



Aqua Master

Award-winning Newsletter of Oregon Masters Swimming

"Swimming for Life"

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One Hour Swim--Postal

by Alice Zabudsky

The One Hour Swim for 2020 has ended and the results will be in an upcoming *Aqua Master*. Eighty-nine Oregon-registered swimmers swam and entered the event.

I did the One Hour Postal swim this year for the first time, and it was not as bad as I thought it would be. In the last 6 of my regular workouts I swam 1000 yards for the warm-up, just to see whether I could swim that far without stopping while trying to keep an even pace that seemed possible to maintain. (In the "Coaches Chair" article on page 5, there is some good advice for anyone wanting to swim a longer distance.)

Now, you probably wonder why I am writing about the One Hour Swim Postal after the event is over, and won't be held again for an entire year!

On behalf of the Oregon LMSC, Bob Bruce bid to host the One Hour Swim Postal National Championships in 2021, and was awarded the bid. There are a couple of things involved with hosting the One Hour Swim that I wanted to bring to your attention; a couple goals.

1. Bob bid for the event specifically to make some money for the LMSC. And the LMSC will, provided we have enough participation nationwide. The Oregon LMSC subsidizes a lot of programs and events of which the membership might not be aware. Money earned by the Oregon LMSC from hosting events has helped

keep your USMS membership prices down, meet entries lower, and has funded other events like the Association meet socials and subsidizing every swim meet. However, next year USMS is changing the amount of the registration fee and the way registration fees are distributed to the LMSCs*. As a result, the Oregon LMSC won't be receiving as much money as in the past. So hosting events is our best means of raising additional funds for the LMSC to continue our excellent programs. Fortunately, Oregon has some wonderful volunteers who put in a lot of effort to host both local and national events (Open Water, Nationals, ePostals, etc.). Thank you volunteers!

2. Participation is crucial for this project to succeed! Bob's goal for Oregon is for EVERY swimmer to swim and enter the One Hour Swim in 2021. We MUST generate enough interest in this event so the Oregon LMSC can continue providing a high level of programming and the Oregon Club will be #1 in the country for the One Hour Swim in the Overall scoring category, which it has never done before!

The One Hour Swim is a Postal National Championship that runs from January 1 to February 28 each year. It can be done in any standard size pool 25 yards or longer; your distance will be converted to yards if needed. Someone times and counts lengths for each swimmer, writing the time per two lengths on an official split sheet. Then the swimmer enters the Postal online. Simple!

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Oregon Masters Swimming, Inc.

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AQUA MASTER EDITOR

Alice Zabudsky • azabudsky@msn.com

AWARDS — ANNUAL

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COACH'S CO-CHAIR

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Sara Shepherd • ssobx5@yahoo.com

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HOST/SOCIAL

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LONG DISTANCE CHAIR

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MEMBERSHIP

Christina Fox • foxkohnert@peak.org

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Jacki Allender • jacki.allender@gmail.com

OMS EMAIL GROUP MAINTENANCE

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PAYMENTS ADMINISTRATOR

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PROGRAM DEVELOPMENT

Marlys Cappaert • m.cappaert@comcast.net

RECORDS

Stephen Darnell • inancialwizard2@comcast.net

SAFETY

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SOUVENIERS

Jeanna Summers • jeanna.summers@optumhealth.com

OREG CLUB REP

Nancy Vincent • ncsvincent@comcast.net

USMS REP

Sandi Rousseau • swim@gorge.net

TOP TEN

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WEB MASTER

Matt Miller • matt@flytrapcare.com

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

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Off the Block

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

Carl Lewis Shattered World Records While Eating a Vegan Diet

Carl Lewis was voted “Sportsman of the Century” by the International Olympic Committee, and “Olympian of the Century” by Sports Illustrated.

After competing in two Olympic Games, Lewis had won six gold medals across four events (100-Meter Dash, 200-Meter Dash, Long Jump and 4x100 Relay). He’d set two new Olympic records in the process. He had already built a legacy as one of the greatest track and field athletes in history. He could relax and enjoy his celebrity. Carl Lewis had nothing left to prove. Yet Lewis wasn’t ready to walk away. Gold wasn’t enough—he wanted to prove to himself he wasn’t just the best sprinter and jumper in the world, but the best sprinter and jumper in world history.

“In those days, (athletes competed in) one or two Olympics, (they) retired and (were) done. But I was never chasing medals. I was always chasing performance,” Lewis told STACK at the 2017 USATF Black Tie and Sneaker Gala. “I won four gold medals (at my first Olympics), I got gold in every event. But still, I didn’t have the world record in the 100 meter, the 200 meter or the Long Jump. And I hadn’t jumped 29 feet. My thing has always been about performance, not the reward.”

But Lewis’s age was doing him few favors in regard to his world record pursuits. After all, Bob Beamon—the man who set the mythical 29 feet, 2½ inch world record in the Long Jump—did so at 22 years old. Lewis was rapidly approaching 30 and he knew time was not on his side. “You turn 30 as an athlete and you say ‘oh my goodness, where



are we going from here?’ Especially in our sport. I was in uncharted territory; people just didn’t have success at that age because they weren’t staying around (back then). So I was looking for all different kinds of ways to stay in the sport,” Lewis says. “(Changing my diet) was all a part of my evaluation of turning 30.”

