



Aqua Master

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"Swimming for Life"

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Dr. Rupert Edward Fixott, DMD, FACD

November 1, 1921 - March 12, 2021

Rupert proudly was in his 100th year, and lived life to its fullest. He was born and raised in Portland, Oregon, son of Henry Cline Fixott and Eva Jane Scott Fixott. He was the youngest of three sons, brother to Richard and Cline Jr. He attended Grant High School and was a cross-country runner and sang in the A Capella Choir.

He enjoyed his time as a Boy Scout, a Sea Scout, and later as an adult Scouter for over 20 years. The highlight of his

Scouting career was attendance at the 5th World Jamboree of Scouting in Holland in 1937.

During the war, he served as Navy Corpsman for three years in hospitals stateside and on Midway Island. He later served as a Navy Dentist for three years in the states and Japan during the Korean War after completing dental school.

Rupert was in the Class of 1943 at Oregon State University, and after graduation from University of Oregon Dental School in 1951 and service in the Navy, he practiced as a Pediatric Dentist for 45 years in California and Oregon. He was a Fellow of the American College of Dentists since 1970 and held leadership roles in state and local dental associations.

He had 33 wonderful years of marriage to Ann Reed. They have a son, Richard, who is now a retired dentist in Oregon, and a daughter, Ann Star, (Michael), who is a retired nurse in California. He has two grandsons, David and Jeffrey Heer. Jeffrey is married to Daniela Rosner. Rupert also has two great-grandchildren, Amara and Sebastian. After Ann passed away from cancer, Rupert married Margie Hurley, and they enjoyed 24 years together before she passed away from complications of cancer.

Rupert served as a member of Rotary Clubs and Lions Clubs in California and Oregon for over 60 years. He especially enjoyed serving as Sight and Hearing chairman and 1st grade Flag Chairman in the King City Lions Club.

Active all his life, he enjoyed cycling and did Cycle Oregon
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Rupert Fixott at the pool

Oregon Masters Swimming, Inc.

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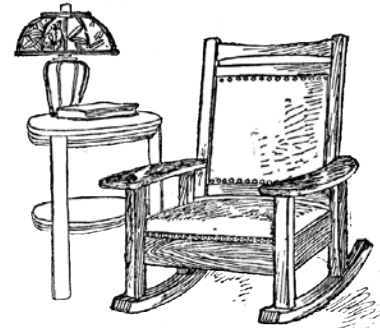
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Chair's Corner

Tim Waud
OMS Board Chirman



OMS Presents: Pool Training, Nutrition, and Open Water Training

Have you heard about USRPT (Ultra Short Race Pace Training)? Do you want to know how to train race pace? World Record holder **Glenn Gruber** will discuss race pace training and help you understand what it isn't. Glenn set a FINA World Record in the 400 SCM at Oregon City in 2014.

Are you feeling the aches and pains of getting older? Maybe it's time to change your diet. **Dr. Kirstin Lauritzen** specializes in preventing nutrient deficiencies and promoting a healthy body.

She is a USMS member of the Oregon City Tankers and swims on a regular basis.

Ever wonder what happens behind the scenes at Olympic Trials? How does one fall back in love with swimming Post College? **Katy Campbell** will discuss her swimming career and how to train to be your best in the pool and open water. Katy's father and uncle both swim Masters.

Glenn Gruber began swimming as a high school freshman with no prior age group swimming experience. He also swam at Trenton State College

for three years and competed on the men's gymnastics team. In 1979 he joined U. S. Masters Swimming and 20 years later began "serious training" at the age of 50. Glenn is a USMS National Champion, FINA World Champion, and World Record holder in the 400 SCM Freestyle. His success is not limited to the 400 Freestyle as he has found success in 50 Free, 100 Free, 200 Free, 400 Free, 800 Free, and 100 Fly.

Glenn started training exclusively with USRPT, on his own, and is now an expert on race pace training. Discussion will include the basics of USRPT, why it's good to fail, workouts, and keeping track of USRPT training data.

Sunday, April 25, 2021 from 6:00-7:00 PM Click on the link below to signup:

<https://www.signupgenius.com/go/4090D4DA4A92BA4FD0-usrpt1>

Dr. Kirstin Lauritzen is a Functional Medicine Practitioner in Oregon. Her doctorate is in Chiropractic and she holds a Masters Degree in Human Nutrition and Functional Medicine. Dr K specializes in working with athletes to prevent nutrient deficiencies so that they can optimize their performance,

longevity in their sport, reduce risk of injury and promote a healthy body!

Dr K encourages her athletes and patients to understand how each system functions both individually and together. She stresses that we need to look for the cause behind symptoms, unhelpful thoughts, or routines that don't serve us, because then we find the why, and that's where new habits and change really begins.

Sunday, May 16, 2021 from 6:00-7:00 Click on the link below to signup:

<https://www.signupgenius.com/go/4090D4DA4A92BA4FD0-nutrition>

Katy Campbell is an accomplished pool and open water swimmer. This summer, Katy will be competing in her third Olympic Trials in Omaha. While swimming at UCLA, she earned numerous NCAA All-America honors and swam her way to spots on the 2015 and 2017 World University Games teams and 2015 World Championship team. During this time Katy began "experimenting" with open water competitions.

Katy continues to train for pool events but splits her time competing in open water and pool events – more on the continued on page 15





Off the Block

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

Ashlynn: Juvenile Idiopathic Arthritis

by Ashlynn's mother

This little girl is my daughter, Ashlynn, and she has been my running buddy since age 3. She ran her first 5k a week or two after she turned 4, and has run several since. A few weeks before her 5th birthday we ran another 5k. She was super-fast and absolutely loved it. However, she complained of knee pain after the race. Concerned, and thinking she might have overdone it with training and racing, I decided to give her a week or so to rest.

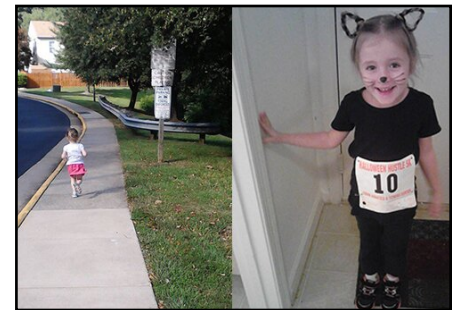
When she was still complaining a couple of days later, I went to rub something on her knees to give her some relief. I put some on her aching left knee and then saw that her other knee was hugely swollen. I asked her if it hurt, but she said no. Thinking that was strange, I waited a few days for the swelling to lessen. When it didn't, I took her to see her pediatrician. He immediately suspected arthritis and ordered her x-rays and an MRI, and referred us to a rheumatologist.

After a blood test that was negative for Lyme disease and positive for rheumatoid factor, the rheumatologist concurred. She had Ashlynn try steroid shots in the knee to lessen the

swelling. They worked, but they lasted for less than a month, which was considered a failure. They then prescribed a low dose of methotrexate (a chemotherapy drug), as well as twice-daily doses of sodium naproxen for any pain she was experiencing.

The methotrexate worked, and the doctor said that she was allowed to exercise and run as she always had. We felt extremely grateful for a pediatrician who was able to recognize the signs of juvenile arthritis, a rheumatologist who was knowledgeable and helpful, as well as finding a treatment that worked relatively quickly. Ashlynn had blood tests, urine tests, and check-ups every 3 months to check her swelling, general health, and to see whether the chemo was hurting her liver.

