



Aqua Master

Award-winning newsletter of Oregon Masters Swimming

"Swimming for Life"

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Flash Mob at Eel Lake

by Ralph Mohr

It was not planned. After the Eel Lake OMS Open Water Swims were cancelled this summer, despite Matt Miller's constant attempts to get the Oregon Parks Department to change their mind, local swimmers on the Oregon coast continued to swim in near-by lakes.

It turned out, though, there were numerous Oregon Masters Swimmers who still wanted to come to Eel Lake and Tugman Park the weekend of August 8-9. Some had reserved yurts a long time ago. Some wanted to escape 100-degree heat elsewhere in Oregon. Some just came.

Mike Carew showed up on Wednesday. He and I swam across the base of the peninsula, 2000 meters round trip that afternoon. I received an email from Ed Ramsey who said he was coming for the weekend. Dan Gray and Dave Radcliff emailed me that they were coming, too. Suddenly, we had a crowd.

After that I planned to be in my wooden peapod rowboat Saturday morning, instead of swimming. When I showed up, we had another boat and other safety craft. Cyndi Smidt and John Griley had brought an aluminum McKenzie River drift boat. Rebecca Kay was on a paddle board. Ann Cramer was in a kayak.

This was important as we had 13 swimmers on the beach that we usually use for the meets. Most had or-



Ralph Mohr and John Griley in their boats on Eel Lake

ange floats tied around their waists. They were ready to swim.

First, we had to choose which arm of Eel Lake to use. The group choice was the West Arm, 5000 yards round trip if you touch a piling at the north end 1350 yards north in a bare section of the hill, red in the morning sun, an easy spot to turn around.

We went over Bob Bruce's rules of safety which all veteran Oregon open water swimmers have heard before: "Safety is our Number One concern;" "we want the same number of swimmers out of the water as went in;" "raise your hand if you need help;" plus.

And off they went. With all the orange floats at-

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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

Dara Torres

"I think this performance ranks up there with the biggest performances in sports ever ... It puts Dara in the ranks of Michael Phelps, Michael Jordan, and Tiger Woods. -- Michael Lohberg, Torres' coach

Early years

Dara Torres was born in Los Angeles, California, on April 15, 1967, and grew up in Beverly Hills, California, the fifth of six children and the older of two girls. As a seven-year-old, she joined her older brothers at the community YMCA for swimming practice; afterward, she signed up for the swimming club in Culver City to train. At 14, she won the national open championship in the 50-yard freestyle by defeating the then-current champion, Jill Sterkel*, a college junior.

She attended the Westlake School for Girls (now Harvard-Westlake School), and competed for their swim team under Coach Darlene Bible from the seventh grade through her sophomore year in high school. During her 1983–84 high school junior year, she left home to swim for the Mission Viejo Nadadores in Mission Viejo, California, while training for her first Olympics under Coach Mark Schubert. After the 1984 Olympics, Torres returned to the Westlake School to graduate in 1985.

Dara is a 12-time Olympic medalist (four gold, four silver, four bronze), and former world record-holder in three events. She is the first swimmer to represent the United States in five Olympic Games (Los Angeles 1984 Olympic Games, Seoul 1988 Olympic Games, Barcelona

1992 Olympic Games, Sydney 2000 Olympic Games, Beijing 2008 Olympic Games), and at age 41, the oldest swimmer to earn a place on the U.S. Olympic team. She won at least one medal in each of the five Olympics in which she competed, making her one of only a handful of Olympians to earn medals in five different Games. Torres' 12 Olympic medals tied the all-time medal record for a female Olympic swimmer set by fellow American Jenny Thompson in 2004; American Natalie Coughlin subsequently equaled the record in 2012.



Torres in 1984

Torres attended the University of Florida in Gainesville, on an athletic scholarship, where she swam under Coach Randy Reese.

International swimming career

At the 1984 Summer Olympics in Los Angeles, Dara Torres was a member of the U.S. women's 4×100-meter freestyle relay team, earning a gold medal in the event final. She was just 17 years old, and had not yet enrolled

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Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



How to adapt and set new goals.

By all standards, 2020 has not been the year any of us had in mind. Everything feels out of our individual control. A lot of swimming pools are still closed; the ones open have restrictions and might close again at any time and without much notice. For most of us, it has been an emotional roller coaster with canceled plans, inability to follow thru on our intentions and the lack of physical connections with those who inspire, challenge, and support us. It is time to reflect on your own challenges, make new plans, set new goals, and ADAPT.