Carl continued, “Dr. McDougall challenged me to make a commitment to eating a vegetarian diet and then to ‘just do it.’ Thousands of other world-class athletes have learned to follow a near-vegetarian diet simply because they have

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Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



Fitness and Healthy Eating

As a lot of advertising and hype on supplements, medications and specific diets are continuously bombarding us on TV, the internet, magazines and so on, it is becoming very confusing to know what to eat to stay healthy. Personally, I like to keep it very simple.

EAT REAL FOOD. Unless you have very specific needs, allergies or a disease and need to be followed by your doctor, you will find all the nutrients needed to a healthy diet in natural food. Our parents and grandparents ate foods from their garden, the local store, worked more physically, walked everywhere and in general were more healthy and fit: diabetes, obesity and heart diseases were under control. Supplements and ultra-processed food were unknown and not needed. According to the Heart Association and for the sake of your health, it is important to know the difference between processed and ultra-processed food. Definitions vary, but the US Department of Agriculture says that anything that changes the fundamental nature of an agricultural product- heating, freezing, dicing, juicing- is a processed food. Which means some can be quite good for you, especially if processed at home, or the frozen bag of cut-up vegetables for example. However ultra-processed food takes things further. Definitions also vary but it can be summed up as “snacks, drinks, ready meals and many other products created mostly or entirely from substances extracted from foods or derived from food constituents with little if any intact food”. Examples include chips, soft drinks, sweetened cereals bars, but also dishes such as rice or pasta dishes for which all you have to do is add water and put in the microwave. Ultra-processed foods can be cheap, convenient and tasty but they usually have lots of refined carbohydrates, saturated fats and salt, not to mention industrial additives. They also tend to pack a lot of calories into each bite, which

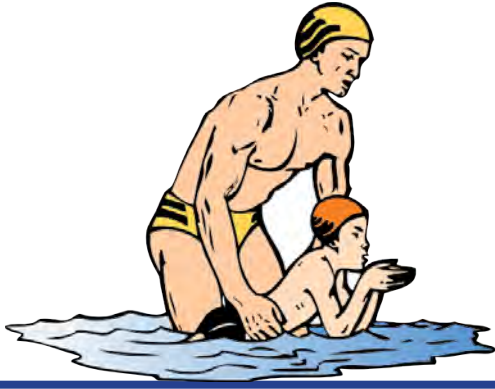
means you are likely to eat a lot before feeling full. A growing amount of research also suggests that ultra-processed foods now make up half the diet of U.S. adults. The basic problem with ultra-processed food is that they have not been designed with health in mind. Manufacturers prefer to make taste, cost, shelf life and mouth-feel the priority. With such goals, thousands of trace nutrients get stripped out and additives such as emulsifiers and stabilizers are tossed in. Although considered safe, the long-term effects of those additives are not completely known. Heavy processing also strips out fiber, altering how the body digests food and affecting friendly gut bacteria.

NOT TOO MUCH. Portion size is important. If you are eating nutrients and fiber-rich food, you will feel full faster and digestion will take longer, so you will not feel hungry as quickly. Bigger is not always better. Coming from Europe and still owning a dinnerware set from there, the size of my dinner plates is about the size of the U.S. salad plates!

BALANCED HEALTHY PLATE. Eat natural food of all colors, all taste, all texture, processed as little as possible and in moderation. A good guideline I like is what the Harvard T. H. Chan school of Public Health, nutrition department called “The Healthy Eating Plate”, (see illustration) Here are the recommendations: about half of your plate should be vegetables and fruits: aim for color and variety and remember a fruit or vegetable flavored snack does not fit the bill, even the fruit juice is not good enough, go for the real thing. A quarter of your plate should be whole and intact grains, such as whole wheat, barley, quinoa, oats, brown rice, etc. The last quarter of your plate should be a source of protein such as fish, poultry, beans and nuts. A lot of healthy versatile protein sources can be mixed into salads and pair

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Coaches Chair

Coach Matt Miller
OMS Coaches Chair

Strategy for Swimming Longer Events

Sorry sprinters, but this article goes out to the people dearest to my heart – my distance swimming compatriots!

Swimming a distance event can be a daunting endeavor. To swim distance events well requires consistent training to maintain an excellent cardiovascular base. Further, because distance events last many minutes, distance swimming requires exceptionally good nutrition leading into the race to ensure that you are properly nourished and that there are no gastrointestinal issues during the swim. Leading into the event, eat foods that you know enable you to perform well and that never upset your stomach and intestines. It is also advisable to ensure that your stomach is empty or nearly empty before the start of a distance event. Swimming a distance event is not something that should be done on a whim, even if the goal for the race is “just finishing.”

Preparing for distance events requires diligent training and good planning coming into the day of the race. There are a few different strategies which coaches suggest, but the vast majority of high-level swimmers even-split (swim the same pace the entire race) or slightly negative-split (swim slightly faster the second half of the race) their swims.