After Ashlynn had spent a year and a half on methotrexate – a year with no symptoms – the doctors weaned her off, hoping her symptoms would not come back. Off the methotrexate, her symptoms returned. They placed her on a higher dose of methotrexate, hoping that would alleviate the swelling once again. Only 30% of



Ashlynn

arthritis patients have symptoms that will not go away if they are put back on methotrexate after being weaned. Unfortunately, Ashlynn was among the 30%.

So, they said our next step was to add biologics. These are shots of a synthetic antibody that are given at home every two weeks. These antibodies weaken the immune system, and must be taken with methotrexate or the body will create its own antibodies to destroy the biologics' antibodies. The biologics had side-effects that we found very scary – like the body not being able to have a fever when it was sick.

The day we were given the news about the biologics, I gave my mother a phone call to talk it through with her. She asked me what I was feeding Ashlynn. At first, I was a little offended, because I have tried very hard to

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Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



The Natural Way is Always the Best Way

Our body is an amazing machine which can adapt to almost anything. However, if you want to keep it working smoothly for a long time, it is better to make it work the way it is intended to, in complete balance and alignment or in its natural way. Most physical therapists and chiropractors are spending countless hours trying to repair the damages done by the incorrect uses of some part of our bodies. In swimming, the water is supporting your body, which helps to alleviate some of the damage. But often the problems with the shoulder joints can easily be alleviated by small tweaks of our stroke to keep all our body parts in alignment and in its natural way.

One of the major culprits I have noticed in freestyle is linked with the position and the direction of the hands entering the water. Very often, the swimmer is entering with the thumbs down which automatically puts pressure on your shoulders. In a natural way, if you are standing up with your arms at your side, your palms are facing your body. If you lift your arms over your head, you will feel less stress on your shoulders with your thumbs slightly facing back and the most with

your thumbs facing the front. Putting you on a horizontal position on top of the water, it means if you want to avoid stress on your shoulders with every stroke you make, enter your hand with your major fingers, pinky slightly turned down and thumb slightly up.

Once in the water, most of us are gliding our arms towards the middle, which may bring our body out of alignment (we are not in the twist dance class) and put stress on our shoulder joints. Instead, make sure you are gliding towards the front and or slightly towards the outside, especially if you do not have flexible shoulders. It will bring you in a better position to pull more efficiently and without tearing your shoulders apart. Just those little tweaks may make the difference between healthy shoulders and painful shoulders.

Thanks to the pandemic, some of us now have the luxury to swim one per lane and have a black line on the bottom of the pool to practice my favorite drill to check alignment and position. Swim with your body staying on the black line. Except your arms, which should remain on each side of the line

and never get over it, your whole body including your legs and feet should stay tightly on top of the line. Force yourself to keep your eyes on the black line and your head in alignment with your body in the most natural way possible, not lifting or dropping your head and simply turning your head to breathe. Think how you are holding your head and body in a neutral position when walking and simply keep that natural position horizontally on top of the water. It will relieve any tension you might feel in your neck. This is an excellent warm-up exercise which should help you tune in with the movements of your body and help you feel where you might need a little tweak of your stroke.

Do not reinvent the wheel, Keep your body, arms, and legs in a natural, pain-free position while swimming, and use your core and glutes to stay in alignment. Think how you would put your arms and hands if you were in a resting position on land. Tweak your stroke accordingly and keep swimming pain-free and happily for a very long time.





Coaches Chair

Coach Kevin Cleary
OMS Coaches Chair

How To Be a Master Athlete (Gold Medal Not Required), Part III: Tension/Relaxation

For this, the third and final installment of my three-part series, I will be discussing a critical trait shared by all high-level athletes: the ability to not only generate high amounts of strength (aka tension, or the ability to generate tension) and relax completely, but transition from one to the other in an instant.

This principle applies all across the sporting world, not just our aquatic wonderland, and I will be citing examples from other sports to help get the point across. It requires both an outstanding work ethic and a solid mastery of the basics...the topics covered in my two previous articles, so if you haven't read them, be sure to check them out before proceeding any further!

With that in mind, I'll begin with a question: Do you ever watch the Olympics and marvel at how those swimmers make their events look so effortless and easy?

In a sense, what they are doing *is* easier: it takes less strain and effort for them than for a swimmer of lesser caliber, so let's dive in and talk about *why*.

That's not to say that they aren't working hard – one need only witness their heavy breathing and exhausted expressions as the camera pans in on them after the finish – but they are doing so in a manner that is both efficient and powerful and enables them to generate so much speed and power over the course of their race.

Let's consider some simple physics: the formula for Power (P) is Strength (Str) times Speed (Sp): $P = \text{Str} \times \text{Sp}$

Knowing that Speed equals distance divided by time, we can say: $P = \text{Str} \times (d/t)$

In plain basic English, this means that in order to generate large amounts of power, you need lots of strength, but utilized in very short bursts, as denoted by the variable "t" in the denominator.

Recalling basic division, we know that the denominator cannot be zero, but the closer you get to zero in this equation, the greater the total power output, especially when combined with a large value in the strength

variable.

In swimming terms, the strokes and kicks of Olympic-caliber athletes are the epitome of efficiency, *generating maximum strength/tension in minimal time*.

To help drive this point home, I'm going to use boxing as a quick example, as it may be a little easier to understand and visualize.

Like I said, a master athlete is an expert at seamlessly going from maximum tension to total relaxation and vice/versa, and there is none better than Muhammad Ali.

"Float like a butterfly, sting like a bee" was one of his many famous quotes, and when contrasting his relaxed and fluid movement with the oftentimes stiff and nervous stance and technique of his opponents, it's obvious why he was so successful, and was referred to as "The Greatest."

He would dance around the ring, loose and floppy...up until the point of impact, when every muscle in his body would tense up to deliver incredible amounts of power.

To delve into that even further, I'm continued on page 15



Long Distance Swimming

Coach Bob Bruce
Long Distance Chairman



The 2021 Oregon Open Water Preview

The coming of spring reminds us that summer is not far away, and with it the 2021 Oregon open water season.

You can find the schedule, event information, and entry links & forms for all Oregon events and information about the 2019 Oregon Open Water Series at <http://swimoregon.org/events/#> and <http://swimoregon.org/open-water/>. Despite the hangover from our year of COVID-19 and the pandemic precautions that we still must plan to take, we have another fine year planned just for YOU!

Here is a short description of the open water offerings at each venue this summer with basic camping and parking information, so that you can plan ahead and reserve your campsites or lodging early.

Foster Lake (Saturday, June 26)—USMS-sanctioned: Host team COMA and Event Director Bob Bruce will run the 11th annual Foster Lake Cable Swims—featuring the **USMS Two-Mile Cable Swim National Championship**—just east of Sweet Home on the only permanent cable swim west of the Allegheny Mountains (not the Rockies, the Alleghenies!). Both one & two-mile swims are on a

certified course, so National, Oregon, and course records are in play. On-line entry only (and NO day-of-race entries) at https://www.clubassistant.com/club/meet_information.cfm?c=1756&smid=13500. Some of you have never done a cable swim, so visit www.comaswim.org for the records and all of the down-and-dirty details that you're gonna need to know for these swims.

This will be the first Oregon nose-to-nose event in 18 months and the first USMS nose-to-nose national championship event since 2019. Please get off the couch and join us to celebrate as we resume our favorite sport!

Foster Lake is centrally located within two hours of most Oregon-registered swimmers, allowing many swimmers to travel to and from the venue on event day. For those wishing to camp, we offer tent camping (sorry, no RVs or teardrops) in Lewis Creek Park the previous night only—the fee is \$17 per tent, payable with your entry, which includes your parking on Saturday. Also, Sunnyside Park is a fully-equipped Linn County campground 1.2 miles from the race site. Call 541-967-3917, but do it soon—this

campground always fills quickly. Note: The race venue at Lewis Creek County Park has a \$7 parking fee.

