



# Aqua Master

Award-winning Newsletter of Oregon Masters Swimming

*"Swimming for Life"*

Volume 47 • Number 6

Published 10 Times Yearly by OMS, Inc.

July • 2020

## Twenty-one Things To Love About Swimming

by Caitlin Daday

*In this time of Covid-19 and separation from the pool, racing, teammates, pain and challenges, how much the sport means to athletes and coaches – and families – can be magnified. So, to honor a sport that has defined so many lives in many ways, here are 21 things individuals love the most about swimming:*

### 1. Racing.

The feeling of racing – of getting up and giving everything – never gets old.

### 2. Challenging yourself.

You never know what you can do until you try, and athletes love being able to test themselves to see how far they can go. Even when they fail, they love being able to push themselves.

### 3. Traveling all over for meets.

Traveling to new places for meets. Swimmers have gotten to see so much more of the country than they ever would have if it weren't for travel meets.

### 4. My best friends.

Best friends have all been teammates. Being on a team is the best way to get close with anyone. Swimmers have been lucky to be surrounded by so many friends who genuinely care about each other.

### 5. Setting big goals.

Setting goals that are seemingly far beyond reach. Swimmers

like being able to dream of all the possibilities of where they can go. Swimming is all about having something to chase.

### 6. Achieving those goals.

There might not be a better feeling than achieving something you've put everything into. Making your dream become reality is pretty amazing.

### 7. The amount of food you're able to eat.

On the outside swimmers may look fit, but on the inside they are *always* hungry. Thanks to swimming, they can eat pretty much whatever they want, whenever they want (which is always).

### 8. Swimming farther than any normal person could ever imagine.

Swimmers love talking to normal people, or even other athletes, and telling them their event is the mile. For most people, even a few laps at a time is a lot, let alone 66 at race pace. It is really cool to think that they do something routinely that most people could not even imagine.

### 9. Being on the podium.

The feeling when you do get on the podium is something special – that moment when, even if you're not first, all eyes are on you. You get your five minutes of feeling important.

### 10. Team trips.

Even though sometimes too much closeness gets to be a lot, team trips are unforgettable. The memories and random inside jokes collected from team trips are the best.

*continued on page 14*

## 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)

#### ADULT LEARN-TO-SWIM CHAIR

Marlys Cappaert • [cappaert@cloud.com](mailto:cappaert@cloud.com)

#### AQUA MASTER EDITOR

Alice Zabudsky • [azabudsky@msn.com](mailto:azabudsky@msn.com)

#### AWARDS — ANNUAL

Sara Shepherd • [ssobx5@yahoo.com](mailto:ssobx5@yahoo.com)

#### COACH'S CHAIR

Matt Miller • [matt@flytrapcare.com](mailto:matt@flytrapcare.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

Christina Fox • [foxkohnert@peak.org](mailto:foxkohnert@peak.org)

#### MEMBERSHIP PROMOTION

Carolyn DeMarco • [adairpete@msn.com](mailto:adairpete@msn.com)

#### 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)

#### OREG CLUB REP

Nancy Vincent • [ncsvincent@comcast.net](mailto:ncsvincent@comcast.net)

#### 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)

#### SOUVENIERS

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

#### TOP TEN

MJ Caswell • [mjcaswell@earthlink.net](mailto:mjcaswell@earthlink.net)

#### USMS REP

Sandi Rousseau • [swim@gorge.net](mailto:swim@gorge.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

## Articles & Announcements

- 8** A Tribute to Nancy Milner
- 10** Swimmer Spotlight
- 11** Swim Bits
- 12** Swimmers are Heading for Open Water
- 13** Special Offer from the McDougall Team
- 13** Sandi Rousseau's Gardens
- 16** 2019-2020 Open Water Schedule—New Updates

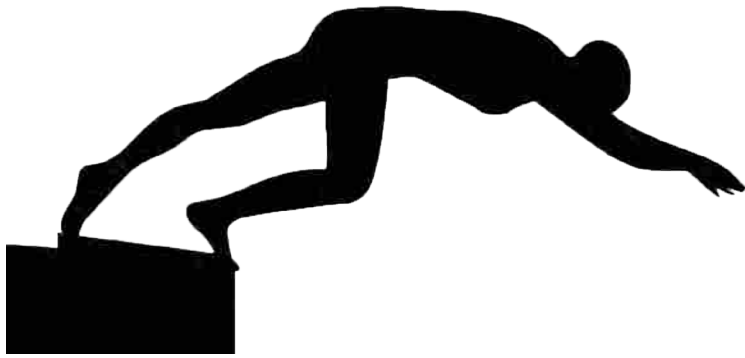
## Event Schedule — Back Page

- 17** Check for Cancellations

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 47 • Number 6 • July 2020



# Off the Block

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

## World Marathon Challenge

by Ingrid Hernández (edited)

*Editors note: Yes, I know, this is a swimming newsletter, but I also know that swimmers will appreciate the effort and discipline needed for this challenge. Maybe you have heard about the World Marathon Challenge – 7 Continents; 7 Marathons; 7 Days.*

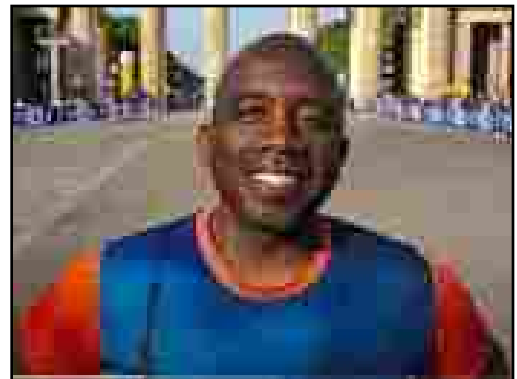
Luis Allen, M.D., participated in the World Marathon Challenge on Feb. 6-13, 2020. This challenge was monumental, but certainly not the worst challenge he has ever faced.

