided to clean up my diet once more and get on The McDougall Maximum Weight Loss Program. My IBS completely healed itself and I lost an additional 16.5 pounds.

I race my bike competitively and participate in time trial racing in the UK. My best results? 13th place in the 10-mile time trial National Championships and, in 2018, I won nine time trial races!

Before



After



Thank you for all of your various online resources, such as YouTube videos and podcasts, as they were crucial to my road to success.

NOTE:

This is Dr. McDougall's web site where you will find many helpful articles and advice: <https://drmcDougall.com/>

Also, sign up for the free newsletter.

Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



The Five Pillars of Brain Health

As we age, keeping a healthy brain and body should be one of our top priorities. However, an avalanche of information from all sources and advertising often cause more confusion than clarity. Filtering thru the conflicting reports is a key challenge. To help us with the challenge, AARP created the Global Council on Brain Health (GCBH) which consists of 94 experts representing 23 countries and 80 universities or research organizations. Before being able to give advice, the council needs to reach a consensus. Their goal is to keep researching in order to only provide accurate information that people can apply in their daily lives. The most interesting major finding of the council was that there was little justification for the billions of dollars people spend on supplements claiming to boost brain function. With the social media working in overtime, most of the information we are getting are from advertisements, and is a confusing mess.

On the other hand, the GCBH came up with the 5 pillars of brain health which can stop or at least slow down our cognitive functions as we age. Those pillars are the foundation of our health and wellbeing, and cognitive decline is not inevitable as most people think. If you work at it, you can make a difference in your brain's health, and whatever your age, there are so many things you can do. All are related to the five pillars of brain health defined by the council:

- 1. MOVE.** Exercise is the first pillar. Keep on moving. Walking, dancing, swimming, playing tennis, racquetball, pickleball, hiking, bicycling, golfing, cleaning the house, gardening, you name it. All are good as long as you are getting out of that chair and having fun.
- 2. RELAX.** Sleep enough and avoid stress. This pillar is probably the hardest one to accomplish. Life is continually throwing curve balls at you such as stress linked with work, kids, finance, illnesses, divorce and so on. It is not easy but there are ways to cope with stress. For example, try to avoid too much excitement such as TV, phone, social media before bed. Sleep more. Learn some relaxing techniques. Ask for help if needed.
- 3. NOURISH.** Eat well. Eat a balanced diet with a lot of variety, colors and taste. Learn how to cook and eat more often at home. It is less expensive and healthier. Share recipes with friends and neighbors.
- 4. DISCOVER.** Think. Continue learning. Take some classes. Think about solutions, processes. You are never too old to practice and learn something new. Go on a trip. Learn a new language. Work your brain every day.
- 5. CONNECT.** Socialize. Stay in contact with your friends, neighbors and groups. Talk to them, help them, teach them a new skill, learn from them. Volunteer. Laugh, live and love. Play with your children and grandchildren. Enjoy life.

What works best? Nothing in particular. But if you have noticed, all five pillars are interconnected. They support each other. Any activities in one of the pillars will force you to reach a better level in another pillar. For example, I decide to join a hiking group for exercise, this help me to connect with a new



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Coaches Chair

Coach Matt Miller
OMS Co-Coaches Chair

Kick Your Way to Faster Times

One of the most overlooked and under-practiced parts of swimming fast is the kick. In particular, sprinters' times are typically made or busted by how strong their kick is. Even the fastest distance swimmers have now developed exceptionally strong kicks. Strong legs come in very handy near the end of races as muscles start to fail and your stroke starts to fall apart. Engaging the legs can be the difference between finishing strong or grinding to a near halt as muscles fail and your body "ties up."

Over the years I have been swimming Masters, I have noticed that many Masters swimmers are averse to kick sets. In fact, many teams rarely incorporate any kick into their workouts. Or, if they do, it is a minimal amount and many swimmers will either skip it entirely or wear fins and leisurely kick back and forth. For those of you out there looking to improve both your speed and your overall body health, I would encourage you to reconsider your position on kick sets and embrace them more often!

