



Aqua Master

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"Swimming for Life"

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MARATHON SWIM STORIES

by Shannon Keegan

Editors Note: There are a number of links in the text below. If you move the mouse cursor slowly over text and it changes into a hand—that is a link. Enjoy the interviews!

My podcast (which is also published to my YouTube channel): Marathon Swim Stories was recently nominated for World of Open Water Swimming Association Offering of the Year! I recorded 70 interviews between April 2nd and December 22nd, 2020, no doubt buoying me through the turbulent times of the pandemic. I've spoken with marathon swimmers across the world, including renowned open water swimmer, ice swimmer, and author, Lynne Cox. And I won't stop there! Check out all of the interviews, as well as those upcoming here: <https://www.intrepidwater.com/marathon-swim-stories/>

I would be so honored if you would consider voting for me! Votes are due by January 31st: <https://openwater-swimming.com/contestants/marathon-swim-stories/>

Can you believe that marathon swimmers have been pushing limits for the last 145 years?! It was 1875 when Captain Matthew Web completed the first crossing of the English Channel. And it's not unheard of to chat with marathon swimmers who are in their 2nd, 3rd, 4th... even 6th decade (in the case of Sally Minty-Gravett who is hoping for her 6th English Channel crossing in as many decades, this year). While it's fairly common, consider that marathon swimmers aren't all life-long swimmers,

and can come from anywhere, and any time! Take the case of Lyn Goldsmith: despite escorting marathon swimmers around Manhattan island, it never occurred to her to start swimming herself until she was in her 60's. Or, a runner for most of her life, at 70, Diane McManus is driven by childlike curiosity to see what she can do.

I realize that it may be hard to identify with often introverted, and sometimes eccentric, marathon swimmers, and not everyone wants to swim for miles and miles, but it appears that we're all in a marathon pandemic, and we might be able to learn something from these remarkable endurance athletes. The Stories can be long, so I'm working on pushing out the tidbits of knowledge in Marathon Swim Shorts. Enjoy!



"There are no limits on how much the heart can love, the mind can imagine, or the human being achieve."

-Lynne Cox

Lynne Cox

Oregon Masters Swimming, Inc.

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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

How AI Got off Statins, Healed GERD and Returned to his College Weight!

by AI

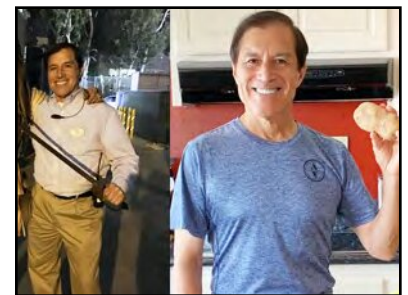
My father and mother did a lot together — they both had their gallbladders removed before age 60, got cancer at age 72 (dad had stomach cancer and mom had Lymphoma) and, sadly, died at the same age of 79. Meanwhile, their siblings, on both sides, lived cancer-free well into their late 80s.

I began to realize the difference had to be diet related, and took the first steps to change my diet by drastically cutting my consumption of red meat because, growing up, our family enjoyed a lot of red meat — sometimes three times a day! And when we weren't eating red meat, we were eating pork and chicken.

I had heard about the McDougall Program years ago from my ex-wife Wendy, a McDougall alumna, but had not been convinced to change my way of eating when I agreed to accompany her to a McDougall Intensive Weekend in March 2020. I was interested to hear the information, but merely thought of it as a fun weekend in Northern California. I had no intention of changing my way of eating. In fact, on the way up from Orange County we stopped for lunch at In-N-Out Burger!

During the meals at the McDougall Weekend, Wendy and I joined a regular group of nice folks that included a retired HR executive from Texas. He mentioned pain he was having in the quad muscles of his legs and the diagnosis from his doctor that the pain was being caused by the long-term use of the statins he was taking for cholesterol. This concerned me because I had been on statins for 25 years and had

been experiencing pain in my quads for about three weeks. I thought they were related to age because I retired a year ago and do not exercise as much as I used to. Now I began to wonder.



AI—before (on left) and after

Later, during one of the lectures, Dr. Lim talked about the ramifications of diabetes and the link to diet (especially animal fat) and then delved into how Proton Pump Inhibitors (PPI) taken for acid reflux, GERD, have been linked to osteoporosis — and the impact that broken legs and broken hips have on those over 50, including a high death rate. I have taken a PPI for 15 years for acid reflux.

So there I was, learning that the two long-term drugs I take are having significant effects on my body. It was quite a jolt. But, like a movie with a good ending, I also learned that if I changed to a whole food, plant-based diet I could not only feel better, but get off BOTH drugs. Really? That can happen? COUNT ME IN!

I left the program on March 8, 2020, committed to a new way of eating. I was on a beeline to finding the 4 or 5 meals I could enjoy that would help me stay on course. Dr. Doug Lisle would say I have the perfect personality for this kind of diet — highly conscientious and disagreeable; as well as introverted, not too open

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Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



2021 Calls for a Different Approach to Resolutions and Goals

The year 2020 was not what any of us expected, and although we just hit the reset button, nobody really knows what 2021 will be like. The vaccination campaign, which just started, definitively gives us hope and shows us some light at the end of the tunnel. But it is hard to predict the time frame, and what other challenges we might face in the journey. Under those circumstances, 2021 calls for a different approach to resolutions and goals.

One of the things 2020 taught us is that your health is not to be taken for granted, you constantly need to work on it. The healthier and more fit you are, the better you will fare. Your health is your most precious asset, especially during a pandemic.

Health first starts with **prevention**: try to follow the safety guidelines: wash your hands, wear your mask, and practice social distancing. I know it is hard, but it may keep you healthy and prevent contamination to others. If you can avoid any disease, you will always be better off.

Health means **being strong physically, mentally, and emotionally**. This is not something that is automatically given to you. Every athlete, no matter their level, constantly needs to be working on all three aspects. Although you might have to adapt due to the pandemic, make sure to include all three in your goals this year. You might indeed have to focus on more mental and emotional toughness this year.

Health means **good nutrition** and **better care** of

your current ailments if any. It is not the time to delay or avoid medical care. Take your medication, follow your doctor's advices and pledge to eat healthier.