Cascade Lakes Swim Festival at Elk Lake (Saturday, July 31)—USMS Sanctioned: Event Director Bob Bruce and host team COMA will present the 27th anniversary celebration of this event, which will be a one-day event this year due to COVID-19 uncertainties. We'll start with a 3000-meter swim, continue with the 1500-meter swim—the **Oregon LMSC Individual & Team Championship**, and finish with plenty of lolling around the beautiful lake. COMA promises a festival atmosphere with fun family-oriented events and the usual splendid hospitality. Event info and online entry at https://www.clubassistant.com/club/meet_information.cfm?c=1756&smid=13501. Online entry only—there will be NO DAY-OF-RACE ENTRIES.

The nearby group campgrounds were not available, so COMA is out of the camping business for now. Campgrounds at Elk Lake and other nearby lakes offer reserved sites through www.recreation.gov. For cabins at the lake, go to www.elklakesort.com.

Bend and Sunriver offer many lodging choices
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Swimmer Spotlight

as told to Arlene Delmage

Name: Allen Stark
Age: 72
Occupation: Psychiatrist
Local Team: Oregon Reign

I was born in McAllen, Texas, and my parents named me after this town. My mother was a teacher and my father was a Safety Director at an oil refinery. We lived in Texas for nine years and then moved to Tulsa where I attended elementary, junior high, and high school. I began competitive swimming at the age of 14 because a good friend was on the team. I quickly discovered that I could swim breaststroke. Prior to that, at Scout Camp when I was 12, I won the 25 breaststroke. I've always had the "kick".

High school swimming in my high school was a big deal, second only to football. We usually placed 2nd in state. My senior year I was the number one breaststroker on the team. I attended Rice University in Houston, Texas, from 1967 – 1971 because I was interested in science and engineering. I wanted to swim with the team but there were no scholarships and no recruiting at the time. I spoke to the coach and "walked" on to the team.

Being on the team was great because Rice University was extremely academically competitive. The first thing any student asked was "What is your SAT score?" This competitiveness was also one of the worst things about Rice, which is that they graded on a curve, so even if you had always been an A student you could now be a C student. During orientation they said, "at the end of the semester, half of you won't be here". There were two suicides at the school

and it seemed that the culture was proud of the "pressure". The only thing that kept me sane my freshman year was the swim team. I was team captain my junior and senior years.

Rice was part of the Southwest conference which was extremely competitive with SMU, University of Texas, Texas A&M, and Texas Tech as our opponents. My junior year was my best year. I didn't improve as much as I wanted to my senior year which always left me a little bit hungry.

I met my wife, Carol, at Rice University. I knew Carol and I had to be together when I learned that her SAT score was higher than mine!! You didn't get into Rice without a minimum of 1400 on the SAT. Our sophomore year we were lab partners in Biology. One early assignment involved pithing a frog which requires students to insert a pin into the neck or spine which leaves the frog unable to control its body and supposedly unable to feel pain. We did not pith our frog, we released it which further confirmed we were kindred spirits. Carol also helped keep me sane once we got together. Carol enjoyed swimming but this was before Title 9 so there was no women's swim team. Ironically Title 9 passed in 1972 one year after we graduated. The coach reluctantly allowed Carol to practice with the men's team. By our senior year Carol had convinced the coach to start a women's team. When the women swam their first relay they qualified for nationals. The men's team had never qualified for nationals!

After graduating from Rice, Carol and I got married. We both attended Baylor



Allen Stark

College of Medicine. We've been married 50 years on May 14, 2021. We have three children and three grandchildren and we are fortunate enough to be able to spend time with them every Saturday.

To keep my sanity during medical school I swam at the Rice pool which I still had access to. I read about Masters Swimming all the time and couldn't wait until I turned 25 so I could join. My first local meet was in a 20 yard pool in a backyard that belonged to Hamilton and Mildred (Ham and Milly) Anderson, who founded Gulf Masters Swimming. This was a great experience for me and led me to many more Masters meets including Nationals at Mount Hood Community College in 1982 and 1986. Oregon was always intriguing to me, and, you cannot compare Houston to Oregon in August! Carol and I both loved it and by 1988 we had moved to Oregon where we set up our own psychiatric practice in Lake Oswego. We live close to Canby and swim at the Canby pool but have also practiced in the Lake Oswego pool. We

continued on page 17



Swim Bits

by Ralph Mohr

Last month a coterie of Corvallis Masters swimmers came to Eel Lake to camp out in yurts and tents at Tugman Park and to swim in the lake. Since the water temperature at the time was 49.5, F., I admired their courage. Proof of their doughty immersion are in the accompanying photos.

Their accomplishment reminded me that it is time again for the yearly caution of swimming outdoors without sunblock protection. Many swimmers don't use any sunblock when swimming outdoors. I'd like to persuade them to do so by starting with an interesting graph. Go to the attached photo or to https://en.wikipedia.org/wiki/Ultraviolet_index#/media/File:UV_Index_NYC.png

The graph is for New York City, but in general it will do for us. NYC is 40.7146 latitude; Salem is almost exactly between the equator and the North Pole. According to the graph the safest times to swim in full sun are before 9 AM and after 3 PM. The UV Index triples between 8 AM

and Noon. The old bromide is appropriate here with a slight modification: "Mad dogs and Englishmen [swim] in the noon day sun."

However, for many Masters swimmers noon may be the only time available due to family and/or work schedules. Then what sunblock should a swimmer use outdoors between sunrise and sunset? The simplest answer is "none without Zinc Oxide and/or Titanium Dioxide."

According to every dermatologist I've ever talked to and most articles online, the only sunblocks that actually "block" most UV rays are Zinc Oxide (ZnO) and Titanium Dioxide (TiO₂). Yes, they put a coating on your skin, but I've found that a small price to pay every time I get in a pool because they can lessen more pre-cancerous actinic keratosis cells on my face.

Other chemicals only affect UV rays after they penetrate the skin. Such

chemicals do not "block" UV. Why use a chemical that allows UV rays into your skin before doing something about the UV? In addition oxybenzone and octinoxate are banned in Hawaii because they kill coral. You want coral killers on your skin?

So read the labels on any lotion that says it is a sunblock. Many are not blockers. They do not use ZnO and/or TiO₂. Any true sunblock will have either ZnO or TiO₂ or both in them. Look for higher percentages of ZnO and TiO₂, 4+% or more. I also have had great success using sunblocks made especially for kids, but again only trust the actual list of ingredients for ZnO and TiO₂.