Allen is a survivor of the horrific 2008 terrorist attack in Mumbai, India, in which more than 150 people died. For two days, he and his family of four hid under a bed in their hotel room as gunmen inside the Taj Mahal Palace & Tower Hotel pulled guests from their rooms and shot them.

When the Allen family was rescued by local authorities, they emerged from their room to find that every other door in their hallway had been knocked down with the exception of their door and the two doors that led to their room.

In the wake of that experience, Allen re-examined his life and, among other changes, took up running to improve his mental and physical health. Gradually, he became a marathoner and started to compete around the world.

The World Marathon Challenge, is organized by Global Running Adventures. Participants run 183 miles and spend 68 hours flying in a charter plane throughout the course of the challenge, which includes the destinations Novo (Antarctica), Cape Town (Africa), Perth (Australia), Dubai (Asia), Ma-



*Allen is board-certified in general and geriatric psychiatry and holds academic appointment at Florida State University, Nova Southeastern University, and St. Matthew's University*

drid (Europe), Fortaleza (South America) and Miami (North America). The races take place at different hours of the day in varying climates. The one in Cape Town had intense winds. In Antarctica, Allen braved freezing temperatures, snow and ice.

"The biggest challenge about doing something like this is the short period of time. It's a repetitive process," said Allen. "How do you recover from one race to the other? What's your nutrition? Your hydration? Do you have enough shoes and the appropriate clothing? These are all factors we had to consider."

### Preparation

Allen trained for the World Marathon Challenge for a full year, completing six marathons in 2019 alone. But his preparation went beyond the physical aspect.

"Yes, we prepare physically, but this is more of a mental

continued on page 11

# Fit to Swim

**Coach Colette Crabbe**  
OMS Fitness Chair



## How and Why to Stay Motivated

Gyms and pools are closed. Open swims and races are cancelled. It is easy to understand why you may lose your motivation to work out. In this unprecedented time with more questions than answers, with no specific timeline, with no specific goals, with new protocols and requirements on pool openings still to be set by each facility, it is essential to go back to the basics and reflect on this important question: **Why do I work out?** The virus has not voided your answer to that simple question.

Most likely you exercise to improve your physical strength and endurance, your mental health, to manage your weight, to release stress, and to boost your immune system. Aren't all those things still important and even more so now?

Do not let an obstacle set you back: Our entire world is being challenged right now. You cannot control what is going on. You can only control your response and your attitude. Focus on what you can do. Athletes are used to this. If you are presented with an obstacle, you go around, over or through. Quitting is not an option, so do not give up. Your approach may not be as planned, but nothing is going as planned right now. Adapt and move on.

Do it differently, try something new, but mostly stay active and eat healthy. You might discover your love with some new outdoor activities such as walking, hiking, running, cycling, golfing. Many of us work out, train and race because of how it makes us feel when we finish. That does not go away just because you must do it alone or differently. You can and should still engage in opportunities that challenge you and make you feel amazing and accomplished. Even though you cannot be with your normal workout tribe physically, you can still be together in spirit. Keep in contact (virtually) with them.

It seems that we are starting to see the end of the tunnel, and pools might start reopening soon. Each facility will have their own new rules and regulations, group workouts might have a different feel and format, but we will adapt. A lot more people might have to swim by themselves and design their own workouts. Here are a few tips:

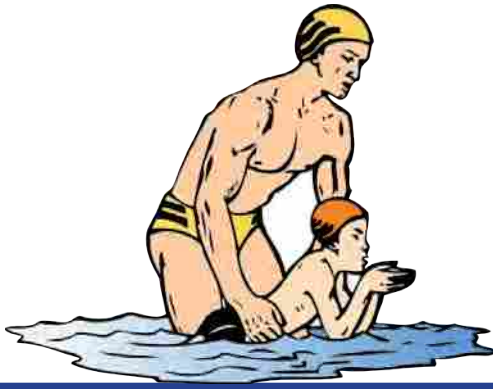
- Start working back on technique, especially the feel for the water in all strokes. Do some drills
- Progression: if you have not been in a body of water for a few months, start slowly, and progressively build back your endurance. We are adult swimmers, so for most of us our “career” is between 30 and 50 years. So what is a 6 months lapsus?
- If your community pool is not reopening and you are trying to experiment with open water swims, always put safety first. **Know your venue** (entry and exit points) and the specific conditions on the day of your swim (water quality, water temperature, weather conditions, marine life, currents, boat traffic). **When in doubt: Do not swim.** Develop a flexible workout plan (boundaries, course) and mostly have a safety plan. According to USA Swimming guidelines, safety personnel should be able to reach a swimmer in no more than 20 seconds at any given time. **Never swim alone.** The best practice is to have somebody in a kayak or stand-up paddleboard follow you at all time. When you are doing an open water race, the organizers have thoroughly designed the safety plan for you, have the safety personnel and equipment ready, and have checked everything beforehand. Here you are on your own and not covered by USMS insurance or your facility insurance. When the sun is shining, it is tempting, but be careful out there.

Do not let this steal your joy and take you down. Yes, it is tough, but you are tougher. You can get through this and maybe even come out stronger on the other side.



# Coaches Chair

**Coach Matt Miller**  
OMS Coaches Chair



## Ease Back Into It

As pools begin reopening in Oregon, many of you will be getting back into the water for the first time in several months. After having not swum for an extended period of time, it is important to ease your body back into swimming regularly again. In order to avoid possible injury, it is going to be important to keep your expectations reasonable as you return to the water and swimming. Be careful with your shoulders as you begin your transformation back into a swimming super hero. I'd highly recommend starting a rotator cuff strengthening program, if you don't do one already.

Here's a good video of some rotator cuff strengthening exercises demonstrated:

[https://www.youtube.com/watch?v=6u8QpNmQy\\_g](https://www.youtube.com/watch?v=6u8QpNmQy_g)

And for a quicker read, to the left is an image of most of the exercises I try to do regularly to keep my shoulders healthy.