It is important to have a firm idea of the time you think you can swim for the event. If you aren't able to figure that out on your own, ask a coach. If you tell a coach some distance sets you have done and times you averaged over those sets (i.e. averaging 1:05 per 100 on 10 x 100 on 1:30), most coaches could probably give you a good target goal time for your distance swim.

Once your target goal time is determined, figure out what that translates to in terms of pace per 50 yards or meters. Plan to swim at that pace as long as possible in the event, and hopefully all the way through the swim until the last 15% to 25% of the swim, where you should push a little harder until the finish.

One of the most important things in distance swimming, especially on race day, is to not go out too fast! It is very easy to do, because if you've trained well, the first bit of any longer distance swim feels nice and easy if swimming the goal pace. However, usually around the half-way mark, depending on the distance being swum, it becomes quite obvious that the pace is no longer as easy to hold as it once was.

If you took the swim out too fast (faster per 50 than the determined goal pace), it **will** come back on you in the end and cost you time. The lactic acid will build in your muscles to the point where you will ultimately falter and fall off pace, likely never to recover. Usually, taking a swim out too fast will cost you much more time than you saved by going out fast at the beginning of the race.

So, how can you know if you are swimming the pace you're looking for during a swim? In some rare cases, it is possible to see the race clock and watch your own splits and adjust as necessary. However, it is far easier to get a coach or a friend to stand on the side of the deck, take your splits and give you previously-agreed-upon hand signals to indicate whether you should slow down, speed up, or if you're holding the desired pace.

As you near the end of the race, try to
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Long Distance Swimming

Coach Bob Bruce
Long Distance Chairman



The highest distinction for a Masters long distance swimmer is to be named to the USMS Long Distance All-Star Team. To be considered for this honor, swimmers must participate in at least three of the eleven Long Distance National Championship events, which must include at least one open water and one postal event. Points are tabulated on their placement in each event, much like our system of scoring the Oregon Open Water Series. The top point-scorer in the nation in each age group—and only one from each age group—is named to the All-Star Team.

Three Oregonians—Matt Miller, Hardy Lussier, and Bob Bruce—join 17 other outstanding swimmers in the nation in earning that honor in 2019. As usual, Oregon LMSC led the list; only one other LMSC had two All-Stars, and others had only one each.

Matt Miller (Southern Oregon Masters Aquatics, Men's 40-44 age group) joins the All-Star team for the eighth consecutive year, an amazing streak!

Hardy Lussier (Central Oregon Masters Aquatics, Men's 50-54 age group) joins the All-Star team for the sixth time, despite taking a lot of time off to move the site of his restaurant.

Bob Bruce (Central Oregon Masters Aquatics, Men's 70-74 age group) joins the All-Star team for the ninth time, without winning any event, but placing second in five of them (our Oregon teammate Dan Kirkland won all five postal championships in this age group, but did not make it to an open water championship, and thus he did not qualify to defend his All-Star slot from 2018).

These three swimmers are listed among a distinguished group of twenty-five Oregonians who have been named to

the USMS Long Distance All-Star Team in the past. This list of elite swimmers can be found at <https://swimoregon.org/history/longdistance/LDWebAllAmericans19.pdf>.

How have so many Oregonians been named to the USMS Long Distance All-Star Team?

We in Oregon strongly encourage participation in USMS long distance championship events. We make a coordinated push each year to swim in as many of them as possible. For motivation, we have both an open water and postal series. And we are the only LMSC to keep LMSC postal & cable swim records, and a postal swim top-twelve list (for these lists, see <https://swimoregon.org/long-distance/>).

We swim fast, an obvious requirement for high placement.

We purposefully and aggressively bid for and host many USMS open water national championships. We have hosted 18 national championship open water events in the past 20 years, far more than any other LMSC. In turn, this gives local swimmers many opportunities to post swims that qualify for All-Star consideration without significant travel.

We swim our postals! Open water championships are held all over the country; postal championships are swum at home, and they are the low-hanging fruit. If you take care of business at home by swimming all five postal championships (like Matt, Hardy, and Bob above!), then swim in at least one open water championship, you are eligible for All-Star consideration.

Congratulations to Matt, Hardy, and Bob for their outstanding achievement!

Good luck and good swimming!



Recent Meets & Records

Records are for Oregon LMSC Swimmers Only

* = split

Miami Masters, Australia Meet—LCM

February 15, 2020—Miami, Australia

Results: <https://mastersswimmingqld.org.au/wp-content/uploads/sites/15/2020/02/2020-miami-masters-meet-full-results.pdf>

Age Group	Event	Name	Age	Time	Record set
Women 75-79	50 LCM Breast	Mirjana Prather	76	53.41	Oregon, Zone
Women 75-79	100 LCM Breast	Mirjana Prather	76	1:55.71	Oregon, Zone
Women 75-79	50 LCM Fly	Mirjana Prather	76	49.73	Oregon, Zone

Due to the COVID-19 virus, the following meets were, or will be, cancelled

- Oregon City Spring Ahead Meet—SCM March 14-15, 2020—Oregon City, OR
- OMS Association Championships—SCM..... April 3-5, 2020—Hood River, OR
- NW Zone Meet—SCYApril 10-11, 2020—Federal Way, WA
- USMS Spring Nationals—SCY.....April 23–26, 2020—San Antonio, Texas

OFF THE BLOCK

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no other choice if they want to join the winners' circle. By the nature of the foods, a winning athlete must eat mostly plants to obtain high-octane fuel (carbohydrate)."