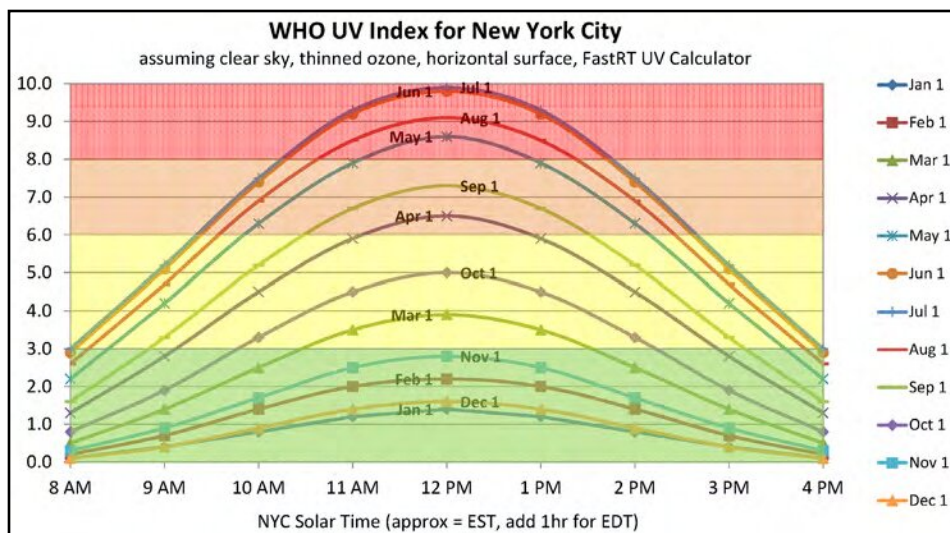


photo by Jen Allender
Marlys Cappaert and Sue Phillips — Eel Lake



photo by Jen Allender
Sue Phillips wetsuit — Eel Lake



photo by Jen Allender
Pat Allender — Eel Lake

4 in 1 – the Enchainment

by Gary Emich*

“The South Ender”—Fall 2004 – A Quarterly Publication of the South End Rowing Club in San Francisco

It is NOT my fault!

It’s one of those dreary drizzly December nights & I’m lying in bed reading before “lights out” when I come across the following excerpt from Outside Magazine:

“The goal had been an enchainment – the scaling of several mountains or walls in succession within 24 to 48 hours (e.g. tearing up the northwest face of Half Dome and The Nose on El Capitan)... Enchainments are the ultra marathons of mountaineering. They are a traditional expression of an excess of mountain exuberance that half-bacchanalian, half masochistic joy that can be found in moving with speed along difficult and perilous terrain... As one climber quipped:

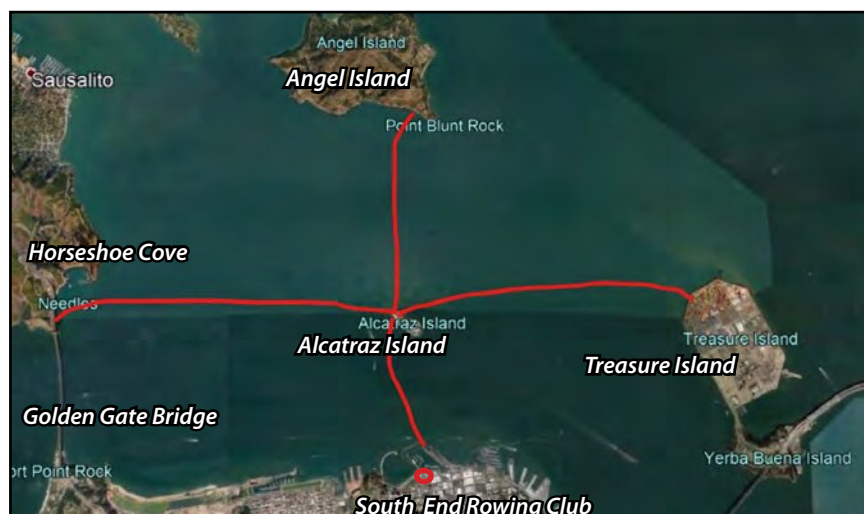
“Yeah, it was great fun! The bivy was one of the coldest, most miserable nights of my life!”

The next instant “dreary and drizzly” is replaced by the explosive realization that I can transfer this concept to an aquatic environment and do a four-way Alcatraz enchainment: to the east, to the north, to the west and to the mighty South End Rowing Club where it all began and where it all will end.

Over the next several days I study

the tide books looking for a day when it might actually be possible. There it is: June 13, 2004. Permits in hand, the next step is to find someone courageously stupid enough to accompany me. Being the ultimate wuss that I am with an accompanying lack of fortitude, I need someone capable of castigating, berating, intimidating, cursing and ultimately forcing me to complete all four swims despite my anticipated and pathetic, unmanly whimpering and whining.

Only one person at the South End has those kinds of attributes. With a propensity for language that makes the saltiest sailors blush, for being a compatriot in crime when pilots “lost” us in an aborted Alcatraz swim several years ago, for being with me on my 53rd birthday when the National Park Service cited Captain Darryl for “illegally landing people on Alcatraz,” and for being the 2001 English Channel Swimmer of the Year, I know that only one swimmer, Kristine “Bucko” Buckley, can fill the bill.



Reference Map



Kristine “Bucko” Buckley and Gary Emich tour the Bay

With Mother Paddy Peyton piloting his “Paddy Wagon” and my wife Pegie along as photographer, I know I have the support base necessary – the rest is up to me. I calculate approximately 60 minutes for the swim to Treasure Island, 50 minutes for the swim to Angel Island, 60 minutes to Horseshoe Cove and 40 minutes to Aquatic Park – about 3.5 hours total.

Facing the day, my plan simply is to just do one at a time; either I will make the swim or I won’t. Trying to wrap my mind around the whole enchilada is too much to ponder.

Treasure Island

What I Know:

If we don’t swim far enough north of Alcatraz the currents will drag us down the west side of Treasure Island and we’ll never make it to land.

Game Plan:

Swim due north from the east end of Alcatraz, catch the incoming flood, ride it to the north end of Treasure Island.

What Actually Happens:

A beautiful flat
continued on page 18

Inspirational Women Marathon Swimmers

by Joe Oakes

I remember the first time I was beaten in a race by a woman. At that moment, the realities of our new world dawned on me. "Male superiority" was down the tubes, and there it would stay.

Over the years, good fortune has allowed me to meet some remarkable female swimmers. Let me tell you about a few of them.



Lynne Cox swimming with seals

No one is better than *Lynne Cox* in cold water. She has written a couple of very entertaining books on the subject. At 14 she swam from Catalina Island to Long Beach, then the English Channel. In August 1987 Lynne was the first person to swim from Alaska to Russia in the Bering Strait's Diomed Islands. She did it the hard way, against prevailing



Alison Streeter

currents in water near the freezing point, no wetsuit. In 1975 she became the first woman to swim across the Cook Strait between New Zealand's north and south islands. Probably her most remarkable swim was in Antarctica, 1.2 miles in 28° F water. Good enough for the International Swimming Hall of Fame. "Life is one time. You've got to do what you're meant to do while you're able."

Kevin Murphy was crowned "King of the English Channel" some time ago. That was before the advent of a woman who would earn the title of "Monarch of the English Channel." *Alison Streeter, MBE*, gained that title by completing 43 crossings of that marathon-distance, turbulent, cold body of water. But what got her into the International Swimming Hall of Fame was a triple crossing, England to France, back to England, then back to France. Alison was in the water for 39 hours, swimming day and night, non-stop, a most remarkable achievement. But no record lasts forever. *Sarah Thomas* from Colorado, a 37-year-old breast cancer survivor, did a quadruple crossing, lasting *54 continuous hours* in the Channel. After her swim she was quoted as saying that it was the "most miserable 54 hours of her life."

Diana Nyad is almost a household name. In addition to being a supremely versatile swimmer, she has had a successful media career. For years she hosted a travel show on the NPR radio network. In 1979 she interviewed me and other finishers of the very new IRONMAN TRIATHLON as a reporter for the ABC Wide World of Sports. ("The thrill of victory. The agony of defeat!") Her swimming

specialty was very long, technical and difficult swims. 1974 was the year she set a record swimming across the Bay of Naples. In 1975 she swam around the Island of Manhattan, a technical and demanding swim that requires close attention to the changing tidal currents.



