



Aqua Master

Award-winning newsletter of Oregon Masters Swimming

"Swimming for Life"

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August 2021

Oregon Masters Olympic Swim Camp

Scott Kerr from Emerald Aquatics along with Steve Johnson, are hosting a clinic with Olympian Josh Davis.

Josh, who is a 2x Olympian, 5x Medalist and Team USA Captain, is excited to share his 30 years of racing knowledge with the Oregon Masters! Also, to teach for the first time in beautiful Eugene, Oregon.

Whether you've been swimming for a while or just starting out, American Record Holder Josh Davis will help you BREAKOUT to the next level by explaining the essentials to being a fast and happy swimmer.

Josh has been rated America's #1 Olympian Swim Instructor for 20 years.

This 3 hour action and information packed clinic is for 19-99-year-old swimmers, and this will be the best clinic you will ever attend. All for only \$50! And for over 2 hours, Josh will be in the water demonstrating the secrets and essentials to all 4 strokes, starts, turns and STREAM-LINES!!

In addition, Josh will share his top tips on nutrition, motivation, goal setting and balance.

Every swimmer has the option to race Josh in a 25 of their choice and say they raced a GOLD MEDALIST!! (If anyone beats Josh in a straight up race they get their money back)!

Also every swimmer can buy a signed Olympic Cap for only \$10! This will make a wonderful Olympic souvenir!

Tickets are limited to the first 42 Masters Swimmers. So reserve your spot today!

Every swimmer receives tips and training notes, autograph and picture with a Gold Medal!

Again this Clinic is limited to only 42 swimmers so reserve you slot soon!

A private lesson with Olympian Josh Davis is \$50 for 30 minutes so to get 3 hours for only \$50 is a steal!

About this event:

Join us Sunday August 22nd from 12-3pm for the most exciting swim event this summer for Masters Swimmers! Only \$50 for 3 hours of massive instruction and inspiration! Reserve your spot today!

Full Schedule:



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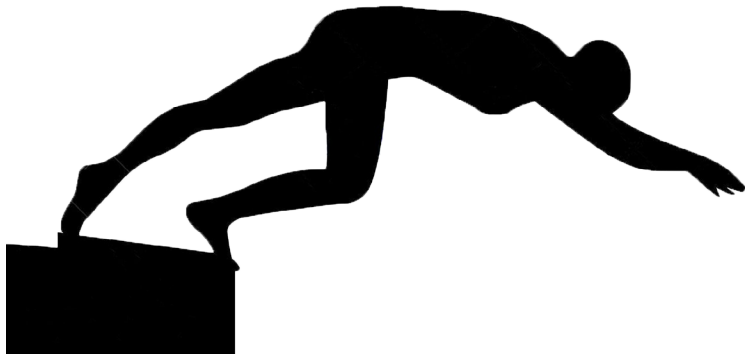
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Off the Block

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

Manuela: Weight, High Blood Pressure, High Cholesterol and Kidney Stones are a Thing of the Past Thanks to *The Starch Solution!*

I started my journey three years ago in January, 2018. Leading up to that time, I was attending college and ate food that was fast and easily accessible. Not only did I have terrible eating habits, but I put additional stress on my body by pulling lots of all-nighters studying for classes. My efforts would be rewarded with all you can eat sushi dates with fellow classmates, further adding to my unhealthy lifestyle and poor eating choices. I live in Las Vegas, so weekends would consist of drinking alcohol and partying at nightclubs – resulting in my subtle weight gain of 56 pounds.

Once I came to a realization of my weight gain, I decided that change was a necessity. I attempted a lot of different diets where I would lose some weight, only to later put back on the weight I had lost PLUS more whenever I would go back to eating normal. The diets I followed at the time were high in protein and fats and low in carbs. Despite my best efforts, I never felt satisfied and was unable to make a long term switch and lifestyle change. I was 26-years-old and diagnosed with high blood pressure, high cholesterol and constantly struggled with kidney stones (I had 5 different cases of kidney stones in a span of 2 years).

In January, 2018, I was taking a return flight from San Francisco to Las Vegas and sat next to a doctor who was a kidney specialist. I mentioned my struggle with kidney stones and he recommended I research a whole food plant based diet. Before getting off the plane, he even gave me a sticky note that said "whole food plant based" and told me to Google it if I was ever bored. My initial thought was to ignore his advice as I had no interest in eating a vegan diet or anything that resembled one... but, little did I know, he planted a seed that would forever change my life!