LOOK BACK:

What were the highlights and accomplishments of 2020? Maybe you learned new skills, discovered a new outdoor sport you enjoy, better understood and connected with your kids, adapted to work remotely and became more efficient at it. You might have learned to cook and eat healthier. You might have used your talents to help your community such as volunteering to collect and distribute food, making and giving away protective masks. You might also be one of those essential workers who have been working tirelessly during this pandemic. Maybe you started a new business or adapted your existing business to fulfill the needs to help combat the pandemic. Although it has been a tough and depressing year, everybody still had highlights and accomplishments. Write those down (no matter how small they may feel). One of the benefits of 2020 might be simply being more conscious and thankful for what we have and enjoy.

What were the struggles of 2020 so far? Maybe you lost a family member or an acquaintance to the virus, maybe you got it yourself. You lost your job, or it might still be in jeopardy. You could not practice the sport you love to control your stress and weight. You had a hard time managing the school activities and energy level of your kids. You felt overwhelmed with everybody being cooped up at home. Write down those struggles too. What can I do to soften those struggles?

What do you wish you would have done that you did not? What opportunities did you not act on that you wish you had? Some of those were imposed upon you. You had the intention to swim, but you could not. You had the intention to go on that cruise, but you could not. Those actions are not under your control and might not be for a while, but if you reflect on it, I am sure you will find some opportunities you did not act on and that you wish you had. It is never too late, put them in your new goals.

LOOK FORWARD:

Create your roadmap, set your goals list. Look at your list of accomplishments. Can you do more of those during the last 4 months of 2020. Can you improve upon them? Set your new goals based on those. Write your goals list, and as always be specific. Your goals must cover most aspects of your life and must be a combination of your accomplishments, some well-thought solutions to your struggles and a desire to act upon the opportunities. Setting goals is the key to success and

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Long Distance Swimming

Coach Bob Bruce
Long Distance Chairman



Open Water Swimming Best Safety Practices

Here is a one-page summary of suggestions, suitable for framing, from some of your OMS swim pals—Tim Waud, Cindy Werhane, Marlys Cappaert, Marisa Frieder, Todd Lantry and myself—helping you to swim safely in open water this summer. Consider this to be your “pre-swim safety briefing” from Bob this year!

Some basics before you head for the water: You are your primary safety provider, so **KNOW THYSELF!**

- Understand that open water swimming is an “at your own risk” activity. Unlike Oregon & USMS-sanctioned swims, there are probably no lifeguards, no formal first aid coverage, and few (maybe no) on-water spotters and/or rescuers. In a rural setting, the above considerations are magnified, particularly if there is no cell phone coverage and poor or no roads
- Therefore, plan and do your swim only at a level with which you feel comfortable. Remember that there are old swimmers and bold swimmers, but not many old bold swimmers.

Before the swim: **KNOW YOUR WATER!**

- Select your swim site and course with care.
 - o Conditions: Consider weather, water quality, currents & flow, other in-water hazards, air & water temperatures, wind, and boat traffic. All should be within your capabilities!
 - o Infectious disease risks: Avoid areas close to cow run-off, waterfowl poop, algal blooms, and stagnant water. Check posted water quality measurements if available.

- Have a conservative plan, based on these conditions and your fitness. Be prepared to modify or abort that plan. Sometimes your best plan is not to go in.
- Be particularly cautious on your first swims in a wetsuit or in colder water than usual for you. Start slow, easy, and short.

During the swim:

- Have an emergency action plan, including...
 - o Carrying multiple charged cell phones (don't rely on just one) in your float pouch(s).
 - o Rescue procedure (current Lifeguard/First Aid/CPR/AED certification is a big plus).
 - o Exit strategy: How and where will you get out, particularly if helping someone else?
 - o First Aid kit on shore.
 - o For cold water swims, bring extra towels, warm & dry clothes, and warm beverages.
 - o Know location of nearest hospital.
- Discuss the emergency action plan before you swim. Do not assume that everyone knows.
- Swim with buddies and check frequently with them.
- Wear a bright swim cap and a bright safety tow float with a whistle.
- Have support craft (kayak, canoe, and/or SUP) and shore support if possible.