Diana Nyad waving as she is about to enter the water for her Cuba to Florida swim

But on three occasions she was frustrated in her attempts to swim from Cuba to Florida. Then in September of 2013 at the age of 64 she gave it another try, and this time she made it. And she did it without a shark cage. Hear her quote: "Endurance is not a young person's game."

continued on page 19



Nuala Moore

Past OMS Webinars for Viewing

Tim Waud

During the months of February and March we held a series on Natural Water Swimming. You can use the links below to see the recorded webinars.

Barbara Hoiland began the series by discussing how to get started swimming in open water, making the transition from pool fitness swimming to open water, and swimming just for the fun of it. She loves the water, but comes from a “hydrophobic” family, and didn’t learn to swim until she was an adult. She founded The Merfolk in 2017 to gather a group of open water enthusiasts who love to swim together in lakes and rivers. They now swim regularly in the Willamette River in downtown Portland, with her husband and two adult children often providing paddle support. Learn about what it takes to prepare for cold water swimming, how to stay safe, and make the best of your swimming experience.

[OMS Natural Water Swimming Webinar #1 Presentation](#)
Passcode: 7ZVtQik!

Willie Levenson is the Ringleader of the not-for-profit organization *Human Access Project* (HAP). HAP’s mission is Transforming Portland’s Relationship with the Willamette River. The American Association of Landscape Architects–Oregon awarded Willie with the Tom McCall Award in 2018 citing “Levenson has reshaped and redefined Portland’s relationship with the Willamette River.” Willie talks about HAP’s work opening public beaches and docks and their programs called *The Big Float* and *River Huger Swim*.

[OMS Natural Water Swimming Webinar #2 Presentation](#)
Passcode: eZX57y^t

Cindy Werhane leads a small but dedicated group of cold water “winter swimmers” who swim on a regular basis in the Willamette River near Sellwood, the start of the Portland Bridge Swim. She talks about swimmers and their supporters who dare to venture into the cooler months. She also talks about the power of the small pods (how safety is not always found in large numbers), which she compares to your relationships with your regular lane mates. If you are a newbie to cold water swimming, Cindy has many years of cold-water swim training & and has traveled widely pursuing open water racing & participation opportunities.

[OMS Natural Water Swimming Webinar #3 Presentation](#)
Passcode: R&63nm+E

Marisa Frieder, Director of the Portland Bridge Swim, discussed training in the open water for racing. A devoted breaststroker who loves to sprint, she completed a pioneering 11-mile swim in the Willamette River in 2010. Relying on her research-scientist organizing skills and her innate talent for worrying, she founded the Portland Bridge Swim in 2011. She and her brilliant event team developed a robust safety plan that has been tested through lightning, algal blooms, large freighters, and the pandemic. The Portland Bridge Swim has introduced over 800 swimmers to the Willamette and served as the USMS Ultramarathon–Distance National Championship in 2018 and 2019. She loves watching people challenge themselves and still tears up as they emerge from the water at the finish.

[OMS Natural Water Swimming Webinar #4 Presentation](#)
Passcode: q5sB.ii+

RUPERT FIXOTT

continued from page 1

six times. He enjoyed snow skiing until the age of 94. He loved barbershop singing with the Tualatin Valley Harmony Masters, and volunteering with Legacy Meridian Park Medical Center in Oregon. He was also very active in Oregon Masters Swimming. The highlight of his swimming career was being a member of an Oregon relay team that set a world record in the 400 SCM free-style for the combined age group of Mens 320-360. The other members of the relay were Wink Lamb, Robert Smith and the late Milton Marks.

He also held several state records, and continued in the sport until the age of 96. You can read a Swimmer Spotlight article on Rupert in the April, 2016, *Aqua Master* at this link: <https://swimoregon.org/quaMaster/2016/04April2016AM.pdf>

He left an amazing legacy for us all.

Swimming Achievements for Rupert E Fixott:

- Meet results for Rupert E Fixott (92 swims)
- Top Ten achievements (67 individual, 4 relay)
- All-American Honors (2 years pool individual, 2 years pool relay)

USMS Volunteer Service Awards

At the Convention in September, 2020, Joy Ward and Kermit Yensen were each given the Dorothy (Dot) Donnelly Volunteer Award from USMS.

The Dorothy Donnelly Award is presented annually to a volunteer whose service has contributed to the growth, improvement, or success of U.S. Masters Swimming locally, regionally, and/or nationally.

Joy Ward



Joy Ward received this award for her contributions to OMS as the Safety Committee chair for the past sixteen years. Joy willingly took on this role and has been the 'go to'

person for making sure that every meet director has all of the information he/she needs to run a safe meet.

She provides copies of the OMS safety guidelines, incident reports, and safety/no diving signs to use at the meets. She interacts with every meet director and delivers these materials plus safety marshal vests and stopwatches to every meet site. Joy is reliable and follows through to respond to all questions and to haul the Oregon Masters signs and materials home, dry them out, and then transport to the next meet.

Joy played an important role during the 2016 USMS Summer Nationals in Oregon. She helped coordinate and oversee the EMTs and aquatic center staff in reporting medical occurrences and filling out the appropriate forms for documentation.

Joy is an active LMSC Board member and contributes regularly to discussions and evaluation of meets. She is not a person who strives to be in the spotlight but certainly has contributed to keeping meets safe for all participants and the LMSC running smoothly with her long term commitment.

Joy has demonstrated what a volunteer can do for an organization and is very deserving of this USMS recognition.



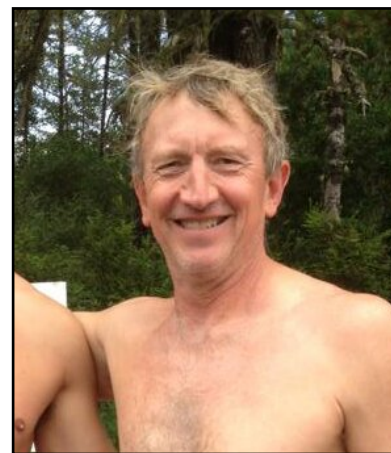
Kermit has been an Oregon Masters swimmer for many years and was active in the Tualatin Hills Barracudas and more recently Central Oregon Masters.

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

This past year with the changing climate and proposed financial changes at the USMS national office, Kermit spent hours analyzing OMS' financial situation to be sure we could adapt to a lower income stream. He reached out to the Oregon Club to assist them in their financial discussions as well. He also became a contributing member of the USMS Governance Committee.

Kermit is the 'always in the background' person who is quiet but has made significant contributions to our organization over many years now and is a deserving recipient for the Dot Donnelly Service Award recognizing that service.

Kermit Yensen



Outstanding Swimmer Awards for the 2020 Season

Due to Covid-19 restrictions there were no meets held in Oregon in 2020. Therefore, no one received a Most Splashes Award. The Outstanding Swimmer Awards are shown below.

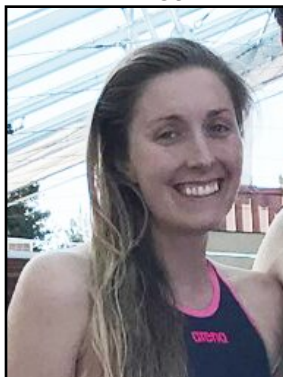
Outstanding Swimmer Awards

Place	Female ≤49	Female ≥50
First	Emily Arcuri (37 pts)	Mirjana Prather (50 pts)
Second	Christine Mcclafferty (25 pts)	Francie Haffner (16 pts)

Place	Male ≤49	Male ≥ 50
First	James A Adams (33 pts)	Dan L Kirkland (74 pts)
Second	Conor Arcuri (25 pts)	Richard K Howell (41 pts)
Third	Patrick Aitchison (5 pts)	Scot Sullivan (19 pts)

Female ≤49

First



Emily Arcuri (37 pts)

Second



Christine Mcclafferty (25)

Female ≥50

First



Mirjana Prather (50 pts)

Second



Francie Haffner (16 pts)

Male ≤49

First

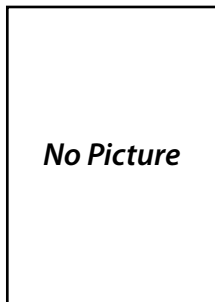
James A Adams (33 pts)

Second

Conor Arcuri (25 pts)

Third

Patrick Aitchison (5 pts)



Male ≥50

First

Dan L Kirkland (74 pts)

Second

Richard K Howell (41 pts)

Third

Scot Sullivan (19 pts)



CHAIRS CORNER

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open water side recently.