Since this year has been different from any other in our lifetime, we need to use a different approach to New Year's resolutions. We are still in the midst of this pandemic and the uncertainty of the future makes it difficult to make any plans. An increased focus on health and fitness should be amplified this year but with **an attitude of flexibility**. We need to be open to modify our plans quickly and easily.

First, we need to focus on **short term goals** based on what can be done **NOW**. For example, some of the pools in Oregon are still closed. For the swimmers concerned, it might not be realistic to set a goal of swimming 3 times a week at 9 AM. A better goal might be to commit to do some sort of outdoor physical activities 3 times a week, and if possible, drive to an open pool once a week. In addition, we need to be flexible with the time. Often reservations are required, or the Pacific Northwest weather is not cooperating. When there is an opportunity, jump on it as often as you can. Then reassess your goals each quarter based on your likes and dislikes, your progress and what is possible or not. As things open up and the future becomes more clear, you can establish new resolutions.

Secondly, this year do not forget the mental and emotional aspects of your health. 2020 definitively put a toll on our emotional well-being. Millions of people have lost their jobs or face imminent layoffs, families are losing loved ones to COVID every day, kids are falling behind in school, the country is facing



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Coaches Chair

Coach Kevin Cleary
OMS Coaches Chair

Greetings, Fellow Masters Swimmers!

It is my great pleasure to be addressing you for the first time as your OMS Coaches Chair!

When I first hopped into the pool for my very first Masters swimming session back in 2003 – yikes...was it really that long ago?!?! – I never envisioned myself writing articles for one of the finest LMSCs in the nation; and yet, nearly eighteen years later and (I hope) a bit wiser, here I am.

In this, my first article, I'll talk a little about my background, and what you can expect in my future writings.

My swimming career began in grade school, where I swam in a CYO league for two years. I took up the sport again in high school (Jesuit HS in Beaverton), and at the end of my sophomore year, committed to swimming year-round and joined the Tualatin Hills Thunderbolts.

As I said above, I've been a Masters swimmer since 2003. I started off as a 19-year old with a simple goal: break 1:00 on the 100-yard butterfly.

It had been a goal of mine since high school, and I'd been devastated that I didn't do it my senior year. To make a long story short, I finally did so at my very first Masters meet, in March 2004, at a one-day event at the indoor pool at Mt. Hood Community College that I doubt anyone other than myself remembers.

But that's another story for another time.

In any case, rather than hang up my suit after hitting my goal, I just kept going, setting new and more ambitious goals, training with Corvallis (CAT) Masters, the Tualatin Hills Barracudas, and on my own.

Along the way, I've attended fifteen USMS National Championship meets; the 2017 World Masters Games; achieved 70 USMS Top Ten Times; multiple OMS records; was part of a FINA Masters world record setting relay; and have achieved USMS All-American status three times.

As for my coaching and teaching background:

- I taught my first swim lessons in 2002, and worked as an instructor/lifeguard at Osborn Aquatic Center and for Tualatin Hills Park and Recreation District (THPRD) during college.
 - My first coaching experience came as a recreation league coach in 2004, for THPRD, a position I held off and on through 2011.
 - In 2009, the opportunity arose to serve as the assistant swim coach at Hillsboro High School, a position I held through 2014, and after a few years' hiatus, resumed again in 2016.
 - In 2018, I accepted the position as head coach of the Spartans.
 - From 2011 through 2014, I was a member of the Tualatin Hills Barracudas coaching staff.
 - During my time as an assistant at Hillsboro HS, I became acquainted with the Hillsboro HEAT swim team, and was offered a job in 2012, a position that I still hold, and has molded me into the coach that I am today.
 - In late 2015, I made the decision to expand my coaching repertoire
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Swim Bits

by Ralph Mohr

Why Mingus Park Pool in Coos Bay is Still Open during the COVID-19 Pandemic

I've been asked by some OMS swimmers to explain why and how Mingus Park Pool is still open in Coos Bay this winter during Oregon's COVID-19 epidemic.

The first part is easy to explain; it's an outdoor pool. We've used Mingus for practice, lap swimming, high school, and age group, since 1969. A tradition of swimming outdoors in all weather was established, and practice continues no matter what the weather, which fits State COVID requirements very well.

Everyone in Coos Bay automatically assumes Mingus is open all year, from the City Council to six and unders. Parents don't sweat the weather. They watch age group practice from their cars.

Adult swimmers laugh on the way to the water from the locker rooms. We had 33 lap swimmers from 5 AM to noon New Year's Day this year in a heavy rain. We swim outdoors. So what.

This attitude made it easy to keep Mingus open, even when following the Governor's COVID restrictions carefully. Masks are required entering and leaving the pool by a side gate. Many swimmers come wearing a swim suit and dress on the deck after working out, wearing the wet suit home.

The attitude was combined with careful planning by the Pool Director, Kathe McNutt, to insure equality. She has a grid for each day, each hour and six lanes. I do not know how she has divided the lanes up, giving an hour a day for so many days to different individuals, other than giving swimmers what they ask for as much as she can.

I, for instance, swim five days a week, but I make sure at least one is on the weekend when there are fewer requests to swim. One woman comes every weekday from Coquille. Most are on a M-W-F or a T-H schedule, but if swimmers want more lap time, they ask. Unused lanes

are filled in as they come up. There is a phone list of those who can come at the last moment, and they are called by pool staff.

We also have had a lot of lap swimming time so far. M-F, 5 AM - 3 PM. That's lanes for 60 people per day. Age group swim team comes in at 3 and goes to 7 PM. More people have been swimming at Mingus since the North Bend Pool closed. Starting Jan. 18, the local community college swim team will start again 8-12, Mon-Sat. Since they pay around \$15,000/season, they get first choice. That will go through March. That takes up 24 of those 60 slots. We adjust.

I do have a problem with swim teams allowed two swimmers to a lane or more under COVID restrictions. I've seen three age groupers swimming in the same lane at Mingus, starting one at each end and one in the middle. The local community college does the same thing. Why can't adults go two to a lane, starting at opposite ends of a pool?