Incorporating kick sets into workouts does more than just give your shoulders a break while continuing to work other often-overlooked parts of your body. Having a strong flutter kick will help you become a better overall swimmer by giving you added propulsion, improved body position in the water, and adding power to your hip rotation. Further, kicking provides the opportunity to better train your lower body, which is largely under-utilized in swimming as compared to most land sports.

At a minimum, I would encourage everyone to add 10-20 minutes of dedicated kick time to each workout. Vary the kick workout between high-intensity kicking and long, low-intensity kicking. Some example kick sets to try out are:

1. 15 x 50 free kick with board on 10 seconds rest like so:
25 fast, 25 cruise
Every 5th one all out
2. Or 15 x 50 free kick with board on 10 seconds rest like so:
3 x through in groups of 5 (50 EZ, 50 moderate, 50 hard, 50 EZ, 50 hard)
3. 15 x 25 underwater streamline dolphin kick on 40 seconds rest

I am sure that many of you creative people can come up with fun sets for you and your teammates to do.

Don't forget that one of the great aspects of kick sets when using kickboards is that one's head is out of the water. This means that it gives us the somewhat rare opportunity in the sport of swimming to work out *and* socialize. Build your legs and your friendships at the same time by doing more kicking in practice!



Long Distance Swimming

Coach Bob Bruce
Long Distance Chairman



The One-Hour Swim

What is the One-Hour Swim? This event answers the basic question: how far can you swim in one hour? It's the first USMS postal swim each year, done only during the months of January & February. It's the largest stand-alone participation event on the USMS calendar, as more than 2000 swimmers across the nation swim it most years. It's the oldest of the USMS postal swims, started in 1977. It's not only a spirited competition, but also an excellent post-holiday, early-in-the-year fitness event suitable for EVERYONE. I repeat: EVERYONE! Did everyone hear me say EVERYONE?

Is a National Championship run feasible? Only if EVERYONE swims. Simple.

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

Another Bonus Benefit: Even if you simply swim for your own fitness and never compete in pool, open water races, or triathlons, this is still a wonderful fitness challenge for YOU (frankly, a better fitness challenge than the 1/2-hour fitness swim). Join your teammates, test your fitness, and have some fun!

Oregon Club Participation: As OMS Long Distance Chair, I plan to send information packets to each team before Christmas. These packets will include...

- An information letter to Coaches, Team Reps, and One-Hour Swim Captains;

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

Coaches, we cannot do this without your active support and participation. Think of the great benefits for every one of your team members! The results are well worth the effort of setting up some group swims.

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

But a one hour swim is so long...: Balderdash! Your typical practice lasts for one hour, if not longer. Just do a one-hour continuous swim as your practice for that day. You can do it; no whining or flimsy excuses!

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

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



Recent Meets & Records

Records are for Oregon LMSC Swimmers Only

* = split

Puget Sound Masters Championship—SCM

December 24, 2019—Federal Way, WA

Results: <https://www.usms.org/comp/meets/meetsearch.php?club=OREG&MeetID=20191124PSMSCMS>

Age Group	Event	Name	Age	Time	Record set
Women 35-39	400 Meter Freestyle	Higlett, Alexis L	36	4:46.08	Oregon
Women 40-44	50 Meter Butterfly	Skinner, Sonja	43	31.15	Oregon
Women 40-44	100 Meter Butterfly	Skinner, Sonja	43	1:09.27	Oreg,Zone
Women 40-44	200 Meter IM	Skinner, Sonja	43	2:37.93	Oreg,Zone
Women 75-79	100 Meter Freestyle	Ward, Joy	77	1:36.53	Oreg,Zone
Women 75-79	100 Meter Backstroke	Ward, Joy	77	1:41.19	Oreg,Zone
Women 75-79	200 Meter Backstroke	Ward, Joy	77	3:37.43	Oreg,Zone
Women 75-79	200 Meter Breaststroke	Prather, Mirjana	75	4:00.91	Oreg,Zone
Men 70-74	200 Meter Freestyle	Kirkland, Dan L	71	2:22.95	Oregon
Men 70-74	400 Meter Freestyle	Kirkland, Dan L	71	5:03.38	Oregon
Men 70-74	200 Meter Backstroke	Kirkland, Dan L	71	2:43.86	Oregon