Remember your COVID protections before and after the swim:

- Wear a mask to and from swimming
- Practice safe (six-foot minimum) social distancing. No cheek-to-

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Visit with Willard “Wink” Lamb

by Arlene Delmage

Colette Crabbe, Valerie Jenkins, and Arlene Delmage recently checked in on OREG swimmer Wink Lamb. We sat in their back yard on a beautiful August day and visited with Wink (97) and his son Doug (71). Things have not been easy during these COVID times and Wink has not been in a pool since restrictions were put in place in March. He does, however, do a dryland routine based on physical therapy exercises he learned after shoulder surgery years ago. Wink demonstrated the exercise he performs on a daily basis to keep his back pain free. He does thirty repetitions of a movement that is similar to a combination of child’s pose and up dog (for those that are familiar with yoga terminology).

We learned more about Wink’s family and his other son, Jim, who lives in Portland. We also learned that both Wink and Doug have an iPhone 11 so we spent a little time on technology 101. Their routine is far from normal,

but they do visit friends almost daily for some socializing at McDonald’s in the mornings.

Like the rest of us they are becoming a little restless and were about to embark on a road trip the next morning. Their first stop was going to be in Spokane to visit Wink’s twin brother. There were five boys in Wink’s family. He and his twin are numbers two and three, and the only surviving children. Wink’s brother has been in a nursing home for years “because he always had a desk job”.

Wink is looking forward to attending his Army reunion in September, 2021, in San Antonio, Texas. He was disappointed he could not go there to compete in Nationals this year and is looking forward to racing again. We enjoyed chatting about 2022 when Wink will be competing in the 100+ age group! What an inspiration!

Wink’s home in Vancouver is really nice. He built it himself over a two year period and has been living there for sixty years. He takes pride in the lovely vegetables growing in the back yard. Wink cut some of his heirloom tomatoes and gave them to us. We were fortunate enough to be there the day before their road trip so we received a large amount. Lucky us! As we were leaving, he was pleased to show us his Masters International Swimming Hall of Fame award and even his first-ever blue ribbon ... from 1936!



Willard “Wink” Lamb keeping up with the times.



Valerie Jenkins, Doug Lamb, Arlene Delmage, Wink Lamb, Colette Crabbe

Opportunity to Thank Others

We are calling for 100% OMS swimmer participation; no, this is not for the 1-hour postal, it is something much easier than that! In fact, you don't even have to leave your computer to do this.

All of us have people with whom we interact every day; we are not an island. So, here is your opportunity to send a big THANK YOU to those people in the swimming world whom you appreciate. Whenever you feel thankful for someone in OMS, write to the *Aqua Master* Editor with your THANKS. Tell us who you are thanking and what they have done to make you appreciate them. Please express that appreciation here in this feature. You can write a "Thank You" every month if you want — just once is not enough! This will be an ongoing feature if there is enough interest. Write to azabudsky@msn.com. [Also give your name.]

THANK YOU

A big thank you to Doug Brockbank, Suzy Jajewski, and Jayette Pettit, my swim buddies, and only social life for the past few months. I could not have made it this far without you.
—Arlene Delmage

A thank you to Steve Darnell who prepares and sends the swim records to the records keeper in USMS so each swimmer will get credit for the National and World records they have earned, and he also sends me the information on the people who have set new records so they can be mentioned in the Aqua Master
—Alice Zabudsky

My Swimming Amigos

No pool? No problem. I have been swimming twice a week in the Columbia River. I go fairly early in the morning and the beach is empty except for a few dog walkers. In the past month I have only seen three other swimmers. (Note: there will be no Hood River Swim on Labor Day this year.)

The beach is just east of the M. James Gleason Memorial Boat Ramp, on Marine Drive, between PDX airport and the Columbia River [Broughton Beach Park]. It is about 3-1/2 miles east of the Marine Drive exit on I-5 NB, and it takes about 30 minutes to get there from my home. The parking fee is five dollars, so I got an annual parking pass. I usually go on Mondays and Thursdays, getting to the

beach at around 9 AM because I am lazy.

The water temperature has recently been around 73 F. There is always a current running to the west, not very strong, so I swim into the current to start and have a good ride coming back. The current does depend on the tide, and if you are interested in any specific day, I can get that information for you from the NOAA website. The water is murky but clean enough that I have never had a problem, although I do take a good shower when I get home.

I will be there for my 86th birthday on Labor Day.

Joe Oakes

Editor: Let's join Joe and make his 86th birthday swim memorable.

Ocean Tides and Currents

by Joe Oakes

Here's a question for you: Why should a swimmer give a hoot about ocean tides? Well, if you ever want to swim at any of the hundreds of great spots along the Washington, Oregon or California coasts, it might be worth a few minutes of your time to know about local tides. Beyond that, be aware that oceanic tides also affect the constantly changing levels and currents in every river and bay, often a hundred miles or more from the coast.