Sunday, June 6, 2021 from 6:00-7:00

Click on the link below to signup:

<https://www.signupgenius.com/go/4090D4DA4A92BA4FD0-training>

Hosting these webinars will be OMS Chair Tim Waud and OMS Long Distance Chair Bob Bruce. Tim coaches the Oregon City Tankers, is the Safety Director for the Portland Bridge Swim, and has competed in open water events in Oregon and abroad. Bob is the long-time COMA coach, open water director for more than 40 events including 11 USMS championship swims, and has been an open water swimmer, coach, and contributor most of his life. Notably, both guys have been honored as the USMS Coach of the Year, Tim in 2017 and Bob in 2003! Their goal is to help make these webinars informative and fun.

Submit your questions ahead of time to: timpwaud@gmail.com.

OFF THE BLOCK

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feed my children a healthy diet. But she followed the question telling me about Dr. John McDougall and his website. She also sent me a link to a video of one of his lectures about arthritis. After watching the video and hearing his guarantee of his diet working to rid people of arthritis *every time*, as well as doing some research of my own, I was willing to try it. Dr. McDougall and people who have had success curing arthritis on his diet said to give it about 4 months, so that was what



Ashlynn and her mother, the author of this article

we were determined to do.

We cleared our house of all non-compliant food, and started her eating 100% according to Dr. McDougall's guidelines. We made a few mistakes with things that we accidentally bought that had oil in them, but we tried very hard to keep her 100% on plan. I and the rest of our children changed our eating to his plan as well.

After 2 months, she had another check-up – this time with a new specialist who was filling in for her regular one. Her swelling was gone! What medicine had been unable to cure for 6 months her diet had cleared up in 2! We decided to take her off of methotrexate at that point, and see if she continued to be swelling-free.

Three months later, we drove to my daughter's specialist that morning with knotted stomachs and prayers in our hearts. The words out of my daughter's specialist's mouth as she checked her joints: "Wow! Her knee looks great!"

We were over the moon! My daughter's arthritis was GONE – as confirmed by two specialists.

Ashlynn is nearly 10-years-old now and has been arthritis free for 14 months. We are so grateful for Dr. McDougall and

the people and journey that led us to him and his way of eating.

- No more blood-tests.
- No more urine tests.
- No more frantic runs to the doctor when she spikes a fever.
- And no more swelling.

Thank you, Dr. McDougall!

Sign up for Dr. McDougall's newsletter at: <https://www.drmcDougall.com/health/education/mailings/>

COACHES CHAIR

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going to paraphrase a famous karate practitioner, Dave Lowry, who suggests visualizing a single punch as a 10-frame video. A novice will tense up (i.e. generate strength) in one of the earlier frames, while a more advanced athlete will only tense up in Frame 10.

Breaking down Frame 10 into ten frames of its own is where we enter the realm of the true masters, who only tense up at the tenth frame of the tenth frame.

I repeat what I said earlier: "*maximum strength/tension in minimal time!*"

Master-level swimmers are experts at the same thing. Each of the four strokes has both a propulsive phase and a recovery phase. For kicks (pun not intended), let's just replace the word "*propulsive*" with "*power*," and you can easily see how our earlier equation applies.

When a swimmer (regardless of age) first learns a stroke, they are typically very tense for the duration of every stroke, in both the power and recovery phases. They try to muscle their way

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COACHES CHAIR

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through the water.

Needless to say, they neither go very far nor very fast.

There is a reason why it is called the “recovery” phase of the stroke – rushing and straining through it does nothing but drain energy, so take advantage of that and relax!

A true master, be they an Olympian or simply a dedicated athlete who has spent years honing their craft, generates the explosive power they need *only during the power phase of their stroke*, and completely relaxing during the recovery phase.

Consider the “dreaded” 200-fly, and the importance of this principle becomes obvious.

Granted, *all* of this is dependent on owning the basics of each stroke, which can only be attained after applying a great work ethic over many years of training.

This article has covered the *what*, but to delve much deeper into the *how* is a much larger topic that would most likely require many more articles, and possibly even some clinics or seminars. Suffice it to say that if one wishes to become an expert at this tension/relaxation principle, one must spend a good deal of time and training; this is very difficult to try to consciously apply to the strokes, as they each happen so quickly.

That said, with the aforementioned time and training, the body will naturally become more efficient, just like when a kid learns to walk: at first, they are very tight and tense and don’t make it very

far, but over time, they naturally learn to relax and loosen up.

Aside from that, having a well-rounded strength training regimen, learning how to tense/relax in other endeavors, and becoming a better all-around athlete will ensure a quicker mastery, aside from the many other benefits.

I hope that these three articles have proven useful, and feel free to reach out to me with any questions that you might have!

LONG DISTANCE SWIMMING

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at various price levels but reserve your place EARLY—there are other big events in Bend on this weekend.

Central Oregon Coast Swims at Eel Lake (Saturday, August 14)—USMS Sanctioned: Event Director Bob Bruce, local swim guru Ralph Mohr, and host team COMA, plan to present the 14th edition of this popular Oregon Coast event. The event will include a two-loop 3000-meter swim, an out-and-back 500-meter predicted time swim along a line, and a one-loop 1500-meter swim. Look for the famous Eel Lake brownies along with cookies, fruit, and hot drinks. Online entries only, except for day-of-race entries. Event info and online entry coming soon; stay tuned!

Due to the pandemic, the Oregon State Parks have not issued any permits yet. We expect that they will be available in a month or two, and we will apply for our permits then. Camping reservations at Tugman State Park can be made at Reservations Northwest at (800) 452-5687 or <http://www.oregon.gov/OPRD/>

PARKS/reserve.shtml. For further info on the event, other camping in the area, or just stuff to do, contact Ralph Mohr at rmohr1565@charter.net or 541-269-1565.

Lake of the Woods Swims (Saturday, September 11)—USMS Sanctioned we think:

This event will be done in conjunction with the Lake of the Woods Tri-Sport Weekend, extending our season past Labor Day. The swim event at this beautiful venue will include both 3000-meter and 1500-meter swims (in opposite directions this year) as well as our OMS end-of-season awards. Most details not yet finalized, so stay tuned.