My before picture is from three years ago when I was at my heaviest, 176 pounds. My after picture is me today at 115 pounds! Also, as you can see, there's my scar from my gallbladder surgery.

Clearly, I understood that whatever I was doing up until this point was not working. My fear of getting another painful kidney stone was enough for me to Google "whole food plant based" and give it a real shot. I decided that if I was going to try this lifestyle, I wanted to educate myself. So that weekend, I went to purchase a whole food plant based oil free cookbook, and I was lucky enough to also come across *The Starch Solution* by Dr. John McDougall. When I first read *The Starch Solution*, I was a bit overwhelmed! I began questioning my perception and view of healthy eat-

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Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



The Joy to Swim Again

Oregon finally reached the 70 percent vaccination rate and is allowing businesses to function without too many restrictions. Most pools in Oregon and Southwest Washington have now reopened, at least the ones which were able to survive the pandemic shock. It is time to plunge again and restart the sport you love. During the pandemic, you might have tried some new activities (good for you), but here are some of the main reasons why swimming remains the best lifelong sport of all.

Swimming does make you work all your muscles groups simultaneously: core, arms, legs, lungs, heart. Only a few other sports offer you such nice total body workouts. If you just watched the Olympics trials, did you notice how the swimmers have well-balanced bodies.

Swimming does require a lot of underwater and controlled breathing. Swimmers have some of the best aerobic and lung capacities. When I was coaching high school swimming, I was always surprised how the cross-country athletes (although very fit) could not do one lap of the pool without being out of breath.

The water carries you and is so gentle on your joints. If you are overweight or have mobility issues, the only sport you might be able to excel in is swimming.

What other sport would you be able to do when it is over 100 degrees outside? The water will cool you down and be a source of relaxation.

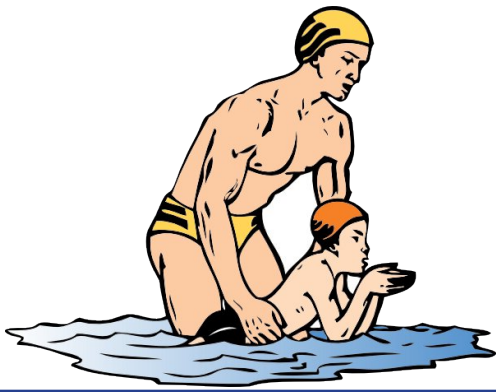
Whatever your level of fitness, you can share a lane with anybody (your friend, your partner, your children). You will never be more than 25 yards apart and both of you can exercise at the level you want.

Chlorinated pools have been proven to be one of the safest places to exercise during the pandemic as we mostly have our heads under water, and it is easy to self-distance ourselves.

Being a good swimmer may help to save a life, either yours or the one of somebody else. However, be aware that swimming in open bodies of water (lakes, rivers, seas, or oceans) always remains dangerous. Never swim alone in open water, and in doubt, never go in.

Swimming can be done at any age and at any level. It is one of the best lifelong sports and might extend your life expectancy by a few years. Enjoy it and see you at the pool.





Coaches Chair

Coach Kevin Cleary
OMS Coaches Chair

“Can I?” vs. “Should I?”

In my previous article, I gave some pointers on how to push yourself in training. We explored the concept of “I Can’t!” vs. “I Don’t Want To!” This article will dive into the other side of that coin: “Can I?” vs. “Should I?”

While many athletes – especially newer, less experienced ones – hit a certain level of fatigue and shy away from pushing through it, and deprive themselves of not only gains in performance, but the many health benefits, there are others who push themselves through unreasonable levels of fatigue and reap the consequences.

We experience pain and fatigue for a reason. It’s our body’s way of both telling us that we’re doing something it’s unaccustomed to, as well as warning us that we are approaching levels of exertion that are dangerous.

Most people are capable of far more than they believe. They back off too soon. But what about those who ignore those warning signs?

When you’re knee-deep in a grueling set and are determined to power through it – maybe you’re gearing up for a big meet, or perhaps are simply in the mood for a good challenge – you need to ask yourself if it’s advisable to proceed any further.

If you read my previous article, you’ll recall some of the indicators that you’re good to keep going: technique remains sound, stroke count isn’t skyrocketing, breathing isn’t out of control, and you are able to maintain your goal pace.