Something else to consider, particularly if you have any medical conditions, is to not put too much stress on your body during the first couple of weeks. If you are swimming with a group in a coached workout, the temptation to push yourself harder than you should will almost certainly exist. Be careful and smart about how hard and far you swim, and be sure to check in with your body often to be aware of anything it might be telling you. Allow your muscles and cardiovascular system some time to readjust to swimming regularly and getting your heart-rate elevated again.

After a few swims, and as you begin to feel stronger and recoup some of the swim fitness you may have lost, then you can consider gradually increasing the intensity level and distance of each workout.

Again, the most important things are to:

- listen carefully to your body – slow down or finish practice early if you aren't feeling well
- try not to push too hard too quickly – give your body a few practices before upping the intensity
- protect your shoulders by doing rotator cuff strengthening exercises – it will also be very important

I am looking forward to seeing all of you again at an Oregon event in the not-too-distant future!



<p><b>SHOULDER - 45</b> Strengthening Activities: Active Rotational Exercises</p> <p>Using tubing, pull arm back. Do not let elbow drop. Elbow straight.</p> <p>Repeat <b>20</b> times. Do <b>2</b> sets, 3-4 times per day.</p>	<p><b>SHOULDER - 46</b> Strengthening Activities: Active Rotational Exercises</p> <p>Using tubing, keep elbow at side and rotate arm around torso. Do not let elbow drop. Forearm parallel to floor.</p> <p>Repeat <b>20</b> times. Do <b>2</b> sets, 3-4 times per day.</p>
<p><b>SHOULDER - 47</b> Strengthening Activities: Active Rotational Exercises</p> <p>Using tubing, keep elbow at side and rotate arm around torso. Do not let elbow drop. Forearm parallel to floor.</p> <p>Repeat <b>20</b> times. Do <b>2</b> sets, 3-4 times per day.</p>	<p><b>SHOULDER - 48</b> Strengthening Activities: Active Rotational Exercises</p> <p>Using tubing, pull arm to forward behind. Do not react to rotate trunk.</p> <p>Repeat <b>20</b> times. Do <b>2</b> sets, 3-4 times per day.</p>
<p><b>SHOULDER - 76</b> Strengthening Activities: Strengthening</p> <p><b>2#</b></p> <p>Raise arm diagonally from hip to just below shoulder level. Keep elbow straight and hand pointing down.</p> <p>Repeat <b>20</b> times per set. Do <b>2</b> sets per session. Do <b>2</b> sessions per day.</p>	<p><b>SHOULDER - 77</b> Strengthening Activities: Strengthening</p> <p><b>5#</b></p> <p>Raise arm diagonally from hip. Keeping elbow straight and hand pointing up. Rotate arm above head.</p> <p>Repeat <b>20</b> times per set. Do <b>2</b> sets per session. Do <b>2</b> sessions per day.</p>

# Long Distance Swimming

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



I hope that you all continue to be well during this challenging time! This is a report on the current status of Long Distance swimming in Oregon and in the nation in 2020.

## USMS Open Water Championship Swims:

- Five of the six USMS Open Water National Championships have been canceled.
- One USMS Open Water National Championships, the One-Mile Swim in Santa Barbara, CA, has been tentatively rescheduled from a June date to August 29.
- The annual USMS Long Distance All-Star Team compiling has been canceled for this year.

## Oregon LMSC Open Water swims:

- Four of the seven Oregon Open Water swims have been canceled.
- The swim at Eel Lake, now scheduled for Saturday, August 8, may be cancelled because the State Parks Department is yet not allowing group events in these parks; without a permit, SOMA cannot run this event as scheduled. Stay tuned for updates.
- The swims at Lake of the Woods are still scheduled for Saturday, September 12.
- The Beautiful Lake Juniper swim at JSFC in Bend, originally scheduled for Sunday, May 17, has been put on hold to be hosted in September or October if possible. Stay tuned.