Lake of the Woods has several options for the Lake of the Woods Tri/Sport Weekend. There is tent camping at both Aspen and Sunset campgrounds which are both very close to the event site. The official reservation closure for the facilities is Labor Day, but don’t worry, there will be spots available. All sites in Aspen will be on a 1st come 1st served basis. If needed we will also open sites in Sunset Campground. To get cozy in a cabin call 866-201-4194 or check here: <http://lakeofthewoodstri.com/david-r-kingsley-foundation/>. RV spots are also available; see the map here: <https://convoyant.com/resnexus/reservations/Sites/Maps?uniqueId=6D480342-463A-473C-BBB9-C9108165ECD7&mapID=2>

Lake Juniper Buoy Swim (Sunday, October 3)—USMS-sanctioned:

Postponing this event from the season opener due to the pandemic, host team Central Oregon Masters (COMA) and Event Director Bob Bruce will close the season by offering the 9th annual Lake Juniper Buoy Swim in the 50-meter pool at Juniper Swim & Fitness Center, a.k.a. “Beautiful Lake Juniper”. Out go the lane lines, in go the buoys! The swim will be 1200-meters, run in small heats & smaller

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LONG DISTANCE SWIMMING

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waves, feature the warmest water on the Oregon open water circuit, and include a big brunch afterwards. The Buoy Swim is to open water as short track is to long-oval speed skating—close physical proximity & drafting, tight turns, forceful passing, and daring split-second tactical decisions. Event & online entry info to be determined.

On the previous afternoon, Saturday, October 2, COMA is considering hosting a pool meet. Together, the combination of the meet and the buoy swim would be a great value and a good enticement to spend a splendid weekend in Bend. Stay tuned for details.

You should be able to find lodging in all categories and price ranges.

You may have noticed that two of our popular venues are missing from this list. Due to the complications, costs, and uncertainty of advance preparation due to the pandemic, Event Director Marisa Frieder has canceled the [Portland Bridge Swim](#). Due to similar pandemic uncertainty and unusually low water levels, Event Director Todd Lantry and host team RVM have canceled the [Southern Oregon Swims at Applegate Lake](#). We are saddened that these terrific events will not be held this year, but we're looking forward eagerly to their return in 2022.

We have an active, challenging, and fun Oregon open water season planned for you. Look for entry information and details about the Oregon Open Water Series in the OMS newsletter *Aqua Master*, on the OMS website www.swimoregon.org, or on individual host websites listed above. Please join us for a wonderful summer of fitness, fellowship, and fun!

Good luck and good swimming!

SWIMMER SPOTLIGHT

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compete with Oregon Reign Masters.

Swimming has meant many things to me, but here are a few of my favorite memories:

In 1977 I attended Masters Nationals in Spokane, WA. Rick Colella was there just after his appearance in the 1976 Olympics. It was a cold, 45 degree, drizzly day in August! I was so excited to swim against Rick. There was a false start and we all got wet and had to get back on the blocks. We were freezing. The next time we did go off the blocks, and I could see that at the 50 I was ahead of Rick. I was really excited. As soon as we turned and pushed off all I could see were his feet!

In 2006 the World Championships at Stanford was a fantastic meet. During my individual event I discovered that this is the first time I am aware of being in the "zone". In the 100 breast I dove in and have absolutely no memory of the race until 10 meters before the end when I realized I was going to win. My mind was quiet until then. I also swam on a mixed medley relay with Karen Andrus-Hughes leading off on backstroke. I dove in and swam breaststroke. Arlene Delmage swam fly at a record speed (the third fastest in the heat which included men), and then there was a giant splash and some guy was blasting so hard I didn't know who it was and then I realized it was Mike Tennant. We took first at Worlds and that was a fun relay.

In 2011 I set my first individual world record in the 200 breast during the Auburn Nationals. I swam better than "my perfect race" because I had worked out all the splits in my head and I went faster than that. I swam against Robert Wright

who was ahead of me at the 100. My philosophy was to not let him get more than a half body length in front of me no matter how fast he went out. In this case it worked because I won.

2014 Worlds in Montreal was probably my best personal meet. I won the 50, 100, and 200 breast and set a world record in the 200.

In closing I want to thank Oregon Masters. When we moved here, I was astounded at how Oregon was. In Texas when I was there, there were basically a bunch of workout groups with no interconnection. Here there is camaraderie and (at least before Covid) regular meets that are well run along with coordination to form relays and be together at National meets. I have met so many wonderful people here and have had such great experiences. Thank you all.

(PS: Carol suggested I add—In 2003 I had the opportunity to join 11 other Masters swimmers for stroke and training analysis at the Olympic Training Center. I learned many things especially about body position, streamlining, and the little changes that can make a big difference in speed. If I can get 3 inches further with each stroke, that is about 4 fewer strokes in a 200 LCM breaststroke.)

Writers Note:

Allen Stark has been recognized as an individual USMS All-American 26 times.

He has also been part of 14 relay All-American swims. To obtain All-American a swimmer must post the fastest time nationally in an event, in their age group.

Allen is also an EXPERT in the "butterfrog" stroke. If you don't know what that is, ask him.

4 IN 1 ENCHAINMENT continued from page 10

sunny morning when we hit the water at 6:15 a.m., 2 hours & 45 minutes before a max 3.0 incoming flood. Unfortunately, there isn't enough of it to push us along. The 60 minute swim turns out to be 94 minutes and 13 seconds! This in itself is the longest Bay swim I have ever done and I still have 3 more to go. Lethal, self-defeating thoughts are fueling my brain on the ride back to the South End although Paddy's heaving & hurling over the side provides a nice distraction from my mental demons.

Bucko's cheerful attitude makes me want to reach across the Zodiac and smack her! Arriving back at the club shortly after 8:00 a.m., there's precious little time to recuperate and make the next scheduled jump at 9:00 a.m.

Angel Island

What I Know:

If we don't swim across the incoming flood and aim to the west side of Angel Island, the current will carry us right past Point Blunt on the eastern side, our intended destination. It's like swimming across a river.

Game Plan:

Start from the Green Buoy west of Alcatraz, aim for the west end of Angel Island and land on the beach below Point Blunt.

What Actually Happens:

Our plans are thwarted on two levels: we don't jump till 9:20 a.m., 20 minutes late, and we can't high five the Green Buoy because it's occupied by two sea lions. We jump and soon encounter a slightly turbulent water line that is 5 degrees cooler to the west than it is to the east. We try to stay to the right of

the line where it's like bath water. After 61 minutes and 38 seconds, we make landfall on the beach. I take my mind off the cold as I'm once again entertained by Paddy doing his chameleon imitation, turning myriad shades of green. Bucko is also feeling suitably miserable enough to make me happy and burrows beneath the blanket only to resurface when we reach the dock. It's now 11:00 a.m. and we've got a 90 minute rest before the swim to Horseshoe Cove.

Horseshoe Cove

What I Know:

We can ride the ebb current out but we need to allow for the outgoing current coming down Raccoon Straits from north to south to the Golden Gate Bridge.

Game Plan:

Aim for the twin mountain peaks in the Marin Headlands and we can ease right into the north part of Horseshoe Cove.

What Actually Happens:

Paddy's chameleon changing color exercises have debilitated him so Bob Roper and Jon Meyer step up to the plate as the afternoon pilots. Fast Eddy shows up, smells an adventure in the making and decides he needs to offload some of his remarkable store of energy: he paddles out in a kayak. We jump 18 minutes late from the Green Buoy to the west of Alcatraz (sea lions now gone).

With a wind blowing in from the west, each stroke takes us into wickeder water. A half-mile from the finish and we are riding bucking broncos waves. All I hear is Eddy whooping and hollering: "YeeHaw!" I'm several hundred feet ahead of Bucko & put my head down for the final sprint to the relatively calmer waters of the Cove. Fifty yards from the rip rap, the current catches me and spins



Kristine "Bucko" Buckley and Gary Emich

me down and around on my way to the Golden Gate Bridge. I climb in the zodiac after 74 minutes and 47 seconds then we watch Bucko spend the next 25 minutes struggling to make it to Lime Rock. Once she's swept under the Golden Gate Bridge, she realizes it's futile and climbs in beside me. As we head back to the South-End, the only thing we hear is the wild screaming, maniacal laughing and high-pitched hooting of Fast Eddy as he kayaks back to the Club across the Bridge and against the ebb (he's in his element).