Dr. McDougall writes: "Carl Lewis, the world's fastest man, is my biggest claim to fame for an athlete who follows the McDougall Diet. He set the world record for the 100 meter dash, won two gold medals, and had the best long-jump series of his career (29 feet three times – these are considered the best series of jumps of all time) while following the McDougall diet.

"I met Carl Lewis in 1990 in Minneapolis one morning while we were both appearing on a TV talk show. He told me he was frustrated because all previous eating plans had either caused him to become overweight or left him too weak to compete and win (these were mostly low-calorie, portion-control diets). Shortly afterward he began eating our recommended low-fat, pure-vegetarian diet and his dilemma was resolved. Yes, he discovered there *IS* a diet that would allow him to look, feel, function, and perform at his best without ever being hungry

– shouldn't that be the way for all of us? In the introduction to his new cookbook, he says, 'In fact, my best year of track competition was the first year I ate a vegan diet.'"

1991 WORLD CHAMPIONSHIPS: LEWIS' GREATEST PERFORMANCES

Once Lewis was able to optimize his diet, he noticed a big uptick in his energy and vigor. The effects of his new diet were on full display at the 1991 World Championships in Tokyo. The event, which took place shortly after Lewis's 30th birthday, is regarded as one of the most dominant displays in track and field history.

One of the greatest duels in the history of sport featured Lewis facing off against Mike Powell, who had been the top-ranked long jumper of 1990. But Lewis had also won 65 consecutive Long Jump meets entering the competition. The two traded jumps in the territory of 28 feet before Lewis unleashed a massive 29 feet, 2¾ inch jump. It was the longest jump recorded under any condition in human history. Amazingly, Powell out-jumped this mark by an inch-and-a-half on his next

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Swimmer Spotlight

—submitted by Karen Andrus-Hughes

Name: Claudia Andrews
Age: 63
Local Team: Oregon Reign Masters (ORM)
Occupation: Chief Operating Officer, Bonneville Power Administration (retired)

I grew up in Gresham; learned to swim at the Gresham High School Pool when it was new in the 60s; worked at the Barlow High School Pool when it was new in the 70s and the Lincoln City Pool when it was new in the 80s. I have never been a competitive swimmer. I hated opening my eyes underwater, and that doomed me from truly becoming a “swimmer” when I was a kid. I greatly admired swimmers, including my sister, who endured chlorine eyes day after day and made swimming their sport. I sometimes wonder if my swimming life would have been different if goggles had been available when I was growing up. Many times, instructors yelled at me to “open your eyes” as I veered around the pool. However, after taking some time to become accustomed to putting my face in the water and getting my feet off the bottom of the pool, I became an avid recreational water enthusiast: water skiing on Blue Lake, shooting the rapids feet-first along the Sandy River (without flotation devices), or body surfing in the chilly ocean at Rockaway.

In the 80s, goggles became widely available and generally good enough to keep the water out, so I became a lap swimmer. I started lap swimming to relieve stress when I was in graduate school at Willamette University. Then I moved to Arlington, Virginia and swam at the Washington Lee High School Pool. Periodically, when I traveled overseas for work, I would swim for 90 minutes, go to the airport, get on the plane and be assured of sleeping throughout the cross-Atlantic flight. Thirty years ago, after moving back to Gresham (Damascus actually), I became a regular lap swimmer at Mt. Hood Community College. Swimming in the outdoor pool at MHCC has always been blissful. Initially 50 meters intimidated me, but no longer.

About five years ago, I joined Oregon Reign Masters in order to see if swimming with the Masters’ team could be one of my retirement activities. To cut to the chase, yes, swimming with the team has been a cornerstone of my retirement. Swimming has always provided low impact exercise, allowing me to release workday stress and think about complex problems. Although I am one of the slowest swimmers on the team and

don’t compete, I enjoy the team camaraderie and regular workout challenge. As a coach, Dennis Baker is broadly inclusive, knows his swimmers, and fashions workouts to challenge each swimmer. His incredibly supportive coaching has been particularly critical in my recovery from a recent injury.



About a year ago, I slipped and fell in the slush and mud on the hill behind our house. Before I hit the ground, I felt and heard my leg snap. I had broken my tibia, fibula, and ankle. After two surgeries and quite a bit of fresh hardware in my leg and ankle, healing started. Fast forward through two very uncomfortable and sedentary months. Although I was still wearing a boot and using a walker, it was time to get back in the water, with my orthopedist’s agreement.

The first day back was gorgeous, Oregon spring weather – late April, and the pool was set for long course. Holy cow...50 meters seemed to be forever. Getting to and from the car was difficult, getting to and from the locker room was difficult, getting in and out of the pool was difficult, but swimming was fantastic! I may have done 800 meters with a pull buoy that first day, but moving and feeling weightless felt so good. Each practice got easier. Instead of using the pull buoy after the first day, I gently kicked, which helped improve ankle flexibility.