## USMS Postal Championship swims:

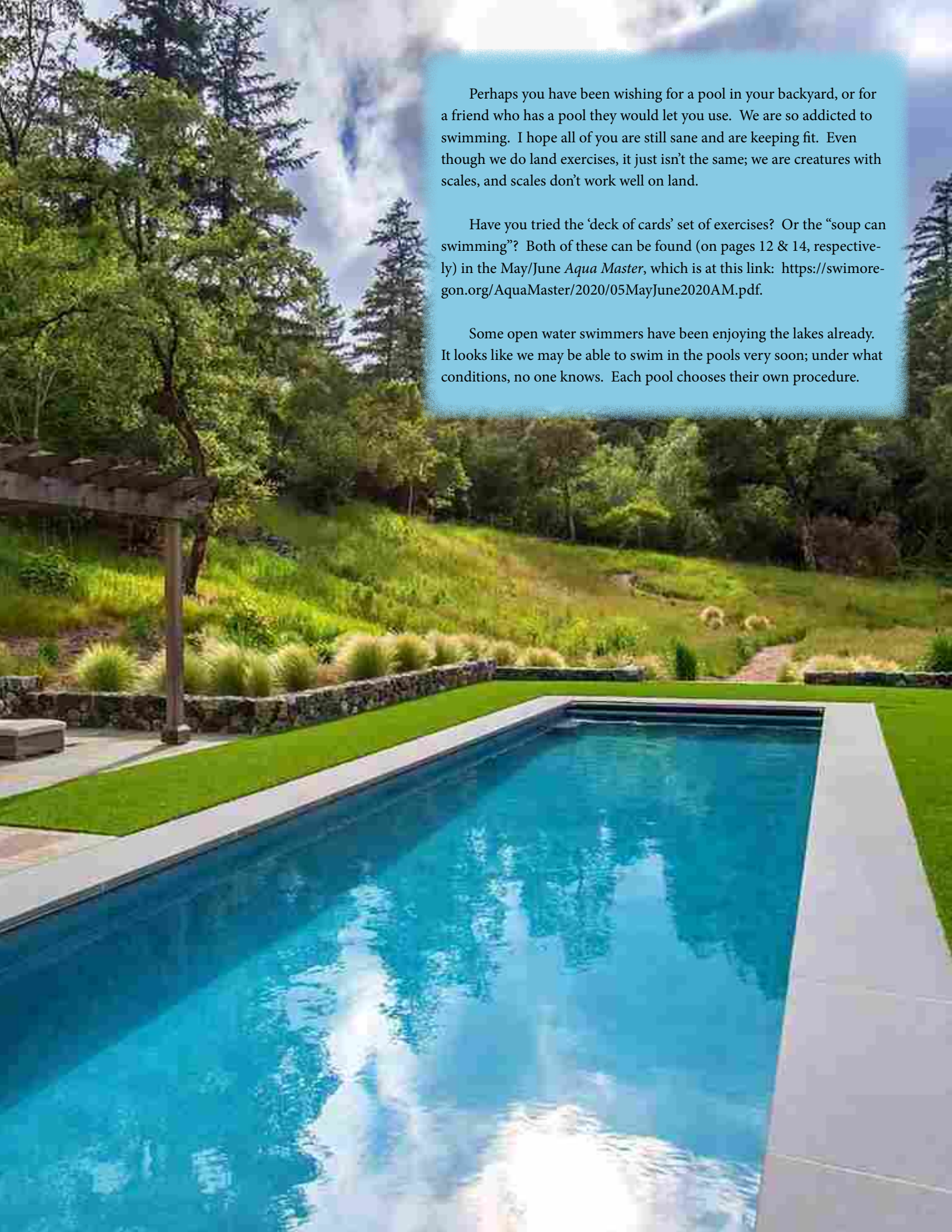
- Our own SOMA team is hosting with USMS 5 & 10-km Postal Championships this year. It's a fundraiser, so please support them if you can!
- The USMS Long Distance Committee, realizing that access to 50-meter pools might be challenging, will allow these events to be completed in short course pools. Individual results from short course swims will not count for the championship results, but will count towards the annual five-swim national Postal Participation Award. Details will be available on the USMS website shortly.
- The season for swimming the 5 & 10-km events has been extended two weeks, to Wednesday, September 30. I hope that this helps!
- Matt Miller is still negotiating with Amazon Pool in Eugene to offer a special opportunity for 10-km swims (and 5-km swims if room is available) later this summer. I will also try to secure a date in Bend in August or September for these swims. Stay tuned for updates.
- OMS will continue to offer our annual three-swim Postal Participation Challenge this year, so be sure to stay in the game by doing one or both of these postal swims this summer.

## Other open water opportunities:

- Swim in your usual favorite local open water spots. Warmer weather means warmer water. Go to it!



continued on page 13



Perhaps you have been wishing for a pool in your backyard, or for a friend who has a pool they would let you use. We are so addicted to swimming. I hope all of you are still sane and are keeping fit. Even though we do land exercises, it just isn't the same; we are creatures with scales, and scales don't work well on land.

Have you tried the 'deck of cards' set of exercises? Or the "soup can swimming"? Both of these can be found (on pages 12 & 14, respectively) in the May/June *Aqua Master*, which is at this link: <https://swimoregon.org/AquaMaster/2020/05MayJune2020AM.pdf>.

Some open water swimmers have been enjoying the lakes already. It looks like we may be able to swim in the pools very soon; under what conditions, no one knows. Each pool chooses their own procedure.

# A Tribute to Nancy Milner

Nancy passed away from cancer, at 3:00 am Friday, June 5, 2020. She was the first OMS recipient of the Hazel Bressie award, and was spotlighted in the January, 2020, issue of the *Aqua Master*. It was a very interesting Spotlight, submitted by Arlene Delmage, which you can find on page 9 at this link: <https://swimoregon.org/AquaMaster/2020/01January2020AM.pdf>.

Below are tributes to Nancy, from some of her friends.

## **Sandi Rousseau**

Her infectious smile and laugh will definitely be missed on the pool decks. It was a long struggle for her.

## **Nancy Vincent**

I did not know Nancy Milner well, but I was honored to get to know her a bit and swim on a relay with her at Mission Viejo Nationals last summer.

## **Ginger Pierson**

Being new to OMS at the time awards were being called for, I remember meeting Nancy and thought, "Wow", she has to be a nominee for the Hazel Bressie award. I DID nominate her. She was gregarious, unlike Hazel, extremely friendly, and made everyone feel welcome whatever/wherever the situation. Her laugh was infectious, albeit somewhat annoying, but she was who she was - kind, real - a delight to be around. She definitely will be missed.

## **MJ Caswell**

She was always a positive spirit, upbeat, quirky, and so very nice. She was welcoming when I was new to Oregon Masters Swimming and always took time to chat with everyone at meets. I will miss her enthusiasm and joy in swimming.

## **Buz Carriker**

Nancy was the kind of person who could find something good in almost anyone and would not hesitate to give you the shirt off her back if needed. Some people have the motto "What would Jesus do?" Personally, I always thought, "What



would Nancy do?"--though I seldom live up to either of those mottos.

## **Sue Calnek**

Nancy was the only person that I have ever known in all my life, who was completely non-judgmental. I especially enjoyed the visits with her and her mother together.

Nancy changed the course of my swimming life when I committed, for the first time, to do the 1500 in a competition at the Mt. Hood Pool. I lacked confidence; chickened out; ran to the bathroom, locked the stall door and stood on a toilet. I could hear Nancy yelling all the way down the deck for me to get to the blocks. Now she was yelling Sue! as she came into the locker room; the only place left was in a stall. Then I saw her pop her head under the door, then she saw me standing on the toilet. She yelled at me to open the door and go! She ran right next to me all the way. We made it just in time; I had no time to get nervous. Nancy was always volunteering somewhere on a regular basis. Always.

Nancy holds a special place in my heart.