If one or more of those has or you feel is about to fail,

it’s best to back off and live to fight the next day...and the day after that...and after, and so on. Just because you CAN push through serious pain and fatigue, doesn’t mean that you SHOULD.

Many athletes across the sporting world consider it some sort of badge of honor to work so hard that they throw up. Many gyms even have buckets set aside for such occurrences.

Consider for a moment what’s really going on: when the body needs to vomit, it means that it has in some way been POISONED and needs to get rid of the offending agent ... in what twisted, alternate reality is it ever a good idea to train to the point of poisoning yourself?

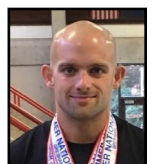
Training MUST be sustainable, whether over the course of a season for those involved in serious competition, or for longer periods for anyone simply out to achieve and maintain great physical health.

Courage, dedication, and perseverance are all virtues; foolishness is not.

Does that mean that you should never push your limits? Not at all. That has its time and place, and can help solidify gains made over the course of a training cycle, not to mention give you a good boost of confidence.

But be aware that such sessions come with a price and will require adequate rest and recovery, especially as you age. You

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Long Distance Swimming

Coach Bob Bruce
Long Distance Chair



All-time USMS Cable Swim Cumulative Relay Records as of 6/29/2021

Women (3 x 1-Mile)

Age Group	Record	Club	Year
18+	1:14:51.69	Oregon	2013
25+	1:10:21.40	Oregon	2011
35+	1:12:02.51	Oregon	2011
45+	1:10:42.88	Oregon	2011
55+	1:23:56.47	Oregon	2011
65+	1:23:12.83	Virginia	2019
75+	NONE		
85+	NONE		

Women (3 x 2-Mile)

Age Group	Record	Club	Year
18+	2:20:50.77	Oregon	2021
25+	2:18:59.84	Oregon	2017
35+	2:24:56.68	Oregon	2012
45+	2:25:46.00	Oregon	2012
55+	2:54:06.83	Oregon	2012
65+	3:08:11.08	Oregon	2021
75+	NONE		
85+	NONE		

Men (3 x 1-Mile)

Age Group	Record	Club	Year
18+	1:09:47.33	Oregon	2013
25+	1:05:47.50	Oregon	2012
35+	1:04:28.19	Oregon	2018
45+	1:07:03.47	Niagara	2010
55+	1:13:41.14	Oregon	2014
65+	1:17:14.10	Oregon	2013
75+	NONE		
85+	NONE		

Men (3 x 2-Mile)

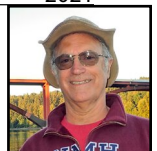
Age Group	Record	Club	Year
18+	2:12:06.13	Oregon	2018
25+	2:17:43.03	Oregon	2021
35+	2:08:14.87	Oregon	2017
45+	2:12:50.39	Oregon	2015
55+	2:17:07.26	Oregon	2021
65+	2:38:47.18	Oregon	2021
75+	3:14:49.43	Oregon	2017
85+	NONE		

Mixed (4 x 1-Mile)

Age Group	Record	Club	Year
18+	1:33:51.00	Oregon	2013
25+	1:32:06.18	Oregon	2015
35+	1:31:55.43	Niagara	2010
45+	1:31:21.44	Oregon	2011
55+	1:43:13.86	Oregon	2013
65+	1:56:59.70	Oregon	2019
75+	NONE		
85+	NONE		

Mixed (4 x 2-Mile)

Age Group	Record	Club	Year
18+	3:03:04.10	Oregon	2021
25+	2:56:18.56	Oregon	2017
35+	2:28:49.39	Oregon	2018
45+	3:01:11.20	Oregon	2012
55+	3:30:38.25	Oregon	2012
65+	3:47:44.85	Oregon	2021
75+	NONE		
85+	NONE		