COMA All-Around Challenge—SCM

December 14, 2019—Juniper Swim Center; Bend, Oregon

Results: <https://swimoregon.org/results/>

Pentathlon Distance	Age Group	Name	Time	Record set	
Short distance (300 meters)	Women 45-49	Jayna Tomac	47	3:39.76	Oregon
Short distance (300 meters)	Women 50-54	Francie Haffner	52	3:46.92	Oregon
Short distance (300 meters)	Women 75-79	Joy Ward	77	5:08.51	Oregon
Short distance (300 meters)	Men 70-74	Stephen Fogg	71	4:13.67	Oregon
Mid distance (600 meters)	Women 35-39	Sara Shepherd	37	7:31.34	Oregon
Mid distance (600 meters)	Men 35-39	Jacob Swinn	37	6:58.07	Oregon
Long distance (1200 meters)	Men 45-49	Michael Dix	48	15:15.57	Oregon

Relays	Age Group	Name	Time	Record set
Mixed 160-199	800 SCM Free Relay		8:56.38	Oregon
1) Alexis Higlett (36)	2) Sara Shepherd (37)	3) Kurt Grote (46)	4) Matt Miller (42)	
Mixed 280-319	400 SCM Medley Relay		6:07.06	Oregon, Zone
1) Joy Ward (77)	2) Bob Bruce (71)	3) Cliff Stephens (64)	4) Janet Gettling (71)	

Swimmer Spotlight

—submitted by Arlene Delmage

Name: Nancy Milner
Age: 68
Occupation: Papermaker, Baker, Retired
Local Team: Oregon Reign Masters (ORM)

As told to Arlene Delmage

After seeing Nancy at Long Course Nationals in Mission Viejo last summer, August 2019, I knew I had to spotlight her. For those of us who know Nancy, the fact that she is even alive is miracle enough. But to see her at Nationals competing in the 200 Free, 400 Free, 800 Free, and the Women's 200 Medley Relay, well, that was really astounding. She earned an individual medal in the 800 Free and helped score points for Oregon. Here is Nancy's story.

When I was a kid growing up in Sacramento, there were no swimming pools in the area. When I was five, they built a pool close to us, and we all loved it because there was no air-conditioning. Parks and Rec started a swim team, the Fulton El Camino Stingrays, and there were 150 kids on the team all wanting to cool down! In the summers we went to the pool three times a day, morning and night for swim practice, and afternoons for playing around. The practices did not have much structure; basically it was just get from one side to the other as fast as possible. It was always fun which is what kept me coming back.

In my part of California, in the 1960's, there were no women's swim teams in high school. When I graduated from high school I decided that Sacramento was too small for me. With \$20 in my pocket I left home and hitchhiked to Portland.

I had a great aunt that lived in Oregon City. I got a job pumping gas for 10 years, and then I worked in a framing factory. One day I picked up a hitchhiker, and he said they were hiring women at the paper mill, so I went there and got a job. I had that job for 20 years.

In 1978 a 3000-pound roll of paper fell on me and broke my femur. I couldn't walk but I could swim. I went to the YMCA, got a membership, and started swimming 5 days a week. Later I discovered that Mount Hood Community College had an outdoor pool. There is absolutely nothing like swimming outside



with the sun shining and oxygen to breathe. I also discovered an amazing Masters swim team, the Mount Hood Masters. This is what the team was called before they merged with Portland Wet Masters in 2008 to form Oregon Reign.

Life was going along pretty well until 2010, which is when I was diagnosed with a rare type of blood cancer. Multiple myeloma causes cancer cells to accumulate in the bone marrow where they crowd out healthy blood cells. Needless to say this changed everything. I can't remember all the medical appointments and hospital stays, but I just want to say that I have an amazing partner, Pam, and I would not be alive today without her. She has been by my side every step of the way, including moving up to Seattle when I was going through my stem cell transplant treatment. I spent most of 2010 and 2011 in the hospital. Pam's background as a medical technologist was very helpful.

I don't want to focus on all the cancer treatments, but it is hard to talk about this without bringing up swimming. My teammates and coaches at Oregon Reign have been amazing and supportive. So many people have helped me out along the way and I just want to mention a few of them:

- Carole Miles wrote a blog for me
- Buz Carriker managed all my bills.
- Linda Bley, an epidemiologist, fought the insurance companies on my behalf. She would get up at 5:00 a.m. and call the Social Security office to deal with my retirement

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SWIMMER SPOTLIGHT

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benefits. She is truly an amazing person.