## **Jeanna Summers**

There is no way I could express what an inspiration Nancy was to me. I was able to spend time with her while driving down to Sweet Home in the car, and staying overnight at a cute little motel, while on a trip to the Foster Lake cable swim. I wanted to know what it was like to be living with cancer, and she answered my questions, openly and frankly. It's not often one gets the chance to talk frankly with someone about staring death in the face so many times and how that affects their lives. She was particularly emphatic about the gratefulness she felt to  
continued on page 9



## **TRIBUTE TO NANCY MILNER**

continued from page 8

the people who had helped her so much. She was the one with the illness, but I was the one who was comforted and uplifted!

### **Joy Ward**

Nancy was a free and strong spirit who faced her cancer demon with all her strength. She lived every minute as she wanted. She is missed and has left us with a void of not hearing her hearty laugh. RIP Nancy; you are a wonderful memory.

### **Aubree Gustafson**

Nancy was an absolute force of nature with a great sense of humor and the best laugh you've ever heard. She cared for others and always took the time to check in; even when she was ill from her treatments, she put others first. I'm so grateful to have had the chance to get to know Nancy and hear about her life and adventures. She is loved and she is missed.

### **Arlene Delmage**

I am so glad I had this opportunity to work with Nancy and tell her story. She said to me "I've never told my life story before" and she was very happy to have this article published. Nancy's sense of humor was always present when we were discussing what to include and what to leave out. She has so many funny stories and I am fortunate that I was able to hear some of them. Her love of family, friends, and community was very evident.

### **M. J. Mullins**

A truly amazing human being. Her story is beyond remarkable. (Re: the Spotlight from the January, 2020, issue of the *Aqua Master*)

### **Christina M Malango**

What a beautiful interview of an inspiring person...thank you so much! This really illustrates how teammates become besties. (Re: the Spotlight from the January, 2020, issue of the *Aqua Master*).

### **Wanda Nakata**

Nancy was fabulous! Ron and I had so much fun traveling to CA with her. Her sense of humor is what I love the best!! She always made me laugh even when I was traveling with a broken ankle. We have been the recipient of some of her good homemade goodies. I think Nancy was one of the most level-headed and strongest women I have ever known.

### **Carole Miles**

"Our Nancy" was truly an amazing person and an inspiration to us all. We've lost track of the number of times Nancy was in and out of remission over the past 10 years, but through it all she continued to focus on swimming, getting so much enjoyment from it – swimming fed her soul. One of my best memories was swimming alongside Nancy during the mile swim at the state meet in Hood River several years ago. It's the first time I swam a mile in a meet (not my event!) and we filled each of the lanes with everyone from our old Mt Hood Masters group, including Kristi who arrived late and ran out onto the deck still putting her suit on and getting to the blocks just in time. As I recall, Nancy beat me.

### **Colette Crabbe**

Nancy was one of the most positive and generous people I know. Even while fighting cancer, she would never complain, even when I talked to her less than a week before her passing. She still had her contagious laugh that everybody recognized. She was a fighter and a riot. She will be truly missed on the pool decks.

### **Claudia Andrews**

Nancy was a brave soul. She endured untold hardship with magnificence. Her kindness and generosity of spirit were obvious upon our first meeting. She was a supportive teammate, a dedicated swimmer, and always pleasant to be around even when she was under the weather. I will miss her.

### **David Hathaway**

Nancy was a truly inspiring individual & wholesome person. I hadn't seen her in years until this past August at Summer Nationals in Mission Viejo. She saw me and immediately treated me as a long lost friend. She had a zest for life and truly appreciated each and every day she was with us. She told me that several times over the weekend. Her laugh was contagious & uplifting & one that I will never forget.

# Swimmer Spotlight

— submitted by Karen Andrus-Hughes

**Name:** John Foges  
**Age:** 76  
**Local Team:** Retired English Teacher, R.A. Long High School, Longview, WA  
**Occupation:** COMA (remotely via Kalama, WA)

I'm John Foges, I just turned 76. I'm a "remote" COMA swimmer. I live in Kalama, WA, with my wife Denise, and recent high-school-graduate daughter, Lela. I train at the YMCA in Longview, WA. I usually end up swimming in 1 of the 3 lanes available next to the water exercisers.

During this Covid time I've been walking the hills of Kalama, walking our two dogs, doing PT for my shoulders and working a stretch routine. I haven't been doing much core work. I've also been working out on my Vasa Swim Trainer, doing light weights, sitting around too much and reading. When Horseshoe Lake in Woodland, WA, warms up I'll swim there.

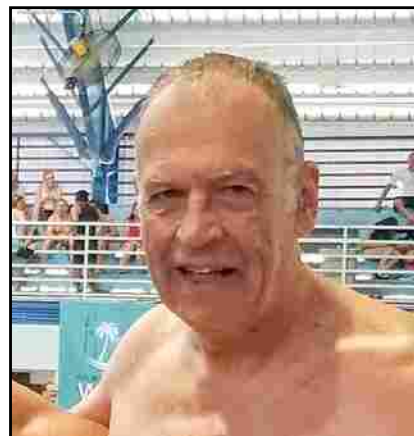
I grew up in Chicago and played in the waters of Lake Michigan and the Kankakee River, floundering around, but didn't know how to swim until I was 12 or 13 years old.

At age 15 I started talking to some of the local high school swimmers who swam at the YMCA. My high school did not have a pool nor did they have a swim team. The guy swimmers swam for Fenger, Chicago Vocational and Morgan Park high schools. The top girl swimmers were Sharon and Elaine (Sara) Cassidy, who placed at AAU Nationals.

The YMCA had a team of mostly young kids (8-12). When I was 17, Bruce Darling, the coach, asked me to join. There were 4 or 5 other guys around my age. We practiced for an hour, three days a week. The pool was 4 lanes, 20 yards with 25 to 35 kids on the team. I swam in 3 or 4 meets (whatever was necessary to qualify for the Chicago YMCA Championships.) I swam some free and back at the meet and was on a relay that took second.