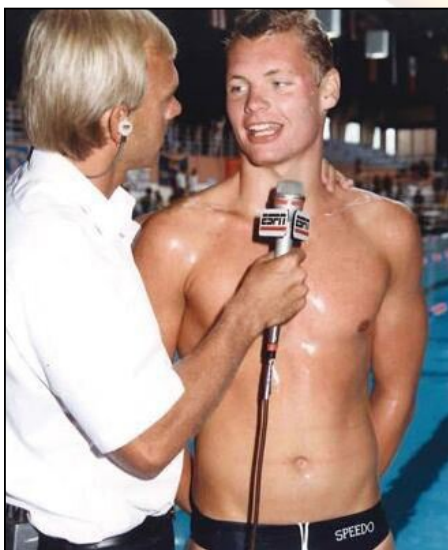
Swimmer Spotlight

— submitted by Karen Andrus-Hughes

Name: Dan Jorgensen
Age: 53
Local Team: Multnomah Athletic Club
Occupation: VP of Sales, S.R. Smith LLC (Swim Pool Deck Equipment Manufacturer)

The Oregon Masters swim community has been fortunate to have several Olympians return to pool competition after years away - Dan Jorgensen being the most recent, returning in 2019 to swim in the OMS Championships. Dan represented the United States in the 1988 and 1992 Olympic Games, earning medals in the 800 free relays: Gold in Seoul & Bronze in Barcelona, and was a finalist in the 400M Freestyle in both Olympics as well.

Dan says there were a few factors that pulled him back into the pool. "It really was a couple of things. First, Scot Sullivan (a fellow MAC swimmer) wanted to recruit a team for a world record relay attempt, and he needed competitors that averaged 50 years and over and I was coming up on my 50th birthday. I had not swum in 25 years, but he challenged me to join him for a couple practices. I was hesitant at first but did participate in a few late Sunday night swims with Scot. I did not like how out of shape I'd become. Second, my doctor recommended I start swimming again to help with some knee pain issues." Though the Masters relay hasn't come together yet, he has continued to swim through the pandemic when lake temperatures permitted, and now fortunately, MAC pools are open again.



Dan being interviewed by Rowdy Gaines after setting the American Record in the 400 LCM Free in June 1986

ted, and now fortunately, MAC pools are open again.

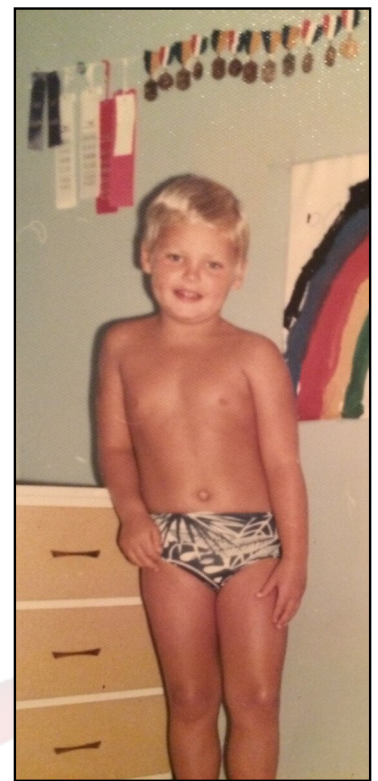
Camaraderie during practices was the best part of swimming again, explains Dan. "To be with a group sharing a common love for the 'greatest sport' is a real pleasure. I have found the challenges in workouts to be both invigorating and they help me stay youthful."

Dan's love of the water started at a young age. He grew up in Waterford, CT, near the ocean. To be ocean safe, he started swim lessons as a young child, and was coached by his father Niels until he was 15. By 10 years old he was #1 in the country in IM, backstroke and free events. He established national records in every age group category except 13 & 14. His last National Age group record (400 LCM free) was broken by Michael Phelps more than 15 years after Dan set it.

Dan set the American Record on June 25th, 1986 at the World Championship Trials in Orlando, FL, (3:49.41) in the 400M Free, and later won the Bronze medal a few weeks later at the World Championships in that event.

At 15, Dan moved to Southern California and boarded with a family to train with the Mission Viejo Nadadores to reach his swimming goals. "It was an unbelievable experience walking into a program that had American and World record holders training in one location. I can remember when I first started, I was not ready for the workload and yardage an elite program like this completed during a week. I started being the slowest swimmer in the girl's distance lane and just getting my butt whipped for many months. I was sleeping every chance I could to recover. Over time and many more months of heavy training, I ended up being the leader of the Animal Lane as it was called. The Animal Lane included the best and hardest working distance swimmers in the country and produced multiple Olympic Champions including Brain Goodell, Mike O'Brien, Tiffany Cohen and many other Olympic finalists. The Animal Lane was legendary back in the 1980's and much has been written about it."