Access to that kind of information was of immense value to me (and to my swimmers) during the three decades that I directed swims and triathlons in San Francisco Bay. A wrong tidal call would have put many swimmers in danger.

Here is how to get that information. First, there is an important distinction between tides and currents. Oceanic tides refer to the up and down motion of the sea. Tides constantly vary from time to time and from place to place. The moon and the sun exert a gravitational pull on our planet, causing the water to follow, with the pull of the moon being strongest because it is so much closer. The greatest tidal movement occurs when the sun and moon are in alignment, that is, at the new moon and the full moon.

When we speak of currents, we are usually talking about the horizontal movement of the water, and in the ocean, currents normally result from tidal movements. In rivers the water running downhill from the mountains to the sea give us our currents. Near the sea, river currents are affected by the rise and fall of the tides.

This can be a very complex study. Not to fear! Our federal government has been studying tides and currents for many years. They are constantly gathering data to be able to tabulate tidal predictions for years into the future. The arm of the government charged with that service is NOAA. Access to the data is free and relatively easy. I will take you through two examples. Both look at predictions for Labor Day, 2020. The first example is at the mouth of the Columbia River. The second is in the Columbia River at Vancouver, WA. Follow the steps below.

Go to https://tidesandcurrents.noaa.gov/tide_predictions.html?gid=1409. That will get you to the NOAA tide and current prediction site.

Under COLUMBIA RIVER select COLUMBIA RIVER ENTRANCE from the long list of locations. That will give you ocean tides for that location near Astoria. (The tide times at that location will not be very different from locations up and down the coast.) What will appear are the tides for that day, at that location. It will appear in the form of a sine curve plotting the height of the tide against the time of day.



We are looking for a specific date, September 7. Slightly below the sine wave, on the left is a pair of boxes where you can enter any date you want, or any series of days. Put in September 7, 2020, in both boxes.

Now go to the right and click on the blue box, PLOT DAILY. A sine wave will appear in a few seconds that tells you the values of the tides on September 7, 2020, at the entrance of the Columbia River. (High tide of 5.51' at 4:30 am; Low tide of 1.53' at 9:45 am; etc.)

Our second example is for the tides in the Columbia River at Vancouver on Labor Day, September 7, 2020.

Go back to the OREGON listings. Under Columbia River, go down to Vancouver and click it.

The tides for today's date will appear in sine wave form. Go below to the date boxes on the left and enter September 7 in both boxes.

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OCEAN TIDES AND CURRENTS

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Go across the page to your right and click PLOT DAILY. A sine wave will appear for September 7, with the tides at Vancouver, WA. (Low tide of 0.67' at 5:15 am; High tide of 1.88' at 9:45 am; a second low of 0.26' at 4:30 pm; a second high of 2.88' at 10:00 pm.

Now you know the values of the high and low tides. But that is only part of what you need. What you really want to know about are the currents. That is a more complicated bit of information, but we have a few clues about how to determine the currents.

Keep in mind that the River always wants to flow out to the sea. When the ocean tide is rising, it wants to push the river back. The further you go from the sea, the less will be the effect of the ocean tides. But those tides affect the river up to and beyond Vancouver. Now take another look at the sine curve for that day at Vancouver. Between the early low at 5:15 am and the early high at 9:45 am, there is a difference between the high and low tides of 1.21 feet. Note that the curve is not very steep at that

point. The indication is that there will be less current as we approach the flat part of the curve at 9:45 am. Then think about the time of year. In the spring there will be a greater effect of snow melting in the mountains. By September that effect will lessen. And the water will be warmer.

In some places NOAA gives much more specific information regarding currents. San Francisco Bay is one such place.

I hope that I have not confused things. All it takes is a bit of practice. Give it a try. Remember to never swim alone. Also keep in mind that the sea temperatures at the Oregon coast are usually quite cold, often in the fifties. Hypothermia is a real threat.

Editor's note: For over 30 years Joe organized and ran the annual "Escape From Alcatraz Triathlon," and selected dates for other events in San Francisco Bay. He selected the dates for these events according to when the tides would be best. He also wrote about tides in a national kayaking magazine.

Member News

To report an activity in the "Aqua Master", send an email and picture to the Editor: azabudsky@msn.com

August 8, 2020. This group of swimmers from Club-Sport, Stafford Hills & MAC are finding swim time together in Lake Oswego.