We have had empty lanes during colder winter weather. I've always said it's not cold at Mingus unless there is ice on the deck. It hasn't been cold yet. You will also see all levels of adult swimming in Mingus, from Masters, much younger hot shots, LSD swimmers, and those who never get their hair wet.

The keys, though, have always been the same: first, community support. Coos Bay's City Manager sits on Mingus Park Pool's Board. It helps to have those who pay most of the bills know something about aquatics. The City Council of North Bend is ignorant about swimming pools.

Second is fairness. If you want to swim more at Mingus, you will get more pool time if you ask and are patient. The Pool Director will try to please you and give you more time on her list, which is updated daily.

Third, I've noticed a pronounced care from the adults at Mingus in keeping distance. We've started to wear masks in the locker rooms even while dressing and undressing, six feet or more apart, which we were not so prone to do earlier. We also do the same for social distancing getting in and out of the pool and while swimming. None of us want to screw up swimming at Mingus by being careless.

Swimmer Spotlight

— submitted by Arlene Delmage

Name: Wes, Edwards
Age: 67
Local Team: SOMA del Norte (Vancouver, WA)
Occupation: Retired - Port of Portland Police

I was born in Portland on my dad's 25th birthday in 1953. I grew up on the Alameda Ridge of NE Portland. My dad was a police officer for the City of Portland and, later, for the Portland School District. My siblings and I attended Rose City Park grade school. When I was 10 my parents obtained an \$85 annual family membership at the Hollywood YMCA. It became my home-away-from-home where I played basketball, practiced gymnastics and, most importantly, swam. I even had a part time job there in high school as a locker room attendant, and then taught swim lessons and lifeguarded during college. We all learned how to swim at the YMCA and eventually joined the swim team.

In the 1960s there were 3 neighborhood YMCA's in Portland. All three had a 4-lane 20-yard pool and were vibrant neighborhood centers. Twice a year there was a city championship meet. There were only three practices per week including 6am on Saturday morning. On those mornings, we would walk the mile from our home to the YMCA regardless of weather. The biggest highlight for our team was the summer La Grande, OR, relay meet, when the entire team camped out at Hilgard Junction State Park for the weekend. Our lives pretty much revolved around the swim team, along with other sports and extra-curricular activities. Two of my siblings, my older brother and younger sister, married their swim team sweethearts. Both of those marriages have lasted throughout the decades, with their children and grandchildren becoming current and future swimmers.

Even though we attended public grade school, my Catholic parents thought it most important for us to attend Catholic high schools. I followed my older brother to Central Catholic High School where I was a middle-distance runner on the track team. I even did some race walking and held a national Junior Olympic age group record for a short time. There were no swim teams at these schools, but, my brother and I were both able to find free lanes at a couple of Metro League dual meets and qualify

for the league championship meet.

I obtained a Navy ROTC scholarship and went to the University of Idaho for one year before deciding to leave the program. I swam as a freshman, and for the first time learned what it was like to swim twice a day, every day. Because I also participated on the ROTC drill team, which also practiced twice each day, I didn't have a lot of time for studies, and my grades suffered as a result.



I returned home after that one year in Idaho with a lot of growing up to do. I worked at Jantzen Woolen Mills for a year before enrolling at Portland Community College in a law enforcement program, while working full time at the YMCA. It's amazing how much better you can do in school when you are responsible for paying the bill!

After obtaining my Associate Degree two years later in 1975, I snagged a job as a Police Dispatcher for the Port of Portland Police Department. The following 25 years did not include much swimming as I rose through the ranks of the department serving as a patrolman, bomb technician, and as a lieutenant supervising patrol, investigations, and administrative divisions within the department. Along the way my first marriage ended in 1983 with two children. In 1986 my youngest sister introduced me to my current wife, Nadine. Thirty-four years later she is still the love of my life, my best friend, and the only person in the world I would ever consider sharing quarantine time with during a pandemic.

I retired from the police department in February 2001. At the time I was responsible for assisting the Chief with ensuring the Port of Portland's compliance with federal aviation security regulations. Less than a year later after the 9-11 terrorism attacks, Nadine and I went back to work assisting the Port with addressing the drastic changes in airport security measures. For a time we both reported to Mark Crosby, head of the Port's Aviation Pub-

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The World's Rivers

by Joe Oakes

My son Chris is an avid climber. One of the truisms among climbers is "Mountains are always falling; they follow the law of gravity." The same is true of rivers: they are always falling, following gravity from the mountains, flowing downhill to where most rivers end up in the sea. There are a few notable exceptions that end up in lowlands, like the Okavango Delta in southern Africa, or the Truckee River in California, which flows into the Nevada desert. Possibly the saddest of these is a pair of rivers in Central Asia, the *Amu Darya* and the *Syr Darya*. Over the millennia they flowed from the mountains to form the Aral Sea, which has no outlet to the ocean. It was one of the largest inland seas in the world. During Soviet times both rivers were dammed, and their water was drawn off to irrigate the Soviet Union's new cotton fields. The result was the drying up of the Aral Sea, along with its traditional fishery and the poisoning of the surrounding countryside. Close to home we have seen that happen to the Colorado River, sucked dry for irrigation until it is reduced to a trickle as it enters the Sea of Cortez.

In 1983 Chris and I and two companions did a trip



Ships in the Aral Sea

that we called "Triathlon America." Starting in Seaside, Oregon with a swim in the cold Pacific in April, we bicycled, ran and swam across the United States. We followed a reverse direction of the white man's journey across the continent, approximately opposite the Lewis and Clark journey, the Voyageurs, and finally ending up with a swim in the Atlantic near Plymouth Rock, MA. For practical



Three of the four participants on the "Tri-America" Team to run/swim/bike across America. They crossed the northern tier of the USA in 1983. Chris Oakes, Mike Russel with Tim Smith at the end.

reasons most of the distance was covered by bicycle, with some running every evening. En route we swam across every river in the north of the USA, and swam in lots of lakes, including all five of the Great Lakes. Our first major swim crossing was at the confluence of the Columbia and Snake Rivers in the Tri-Cities area in April. The coldest was the Kootenai a few days later in the Idaho Panhandle. We crossed the Mississippi in three places, walking across it where it is born near Bemidji, MN. The most uninviting was the Hudson River near Albany, NY, not because it was dirty, but because of a massive die-off of spawned shad. The most uncomfortable was in a Canadian park on Lake Huron, where the hordes of mosquitoes seemed to have jaws like alligators.