Dan's most memorable swims have been ones where the goals were years out and then achieving them. The preparation includes months of training, both in and out of the water plus continued on page 9



Five-year-old Dan with his first swim awards on display on the wall above.

The Birth Of Triathlon

by Joe Oakes

If you were born in 1980 or before, you may not know that triathlons did not exist in North America before 1980, despite the fact that today you can find a triathlon here, there and everywhere. There are sprint triathlons, longer half-Ironman length ones, full Ironman triathlons and the rare, longer ultra-triathlons.

The sport was born accidentally when a group of military guys were drinking together one evening in Honolulu. It was the mid-1970s, and the happy revelers came from several of the branches of the military. Some of them were from swimming backgrounds, some were runners and others favored bicycles. Hawaii is a great place for endurance events, among them the traditional 26.2-mile Honolulu Marathon, a 112-mile bike ride around the island and the annual 2.4-mile Rough Water Swim. The barroom conversation gravitated to the question of which of these three events was the most demanding. Someone (I am told that it was Coast Guardsman Gordon Haller, a Portland, Oregon native) guffawed and said that the hardest would be to combine *all three events* in one three-part contest. It would take a real Iron Man to finish all three in one day. No one disagreed. A date was set, the race was held, and the sport of triathlon was born. None of these happy campers had any idea that they were birthing a brand new sport that would spread like wildfire internationally.

But Valerie and Hank Grundman, owners of a fitness club in Honolulu, saw the potential of the new sport. They raised the event, now known as the Ironman Triathlon, to a commercial level and invited non-military athletes to enter. I heard about it at the awards dinner of an ultramarathon in the Sierra Nevada. I love a new challenge, and sent in my entry right away. I think that the entry fee was something like \$25. To my surprise I was accepted into the rarified group. Keep in mind that *prior to the Ironman, no organized triathlon had ever existed anywhere in the world*. My friend Ron Kovacs and I flew to Honolulu filled with hope and fear. I was one of the oldest competitors. Despite my fears, I finished the grueling event in a reasonable time and returned for further punishment five more years.

In today's world, big changes require big publicity. Enter Sports Illustrated and ABC's Wide World of Sports ("The Thrill of Victory, the Agony of Defeat.") Sports Illustrated gave the new Ironman a nice spread, bringing the concept of a triathlon to

the minds of millions of readers. ABC's Jim Lampley and Diana Nyad came to Honolulu and interviewed us for television. The seeds of explosive growth were planted.

When I got home, I started planning a triathlon where I lived in San Francisco. We could start with the challenging swim across the Bay from Alcatraz to the City, then ride our bicycles across the Golden Gate Bridge to Mill Valley. Mill Valley is where the Dipsea Trail starts, a rugged mountain run that goes through the redwoods to the Pacific at Stinson Beach. To make it harder, the run would be a round trip to Stinson Beach and back to Mill Valley, a very tough half-marathon run. It would be much shorter than the IRONMAN, but both the swim (in cold, rough water) and the mountain run would be much more challenging.

Undertaking the production of that event would be a big job, but it would be fun. San Francisco deserved its own triathlon. I called my dream The Escape From Alcatraz Triathlon. Realizing the potential, I trademarked the name.

At the time, I was swimming regularly in San Francisco Bay as a member of the Dolphin Club, which dates back to 1873. Extensive damage from a devastating fire at the Club left it in need of funds to rebuild. President Frank Drum asked me about putting together a fund-raiser. I told him about my experience at The Ironman Triathlon and my plans to produce The Escape From Alcatraz Triathlon. We agreed to have the Dolphin Club use the event to raise money, and they would supply the bodies and know-how to make it work.

We did the alpha version in the spring of 1981 with a small number of stalwarts. Bear in mind that the concept of being a "triathlete" did not exist. The participants were just a few good, all-around athletes who were willing to give this "tri" a try. The winner was Norman LaPera, an East Bay park ranger. Thus, at San Francisco's Dolphin Club, the sport of triathlon was introduced to North America.

In time the Escape From Alcatraz Triathlon became a bit too big for some of the members of the Dolphin Club. Understandably, they did not want the peace and quiet of their club disrupted by hundreds of outsiders. So now there are two versions of The Escape. The first, true to my original course, is limited to members of the Dolphin Club and the South End Club next door. It is a relatively small event with a history of several decades. It has become a tradition.