Alcatraz to South-End:

What I Know:

I've made the swim from Alcatraz to the Club approximately 150 times. I can do this in my sleep.

Game Plan:

Jump from Sunriser Beach under the cliffs at Alcatraz, put myself on automatic mode, go to sleep, lose consciousness and ignore the deep-seated fatigue and aching shoulders.

What Actually Happens:

Bucko is delirious. Once on Sunriser Beach, she is adamant about having a souvenir from this daylong enchainment and begins scouring the beach. Does she settle for a piece of silverware? A piece of hardware? A piece of pipe? Not on your life, she picks up an 8-pound brick

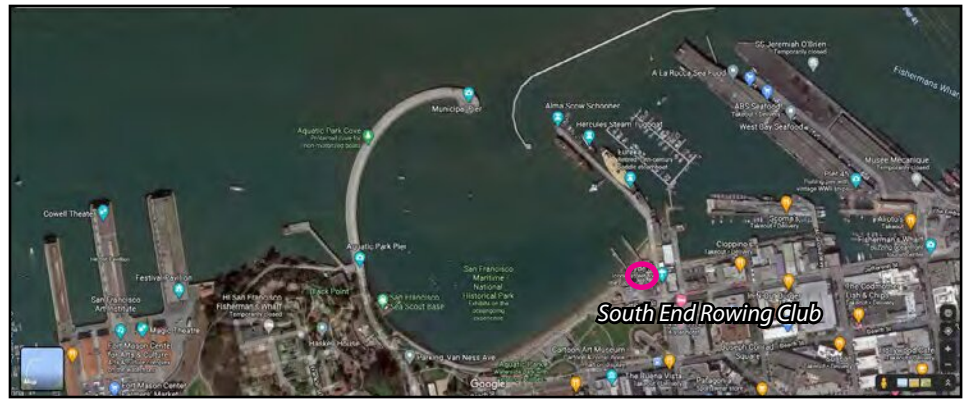
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4 IN 1 ENCHAINMENT

continued from page 18

and shoves it down the front of her swim suit and plunges into the water shrieking and cackling. I jump in, put myself on automatic pilot, go to sleep, lose consciousness and ignore the deep-seated fatigue and aching shoulders and the 3 to 4 foot chop that has developed.

All of a sudden, the incoming flood kicks in and there I am ¼ mile from the opening shooting past the breakwall on my way to Oakland. I swim like hell and manage to make it in to the Jeremiah O'Brien where Bobby and Jon pick me up. But where's Bucko, I ask? Nonchalantly, they wave in the easterly direction of Pier 39 and say "over there somewhere." We find Bucko and haul



The Breakwall, by the South End Rowing Club, where Gary was supposed to enter.

her and her brick into the zodiac. Bucko shows us the raw flesh where the brick has rubbed away most of the skin on her stomach. Instantly, the nickname "Bucko" has morphed into "Bricko."

But we have done it! Four ways in one day! All together about 4 hours and

45 minutes of swimming an estimated 9 to 10 miles!

*Gary and Joe Oakes have known each other for over 25 years and were partners in putting on the Alcatraz Challenge Aquathlon and Swim for 12 years.

INSPIRATIONAL WOMEN MARATHON SWIMMERS

continued from page 11

(You can be) better at 60 than at 30. You have a body that is almost as strong, but a much stronger mind. Good advice for us old codgers.

You have probably never heard of Nuala (pronounced "Noola") Moore. The best way to describe her is to say that she is a witty, intelligent, explosive force of nature. I met Nuala in her home town of Dingle in the west of Ireland. Six of us American swimmers were touring Ireland, swimming wherever we found water—and there is a lot of it in and around Ireland. We had been invited to swim in the Irish National Championships in the River (Ugh!) Liffey, which runs through the middle of the City of Dublin. The race start was just below the Guinness Brewery. After the swim we politely and politically did our part by consuming

a wee bit of Guinness. Then we went on a swimming safari around Ireland. Nuala invited us to come to Dingle for a couple of swims. Among them was a first ever swim from the Maharees Islands to the mainland. Nuala is a great hostess and a unique swimmer. In 1992 she joined a relay of Irish swimmers to swim completely around Ireland. That feat was much harder than it would first appear, because if you look at a map of Ireland, the coast is extremely irregular with many ins and outs, well over 1,000 miles. They used English Channel rules, i.e., no wetsuits.

It was a first, never to be repeated. *How could she top that?* She did. In 2010 Nuala joined a group of crazy cold water Siberian swimmers for a relay from the Russian mainland to Alaska. (I estimate the distance to be about 80 miles.) No wetsuits. Water temperatures in the

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Kristine Buckley — this photo was taken at the beginning of Kristine and Gary's "enchainment" of Alcatraz - swimming from Alcatraz in all four directions in one day.

Oregon Masters Swimming: Tentative Open Water Race Schedule for 2021 (as of 7 Mar 2021)

Date(s)	Event/Venue	OR Location	Host	Event Director	Swims	OR Series Category	Sanctioned
Sat 26 June	Foster Lake Cable Swims	Sweet Home	COMA	Bob Bruce	2-mile cable [USMS Nat'l Champs]	Featured	Yes
	(Sprint Swims)				1-mile cable	Featured	
Sat 31 July	Cascade Lakes Swim Festival at Elk Lake	Bend	COMA	Bob Bruce	3000-meter 1500-meter [Ass'n Champs]	Qualifying Featured	Yes
Sat 14 Aug	Central Oregon Coast Swims at Eel Lake	Lakeside	COMA	Bob Bruce Ralph Mohr	3000-meter 500-meter Predicted Time 1500-meter	Featured Participation Featured	Yes
Sat 11 Sep	Southern Oregon Swims at Lake-of-the-Woods	Klamath Falls	SOMA	Matt Miller	3000-meter 1500-meter	Featured Featured	Yes?
Sun 3 Oct	Lake Juniper (pool)	Bend	COMA	Bob Bruce	1200-meter	Featured	Yes

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.

INSPIRATIONAL WOMEN MARATHON SWIMMERS

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range of 40°-45° F. Comparing that with the four-kilometer swims between the Diomedes There is no comparison.

Fifty-seven-year-old *Kristine Buckley* is the only female to have completed 1,000 swims from Alcatraz. (Two men have also done it, Gary Emich and Stevie Hurwitz. All three are members of the prestigious South End Club in San Francisco. The South End Club has produced more Channel swimmers than any other club in the world.) Kristine took up swimming to rehab for a broken hip. Once she found the water she was hooked for life. She is one of a very small number of swimmers who have swum the north-south length of frigid Lake Tahoe, California. She does all of her swims without a wetsuit.

Kristine has a long list of swimming achievements, including this one: During her solo swim across the English Channel the weather turned really bad, with four-foot waves and raging force 5 winds. It was more like mountain climbing than swimming. She was halfway across and her chances were slim. Her pilot advised her to abort. She refused and kept plugging away, climbing over the waves until at length she reached the shore of France. Her ordeal took her seventeen hours of extremely difficult swimming. For her performance she was named Inspirational Swimmer of the year by the Channel Swimming Association. The newspapers reported that she was the only finisher that day.

[Note: The weather was so rough that day that a Swiss swimmer was lost at sea, his remains turning up in France a week later.]

Summary

Records & Results. . .

No meets scheduled.

Looking Ahead. . .

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

Pool Schedule

NOTHING SCHEDULED

Open Water Schedule *(see page 20)*

Quote for the month. . .

No, we're not on steroids, but thanks for asking.

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.