Alexis Higlett



Alexis Higlett center front.
From left — Mike Self, Scot Sullivan, Dan Jorgensen, Meredith Weisshaar, John McComish, Anna Jorgensen, Curtis Bauer, Jessica Stacy



MAC swimmer Scot Sullivan

Swimmer Spotlight

— submitted by Karen Andrus-Hughes

Name: Meredith Weisshaar
Age: 44
Local Team: Multnomah Athletic Club
Occupation: Lawyer – General Counsel at nLIGHT, Inc.

I started swimming competitively at age 6, after being put into lessons. Initially, my parents just wanted me to learn to swim for safety reasons, but I started and then it quickly became a year-round thing. My initial favorite stroke was backstroke, which is funny to think about, because it's now slower than my breaststroke. Once I entered high school, something just clicked with breaststroke and it got a lot faster - I can still swim breaststroke faster than backstroke (which says a lot more about how terrible my backstroke is than it does about my breaststroke!).

Growing up I also played basketball and ran track in middle school and high school. Basketball is still my favorite sport to watch, likely the result of having grown up in Indiana where it's a huge sport. However, I was not the greatest player. Swimming is also a big sport in Indiana - even the tiniest high schools have their own indoor pools. My high school had only about 525 students, but had a six lane, 25-yard pool plus diving well. All the big meets were held in the IUPUI Natatorium in Indianapolis, which is a wonderful facility. I haven't been back there in 25+ years, but saw pictures from USMS Spring Nationals a couple years ago and the remodel looks awesome.

I went to college at Indiana University. I was tired of competitive swimming by the end of high school, so didn't swim for IU, but did work out in the awesome (then) new 50-meter pool from time to time, named after Doc Councilman. During college and later, in my mid-thirties, I mostly focused on running. When I joined the MAC in 2016, I decided to get back into swimming, and now do both.

My most memorable swim experience happened very recently, right before we went into quarantine mode. One of my teammates at the MAC, Daemon Anastas, has done a lot of Swimrun events, mostly ÖTILLÖ Swimrun World Series races. ÖTILLÖ means island-to-island in



Meredith, finishing the ÖTILLÖ Swimrun, with Daemon, her partner for this race. They had to be tethered and carry their gear at all times.

Swedish. Daemon described some of his experiences, and I remember thinking that they sounded scary and awesome at the same time — scary because of the length and challenging conditions, but awesome because of the aspects of adventure and the unique terrain. The appeal of Swimrun, at least for me, is as follows:

First, it is just running and swimming, no biking (I'm a horrible cyclist), and there's quite a bit of swimming relative to a triathlon, so there are advantages to having a strong swimming background.

Second, it is done simultaneously with a partner and you can talk to other teams during the events; it's a great way to meet people and have fun along the way.

Third and finally, every course is different, and the events are designed to be in challenging but beautiful terrain, bringing together people from all over the world.

Swimrun originated in Sweden when a group of people who had a little too much to drink decided that it was a good idea to swim to various islands and run across them, repeating that for probably 10-12 hours.

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SWIMMER SPOTLIGHT

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With this in mind, when Daemon mentioned he was looking for a partner for a race, I didn't have to think too long before saying yes. The event was held on Catalina Island on March 1, 2020 and was the first ÖTILLÖ Swimrun World Series event to be held in the U.S. It was short, at least by ÖTILLÖ standards, but with 31km (19.26 miles) running up and down steep terrain and 8 km (4.97 miles) of ocean swimming, it certainly did not seem short to me! I was only able to train in the pool for the swimming portion, but made sure to practice running plenty of hills because the course had over 4,300 feet of elevation gain. Daemon suggested a few practices where we would swim 1,000-2,000-meters, run 5-10 km, and repeat that several times, primarily to get used to exercising for 6 hours or so. The race itself was as tough as I expected. What I didn't expect was the hypothermia - the ocean ended up being colder than forecast, and the air was chilly on the back half of the course, so we didn't have a chance to warm up much on the later runs. In Swimrun, you must wear/carry your gear the whole time, so there's no chance to add or subtract layers. Speaking of gear, everyone swims with a pull buoy to rest the legs during the swim, and paddles for stability. I got caught in a washing machine wave exiting one of the swim legs, and lost a paddle in the process. There was no point in swimming with one paddle, so I ditched the remaining one. The next few swims after that felt like I was going nowhere, and poor Daemon had to work extra hard to pull me, as we were tethered on the swims. Then, on the very last running leg, I stumbled over a rock and rolled down a hill, resulting in some rather nasty scrapes. The silver lining

of that was that the pain from the mishap took my mind off the cold. Despite these challenges, we finished the course, and with a respectable time. Although there were times where I thought it was harder than giving birth, I would do it again in a heartbeat! The feeling of accomplishment was incredible, and it was so fun to share that experience with people from near and far. Like Masters swimming, Swimrun has a tight-knit community full of amazing people, and I look forward to the day when I can do another Swimrun race.