In May, I stopped wearing a boot, and switched from a walker to crutches. Moving around on land became easier, although still painful. (FYI, my physical therapist, on first seeing my shrunken, scarred leg, mentioned that post-menopausal women lose muscle mass very quickly.) Swimming really got me through those first six months. Swimming allowed me to exercise without putting weight on my leg. Wahoo! If not for swimming, I would have lost more muscle mass, making recovery more difficult.

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Swim Bits

by Ralph Mohr



Potpourri

Former University of Oregon swimmer, Mike Hastings, died at the end of February. Hastings held the 200 fly record for the Ducks and swam with Masters swimmers, Ron Nakata, Dave Boyd and Ralph Mohr, among others.

Hastings started his coaching career in 1962 as the second coach of the Redding Swim Club, his old team. He then went on to Sacramento and founded California Capital Aquatics in 1983. Among Hastings' swimmers in his 31 years of coaching were Debbie Meyer, John Naber, Joe and Dave Bottom and Summer Sanders. He was Sanders' longtime coach, and he was inducted in the American Swim Coaches Association Hall of Fame in 2013

The new Mars rover, whose landing is planned for 2021, was officially named recently as "Perseverance." In Latin, perseverance is "constans." "Constans," combined with "patientia," are two major qualities of Masters swimmers. From now on

when you look up in the night sky for Mars, think "constans" and persevere in the water.

One of the programs that Oregon Public Broadcasting offers during their pledge weeks is "Oregon Revealed: The Water Around Us." If you go to about 16 minutes into the program, you will see a certain Masters swimmer rowing his wooden boat serenely on Eel Lake. This shot is followed by a bevy of Masters swimmers starting an Eel Lake open water swim some years ago. It's fun to try and figure out: who is that body, or is that me?

The program is also a great survey of Oregon lakes and rivers we can swim in this coming summer. There are 202 lakes in Oregon listed on-line at the Atlas of Oregon Lakes, (<https://aol.research.pdx.edu/>). I've swum in 42 of them. I hope to add some more this summer. You can do the same. No coronavirus in a lake.



OFF THE BLOCK

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attempt and set a world record. Lewis would go on to jump over 29 feet in the competition two more times, but Powell took the gold medal. Powell's world record still stands to this day. Regardless, Lewis had achieved something that had been a dream of his since childhood. He had jumped 29 feet, and he had out-jumped Bob Beamon. "This has been the greatest meet that I've ever had," Lewis told *Track and Field News* shortly after the event.

In the 100 meter final, Lewis faced the two men who ranked number one in the world the previous two years: Burrell and Jamaican, Raymond Stewart. In what would be the deepest 100 meters race ever to that time, with six men finishing in under ten seconds, Lewis not only defeated his opponents,

he reclaimed the world record with a clocking of 9.86 seconds. Though previously a world-record holder in this event, this was the first time he had crossed the line with "WR" beside his name on the giant television screens, and the first time he could savor his achievement at the moment it occurred. His world record would subsequently stand for nearly three years. He could be seen with tears in his eyes afterwards. "The best race of my life," Lewis said. "The best technique, the fastest; and I did it at thirty."

Lewis's longevity soon became legendary. At the 1996 Olympics, he won his fourth consecutive gold medal in the Long Jump at 35 years old. His nine Olympic gold medals are the most by a track and field athlete in modern history. "I actually had all my personal bests in the 100 and the Long Jump after I turned 30, after this diet change," Lewis said. "I felt lighter, faster and fitter."

Oregon Masters Swimming 2019 Volunteer Awards

CONNIE WILSON MEMORIAL AWARD

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

Kermit Yensen

Kermit has been an Oregon Masters swimmer for many years and was active in the Tualatin Hills Barracudas and more recently Central Oregon Masters. Kermit has contributed over a period of many years to Oregon Masters. He assumed the Treasurer position in 2013 and continues to fill that position. He prepares a yearly budget for the Board, updates the Board on monthly expenses, and generally keeps the organization on track financially. He played a huge oversight role when Oregon hosted the 2016 Summer Nationals and tracked all income and expenses related to that event. Kermit contributes to Board discussions, takes on other tasks related to the financial health of our organization, and communicates with the national office when necessary.

This past year with the changing climate and proposed financial changes at the USMS national office, Kermit spent hours analyzing OMS' financial situation to be sure we could adapt to a lower income stream. He reached out to the Oregon Club to assist them in their financial discussions as well. Kermit is the 'always in the background' person who is quiet but has made significant contributions to our organization over many years now, and is a deserving recipient for the Connie Wilson Award recognizing that service.



OL' BARN AWARD

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

MJ Caswell

MJ has served on the Oregon Masters Swimming Board as Top Ten Committee chair since 2013 and continues to be efficient in keeping the top ten swims database up to date. She pursues missing information when needed, assures all swims are legally and appropriately documented, and is quick to respond to swimmers' inquiries.