The summer of 1962 I worked as a Junior Counselor at Camp Pinewood, the YMCA's camp in Michigan. I helped teach swimming, archery, camp craft, etc.. I also accompanied the older girls on their away-from-camp trips. On one trip I swam in the shipping lane in Muskegon for a few hours.

In fall of 1962 I started Southern Illinois University. The first quarter I got chicken pox so I had half an excuse for my lousy grades. I was put on probation. The second quarter I rarely went to any classes and was told to leave. I left and went back to my very disappointed parents.



I worked at Ford Motor Company for a few months and then returned to Camp Pinewood. Camp was even better than the summer before. Tom Spasoff, the camp director, was an ex University of Illinois swimmer and an ex Indiana University freshmen coach under Doc Councilman. He asked me to help him coach a camp team. I jumped at the chance. Basically Spasoff coached me to coach the campers. We swam against Camp Martin Johnson later in the summer and did well. I felt like a coach!!

Returning to Chicago I coached the Y team for a few months but, I knew I couldn't stay with my folks so I joined the Marines. I spent most of my 4 years as a machine gunner but I did have an opportunity to do some life guarding and swim instruction. I spent a year in Vietnam: 3 months running a tavern, 3 months guarding advisors' quarters and 6 months in combat. In a reckless/naive state I still can't figure out, I once swam with two other Marines across the Ky Lam River. We each had a knife and some grenades. Luckily, the enemy we were going to sneak up on had left.

I returned to Southern Illinois University in 1968. I was an English major, attended classes and did good work. I had matured! I student-taught in fall of '70 and graduated with a BA.

I taught in a Chicago suburb for a year and a half. I participated in a Pull for a Pool fundraiser. I hadn't really swum for 4 or 5 years but I ended up swimming 5000 yards in 2 hours! That summer I spent \$5 and went to nearby Portage Park to watch

continued on page 15

# Swim Bits

by Ralph Mohr



With pools opening up and lakes warming up in Oregon, swimmers are emerging from a required break. Hopefully everyone will remember to use sunblock, not sunscreen, when swimming outdoors.

The rules for sunblock while swimming are simple: use nothing that is only chemicals, especially oxybenzone. The only real sunblocks are zinc oxide (ZnO) and titanium dioxide (TiO<sub>2</sub>). Outside of water, cover up. That's it.

I speak from experience. The second Monday of this month (June), I went to my dermatologist and had a reasonable appointment. I had about ten actinic keratoses taken off my face with frozen nitrogen. There was also one small basal cell carcinoma on my left ear that I have to have completely removed on a second visit.

I say this with some aplomb as I have spent 65 years swimming outdoors, and that's all that came up in this appointment. I've accepted the situation as it is, and I see a dermatologist twice a year.

So should any swimmer who swims outdoors regularly. Swimmers who swim mainly indoors should get a yearly check-

up. Protect yourself properly with sunblock when outdoors, swimming or not, and see a dermatologist regularly.

Pool swimming has started up again on the southern Oregon coast. Several Masters swimmers have been swimming in two nearby lakes since about May 20. The water temperature at the start was near 60° F and is now up to 67°F.

Mingus Park Pool is now open as part of Phase Two. Swimmers are restricted to one per lane. Maximum swim time is around 45 minutes so far, to minimize congestion in the locker rooms. Some swimmers have chosen to come to the pool ready to swim and leave after swimming without using the locker rooms.

The first week has gone fine with 36 swimmers on Monday, 36 swimmers on Tuesday, and 48 swimmers on Wednesday. As the pool is open from 5 AM to 2 PM weekdays for lap swimming, it is anticipated that the attendance will increase.

Masters swimmers also plan at least one lake swim a week, usually Saturday at Eel Lake. Compliments go to the Mingus Park Pool staff for setting everything up to open the pool so easily.



## OFF THE BLOCK

continued from page 3

challenge than a physical one at times," he said. "It's the goals you set in your mind, what you're trying to get accomplished, the cause for which you're doing this — all of these things really come together and push you through the difficult spots."

In the end, Allen completed the World Marathon Challenge with an average time of 6:37:32 per marathon.

"I've felt that [this challenge] was like hitting a restart button," he said. "I don't know exactly where it's going to go, but I know there's going to be new meaning in my life and I'm hoping that it'll help me serve my patients better."



*Matt Miller, Zoey Dodson and Matt Osborn in gorgeous Squaw Lake*

## Swimmers are Heading for Open Water

Some swimmers are now enjoying the lakes, which are starting to warm up — if you call 60° - 66° warm! Below are places where others are swimming. Come join them!

- Several people, with Matt Miller, swim at Emigrant Lake. They swim Mon-Wed-Fri starting at 7 am at Songer Wayside. A couple of them plan to swim Tuesday and Thursday as well.
- For those in Medford or farther north, another group in the Shady Cove area has started swimming at Lost Creek Lake at Stewart Park. It sounds warmer and cleaner than Emigrant! (NNE of Medford)

They plan to swim on Monday-Wednesday-Friday and will be meeting in Shady Cove at 8 am and heading to Stewart Park.

- Ralph Mohr swims at Saunder's Lake with a 0.2 mm wet suit.

There has been a group of local Masters swimmers and tri-athletes, fully wet-suited, swimming in Saunder's Lake for the past three weeks. They are actually having fun as they swim from the picnic area to a Lindal Homes-style house and back, and then go under the RR trestle (wide and deep) and up the lake a bit. Most are swimming at least 30 minutes, while some are swimming up to an hour. They've actually had fun as they swim from the picnic area to a Lindal Homes-style house and back, and then they go under the RR trestle (wide and deep) and go up the lake a bit. Most are swimming at least 30 minutes up to an hour. Jayna Tomac said she liked Saunders Lake better than Eel. I think mainly because of the variety of the houses on the back section of the lake and the fun of the RR trestle.