- Ron 'I'd rather be golfing' Nakata offered to pay the bills that my insurance would not cover. In the end, with Linda's help, my insurance did pay so Ron did not have to, but he offered which is amazing.
- Christy Gustafson was there every step of the way.
- Allen Larson gave me a medical bed after his father died. This was so helpful because the bed moved up and down.
- Colette Crabbe or one of her daughters walked my dog every week. She would make me go with her on the walk!
- Ann Goodman made me a hanging quilt out of a t-shirt that I brought back from Australia.
- Dennis Baker, my coach, pushes me beyond the limits I thought I could swim. He gave me a scholarship, helped me work on my strokes, and encouraged me to go to Nationals. Above all he has been a great friend.

This brings me to the 2019 Mission Viejo Nationals. Ron Nakata talked me into going. A few years ago Ron said he was looking forward to turning 80. I said "Ron, if you go to Nationals, I will go with you". And that is how I ended up at the 2019 Nationals against all odds. Ron and his wife Wanda took me under their wing and supported me. Nationals was such a great experience for me, but extremely physically draining as well. My best memory is of the 400 free. The Oregon swimmers were so supportive and encouraging. It wasn't easy. I had a hard time breathing and had to roll over on my back to get air. It was a struggle but I finished. Yes I did, I finished. I can't tell you how much I appreciate all the support and what it means to me.

As I said, Nationals was extremely physically demanding for me. I was sweating through five t-shirts a night so I knew the cancer was coming back. I haven't swum since Nationals. There is no cure for my cancer but I am going through a difficult chemotherapy regime where they use mustard gas (yes the same type they used in WWI and WWII to kill people). It kills the cancer but it also kicks my butt.

Despite all this, I have so much to be thankful for. Family is such a joy. When I married my partner, I married a family. We have four grandkids and one great grandchild. I play the accordion, but I like to play when Pam is not home! It's better when

she is not here!! I like to make sourdough bread and pancakes with my grandchildren. My grandad taught me how, and when I bake I hear him talking to me. I taught my grandson to make bread. I love that I have passed that on to him. It goes to the soul.

I feel blessed that I have never been a fast swimmer because I've never burned out. The reason I am still alive is because of this pool, the exercise, the community.

I've really learned how amazing Oregon Masters swimmers are.



FIT TO SWIM

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group of friends, we go and discover new places, we learn new skills, we help each other in case of needs, we share meals, we share recipes, tips, we provide emotional support. We are having fun. We connect and broaden our network. What about dance, it's fun, it involves other people, it's exercise, it challenges you to learn patterns and movements. The same could be said for swimming!!!

As the holidays are just around the corner, I wish everybody to stay connected with your friends and family and cherish all the memories, to help somebody in need and connect with them. When thinking about your 2020 resolutions, think about those five pillars, as they are the foundation of your health. How would you be able to strengthen them for your own well-being as well as for the health of your family and friends. If you want more ideas linked with those pillars, you can go to www.aarp.org/gcbh.



Emily Grassman, Tom Phipps, Kirsti Golgotiu, and Mary Ann Decker — Oregon City Tankers

Meet Your OMS Board at their Retreat

What does the OMS Board do when it is on a retreat? Have fun at the expense of OMS? NO! In October the OMS Board had a marathon Board meeting which lasted all day — it was the annual Board Retreat. Sounds romantic, but in truth they were doing the administrative work of the Oregon LMSC. They met at Tim Waud's Funeral Chapel in Oregon City. A whole lot of Oregon Masters Swimming business had been accomplished by the end of the day. If you would like to know who is on the OMS Board, take a look at the left-hand column on page 2 of this newsletter.

These pictures were taken during the lunch break.



Bob Bruce, Susie Young and Steve Darnell



Ginger Pierson and her dog



Kermit Yenson and Sandi Rousseau



Kristina Franklin: secretary



Retreat MJ Caswell and Jacki Allender



Christina Fox and Joy Ward

Call for Nominations for Annual OMS Awards—due January 31, 2020

Every year we ask our members for nominees for the five OMS Awards described below. This is your opportunity to give recognition to a worthy individual, organization, business or group that has contributed outstanding service to a team or to OMS during 2019.