A support vehicle travelled along with us, and a rowboat to follow our river swims. It is hard to believe that it was almost forty years ago. Chris was in school then and he is now sixty.

Here's a river trivia question: From which state does water drain into the Gulf of Mexico, the Atlantic Ocean and Hudson's Bay? The answer is Minnesota, via the Mississippi running south, via the Great Lakes to the Saint Lawrence into the Atlantic, and via the Red River of the North, the border between Minnesota and North Dakota, running north into Canada.

But we were talking about rivers. The two biggest rivers are the Nile and the Amazon. The Nile runs north

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THE WORLD'S RIVERS

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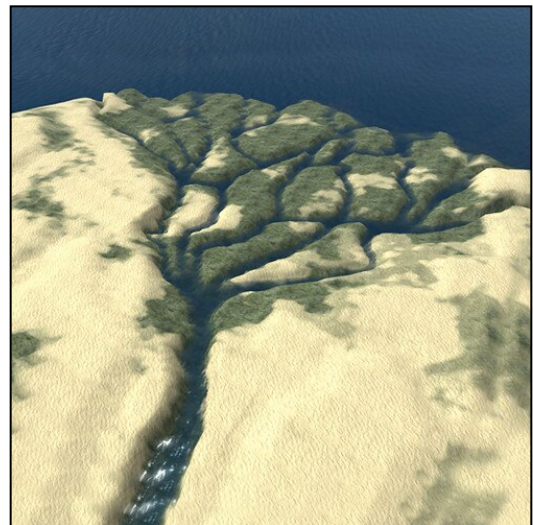
through several countries in Northeastern Africa, and flows into the Mediterranean via a broad delta. During the 1950s and 1960s, Egypt was the home of some of the world's best marathon swimmers, among them the great *Abdel-Latiff Abo-Heif*, who set many records, including the fastest English Channel swim. The massive Amazon starts in the Peruvian Andes and flows clear across the South American continent, ending in a large delta where it reaches the South Atlantic. The outflow is so great that navigators must adjust for the lower density of fresh water many miles into the Atlantic. A wild Slovenian swimmer named *Martin Strelj* swam the entire length of the warm Amazon in a wetsuit to protect against piranhas and their even worse cousins, the *candiru*, a distance of well over 1,000 miles. Another great river in South America is the Rio Plata, which flows from the far mountains into the sea near Buenos Aires, where it forms a border between Uruguay and Argentina. There is an annual marathon swim down the Rio Plata that attracts hundreds of participants.

The rivers of southern Asia are interesting geographically. Several mountain ranges run roughly parallel in an east-west direction. Pouring south from the Himalaya into China, Vietnam, Laos, Cambodia, Thailand, Myanmar, Pakistan and Bangladesh are the Mekong, Irrawadi, Salween, Yellow, Yangtze, Indus, Sutlej, Jamuna, Bramaputra, and the great Ganges.

Almost all of northern Asia is in Siberia, much of it is



Chris Oakes, a participant on the "Tri-America" team that crossed the northern tier of the USA in 1983.



Nile River Delta

road-less. Running northward into the Arctic Ocean are several large rivers. Coated with thick ice in the winter, they are becoming truck highways. With the spring thaw, boats replace the trucks. Siberians know that spring is near when the first truck goes through the ice. The largest and deepest lake in the world is Lake Baikal, a mile deep with a fifth of the world's fresh water. Baikal drains into the Angara River, which flows into the Yennisee before reaching the Arctic Ocean. Also flowing north are the Yennisee and the Ob, the Lena and the Kolyma, all great rivers. While crossing Siberia a few decades ago I skinny dipped in the Yennisee and the Lena, short and very cold swims.

Many of Europe's rivers are so polluted that swimming is not an option.

Oregon's rivers drain into the Pacific or our mighty Columbia River. They are generally not inviting for swimming. But there are swimmable tidal bays where our rivers reach the sea, like Nehalem Bay. And there are many places to swim along the Columbia. My favorite is Gleason Beach, just north of PDX airport, off Marine Drive. During the COVID pool shutdown I alternated between Gleason Beach and Frenchman's Bar, a few miles west of Vancouver. I will write about the Columbia in another article.

Note: Joe Oakes is a Fellow of Britain's Royal Geographical Society.

THANK YOU

Whenever you feel thankful for someone in OMS, write your Thanks to the *Aqua Master* Editor. Tell who you are thanking and what they have done to make you appreciate them. You can write a "Thank You" every month, to someone different! This will be an ongoing feature if there is enough interest. Write to azabudsky@msn.com. [Also give your name, for email addresses don't always give names.]

This month, Dave Radcliff and I have people for whom we are thankful.

A big thank you to Peggy Toole. Her Husband Chris, and I were doing a lot of open water swimming at Hagg Lake and safety was always a concern. Peggy and Chris bought a new kayak so Peggy could paddle and watch over us as we swam. It was neat having a kayak with us as we swam. Thank you Peggy for being our guide, our lifeguard and a good friend. —Dave Radcliff

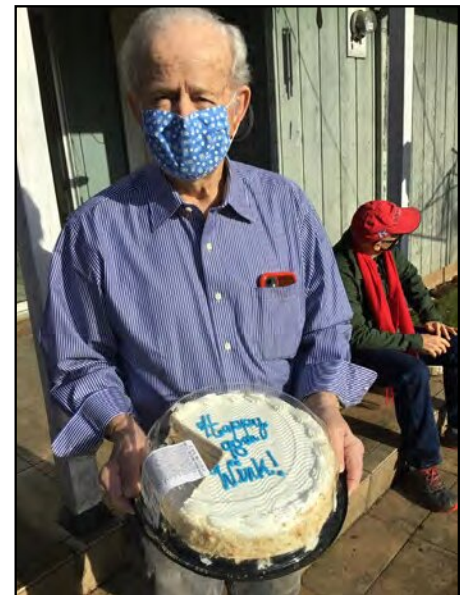
Thank you to Ralph Mohr and to Joe Oakes for faithfully writing articles for the Aqua Master each month, so the Aqua Master would not be empty during this time of no meets and no news! —Alice Zabudsky

Member News

Celebrating Wink's 98th Birthday



Doug Brockbank, Val Jenkins, Allen Larson, Jim Jenkins, Wink Lamb, Richard Howell, Ginger Pierson, Colette Crabbe, Arlene Delmage. The shadows (picture takers) are Cyril Crabbe on left|Doug Lamb on right. December 2020.



