

*"Swimming for Life"*

# Aqua Master

*Award-winning newsletter of Oregon Masters Swimming*



*Volume 49 • Number 1  
January 2022*

## A Quick Review of the COMA All-around Challenge

*Held at JSFC in Bend on Saturday, December 11, 2021*

*by Bob Bruce, Meet Director*

It was GREAT to finally get to race in the pool again! This was the first sanctioned meet in Oregon in two years, since the 2019 COMA All-Around Meet (we're not forgetting the Senior Games meet hosted by Corvallis in August, which was a recognized meet and limited to swimmers 50 and older). We need to have more pool events!

- We had 70 entrants, a very good sign-up, assertive too, considering that all-weather tires are apparently not sold in the Portland Metro area.

- We had about a dozen scratches due to inclement weather—it turned out to be our first real winter day—but we delayed seeding, thus consolidating some heats, and moved forward with a meet exactly within the projected time-frame.
- Many thanks to all volunteers who got out of the wet weather to help us run the show.
- A special thanks to all of our meet officials, many of whom scrambled recently to become certified. It is

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*Willard Lamb, Joy Ward, Janet Gettling and Bob Bruce after their World-record-setting Mixed, 800 SCM freestyle relay in the 320-359 age group. The splits on the relay were Willard 4:58.62, Joy 3:51.62, Janet 3:19.71, and Bob 2:39.03 = 14:48.98.*

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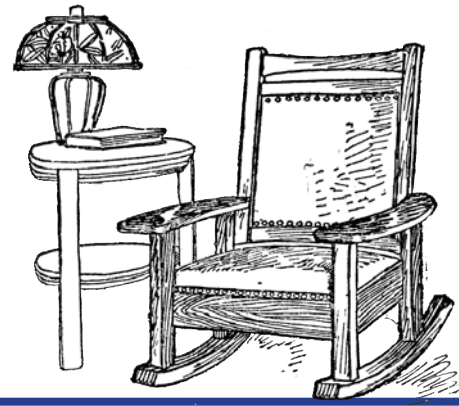
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# Chair's Corner

**Tim Waud**  
*OMS Board Chairman*



## How To Host a Masters Swimming Competition In Oregon

Are you ready to race again? Anxious to catch up with swimming friends you haven't seen in over a year? Want to race in your own pool? Follow the steps outlined below to bid and host a swim competition.

Oregon Masters Swimming has consistently grown in both the number of swimmers and the number of teams and facilities that have an interest in hosting a pool meet. Hosting a meet requires a time commitment and human power. It also provides the opportunity for a group to earn money and support the concept of Masters swimming. To facilitate bidding for pool meets, OMS has compiled the "Meet Bid Packet". This can be found on the OMS website, [swimoregon.org](http://swimoregon.org). Go to "Swimmer Resources," then "Swim Meet Bid and Contract." Click on its hyperlink and download the packet. Follow the instructions included in the "Host a Masters Meet." If you have any questions, feel free to contact the Vice-Chairman, Robbert van Andel, [swimmer1974@gmail.com](mailto:swimmer1974@gmail.com).

The OMS Board will review all meet bids and formulate the 2022 Meet Schedule. You will then be contacted to confirm the meet dates, meet format, and to finalize the meet contract. Contests, fun creative relays, raffles, drawings, etc. with prizes are encouraged, as they reduce the stress of a meet and swimmers enjoy them. If you have any special ideas, feel free to bring them up in your bid packet. We are

hoping some of you with pools to which we haven't been in a while, will offer to host a meet.

If you are a small Masters team, you can still host a meet successfully if you have an age-group team willing to help and share the profits. Pool rental fees have increased. If you are faced with a high pool rental situation, submit a projected accounting with your bid. The OMS board can raise the swimmers' entry fee to compensate for the additional money your team has to pay. You must inform us, though, for the entry fee to be raised.

The 2022 Competitive Calendar is currently wide open. It is our intention to have a Pool meet, in each month of the year. Be aware of holidays, and during the summer months be careful not to bid on a meet the same weekend as an Open Water Swim. Keep in mind, the USA Swimming meet calendar; many of our officials pull double duty with USA Swimming and USMS competitions.