Prior to filling the Top Ten Chair position she served as the OMS webmaster in trying to herald a revamping of the site. She also maintains an all-time Oregon Top Twelve database, participates in LMSC Board meetings, and regularly contributes her opinions and expertise.

MJ has attended the USMS convention for several years and currently serves as Chair of the USMS Records and Tabulation Committee after having served as Vice Chair. She has also served on the USMS Recognition and Awards Committee and the Fitness Committee in the past.

As well as her volunteer service in the organization, MJ is a Masters coach who is always willing to share her stroke knowledge with workout group members. She fills in for other Masters coaches, offers lessons on the side, and soothes the 'newbies' worries about swimming inadequacies. She encourages others to swim at their potential and is always a cheerleader for teammates' swims at meets.

She is an inspiration to fellow teammates and a great asset to OMS and Columbia Gorge Masters. She demonstrates what volunteerism is all about and is a very deserving recipient for the Ole' Barn Award.

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.

Amanda Callahan

Amanda has been the North Clackamas Masters Swimming president for 2018 and 2019, and is the reason the NCMS is still in existence in 2020.

In 2017 we were advised by the North Clackamas Aquatics Center that we would no longer be able to enjoy our 5 am, MWF, swim time unless we were able to generate enough annual pass revenue to pay for the cost of opening the pool at that early time. Amanda volunteered to be the Club president for 2018 and 2019 and was able to negotiate a deal with the Aquatics Center administration that would work for the team and the Aquatics Center. It took Amanda many meetings, member surveys and team discussions to develop a plan that would work. The result, thanks to Amanda's leadership and attention to detail, is more than enough swimmers generating enough revenue to ensure that our 5 am swim time is secure.

Amanda is the team member instrumental in motivating swimmers to participate in Oregon Masters and United States Masters events. A couple of years ago she even competed in all of the USMS postal events. She will gladly, gently coerce and volunteer people to compete in these events. Recently (2019) she was busy organizing volunteers for the 2-mile relay postal event. When the scheduled day came, we were thinking we would have 2 or 3 relays of 2 or 3 swimmers each; to our surprise, we had 3 relays of 4 and 1 relay of 3. She also is very involved in recruiting and retaining our swimmers. If you ever attend one of our workouts, Amanda will be one of the first persons you'll meet on deck, helping you find the correct lane to swim in and where the swim equipment is located. Her educator persona really came through when she single-handedly designed, assembled and updated the bulletin board on deck with information about Masters swimming and the North Clackamas Masters Team. She unselfishly volunteers to help out in our annual swim fitness clinic that we have conducted for the aquatic park for a number of years.

Amanda has always been a swimmer. She swam in high school and on a club team in college. When she started work, she looked for a place to get in a few laps and discovered the flyer for the Masters team at the North Clackamas Aquatic Park. And she was in. That was 12 years ago. Here's how Amanda



explains her commitment to Masters Swimming here at North Clackamas: "I know the 5 am start time can be daunting for many, but that time works really well for me. I can get my workout in before work, not have to think about what set I would do, and be energized for the day. The Masters team also helps me meet my health goals. In the 12 years I have been on the team, my health goals have changed. I swam through two pregnancies, which helped me stay in shape and banish swelling for at least a few blissful hours. I trained, and completed, a 10K swim. I also used practices to help rehab a broken ankle. That was all possible because of our coach, Jeff Kaelon. Jeff is an experienced coach who is able to tailor workouts in order to meet any members' specific health goals."

Because of Amanda's enthusiasm and dedication to the team, her willingness to spend the time required to assure our continued existence and future success, and for the other reasons listed in this nomination, we believe Amanda embodies all that the Hazel Bressie Spirit – Female Award represents.

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.

Scot Sullivan

(Some comments remain in first person without giving recognition to the authors.)

Scot is the honorary captain of the MAC Masters Swim program. At the MAC, Scot is instrumental in the interrelationships between the MAC and the Masters Team. He gets support from the MAC for swimmers going to meets, including swim caps with the MAC logo. Scot attends time-consuming monthly MAC athletic committee meetings to represent our team, and his personality and vision has shaped what the MAC Masters Swimming is today. He has worked through several tough issues over the past year. He got an extra lane added a few years ago, and facilitated in keeping our swim gear storage area. He's started an annual New Year's Day swim. Scot maintains the team record-board; every time a swimmer breaks a team record he updates the board with the new time(s). Scot is a selfless leader who gives our team a sense of shared spirit. He spearheads a New Year's Day set of 100 x 100 that now has more than 20 participants in its fourth year. Scot is the only one crazy enough to regularly ask Kurt Grote and Dan Jorgenson to race!

Everyone who meets Scot is instantly charmed by his Oklahoma accent and giant smile. Scot's passion for swimming is contagious. He comes to practice with a smile on his face and embraces even the most difficult practices that are thrown



SPECIAL SERVICES AWARD

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

Jon Clark

Jon served as Head Coach for the Barracudas for 20 years. During that time he was also active in OMS. The picture below is of Jon when he was OMS Coach at the FINA World Masters meet at Stanford. A good example of the positive attitude and



contributions made by Jon was several years ago when LCM Nationals were held at Mt. Hood Community College. One of the Coaches who was supposed to help with the relays was not able to assist. So Jon, not an official OMS Coach for that meet, jumped right in and helped with the relays. I think the Special Service Award is a great way for OMS to say thank you to Jon for 20 years of service to and for Masters swimming in Oregon.

at the squad. His enthusiasm for the sport has even led to an additional Sunday practice.