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JOSH DAVIS SWIM CAMP

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11:30am register, check in, and autographs and pictures with Gold Medal!

12-12:15pm welcome and opening talk with Josh

12:15pm -2:30pm Water time! Demonstrating, fixing and racing with Josh!

2:30pm-3pm closing powwow and Q & A on nutrition and balance

3-3:30pm finish any pictures and autographs

More information with Josh Davis 210.889.7667 or josh@joshdavis.com Or Coach Scott at 458-201-0999

Date and time

Sun, August 22, 2021

12:00 PM – 3:00 PM PDT

River Road Parks & Recreation Swim Center

1400 Lake Drive

Eugene, OR 97404

See Josh Davis swim in the 200-meter Freestyle; scroll to the bottom of the page to watch.

<https://www.eventbrite.com/e/oregon-masters-olympian-swim-camp-sunday-aug-22nd-12-3pm-ages-19-99-tickets-158019876705>

COACHES CHAIR

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should certainly not be doing it day in and day out. Pavel Tsatsouline, one of the best (if not the number one) minds in the strength and conditioning world, put it best: "Do not start treating these smokers as the main event rather than the occasional side dish they are intended to be."

A friend of mine and fellow strength coach, Jeff Sokol, likes to say, "For some, it takes discipline to go to the gym; for others, it takes discipline to stay out of the gym" (it applies to the pool as well).

In other words, LISTEN TO YOUR BODY! Know when it's safe to push yourself and when you need to ease up on the throttle or even call it good for a day. If you don't back off when needed, if you don't schedule breaks, your body will schedule them for you, in the shape of illness and/or injury!

Safe and effective training means both working hard and consistently, but also being smart and prudent and knowing your limits. Yes, that involves pushing them from time to time, but not so frequently that you either stop improving, or get injured.

SWIMMER SPOTLIGHT

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managing other factors like diet, sleep, school, work and family. "The focus on daily preparation is key to hitting long-term goals and when you execute on these objectives, there is no greater personal satisfaction," says Dan.

Highlights of Dan's Swimming Accomplishments

- Represented U.S. in World Championships & Pan Pacific Champs 1986 to 1992 – earning multiple medals in individual events and relays. Most notable: American record in 400 LCM in 1986
- Triple Bronze medalist at the 1986 World Championships (50M) in Madrid, Spain
- Silver medalist at the 1991 World Championships (50M) in Perth, Australia
- Finished 3rd at the 1984 Olympics trials (first time they only took 2 per event)
- 1988 Olympics – gold in 4 x 200 free relay
- 1992 Olympics - bronze in 4 x 200 free relay
- NCAA Champion in 500 free and 1650 free (USC Trojan). Team finished 2nd place 3 out of 4 years. (Dan's note: "Still burns inside not having won a team title.")
- Younger brother Lars was also a 1988 U.S. Olympian – currently University of Kentucky head swim coach
- Coached by three Swimming Hall of Fame coaches: Mark Schubert, Flipp Darr, Peter Daland



Swimming with OMS friends in Lake Oswego last summer

OFF THE BLOCK

continued from page 3

ing as I had always heard that carbs were bad for you. Unknowingly, I turned to vegan junk food as it resembled options I had been familiar with while helping me feel like I was taking steps in the “right direction” towards a whole food plant based diet... or so I thought.

Unfortunately, that didn't go so well for me and in June of 2018 I began having issues with my gallbladder. Long story short, I had a terrible gallbladder attack after a night out with my friends. With a stomach full of chips, salsa and a margarita, I ended up in the Emergency Room with severe burning back pain. The doctor said I had gallstones and scheduled surgery! I went into surgery only to wake up to the nurse telling me that they could not locate my gallbladder and were unable to remove anything during the surgery. I was shocked and upset as to how they had seen gallstones in an ultrasound but were unable to find the gallbladder itself during surgery. I have scars to remind me of the failed surgery.