If you have any questions as you are going through this bidding process, please contact the Vice-Chairman, Robbert van Andel, [swimmer1974@gmail.com](mailto:swimmer1974@gmail.com). I hope we will soon be working together for another great meet season.

Swimmingly,  
Tim Waud/OMS Chair





# Off the Block

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

## Choosing Diet Over Drugs After a Heart Attack

by Kelly Caraway

### Joining the Medical Business

One afternoon, in September of 2006, about a month after I turned 58, I was overtaken by excruciating chest pain, nausea, and profuse sweating. I tried to "walk it off" for about two hours at home but finally decided to go to the emergency room. I was sure that if I could just get some pills that everything would be fine. I drove myself 40 miles to the nearest hospital, and the next thing I knew the staff was looking for a helicopter to airlift me to a hospital that treats heart attack victims. I remember thinking, "They must be mistaken, I could never have a heart attack, I'm a healthy man, and I have no history of heart disease or coronary artery disease in my immediate family." Plus, I thought, heart attacks only happen to other people.

The doctor said that I had one artery that was completely blocked, which had caused the heart attack, and another artery was significantly blocked. He had opened up the completely blocked artery with a balloon stent, but he did not do anything with the other artery. As a CPA who had worked for a large Texas hospital system for over 37 years, I had always told myself I would never become a patient in a hospital's progressive care/telemetry unit, but here I was.

That was just the beginning of my education in the differences between how modern medicine treats heart attack victims and how it should treat heart attack victims, in most cases. The medical profession leaves the impression that it is not possible for a heart attack victim to survive without drugs, but it is simply not true. I have learned a lot along my journey, and if at all possible, I hope to spare others from un-

necessary surgery and a lifetime of medication.

### Working up to My Heart Attack

Having grown up on a farm near San Antonio, Texas, I was a physically active youth. Even as I maintained my sedentary office job as a CPA, I jogged and participated in organized races, including four marathons while in my late 20s and 30s. Even into my 40s and 50s, after my activity level dropped off somewhat, I was sure that the amount of exercise I was getting was sufficient. I took supplements, never smoked, my total cholesterol ranged from 175mg/dl to 195mg/dl, and my blood pressure and annual physicals were normal, so I generally considered myself to be healthy. Given this, nutrition was of no concern to me. I thought I should be able to eat anything I wanted.

Things began to shift for me in my late 40s when I was put on an intensive project at work that lasted several months. It often required 12 hours of sedentary work a day and often on the weekends, causing me to halt any type of physical activity. I continued to eat anything and everything, and during this time I gained 25 pounds. I became very sluggish and felt miserable by the end of the project.

When I visited my primary care physician, he told me that I had become a borderline diabetic and he wanted to put me on medication. I asked him to give me some time to see if I could lose weight before I started taking drugs. He reluctantly consented and told me to come back in three months.



Kelly Caraway

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# Fit to Swim

**Coach Colette Crabbe**  
OMS Fitness Chair



## Use Your Core and Your Legs; Save Your Shoulders

A question from our membership came up asking how to avoid shoulder injuries in freestyle. This is a hard question as everybody is different: flexible or not, already injured or not, young or old, experience in swimming or not, etc.

**Being able to keep a horizontal position on top of the water is key** to relieve some pressure off your shoulders. This is critical, and the first thing to try to improve. If your body is sinking behind you, it is like you are pulling yourself up a wall and putting a lot of pressure on your shoulders. Once you are in a horizontal position, it is like your shoulders have reached the top of the wall and you just have to push yourself up, so it is much easier. Now, how do we reach that horizontal position?