- Eel Lake opened Friday May 15. Ralph Mohr did not see any swimmers there Saturday and only about five fishing boat trailers. Tugman Campground is closed and the campground and toilets are currently blocked with yellow tape.



*This is what open water swimmers saw at Emigrant Lake in late May, 2020*

- For those of you in the Portland area there are a few places to swim open water.  
Clackamas Cove is located behind the Oregon City Shopping Center. Tankers have Cove swims on Tuesday and Thursday evenings at 6:00 PM. Boat traffic is non-existent and the water temp is 64°.  
Cedar oak boat ramp in West Linn. Tankers are swimming Tuesday and Thursday mornings at 6:30 AM at Cedar oak boat ramp. There are boats and some jet skis at the Cedar oak boat ramp.
- Mingus Park Pool Management said that Mingus opened June 8. The first week's schedule is a trial to separate swimmers due to COVID-19. There will be one swimmer per lane, 45' of swimming.

The pool hours for lap swimming are good. Monday- Friday, 5 AM - 2 PM; Saturday and Sunday, 7-2. To reserve a lane, contact the pool at 541-267-1360 during lap swimming times.

- The Superior pool has been open since Friday, the 5th of June, and several people have gotten back in the water for the first time in a very long time! Word is that there were 6 people who swam together at Superior on June 8, at 6 am.

With two OMS open water events still tentatively scheduled for this summer; these swimmers plan to be ready for the challenge.



*Emigrant Lake*

## Special Offer from the McDougall Team

Dear McDougall Friends,

During this uncertain time, there is nothing more important than staying safe and healthy. Dr. McDougall's Health and Medical Center has always been dedicated to educating the public on how to obtain and maintain optimal health through the numerous articles Dr. McDougall has written over the years on various medical conditions and topics. Now is the time for us to help as many people as we can. How? We are offering all digital content on our website free of charge. This includes:

- Lecture series
- eBooks
- The Starch Solution Course\*
- Dr. McDougall's Dietary Therapy Course\*

Why are we doing this? Simple, it's the right thing to do. We hope you share our materials with your family and friends.

\* During this time, these online courses will not be offering continuing education nor certification status for The Starch Solution Course.

Best of Health,  
The McDougall Team

## LONG DISTANCE CHAIR continued from page 6

- Participate in an open water virtual swim or virtual swim series. These are similar to postal swims in that you do the swims on your own, then enter online. Check the event information about requirements and reporting; most of them require using a dedicated swim watch—like Apple, Garmin, etc.—that some of us already use. I've chosen the 2020 Grand Slam event hosted by my friend Mark Johnston; see [https://www.clubassistant.com/club/meet\\_information.cfm?c=2303&smid=13415](https://www.clubassistant.com/club/meet_information.cfm?c=2303&smid=13415).
- Go adventure swimming by trying some Oregon lakes where you have never gone before. Several years ago, I discovered that Ralph Mohr and several others had been identifying suitable Oregon Lakes in the Atlas of Oregon Lakes (<https://www.pdx.edu/center-for-lakes-and-reservoirs/atlas-of-oregon-lakes>), going to them for a swim, and logging their "conquests". Set your own standard for a successful swim; I have chosen a 15-minute minimum in-water swim time and allow wetsuits (mostly to extend the swimming season). Go to it. I'd love to hear of your adventures!

Good luck and good swimming!



**Sandi Rousseau's Gardens** where she spent some of her at-home time doing weeding during this government decree. The bottom picture is a closer look at the Shasta Viburnum in the top, right corner of the first picture Beautiful!



## TWENTY-ONE THINGS TO LOVE ABOUT SWIMMING

continued from page 1

### 11. Crazy coaches.

Swim coaches are one of my favorite species – “crazy” – said in the most loving way. Most of us have had so many coaches over the years, but each has been unique. They have all taught us something and are some of the most favorite people to talk to.

### 12. Making friends from all over.

Between zone teams, camps, college, or just being at meets, swimmers have made so many friends from all over the country and world. They have been exposed to many different kinds of people from all different places and cultures. Without swimming, they know this would never have been possible.

### 13. Relays.

It is great to be part of something that is about more than you.

### 14. Big meets.

There is nothing like going to your first big meet. You usually feel like the definition of a small fish in a big pond. Swimmers never forget warming down next to a big-name athlete, like **Dara Torres** at a Grand Prix in Minneapolis in 2011 and being a little star-struck. Getting to big meets keeps swimmers motivated.

### 15. Making new cuts.

Achieving a new cut is a favorite part of swimming. Swimmers never forget the feeling of getting their first junior national cut and walking around the pool deck feeling like they had just won the lottery. They sometimes cry tears of happiness. That is the feeling that makes it all worth it.

### 16. The feeling after finishing a hard practice.

Swimmers do not forget a hard practice. They can rattle off the top ten hardest practices in under 30 seconds. The thing they

remember though is not just that they were hard, but that they felt so accomplished afterward. They love being able to feel like they did something great and wear that little badge of honor felt when you just made it through a punishing practice.

### 17. My lanemates.

Swimmers are incredibly territorial about their lane. But it is often the people in the lane that get them through the tough times. They are the best training buddies, motivators, and friends. There is definitely some sort of special bond between the people you work hard with.

### 18. Being part of a team.

Teams are such a different dynamic than just swimming for yourself. It is a special feeling to go out and swim on behalf of the 27 other people on the team. Swimming for the team takes the sport to a whole new, more meaningful level.

### 19. The atmosphere at meets.

Swimmers never forget the atmosphere at their first dual meet. People are wild, and it is unbelievable. Even if you are not getting a best time, when the crowd is going crazy, you feel invincible.

### 20. Close races.

Swimmers love the chase. They love being able to battle somebody until the last second, or hundredth of a second. They are some of the very few people who love the 400 IM just for the sake of the race. Whether you are watching or actually swimming, the adrenaline rush is amazing.