Wink with his birthday cake. He is 98 years old and still going strong. For competitions this year he will be considered 99 years old.

Ted Haartz—USMS Icon

The family of Frederick H. "Ted" Haartz, 92, are sad to announce his passing on January 1, 2021, not related to Covid. He was surrounded by his immediate family in his final days. Ted leaves behind his wife of 65 years Alicia (Lee) of Green Valley, AZ, sons Douglas and his wife Judy of Sudbury, MA., Alexander and his wife Heidi of Reno, NV. and Benjamin and partner Brigid of Milford, MA. Granddaughters, Nicole, Emily and Julia and Grandson Ryan and his seven great grandchildren, Avery, Presley, Cooper, Olivia, Callie, Riley and Theodore. Ted also leaves many lifelong friends within the Masters Swimming community which he was a part of for the past 45+ years. Services will be private.

Pool Performances

- 2020 Inducted into the New England LMSC Hall of Fame (Pool Performance)
- 2019 Inducted into the New England LMSC Hall of Fame (Contributor – NEM Trailblazer)
- 2013 Inducted into the Masters International Swimming Hall of Fame
- USMS Records
- Pool – 30 lifetime individual; 21 lifetime relay, 2 currently held
- USMS All-American
- Pool – 59 individual (413 points), 19 relay
- USMS Top Ten – 492 individual, 81 relay
- NELMSC All-Time Top Three – 25 points
- Club: New England Masters (NEM) (1971-2005)

USMS Profile

Ted Haartz, a former collegiate swimmer from Tufts University, turned his sights to Masters Swimming in 1970 after reading about the first Masters meet in Amarillo, TX. He competed in the second Masters National Championship in Amarillo in 1971. He became a charter member of the New England Masters Swim Club and quickly progressed to volunteering at the national level.

Ted received the Captain Ransom J. Arthur M.D. Award (USMS's highest honor) in 1976 as a result of his volunteer service. Notably, he established and maintained Top Ten Times for Masters Swimming in all age groups and relays, commencing with the first Masters Nationals in Amarillo, TX, in 1970. This was in the days when

that meant hand writing and typing results! Ted was a key player in the formation of the original 55 Local Masters Swimming Committees (LMSCs) that governed Masters Swimming on the local level.

He quickly rose to positions of leadership in the fledgling national organization while it was still a part of the AAU and trying to establish its identity. He served as national president and for many years as a swimming official. Significantly, Ted took charge of the effort in the late 1970s to separate Masters from the AAU, which allowed Masters to become a more independent organization that could raise its own funds, write its own rules, and determine its own destiny. At the 2013 U.S. Aquatic Sports Convention, Ted was inducted into the Masters International Swimming Hall of Fame.

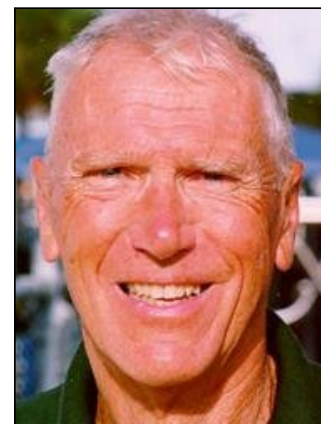
The following is from an October 1977 NEM News profile of Ted:

Reasons for participating in the Masters Program: 'Swimming has become my recreation, exercise, and a release for the tension I encounter in my daily life. I believe that I eat better, sleep better, and am generally healthier because of a regular routine of physical exercise. I also thoroughly enjoy the companionship and friendship of the hundreds of other Masters swimmers with whom I have come in contact.'

After his retirement and move to Arizona, Ted, of course became involved in his local group and switched to Arizona Masters. However, here in New England we still consider him one of our own and thank him for his contributions to the sport.

R.I.P. Ted Haartz.--You will be missed.

On behalf of the New England LMSC board and membership, our deepest condolences go out to Ted's family and friends. Our Masters Swimming community owes a huge debt of gratitude to this USMS past president, International Swimming Hall of Fame inductee, New England LMSC Hall of Fame inductee, and New England Masters Swim Club founding board member and trailblazer.



OMS Members and Friends Remember Ted Haartz

Ginger Pierson

Not only was he a great volunteer in almost every aspect of swimming for numerous years, but he was a true gentleman, kind, and a source of knowledge wealth. Everyone would have a kind word to say about Ted. He was on a committee I chaired and was a valuable resource for me. I too shall miss him.

Bob Bruce

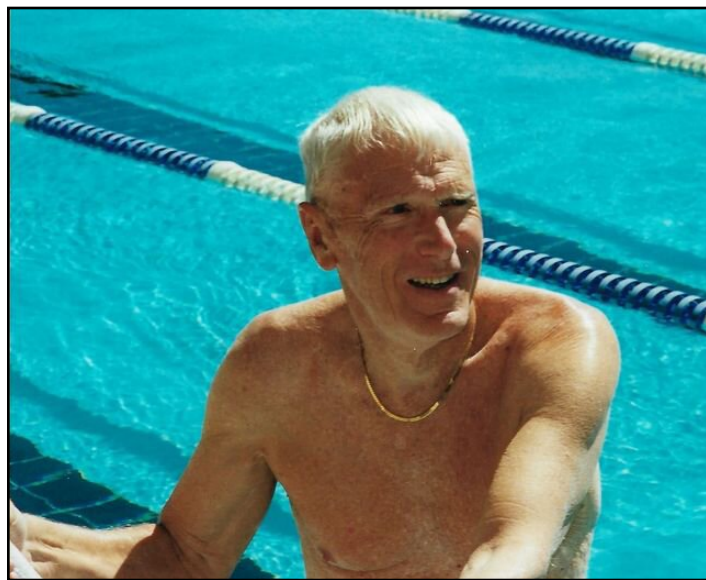
Ted Haartz was the most fervent booster of Masters swimming ever! He approached me once at a Masters meet, introduced himself, and--after a nice long chat--encouraged me to return (which I did, obviously). You might not be surprised to hear that it was at my very first ever Masters meet, at Medford (MA) High School, on April 28, 1973. The previous month, I had just turned 25, the minimum age in those days. Man, were we young and good looking--I had more hair and less mass, and Ted's glasses weren't quite so thick. We've had a laugh about that day since. I'll miss him!