Scot is the binding force of our team; the glue behind all team activities. He's at the heart of our team and makes it feel like a family. Scot is always positive and encouraging and inspires us to be better swimmers and better people.

Scot keeps hard work fun and I can't imagine the team without him! He's the kind of teammate you look forward to seeing at practice. Not only because he makes you feel welcome, and makes you a better swimmer than you were, but because his enthusiasm and love for swimming is contagious and you can't help but get swept up in it and enjoy yourself. And he's the kind of teammate whose absence you really notice, because practice just isn't as good when he's not there. He's the kind of Masters swimmer I aspire to be. Scot is truly deserving of the Gil Young Spirit Award!

Achievement Awards

MOST SPLASHES

WOMEN

MEN

OUTSTANDING SWIMMER

FEMALE ≤49

FEMALE ≥50



FIRST — Christina Fox (31)



FIRST — Willard Lamb (33)



FIRST — Christine McClafferty (178 pts)



FIRST — Janet Gettling (251 pts)



SECOND — Francie Haffner (30)



SECOND — Charlie Helm (29)



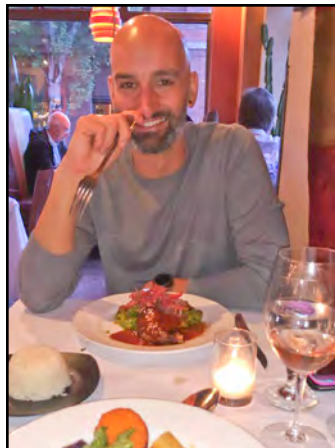
SECOND — Alexis Higlett (173 pts)



SECOND — Margaret Toppel (117 pts)



SECOND — Joy Ward (30)



SECOND — Jacob Swinn (29)



THIRD — Sara Shepherd (94 pts)



THIRD — Valerie Jenkins (108 pts)

Achievement Awards

OUTSTANDING SWIMMER

Male ≤49



FIRST — Kurt Grote (217 pts)

Male ≥50



FIRST — Dan Kirkland (177 pts)



SECOND — Mike Self (77 pts)



SECOND — Ron Nakata (125 pts)



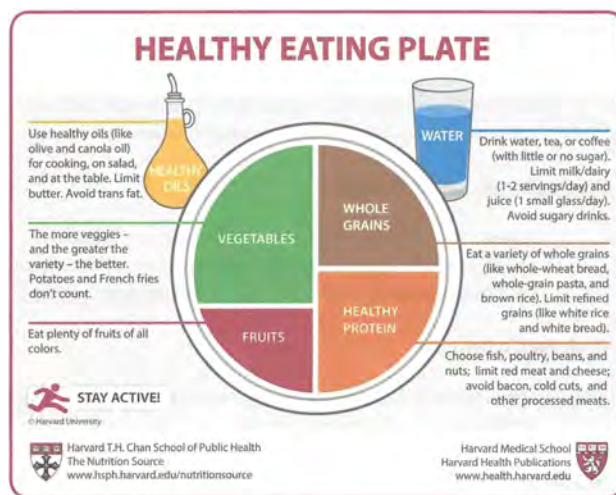
THIRD — Michael Dix (52 pts)



THIRD — Barry Fasbender (90 pts)

FIT TO SWIM

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well with vegetables on a plate. Healthy vegetable oils like olive, canola, soy, corn, sunflower, peanut should be used but partially hydrogenated oils, which contain unhealthy trans fats should be avoided. Drink water, coffee, or tea but skip sugary drinks (that includes the sport drinks and energy drinks), limit milk and dairy products to one or two servings per day and limit juice to a small glass per day. **STAY ACTIVE:** the red figure running across the Healthy Eating Plate's placemat is a reminder that staying active is also important in weight control and fitness.

Summary: The main message is to focus on diet quality. We survive on three primary macro-nutrients: carbohydrates, protein and fats which all serve a critical function to our overall health. Any diet that severely restricts any of those nutrients has negative consequences and is often not sustainable for the long term. The type of macro-nutrients in the diet is more important than the amount (especially if you are extremely active). Vegetables, fruits, whole grains, beans, lean meat or fish are healthier choices. Non processed or slightly processed foods should be your first choice: learn to cook at home from natural ingredients, keep it simple, shop the perimeter of your grocery store, read the labels (the less ingredients, the better). Please note that the "Healthy Eating Plate" encourages the use of healthy oils and therefore recommends the opposite of the low-fat message which was promoted for decades.

Now, as this may seem overwhelming, set up some tiny goals to start. If indeed ultra-processed food makes up 50% of the diet of the adult US population, it should not be hard to

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COACHES CHAIR

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pick up your pace gradually until the finish, giving it all you have in the last few yards or meters of the race.