My reasons for swimming have changed over the years. Like most swimmers, I simply love the water, whether it is the ocean, a pool, a lake, a river, or a hot tub. I can't remember a time before swimming, and was fortunate that my parents introduced me to the sport at an early age. I also used to love the thrill of racing, both in swimming and running. As I've gotten older, I have tried to focus more on improving technique than improving my times, and love swapping recommendations on training videos and drills with my teammates. Recently, I've been more into endurance events and training - I might not be quick but I can keep going for quite a while. There is not a fast-twitch muscle in my body! Finally, and most importantly, I enjoy being part of the local swimming community. It has been a real lifeline and provides balance in my life, especially during these particularly stressful times. I've felt incredibly fortunate to have moments to go out for a swim, clear my mind, and enjoy some welcome (socially-distanced) interaction with fellow Oregon swimmers in some of the beautiful open waters that we have at our disposal.

Aside from my family, work and swimming, one of my passions is to help people who are suffering from substance use disorders and to remove the stigma that often accompanies such a diagnosis. I currently serve as Board Chair for De Paul Treatment Centers, Inc., which is a healthcare organization and one of Oregon's oldest and largest providers of residential and outpatient substance use disorder treatment for adults and youth. De Paul was one of the first organizations in Oregon to use evidence-based practices to treat substance use disorders and treat co-occurring mental health disorders. I have a deep personal connection to De Paul's mission to create freedom from addiction, and am very proud of the work that De Paul has been doing within our community. After

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Meredith in the pool, doing her favorite, and best stroke.

FLASH MOB AT EEL LAKE

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tached, the string of swimmers looked like a long sinuous eel in the water, the back colored orange and green. John rowed ahead, kayak and paddle board were in the middle, and I was in the rear.

We had two swimmers from Bandon, Helen Slack Miller, Arianna Elnes, who had never been in an open water swim before. They turned around after about a thousand yards. Some turned back at the Red Cliff. A few touched a piling. All made it back. It was a perfect swim.

Afterwards there were grins on everyone's faces. It was sunny, and the summer wind had helped everyone back to the beach. Swimming with the wind behind you is a lot of fun. Everyone had a good swim.

Sunday, we did the same thing, except we went up the East Arm. I told the eight swimmers about the white snag above the water as you make the turn around the end of the peninsula, "It is an honest thousand yards out, clocked by a triathlete with a GPS watch and measured more than once on Google Earth."

With fewer swimmers we still had John in his boat, Ann in her kayak and Marc Heller on a paddle board. I

swam after the safety talk, and the Eel Lake eel took off again. No one swam 8000 yards to the end of the East Arm. All came back, with Todd Lantry one of the last, as he went the furthest up the arm.



Eel Lake - Dan Gray

Swimmers included Helen Slack Miller, Arianna Elnes, Celeste Marokus, Laura Schob, Elizabeth Henderson, Cyndi Smidt, Mike Carew, Ralph Mohr, Todd Lantry, Celeste Lantry, Ed Ramsey, Rebecca Kay, Dave Radcliff, and Dan Gray. I'm sorry that I don't have the names of all who swam or watched. I didn't think to bring a clip board until Sunday. We also had some who just came to escape to the coast for a while, including Mike and Deb Douglas, Lynn Sacks and Nancy Radcliff.

With the hazards of COVID-19 we all kept a social distance apart on the shore. In the water that was no problem. Swimming is no doubt the safest exercise one can do in this pandemic. We are automatically separated by water splash and the need for space while swimming.

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Eel Lake - Todd Lantry, Celeste Lantry, Ralph Mohr, Ed Ramsey, Rebecca Kay, Dave Radcliff, ? and Ann Cramer [kayak]

FLASH MOB AT EEL LAKE

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After we were back on shore, everyone said, "Let's do this again next year!" I had to smile, but I said, "I don't



Eel Lake swimmers — left to right: two unknown swimmers, Helen Slack Miller, Arianna Elnes, Laura Schob, Dave Radcliff, Mike Carew, Ed Ramsey

know what will happen in a year's time." However, I do know that we will plan for a formal Eel Lake OMS Open Water event in 2021. When a date is chosen for that, make your reservations for Tugman Park early. If an OMS meet is not held, we'll figure something out.