### 21. The memories.

Everything in this list adds up to some of the best memories in life. From meeting best friends, to the travel, to the laughs and the thrills, that is what swimmers love about their sport. They have invested so much of their lives into swimming, and luckily, most have gotten so much more out of it than just a sport.



Applegate Lake - May 2020

## SWIMMER SPOTLIGHT

continued from page 10

the men's Olympic Trials. Concessions consisted of a Good Humor bicycle cart.

In 1972 I left Chicago and ended up in Seattle. I volunteered at Open Door Clinic, a drop-in center. Aside from a year back in Chicago, I've lived in the NW since then.

In 1975 and 1976 I worked with severely handicapped adolescents. I also began swimming again, usually at the University of Washington intramural facility. One day I did a 52 mile walk in the Seattle area!

In 1976 I was offered a fellowship at Central Washington University. Along with my academic classes, I took every aquatic class offered. Bob Gregson was the Central head swim coach, and taught all the classes: Swimming, Senior life Saving, WSI (Water Safety Instructor), Advanced Swimming, Water Exercises, Water Polo, Coaching Swimming, etc.. I also guarded 2 or 3 nights most weeks. That summer I helped coach the local age group team.

I was hired at the end of that summer to teach English at Astoria High School AND to be their first swimming coach. I taught and coached in Astoria for 4 years. Both jobs were very rewarding. The last season I coached my older daughter Molly.

I left Astoria and began teaching and coaching at R.A. Long high school in Longview, Washington. I coached the boys for six years and the girls for one year (another opportunity to coach my daughter). In Washington the girls swam in the fall and the boys swam in winter. I soon discovered that I enjoyed coaching coed teams much more than single gender. It's difficult to be a macho guy when the hardest workers and sometimes the fastest swimmers on the team are female.

I was swimming at the local Y on and off during this period. I swam another 5000 in 1982 racing against one of my swimmers hoping to get under one and a half hours. I missed by 20 seconds. When I was 49 I tried it again and made it. Being of questionably sound mind, I decided I would celebrate my 50th birthday by swimming 10 miles. I had only swum a 6 miler before. I shared my goal with OMS swimmer Dick Mealy and he offered to help. Dick came in around mile 7 and did two miles with me. He was about 10 minutes a mile faster than me so obviously Dick slowed way down. I finished, averaging 34 minute

miles including a few very quick trips to the on-deck bathroom.

I taught English at R.A. Long for 27 years and enjoyed it 98% of the time. I retired in 2009. I continued swimming three days a week. I also swam a 1-miler in 59 degree water near Mt. Hood (never again), a Lake Washington Bridge Swim, a few Fat Salmon swims (the shorter ones) in Lake Washington and a couple of Last Gasp of Summer swims near SeaTac.

I would read the USMS and *Aqua Master* info but didn't consider swimming Masters until the spring of 2011. I read that Gary Hall Jr. would be speaking at the OMS banquet. I thought he was pretty interesting (and a little arrogant) so I entered the meet and bought a ticket for the banquet. The Olympic champion was actually quite gracious. I sat at a table with Willard and Doug Lamb and learned Willard had graduated from R.A. Long High School in the early 1940s. That meet and banquet got me hooked on Masters and OMS.

In the 8 or so years I've been swimming Masters I swam the 1 mile Cable Swim a couple of times, the 1 hour Postal the last 8 years, 5 – 5K ePostals, some 3000 and 6000 ePostals, and 2 – 10K ePostals. I was very hesitant to try the 10K which Bob Bruce was encouraging me to do. Terry Tyynismaa told me, "John, you just keep swimming".

Aside from 2015 and 2019 I usually swim in 3 or 4 meets a year. I had right shoulder surgery for clavicle and acromion repair in 2015 and left shoulder surgery for a torn bicep and labrum last year. I still do physical therapy 3 or 4 days a week.

I swam at Nationals in San Antonio (magnificent facility), at Mount Hood Community College, and Indianapolis. I also swam in Orlando at the Pan Americans. I was signed up for San Antonio for this year and had actually qualified for the 1650.

I am most proud of swimming all 5 ePostals in 2014 and 2016. The swims I've enjoyed the most have been distance freestyle against Charlie Helm and Carolyn DeMarco (come back, Carolyn). The inspiring performances of Willard Lamb and David Radcliff let me know I have YEARS of swimming ahead of me. Bob Bruce, Allen Larson, and Matt Miller have given me advice along the way.

I really miss the spirit and camaraderie at meets. Constant inspiration! Talking with other swimmers, competing in races, and being an Oregon Masters Swimmer are an integral part of my identity.

## NOTE: NEW CHANGES IN SCHEDULE SINCE LAST ISSUE

### 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
TBD <b>POSTPONED</b>	1	Beautiful Lake Juniper Buoy Swim (pool)	Bend	COMA	Bob Bruce	1200-meter	Featured
Sat: 18 July	2	Southern Oregon Swims at Applegate Lake	Ruch	RYM	Todd Lantry	2500-meter (with 10,000-meter) 5000-meter (with 10,000-meter) 10,000-meter	Qualifying Qualifying Featured
Sun: 19 July						1500-meter	Featured
<b>CANCELLED</b>						3 x 500-meter Pursuit Relay	Participation
Sat: 1 August	1	Cascade Lakes Swim Series -& Festival at Elk Lake	Bend	COMA	Bob Bruce	3000-meter 1500-meter [Ass'n Champ's]	Qualifying Featured
Sat: 8 August	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 Sept.	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.



*Squaw Lake--some swimmers were swimming here starting in mid-May. The water was cold, at 59°- 61°, but the swimming was great!*



# Summary

## Records & Results. . .

All recent pool meets and open water events have been CANCELLED due to COVID-19, hence, no results to report.

## Looking Ahead. . .

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

### Pool Schedule

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

### Open Water Schedule (see page 16)

## Quote for the month. . .

*Swimming, it does a body good*