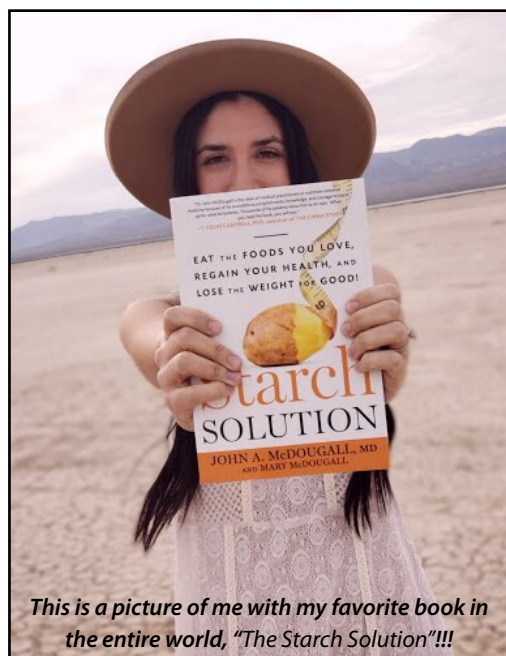
Confused and frustrated, I took matters into my own hands and personally began to research my symptoms in attempts to figure out the underlying cause. All the pains I experienced were described as gallbladder attacks online. I remembered that in *The Starch Solution*, Dr. McDougall had mentioned how to care for your gallbladder. I went back, re-read the book, in its entirety, and followed it religiously. I cut out all oils and all foods with higher fats from my diet (avocados, nuts and seeds) and experienced what felt like a miracle during that time of my life – my gallbladder attacks and pains had stopped! In the meantime, for 4 consecutive months, I went from doctor to doctor and eventually discovered that I indeed had a gallbladder. However, my gallbladder was underdeveloped (the size of a 3-year-old's) and it was embedded inside my liver. At that point, due to the uniqueness of my case, no one was willing to perform the surgery to remove my gallbladder. Even though I had managed to control my pain thanks to the advice provided by Dr. McDougall in *The Starch Solution*, I wanted my gallbladder removed as my family has also suffered from gallbladder complications. I lost my mom to gallbladder cancer and my grandmother almost died from having her gallbladder rupture inside her. I ended up emailing my unique circumstance to multiple experts and ended up getting it removed by a liver transplant surgeon out at UCLA.

Fast forward to 2021: For three years now, I have not had a single kidney stone, I no longer have high blood pressure, I no

longer have high cholesterol and my blood work is constantly what my doctor calls “above average.” On top of all that, I have lost 61 pounds! My weight loss journey consisted of me eliminating all added fats when I was struggling with my gallbladder; then, after my surgery, I began to eat the normal starch solution diet by including whole grains and a little bit of nut butters or avocados (I like to think of fats as condiments – they add some texture and flavor to food, but should not be over-used). When I hit a plateau during my weight loss, I temporarily cut out higher calorie-dense foods such as whole grains flours and added fats. Now that I am at my target weight, I have reincorporated whole grains and fats back into my meals. I am now effortlessly maintaining my weight by continually following the principles laid out in *The Starch Solution*! This lifestyle has forever changed me and I will forever be grateful to Dr. McDougall for all his work and research and to Mary McDougall for all her delicious recipes!

I feel so strongly and passionately about this lifestyle that I even started a YouTube channel called “manukenzie” where I share all starch solution friendly recipes and make mention of *The Starch Solution* as the book that changed my life. It is my hope that with my channel and content I am able to not only share my passion, but also change peoples' lives by showing that there is another way out there to live your life. I hope I can encourage other people to follow *The Starch Solution* and Dr. McDougall's way of eating, bringing them all the benefits that this beautiful and liberating way of eating has brought me.

See Dr McDougall's free newsletter and other information at drmcDougall.com.



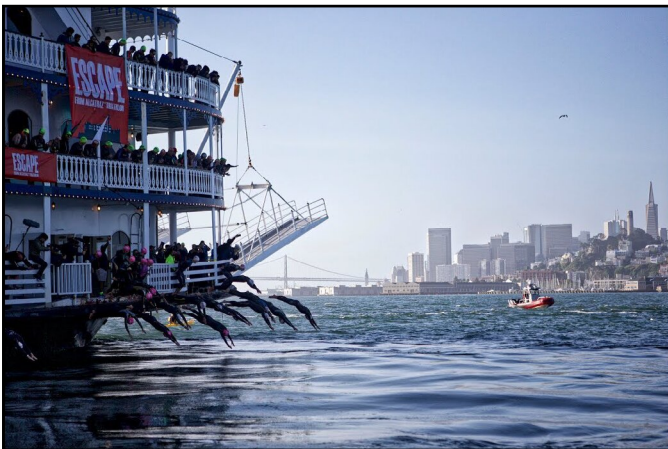
This is a picture of me with my favorite book in the entire world, "The Starch Solution"!!!