That meet was a two-day 'Regional Championship' meet (long before the Zones were created), and I met a few other folks that old-timers might remember, such as Enid Urich (she was manning the desk; the first person I met), Jack Geoghegan, and Mike Laux. I also met Roger Nekton, who became an important water polo coaching mentor. My training had been sparse due to grad studies, and I didn't swim very well, but I was sure into networking that weekend, even if I was too dumb to notice!

Sandi Rousseau

He was truly the most avid supporter of Masters swimming that I knew and a truly nice person.

I am so very sorry to hear about Ted's passing. He was a true gentleman, kind and considerate, and the most avid supporter of Masters Swimming I knew. Ted was one of the first delegates to sit down to chat and welcome me to my first US Aquatics Sports convention in 1985. I will always remember that. And we never had a convention or nationals where he did not reach out to talk. My heartfelt sympathies go out to his family. Our swimming



Ted Haartz

family will grieve and miss him.

Skip Thompson from Michigan

Ted Haartz, what a man, what a volunteer, what a leader, what a swimmer, what an official. The first time I met Ted was through Michigan Masters teammates at the 1983 Short Course Nationals. He proceeded to win 4 events and got 2nd in two others, and lost to Charles Moss in the 100 IM by 1/10 of a second. I believe he set 3 National Records in all 3 breaststroke events.

I was just a rookie in USMS, in my second year at the time, and was very impressed because he was such a gentleman and nice guy and very helpful to all swimmers. At the time he was the immediate past USMS President, and I learned of his legacy when he was on the BOD and President of Masters Swimming from 1978 to 1982. I say Masters because in his first 2 years, and in the 6 years previously in the 1970s, Masters swimming was a committee of the AAU Swimming body that governed all of the aquatic sports that USAS governs today with the different aquatic sports disciplines.

One of the most important things that Ted did was in chartering and incorporating USMS as a not-for-profit public corporation at the time Congress broke up the

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MEMORIES OF TED HAARTZ

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AAU sports monopoly. Masters swimming was a part of AAU prior to that. USMS established the 55 Local Masters Swim Committees (LMSC's), secured tax identification numbers for each, and tax-exempt status from the IRS for USMS and its LMSCs, and secured separate liability, accident, and directors/officers insurance coverage. It helped that having the 1978 Ted Stevens Act to completely separate all of the Olympic Sports away from the AAU.

What could have happened was that we could have been absorbed by USA Swimming that was forming at the time as the Olympic Aquatic Swimming Body. Here was a man of great vision and foresight to lead this effort and change the direction of the organization and the direction of the sport of Masters swimming. After 2 years of organizing from the split, USMS starting growing way faster than what Masters swimming was doing in the 1970s under the AAU.

He imagined an organization that would be self-governing, and volunteers would be in charge of carrying out the operating duties and managing the organization. That was a risk, because if it did not work, we might not be here today as USMS. The one thing that comes to mind in this is that the volunteers are customers of the service they are providing, and with that they have the incentive to work hard for the organization, because they will benefit from the fruits of their labor. With the success of this, under Ted's leadership, he put Masters swimming on the map for continued success.

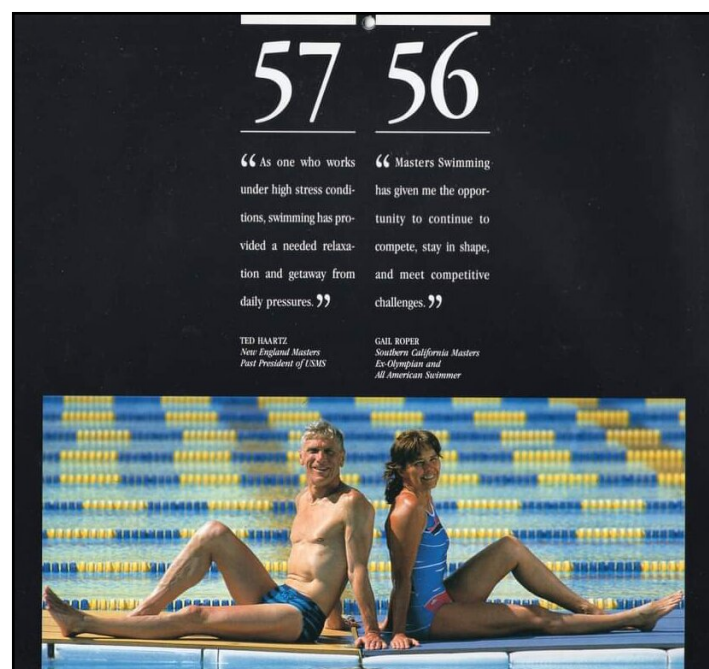
I see Ted and June Krauser as taking the great accomplishments that Ransom Arthur and John Spannuth provided, and expanding on that, and providing an organization for future leaders to grow and be successful. Ted has received numerous awards in his career: the 1976 Ransom Arthur Award, a Presidential Service Award for outstanding service to USAS, 1996 National Championship Meets Award, 2013 induction into the IMSHOF, and in 2009 he was the inaugural recipient of the Staff Appreciation Award named in his honor. Since 2010, 24 different volunteers have received this award.