Strategy and execution are vitally important in all swimming events, but I believe they are even more so in distance events. It is, in large part, why I love the challenge of swimming distance so very much.

If you've never done a distance event, I would encourage you to try something new and try it out! Maybe you have a hidden talent you've never before discovered. At the very worst, you will have a new-found appreciation for the challenge of finding and holding a particular pace for that long!

SWIMMER SPOTLIGHT

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I started walking very slowly, and not very far, in July. By September, I was able to walk two miles on the track at a slow pace. If I hadn't been able to swim, I would have done no real exercise for six months, at least. Also, in September, we learned that MHCC wouldn't put the dome on the outdoor pool for the winter. WHAT? And the pool would stay open throughout the winter, closing only on really cold days. So, we have gained fortitude and stamina swimming outside all winter, and it's been a blast. And my leg is better than ever. Thank you, Dennis, for getting me through this last year!

FITNESS

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replace some of it with a nice home cooked and tasty dinner from basic food, or to replace a snack with an un-peeled fruit or raw vegetable.

This article was written from information taken from the Harvard website. Copyright © 2011, Harvard University. For more information about "The Healthy Eating Plate", please see The Nutrition Source, Department of Nutrition, Harvard T.H. Chan School of Public Health, www.thenutritionsource.org, and Harvard Health Publications, www.health.harvard.edu.

ONE-HOUR POSTAL

continued from page 1

In order to reach these goals each of us have to commit to swimming the One Hour Swim, and to encouraging out-of-Oregon swimmers to participate.

The data sheet below shows the winners of the One Hour Swim since 1998. It gives you an idea of how many swimmers the Oregon LMSC may need to win. New England Masters (NEM) has had 625 swimmers maximum; that is less than our current membership of 948, so if we all decide to swim this event, we can be #1. Don't expect that others will do it so you don't have to; take responsibility and, "Just Do It". We ALL can make a commitment to this event. Thanks so much for your help in making this possible.

*The first year, 2021, fees will be \$60 across the entire nation; division of the fees is 80% / 20%, i.e. USMS gets \$48; the LMSC gets \$12. Cost of membership will be totally out of the hands of the LMSCs. This is what the National office calls a "Unified Fee".

Winners of the One Hour Postal Swim

Year	Winner	Swimmers
1998	Davis Aquatic Masters	306
1999	Davis Aquatic Masters	299
2000	New England Masters	469
2001	New England Masters	402
2002	New England Masters	484
2003	New England Masters	487
2004	New England Masters	335
2005	New England Masters	294
2006	New England Masters	250
2007	New England Masters	222
2008	New England Masters	206
2009	Davis Aquatic Masters	299
2010	Davis Aquatic Masters	312
2011	Davis Aquatic Masters	340
2012	New England Masters	509
2013	New England Masters	625
2014	New England Masters	546
2015	New England Masters	425
2016	New England Masters	236
2017	New England Masters	363
2018	New England Masters	224

Oregon Masters Swimming: Open Water Race Schedule for 2020 (as of January 2020) OR Series

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category
Sat. May 16	1	COMA Spring Long Course Meet	Bend	COMA	Bob Bruce		
Sun. May 17	1	Beautiful Lake Juniper Buoy Swim (pool)	Bend	COMA	Bob Bruce	1200-meter	Featured
Sat. June 27	1	Foster Lake Cable Swims (Sprint Series)	Sweet Home	COMA	Bob Bruce	1/4-mile cable 1-mile cable 1/4-mile cable	Featured Featured Qualifying
Sun. July 12	1	Portland Bridge Swim in the Willamette River	Portland	PBS, LLC	Marisa Frieder	17-km downriver (individual & relays)	Featured
Sat. July 18	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. July 19	1					1500-meter 3 x 500-meter Pursuit Relay	Featured Participation
Fri. July 31	3	Cascade Lakes Swim Series	Bend	COMA	??	3000-meter	Qualifying
Sat. August 1		& Festival at Elk Lake				500-meter	Qualifying
Sun. August 2						1500-meter 5000-meter 1000-meter	Featured Featured Qualifying
Sat. August 8	1	Southern Oregon Coast Swims at Eel Lake	Lakeside	SOMA	Matt Miller	3000-meter 500-meter Predicted Time 1500-meter	Featured Participation Featured
Sat. Sept. 12	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. . .

Miami, Australia Regional Championship—SCM

Looking Ahead. . .

Pool Schedule

Date	Course	Swim	Location
May 16; Saturday	LCM	COMA Spring Long Course Meet	Bend, OR
August 12-16; Wednesday-Sunday	LCM	USMS Summer Nationals	Richmond, VA
August 21-23; Friday-Sunday	LCM	Gil Young Meet / NW Zone/Oregon Association; MHCC	Gresham, OR
November 14; Saturday	SCM	NW Zone SCM Meet; Columbia Gorge Masters	Hood River, OR
December; Saturday	SCM	December All-Around Challenge—12th annual	Bend, OR

Detailed Open Water Schedule (see page 16)

Quote for the month. . .

When the ice caps melt, swimmers will rule the world

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

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>