Cyndi Smidt, Laura Schob, Mike Carew, Ralph Mohr at Eel Lake

FITNESS

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must be measurable, attainable, and have a deadline.

Adapt: Because of the pandemic, some of your goals might be harder to accomplish or might take more time. So be forgiving to yourself. A lot of new restrictions might be imposed upon us. Keep your goals in mind but be creative. Is there another way to reach that goal? How can I adapt? Are there new opportunities which open up? How can I reach those?

Have a positive attitude: Beating upon yourself will not help. Keep a positive outlook to life as much as possible. Be proactive on what you have control over, and let slide what you cannot control. Be respectful of all the measures that are currently imposed on you for your safety and the safety of others. Remember your health is your most precious asset. Isn't it why we all love to swim and stay active?

LONG DISTANCE SWIMMING

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- cheek selfies, please.
- Sneeze or cough into handkerchiefs or into your elbow.

SWIMMER SPOTLIGHT

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years of planning, we recently broke ground on what will be a wonderful new facility in the Gateway District of East Portland, adjacent to Adventist Health. The new facility, scheduled to open next year, will improve and expand access to treatment for the high-needs local community, as well as individuals and families from across the state.

When describing me, most people think that I'm an introvert, which is probably true. I am relatively quiet — definitely not the loudest one in the room (or pool). However, the pandemic has taught me that I really need to be around other people, maybe just in small groups. It has been a real revelation, at least to me.

Meredith and her husband Peter have 3 children: Kai (age 4), Marie (age 10), and Chase (age 12).

- No horseplay, splashing, or spitting water at others. The water is not chlorinated.
- Avoid sharing water and food.
- Sanitize your hands promptly after swimming.

GOOD LUCK AND GOOD OPEN WATER SWIMMING!

OFF THE BLOCK

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in college when she won her first Olympic medal. Although Torres burst onto the international swimming stage at a young age, her career was most notable for its incredible longevity.

For the 1988 Summer Olympics in Seoul, South Korea, Torres earned a bronze medal for swimming in the 4×100-meter freestyle relay. Individually, Torres also placed seventh in the final of the 100-meter freestyle event.

Torres qualified for the U.S. Olympic women's team in a single event for the 1992 Summer Olympics in Barcelona. She swam the second leg of the 4×100-meter freestyle relay and earned a gold medal for her efforts.

First comeback: 2000 Olympics

After seven years out of competitive swimming, Torres came out of retirement at age 33 to become the oldest woman to win an Olympic swimming medal. She began to train for an Olympic comeback in 1999 under the guidance of Coach Richard Quick.

She won five medals at the 2000 Summer Olympics in Sydney. Although she was the oldest member of the U.S. Olympic swim team, she won more medals (five) than any other U.S. team member.

Second comeback: 2008 Olympics

On August 1, 2007, at age 40, Torres won the 100-meter freestyle at the U.S. Nationals in Indianapolis. Then she set a new American record in the 50-meter freestyle of 24.53 seconds, breaking her own record of 24.63 seconds set at the 2000 Summer Olympics. She lowered her initial American record by 1.62 seconds. Torres has broken or lowered her own American record in the 50-meter freestyle 10 times, which is the most by any American swimmer in any event.

At the 2008 U.S. Olympic Trials, she qualified for the event finals in the 50-meter freestyle and broke the American record with a time of 24.38 seconds in the semifinal. In the 50-meter finals, she broke that record for the ninth time, setting it at 24.25 seconds and winning the top American women's spot in the event. Torres also qualified in the

100-meter freestyle, but later withdrew from the individual 100-meter freestyle event to focus her efforts on the 50-meter freestyle and 4×100-meter relay events.



Torres at the Missouri Grand Prix in 2008

Torres qualified for a spot in the Olympic Games in 2008 at the age of 41, a first for an American female swimmer. She became the oldest U.S. Olympic swimmer in history and the first American swimmer to appear in five Olympic Games. Having given birth two years earlier, her Olympic teammates jokingly referred to her as "Mom."

Torres captured three silver medals. Michael Lohberg, Torres' coach, when discussing her winning three Olympic silver medals at the age of 41 said, "I think this performance ranks up there with the biggest performances in sports ever ... It puts Dara in the ranks of Michael Phelps, Michael Jordan, and Tiger Woods. What she has done is really not measurable."