BIRTH OF TRIATHLON
continued from page 8

The second version, a very professionally conducted event, is put on by IMG, a large sports management organization. They own legal rights to the name Escape From Alcatraz Triathlon. That televised version starts with a swim from Alcatraz to the shores of San Francisco, but the bicycle ride and the run are all within the confines of the City. Participants, among them the top tier of professional triathletes, come from all over the world. There is a large entry fee and over 1,000 entrants compete annually. Even with early on-line application, many applicants are turned away every year.

I directed swims from Alcatraz for three decades. After a while it stopped being fun and became another job. When I turned it over to others, it was with a sigh of relief. Enough, as they say, is enough.

To think that it all started with the IRONMAN TRIATHLON in Hawaii, then spread like a virus. Who knew?



A large group of professional triathletes lines up along the gunwales of the ferry. When then the ferry sounds its horn, the pros all dive in together and head southwest 2.5 miles to the finish. Because the swim is current-aided, swimmers actually swim more like 1.5 miles.



Now that the pros are in the water, 1,000 other swimmers line up to jump. Because some swimmers have to wait several minutes for their jump, times are calculated from actual jump time. Each swimmer wears a timing chip on their ankle.



This is a map of the current course of the commercial version of the ESCAPE FROM ALCATRAZ TRIATHLON. The 1.5-mile swim is in red. The 18-mile bike route is in blue, and the out-and-back run is in purple. This is quite different from the original 1981 course: No Golden Gate Bridge; no Dipsea Trail. (For comparison, the distances in the IRONMAN TRIATHLON are 2.4 miles swim in relatively calm, warm water; 112 miles on a bicycle and a 26.2-mile marathon run.)

The Oregon Senior Games

This swim meet is scheduled for Sun Aug 22 at Osborn Aquatic Center in Corvallis. Swimmers from other states are welcome to enter.

This is a short course yards meet for those youngsters who are 50 & older.

It is an opportunity to race again and the event list has all the usual events up to 500 yards, or you can feel like an 8 & under again and race 25s in all four strokes!

The meet is a USMS recognized meet so times will be eligible for USMS Top 10 and records, and is also a qualifying meet for the 2022 National Senior Games (<https://nsga.com/>).

Please join us and enjoy a getaway to beautiful Corvallis!

Meet information and registration at <https://oregonsenior-games.com/> or <https://swimoregon.org/events/>.

Entry deadline is Sun Aug 15.

Volunteer Nominations

Each year U.S. Masters Swimming recognizes and celebrates the extraordinary efforts of our members beyond the water's edge. USMS's success is a result of the amazing contributions of our talented and dedicated volunteers.

We all know individuals who are deserving of a USMS award. Help us identify these people by nominating those you know who have made an impact and fulfill the ideals of the awards.

To see each award for nomination information and forms, go to <https://www.usms.org/volunteer-central/awards>

If you have someone you would like to nominate, please send their name to Ginger Pierson at gingerpierson7857@comcast.net.

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 31 July	Cascade Lakes Swim	Bend	COMA	Bob Bruce	3000-meter	Featured	Yes
	Series at Elk Lake				1500-meter [Ass'n Champs]	Featured	
Sat 14 Aug	Southern Oregon Coast	Lakeside	SOMA	Bob Bruce	3000-meter	Featured	Yes
	Swims at Eel Lake				500-meter Predicted Time	Participation	
					1500-meter	Featured	
Sun 3 Oct?	Lake Juniper (buoy swim)	Bend	COMA	Bob Bruce	1200-meter	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. . .

No meets have been previously scheduled; hence no meet results

Looking Ahead. . .

Pool Schedule

Date	Course	Swim	Location
August 22; Sunday	SCY	Oregon Senior Games*	Osborn Aquatic Center, Corvallis, OR
October 2; Saturday (tentative)	SCY	Lake Juniper (pool)	Juniper Aquatic Center, Bend, OR

*Oregon Senior Games meet information & registration <https://oregonseniorgames.com/> OR <https://swimoregon.org/events/com/>

Open Water Schedule (see page 12)

Quote for the month. . .

If life piddles in your pool of dreams, add chlorine and keep swimming

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

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.