Awardees are announced and celebrated at the annual meeting held during the Association Championship meet in April. **The due date for submitting nominations is January 31, 2020.** That is a ways off, but we want to give folks plenty of notice.

How to submit your nomination(s):

1. Read through the award descriptions below.
2. Look through this pdf list of award recipients to assure that the awards go to different nominees each year. (<https://swimoregon.org/wp-content/uploads/2013/10/OMS-ANNUAL-AWARD-WINNERS.pdf>)
3. Submit the name of the award, the nominee's name and a brief explanation of why you think your nominee is deserving of the award. If you can, we would appreciate a photograph of the nominee for publication later.
4. Email your nomination information **by Friday, January 31, 2020** to:
Sara Shepherd (OMS Awards Chair): ssobx5@yahoo.com

Ballots will be prepared and emailed to the OMS Board and the two designated non-board members by February 5. Completed ballots will be due by February 21, 2020.

Annual OMS Awards

CONNIE WILSON MEMORIAL AWARD

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

OL' BARN AWARD

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

HAZEL BRESSIE SPIRIT - FEMALE AWARD

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

GIL YOUNG SPIRIT - MALE AWARD

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

SPECIAL SERVICES AWARD

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

For the TRULY Committed IM Swimmer 2400 Yards of IM Delight!

How many of you have done an 800 IM? How about after four 200 IM's and two 400 IM's? Last year, one woman (Anna Graham: 30-34 age group) swam the entire 2,400 yard event in just 33 minutes. She beat all the guys.

ANNOUNCING — the 2nd Annual IM Madness ePostal, March 1 — March 31.

North Carolina is hosting 3 challenging IM events: the **Sweet 8** (800 total yards), **Sweet 12** (1,200 yards) and **Sweet 24** (2,400 yards). Start the clock, swim the event (resting as much as necessary), stop the clock, then enter your time online. You must have a lap counter/split taker and may choose any or all three events.

See the details here: https://www.clubassistant.com/club/meet_information.cfm?c=2442&smid=11038

Sweet 8	Sweet 12 - 3 X 400 IM	Sweet 24 - 3 X 800 IM
100 IM	4 X 100 IM	4 X 200 IM
50 Fly	2 X 200 IM	2 X 400 IM
100 IM	1 X 400 IM	1 X 800 IM
50 Back	Total: 1200 yards	Total: 2400 yards
100 IM		
50 Breast		
100 IM		
50 Free		
200 IM		
Total: 800 yards		



Print Your Own USMS Membership Card

<https://www.usms.org/reg/getcard.php>

For anyone who wants a printed USMS membership card, you can do it yourself. Just go to this web site and Presto! Mark this web site as a favorite in your computer, for it can't be found by searching the USMS web site, or by any 'path' that I could find. Save this information so when you register for 2020 you will be able to print your card. Please SAVE the link above! Printing your own card would make the Registrar's job a LOT easier.

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.

Oregon Swimming Hall of Fame Inductees

Celebrating Oregon Swimming Excellence!

Oregon Swimming[†] helps preserve Oregon's rich sports heritage through its recognition of outstanding Oregon athletes and special contributors to sport.

November 17, 2019, was the first Induction Ceremony into the Oregon Swimming Hall of Fame; ten people were inducted – some swimmers, some coaches. Only 1 of the 10 was actually present. Kim Peyton,[#] the best friend of Karen Andrus-Hughes, was among the first Oregon Hall of Fame Swimming Inductees. Barb and Debbie, Kim's mother and sister, were in attendance along with Karen Andrus-Hughes (Kim died in 1986),.

The big part of the event was recognizing kids who made an Oregon Top-5 time in their age group. There were several hundred people in the auditorium.

At the ceremony, Karen Andrus-Hughes spoke about Kim Peyton, her best friend, and then she showed the U.S. 1976 Olympics Women's 4 x 100 freestyle relay* on a big screen – where the U.S. women won gold, against all odds. Karen said, "It was fun watching (and hearing!!) the big audience of young swimmers and their parents get so excited as the relay race went on. It was like watching it live for them".