Torres says, "After I got out of college I was someone who loved to do extra. My mentality was the more you do, the better you do. Starting my second to last Olympics, in 2000, it all changed. I had a hard Friday practice once and my coach told me 'go home, go to a movie if you want, but you're doing absolutely nothing until Monday.' "I thought that was going to kill me. But when I came back Monday I had one of the best workouts ever.

"So, by the time I was getting ready for Beijing 2008, I knew I couldn't do just what everyone else was doing. I was in my late thirties but got my head around recovery being different (for older athletes). You have to listen to your body."

At the 2008 Summer Olympics in Beijing, Torres won a silver medal as the anchor swimmer of the 4×100-meter freestyle relay. It was the fifth time in five tries she earned an Olympic medal in the 4×100-meter freestyle relay. With the American relay team's second-place finish, she became the oldest swimmer to win a medal in Olympic history, surpassing British swimmer William Robinson, who was 38

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OFF THE BLOCK

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at the time of the 1908 Summer Olympics.

Also at the 2008 Olympics she won the silver medal in the 50-meter freestyle, finishing in a new American record time of 24.07 seconds, one one-hundredth (0.01) of a second behind the winner. Her second-place time was a new American record and 0.18 of a second faster than she swam at the U.S. Olympic Trials. Thirty-five minutes later, she won another silver medal swimming the freestyle anchor leg in the 4×100-meter medley relay. Her split on the 4×100 medley relay (52.27 seconds) was the fastest 100-meter freestyle split in relay history. The American record for the women's 100-meter freestyle as an individual event was 53.39 seconds as of August 2008, making Torres' time more than a full second faster.

Aftermath and final retirement

"There are a lot of middle-aged women and men I know that contacted me, emailed or stopped me in the street to tell me that I am an inspiration to them and (they) are now doing things that they thought they couldn't do," Torres said.

Her memoir, *Age is Just a Number: Achieve Your Dreams at Any Stage in Your Life*, became a top-selling business book upon its publication. "Age is really just a number and I'm hoping that my age paves the way for other athletes, who maybe think they are too old to do something, to get back in or continue in the sport." Dara's journey has inspired millions of women to pursue their dreams, she embodies the "Yes I Can!" approach to life.

At the U.S. National Championships in 2009, Torres won the 50-meter freestyle with the fourth-best time in the world for the year (24.42), and she also placed in the 50-meter butterfly, qualifying her to compete in those events at the 2009 World Championships. This was the first time since 1986 that Torres competed in the World Championships; she placed eighth in the 50-meter freestyle and she did not advance beyond the qualifying heats in the 50-meter butterfly.

Following reconstructive surgery of one of her knees, she began training with the goal of competing in the 2012

Summer Olympics. At the 2012 United States Olympic Trials, she placed fourth in the finals of the 50-meter freestyle, 0.32 of a second behind the winner, Jessica Hardy, and 0.09 of a second behind the second qualifier, Kara Lynn Joyce. Only the top-two finishers in each trials event qualified for the 2012 U.S. Olympic team, and as a result, Torres concluded her Olympic career. After the 2012 Trials, Torres announced her retirement from competitive swimming.

*Jill Sterkel was on the U.S. Olympic team in 1976 when the Germans [systematically and state-sponsored] were given anabolic steroids. Jill, along with Shirley Babbashoff, Kim Peyton [Portland, Oregon's swimmer from David Douglas swim team] and Wendy Boglioli won the 4 x 100-meter freestyle relay against great odds from the doped German girls. The 1976 Olympic girls' swim team, were the greatest women's Olympic swim team in the world. They were cheated out of gold medals by those who were illegally doped. The documentary describing that Olympics can be found at https://www.youtube.com/watch?v=_J6EJNSNKjw.



Dara Torres -- fashion model

Summary

Records & Results. . .

All meets have been cancelled, hence no results.

Looking Ahead. . .

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

Pool Schedule

Date	Course	Swim	Location
November 14; Saturday	SCM	NW Zone SCM Meet; Columbia Gorge Masters	Hood River, OR
December; Saturday	SCM	December All-Around Challenge—12 th Annual	Bend, OR

Quote for the month. . .

“Our aim is not to produce champions, but to create an environment where champions are inevitable.” -- Carlile Swimming Organization

- 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>
- If you swim in any meet outside of Oregon, and want your time considered for a record, you are the one who is responsible for notifying OMS Records-keeper, Steve Darnell, at financialwizard2@comcast.net.