Besides serving as President of USMS, he was a member of the BOD from 1972 to 1979 for the AAU Masters Committee and from 1980 to 2020 on the USMS BOD. In

fact the day he passed away was the first day he was not on the BOD. That is 48 years. Another incredible feat was that he was the USA Swimming Liaison from 1981 until 2011 as a non-voting member of that board. That is 31 years.

I have provided a picture of Ted along with Gail Roper that appeared 34 years ago in 1987. That was the first of two USMS calendars and I used to log all of my workouts on the days of the calendar. He was chosen with Gail in the 55-59 age-group, and both of these swimmers now and then are a fantastic representation.

Ted's legacy ranks among the greatest volunteer leaders in USMS history. He will be remembered for his generosity, leadership, and love of swimming. My thoughts and prayers are with his family during this time of sorrow and sadness. I will miss him as a friend, but I will never forget him.



USMS Calendar showing Ted Hartz and Gail Roper in 1986. This is one of two USMS Calendars. Ted and Gail were in the 55-59 year-old age group. Their words above their pictures are these: Ted—“As one who works under high-stress conditions, swimming has provided a needed relaxation and getaway from daily pressures.” Ted Hartz, New England Masters, Past President of USMS. Gail—“Masters Swimming has given me the opportunity to continue to compete, stay in shape, and meet competitive challenges.” Gail Roper, Southern California Masters, Olympian and All American Swimmer.

SWIMMER SPOTLIGHT

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lic Safety and Security Department, and a current Oregon Masters swimmer. Together, we worked to rewrite and enforce the airport's security program, produce airport security training programs and administer the issuance of security badges. We did this off and on for the next 6 years. When Nadine finished an 18-month stint as manager of the airport's 911 dispatch center in 2008, we were finally free to enjoy full time retirement once again.

I had taken up canoe racing in the late 1990s. In 2004 I decided to start swimming again as cross training to compliment my time in the boat. I researched Masters swimming and discovered that a meet was scheduled locally at David Douglas High School in November 2004. It was a Zone meet which made me a little nervous, but I joined USMS as unattached and entered the 200 Back. I still used a hand touch for the turn. I was assigned to lane 1 swimming next to a woman swimmer. I barely beat the girl and thought I hadn't done very well. Such was my introduction to OMS legend Karen Andrus-Hughes. A couple months later I learned my swim was good enough for #10 on the USMS top ten list. I was hooked and knew my paddle racing days were over and I was back in the water where I belonged.

It took three months for me to learn how to do a proper backstroke turn. I also decided to find a coach and regular practices. I found the Grass Valley Masters at LaCamas Swim & Sport in Camas, WA, and checked out one of the practices. And, that's how I met Coach Bert Petersen, world record holding butterfly, master motivator and friend. The following year I had my first zone record.

My thing was and still is BACKSTROKE! I always said if the good lord wanted us to swim with our face in the water she would have provided us with gills. Suffering from allergies and asthma, I never felt comfortable swimming freestyle farther than 100 meters. I seemed to always run out of air. So, when I swam a distance event, I would end up switching over to backstroke at some point. I swam most of my postal swims using backstroke as well. For me, it's all about air, taking small shallow breaths with each arm stroke.

Also, swimming at Grass Valley, was Arlene Delmage who had just recently relocated to the area. Fiercely

competitive, Arlene never seemed to run out of air. She became a reliable source of inspiration and support, and a good friend. Today we occasionally walk together as we both recover from joint replacement surgery – my two hips and her knee.

The last 15 years of Masters Swimming have been filled with ups and downs:

A National Championship in the 100 Back in 2008; an ill-fated attempt to start a new club within the Oregon LMSC with Southwest Washington Masters Swimming (SWMS); a brief coaching stint with the LaCamas Headhunters; completing all 5 USMS postal swims with several of my club members in 2010 (probably the hardest thing I've ever done); holding the current OMS record for the LCM 200 Back in four consecutive age groups from ages 50-69; three FINA World #1 rankings and five USMS All-American swims; 22 OMS records; serving for a short time as Vice Chair on the OMS Board and helping to update and modernize bylaws and policies; serving as the NW Zone chairperson for two years; failing to obtain an individual World or National Record in any event.

I was honored to swim on several relays with incredible Oregon swimmers that resulted in FINA World Records and USMS National Records. Dedicated, gifted, and truly competitive swimmers like Arlene, Bert, Karen, Allen Stark, Tom Landis, Robert Smith, Mike Tennant, Larry Philbrick, Steve Mann and Doug Brockbank.

A couple of years ago I joined my friend and sometimes training partner, Serena Johnson, along with several of the other Masters swimmers at Cascade Athletic Club and signed up with SOMA and coach Matt Miller, coining the term "SOMA del Norte" for those of us in the Vancouver area. Matt is an awesome coach and team builder and SOMA's success demonstrates that.

Finally, at the age of 67, faced with an aging body and drastic reduction of fitness level and performance capability, I struggle with how to stay motivated with the usual goals moving increasingly beyond my reach. Today, like everyone else, I'm struggling to maintain an active lifestyle during the pandemic. When I coached at LaCamas, three of the swimmers I coached were seriously injured in cycling accidents over the course of one summer. I swore I would never subject myself to that kind

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OFF THE BLOCK

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and stable. With the information from the McDougall Intensive Weekend, I was on board 100%.

On May 30, 2020, my general practitioner agreed to a “trial off” of both the generic I take for Vytorin (the statin), and the generic I take for Prilosec (the PPI).

Three months later, **without the benefit of statins**, my blood test showed my cholesterol was 189, the same as it was on the medication. My LDL was slightly higher at 117 (compared to 99), but as I understand from Dr. McDougall, these numbers will continue to drop as I maintain this way of eating. I was excited to be accomplishing these good numbers with the food instead of the medication!

I have lost 25 pounds without really trying, and at 143 pounds I am actually 5 pounds less than I weighed when I graduated from college 45 years ago!

My stomach is also feeling the best it has in recent memory. And the other nagging issues I was having — like hemorrhoids and a swollen lymph node under my jaw that I have worried about for years — are gone.

Thanks to everyone at the McDougall Program for showing me the way to better health!!!