Left to right: Dennis Baker, Karen Andrus-Hughes, and Kim Peyton's mother Barb, at the Oregon Swimming Hall of Fame's first Induction Ceremony on November 17, 2019.



Kim Peyton

Dennis Baker received the Jon Arlin Adaptive Swimming Award for his work with Abbas[‡].

[†] Oregon Swimming web site: <https://www.teamunify.com/Home.jsp?team=wzorlsc>

[#]For a Spotlight on Kim Peyton, see: <https://swimoregon.org/AquaMaster/2016/07August2016AM.pdf> (go to page 11). Kim died of an inoperable brain tumor in 1986 at the age of 29.

* The relay included Kim Peyton, Wendy Boglioli, Jill Sterkel and Shirley Babashoff. At the 1976 Olympics, East German doping was in full swing, and the German girls looked more like men than women. The American women had lost every gold medal to the East German womens team, and the last swimming event of the Olympics was the Women's 4 x 100 freestyle relay. To watch the entire documentary, go to: https://www.youtube.com/watch?v=_J6EJNSNKjw#t=4323.916823. The exciting relay starts at the time of 1:01.51 in the documentary.

In 1989, Dr. Werner Franke and Brigitte Berendonk obtained secret doping documents. Berendonk published a book exposing the full scope of East Germany's systematic use of anabolic steroids. After publication, Berendonk was sued 16 times. . . She won all those cases. In 2001, Dr. Lothar Kipke stood trial in Berlin. He was convicted on 58 counts of doping underage athletes.

[‡]For a Swimmer Spotlight of Abbas, see: <https://swimoregon.org/AquaMaster/2018/01January2018AM.pdf> (go to page 11)

Another NW Zone Record-holder Over 95 Years Old

The *Aqua Master* does not usually publish news about swimmers in other LMSCs, but Charlotte Sanddal, representing Montana Masters (later the name was changed to Big Sky Montana Masters) in the Montana LMSC, is quite impressive and cannot be ignored! She has records in the 85-89 age range and the 90-94 age range, but this report is focusing mainly on her accomplishments from age 95+. She even swam the 100 Fly at age 94, and the 200 I.M. at age 96.

*** SCY**

- 10 of 18 possible records in the 90-94 age group
- 8 of 18 possible records in the 95-99 age group

*** LCM**

- 14 of 17 possible records in the 95-99 age group

*** SCM**

- 16 of the 18 possible records for the 90-94 age group
- 15 of the 18 possible records for the 95-99 age group

See some of her impressive records below.



Charlotte Sanddal

WOMEN 95-99 SCY

50 Yd.	Free	Charlotte Sanddal	BSMT	04/07/18	1:28.64
100 Yd.	Free	Charlotte Sanddal	BSMT	04/07/18	3:08.64
50 Yd.	Back	Charlotte Sanddal	BSMT	04/07/18	1:34.67
100 Yd.	Back	Charlotte Sanddal	BSMT	04/07/18	3:15.65
200 Yd.	Back	Charlotte Sanddal	BSMT	04/08/18	7:08.37
50 Yd.	Breast	Charlotte Sanddal	BSMT	04/08/18	1:57.24
100 Yd.	Breast	Charlotte Sanddal	BSMT	04/08/18	4:05.57
100 Yd.	I. M.	Charlotte Sanddal	BSMT	04/08/18	4:04.35

100 M.	Fly	Charlotte Sanddal	MM	04/21/17	6:18.62
200 M.	I. M.	Charlotte Sanddal	MM	04/21/17	8:46.90

WOMEN 95-99 SCM

50 M.	Free	Charlotte Sanddal	BSMT	11/09/19	1:35.67
100 M.	Free	Charlotte Sanddal	BSMT	10/10/18	3:28.31
200 M.	Free	Charlotte Sanddal	MM	10/12/17	7:02.49
400 M.	Free	Charlotte Sanddal	MM	10/12/17	14:13.97
800 M.	Free	Charlotte Sanddal	MM	10/12/17	31:07.61
1500 M.	Free	Charlotte Sanddal	BSMT	05/21/18	1:02:37
50 M.	Back	Charlotte Sanddal	BSMT	10/10/18	1:46.66
100 M.	Back	Charlotte Sanddal	MM	10/12/17	3:23.90
200 M.	Back	Charlotte Sanddal	MM	10/12/17	7:24.95
50 M.	Breast	Charlotte Sanddal	BSMT	10/10/18	2:05.63
100 M.	Breast	Charlotte Sanddal	MM	10/12/17	4:19.18
200 M.	Breast	Charlotte Sanddal	MM	10/12/17	9:06.36
50 M.	Fly	Charlotte Sanddal	BSMT	05/21/18	2:45.09
100 M.	I. M.	Charlotte Sanddal	MM	10/12/17	3:48.24
200 M.	I. M.	Charlotte Sanddal	BSMT	10/10/18	9:32.59

WOMEN 95-99 LCM

50 M.	Free	Charlotte Sanddal	MM	08/06/17	1:20.84
100 M.	Free	Charlotte Sanddal	MM	08/06/17	3:43.58
200 M.	Free	Charlotte Sanddal	MM	08/06/17	7:28.35
400 M.	Free	Charlotte Sanddal	MM	08/06/17	15:41.63
800 M.	Free	Charlotte Sanddal	MM	08/06/17	31:35.73
50 M.	Back	Charlotte Sanddal	MM	08/06/17	1:44.11
100 M.	Back	Charlotte Sanddal	MM	08/06/17	3:30.52
200 M.	Back	Charlotte Sanddal	MM	08/06/17	7:09.94
50 M.	Breast	Charlotte Sanddal	MM	08/06/17	2:16.08
100 M.	Breast	Charlotte Sanddal	MM	08/06/17	4:37.87
200 M.	Breast	Charlotte Sanddal	MM	08/06/17	9:18.96
50 M.	Fly	Charlotte Sanddal	MM	04/21/17	1:55.97

Team News

Two-Mile Relay

by Arlene Delmage

Long standing friends Colette Crabbe, Arlene Delmage, Valerie Jenkins, and Karen Andrus-Hughes participated in the Tualatin Hills 2019 Postal Two-Mile Relay. The objective is to swim 3600 yards (approximately two miles) as a relay. The relays can consist of 2, 3, or 4 swimmers, each swimming 100 yards in the same rotation, until 3600 yards is completed. Some do the event for competition, others do it for fitness; all do it for fun.

These ladies chose the 9 x 100 format, like a continuous relay with each member diving off the block nine times and swimming a hard, fast, 100 freestyle. For this group of ladies it was a great sprint practice set to work on all aspects of racing. It was also exhausting, but fun. In the process of doing this the foursome broke the current National record event by almost four minutes! Their time of 39:22.81, in the Women 55+ age group, means the team averaged 1:05.76 per hundred, 36 times! Congratulations ladies and keep up the hard work. Most importantly remember to have FUN!



Colette Crabbe, Arlene Delmage, Valerie Jenkins Karen Andrus-Hughes

Birthday Celebration at CGM



Jan Callow began her birthday by doing a workout with her swim buddies at Columbia Gorge Masters.



Jill Marie Asch and Scott Sullivan—MAC



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: 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 to get the job done. Those who report their news, get the most coverage!

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. . .

Puget Sound Championship Meet—SCM
COMA All-Around Challenge—SCM

Looking Ahead. . .

Pool Schedule

Date	Course	Event	Location
Saturday-Sunday; March 14-15	SCM	Spring Ahead Dual Sanction Meet	Oregon City, OR
Friday-Saturday; April 10-11	SCY	NW Zone Championship; King County Aquatic Center	Federal Way, WA
Thursday-Sunday; April 23-26, 2020	SCY	USMS Spring Nationals	San Antonio, TX
Wednesday-Sunday; August 12-16	LCM	USMS Summer Nationals	Richmond, VA
Friday-Sunday; August 21-23	LCM	Association/Gil Young Meet; MHCC	Gresham, OR

Detailed Open Water Schedule (see page 17)

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

Quote for the month. . .

No one ever got stronger by working less.

Update your own USMS registration information—<https://www.usms.org/reg/member/updateinfo.php>
Print Your Own USMS Membership Card—<https://www.usms.org/reg/getcard.php>