Stay informed and subscribe to the McDougall newsletter at <https://www.drmcDougall.com/health/education/>

FIT TO SWIM

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a mental and emotional health crisis. It is important to refocus our resolutions on how to be a better neighbor, citizen, and contributor to society. Too many people are hurting this year. Looking for ways to help those in need, as well as setting goals for taking care of your own, will help you fill your emotional needs, as well as those of your neighbors and loved ones.

Here are a few pointers to set yourself for success

Add more daily activities into your life: take the stairs, walk more, stand versus sit. If you start moving more in your life, then you will not have to spend hours working out. Moving creates energy. You feel better. It strengthens your immune system and improves your mental health.

Try to get at least seven to eight hours sleep per night. Sleep is when your body recovers and repairs. If you do not sleep enough, you will not function optimally.

Identify your stressors. Outline methods that help you to reduce your stress and practice them regularly.

Plan for setbacks: your 2021 goals may suffer obstacles as they have in 2020. Set your mind to expect obstacles, and commit in advance to figuring how to go over, around, under or through. If there is a will, there is always a way.

Learn from your 2020 experiences to create a better and stronger 2021.



COACHES CHAIR

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into the realm of strength/conditioning, and began my pursuit of a series of certifications through StrongFirst, the School of Strength, an organization of coaches and students dedicated to the study and cultivation of the skill of strength and its importance in not only sport, but life itself.

- Since then, I have earned each of StrongFirst's certifications: SFG (kettlebell) Levels 1 and 2, SFB (bodyweight), and SFL (barbell), and have been sharing this knowledge with the athletes that I train on a daily basis.

Originally, I had never envisioned myself becoming a career coach; it's yet another one of those proverbial one-thing-led-to-another cases.

It's like Bilbo Baggins said in *"The Lord of the Rings:"*
"You step onto the road, and if you don't keep your feet, there's no knowing where you might be swept off to."

I don't regret a single minute of it, and am eager to

share all that I've learned over my nearly two decades as a Masters swimmer and coach.

As for what to expect from my articles in the near future:

- Given the Covid pandemic and the fact that a sizeable number of OMS swimmers are out of the pool for the time being, I plan on writing articles that are a bit more on the philosophical side – there's really not much sense in giving drills or sets or workouts that most swimmers won't be able to do until pools open up.
- I'll begin next month with a series of articles on what constitutes a master athlete (hint: you don't need an Olympic gold medal).

When I was approached with this position a few weeks ago, I was a bit humbled, but nevertheless jumped at the opportunity, and look forward to doing what I can to carry on OMS's tradition of being a model LMSC

!

Contact Information: kevin@hillsboroheat.org

SWIMMER SPOTLIGHT

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of risk. However, I discovered cycling a couple of years ago and got hooked anyway. It has proven to be an excellent fitness alternative during the pandemic. However, I reached the point where both of my hips needed to be replaced. I elected to have them both done at the same time so I would only have to go through recovery once. I was originally scheduled for surgery in August, but it was delayed until mid-October due to the pandemic. I rode the bike and swam at Cascade in the outdoor pool until my surgery.

At the time of this writing I am 11 weeks post-op. I'm spending time on the bike trainer, but my brief attempt at swimming was not successful. I have developed a severe allergic reaction to the pool water, and am unable to swim more than 100 meters without my asthma leaving me gasping for air. After five visits to the pool I have been forced to discontinue swimming. I will probably try again later when the outdoor pool is uncovered and available, but for now I will carry on with my bike trainer and dust off my outrigger canoe, pull out my neoprene and begin paddling once again.

Whether or not the competitive swimming chapter of my life has come to an end still remains to be seen. If so, it has been one heck of a ride. The people associated with Oregon Masters are an amazing group and I have developed relationships within it that I will cherish forever.

Oregon Masters Swimming: Tentative Open Water Race Schedule for 2021 (as of 4 Sep 2020)

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	OR Series Category
Sun 16 May	1	Lake Juniper (pool)	Bend	COMA	Bob Bruce	1200-meter	Featured
Sat 26 June	1	Foster Lake Cable Swims (Sprint Swims)	Sweet Home	COMA	Bob Bruce	2-mile cable [USMS Champs] 1-mile cable	Featured Featured
Sun 11 July	1	Portland Bridge Swim CANCELLED the Willamette River	Portland	PBS, LLC	Marisa Frieder	17-km downriver (individual & relays)	Featured
Sat 17 July	2	Southern Oregon Swims at Applegate Lake	Ruch	RVM	Todd Lantry	2500-meter (with 10,000-meter) 5000-meter (with 10,000-meter) 10,000-meter [USMS Champs]	Qualifying Qualifying Featured
Sun 18 July						1500-meter 3 x 500-meter Pursuit Relay	Featured Participation
Fri 30 July	3	Cascade Lakes Swim	Bend	COMA	??	3000-meter	Qualifying
Sat 31 July		Series & Festival at Elk Lake				500-meter 1500-meter [Ass'n Champs]	Qualifying Featured
Sun 1 Aug						5000-meter 1000-meter	Featured Qualifying
Sat 14 Aug	1	Southern Oregon Coast Swims at Eel Lake	Lakeside	SOMA	Matt Miller	3000-meter 500-meter Predicted Time 1500-meter	Featured Participation Featured
Sat 11 Sep	1	Southern Oregon Swims at Lake-of-the-Woods	Klamath Falls	SOMA	Matt Miller	3000-meter 1500-meter	Featured Featured

Swimmers must participate at three venues to be eligible for the Oregon Open Water Series. Swimmers may score Series points in all swims. Featured and qualifying events score points by place; participation events score 7 points. Top 10 scores count towards a swimmer's final Series total.

Summary

Records & Results. . .

All meets have been cancelled, hence no results.

Looking Ahead. . .

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

Pool Schedule

NOTHING SCHEDULED

Open Water Schedule (see page 17)

Quote for the month. . .

*“If you want to be the best, you have to do things other people aren’t willing to do.”
—Michael Phelps*

If you have set up your USMS login, you will be able to:

- *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 the OMS Records-keeper, Steve Darnell, at financialwizard2@comcast.net.