- **Kick, kick, and kick:** Don't be afraid to wear fins and use your whole leg with a fast small narrow motion, starting from the hips (not the knees), and finishing with the ankle whip. Keep using the fins until you can keep your hips and your legs at the surface.
- **Head position:** If you lift your head to breathe, the rest of your body will follow. Your legs and hips will sink. Guaranteed! So make sure your eyes are looking towards the bottom of the pool and you just turn your head to breathe (one eye above the water surface). You will need the support of your kick and your front arm to achieve this.
- **Keep your balance with an extended arm in front:** In order to keep that long stretched position on top of the water, you will need to keep one arm extended in front of your shoulder or slightly wider than your

shoulder until your recovering arm is passing your head and taking over for the balance (front quadrant swimming). This will help you keep your balance, stay horizontal on top of the water and relieve any pressure on your recovering arm and shoulder. Make sure you are also clearing the surface of the water in front of you and entering with the tips of your fingers and not your thumb as most of us do. (Entering with your thumb increases the pressure on your shoulders, as it is not the natural way we hold our hands on land, e.g. we do not walk with our palms facing outwards and our thumb towards the back).

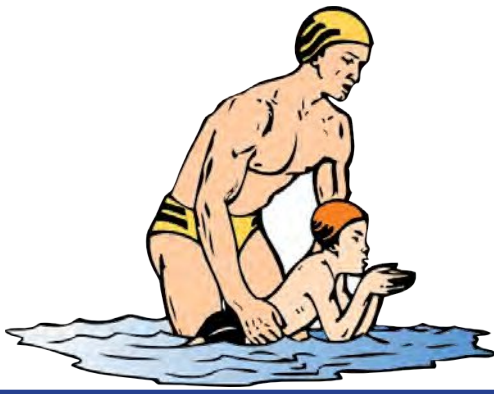
Here are a few drills to work on those issues (use fins in the first stage, and as long as you need them):

1. Holding the back end of a kickboard with one hand (so you can put your head in the water), do one arm freestyle. Your arm should clear the board and you should start your breathing as soon as you start pulling, and put your head back in the water as soon as your hand exits the water. The kickboard should be held in front of your shoulder and not directly in front of you, so you can clear the water without touching the board. Keep wearing your fins until you can keep your hips and legs at the surface
2. Do the same exercise without a kickboard in the superman position. Your arms should be on top of the water in front of your shoulders (not in front of your head), and, do one arm freestyle on the side on which you breathe.
3. Progress with one arm stroke on the side you breathe, then one arm stroke with the other arm without breathing

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# Coaches Chair

**Coach Kevin Cleary**  
OMS Coaches Chair

## Kick-Based Freestyle for Efficient Strokes and Healthy Shoulders

One of the most common problems that I (and probably every other swim coach on this planet) see when I'm on deck is a tendency to focus on and over-emphasize the pull, and pretty much forget the existence of the swimmer's legs.

Spinning the arms, flailing around, thrashing about like a wounded octopus...we've all seen it, and were probably guilty of it at some point in our swimming careers.

Naturally, this is extremely slow and inefficient, and also a common cause of injury, as improper technique compounded over thousands and thousands of strokes is one of the best ways to mess up the shoulders.

One of my go-to principles when confronted with most technical problems in our sport is to simply focus on and strengthen the kick. As legendary hockey coach Herb Brooks famously stated, "Legs feed the wolf." This rings true all across the fitness and sporting world.

So, how does a swimmer, by focusing on their flutter kick, improve their stroke?

I begin by isolating the side breathing position. It is a weak, off-balance position, but a necessary one if you wish to breathe...unless you choose to lift your head, but we won't go there. One of the many common errors that lead to hurt shoulders is a tendency to drop the bottom arm and flare out the legs while taking a breath, in order to stabilize

the body on top of the water while turning the head to the side. This not only creates great resistance (as the dropped arm acts as a brake), but shortens the propulsive phase of the stroke, resulting in greatly reduced efficiency and the resultant need to take even more lousy strokes.

Here is a simple progression for correcting this issue:

### 1. "Blade Runner" (AKA side-glide kick)

Begin by pushing off of the wall in a tight streamline, turn onto either side, keeping the bottom arm extended in front and the top arm tight to your side. Your head and neck should be neutral – having one goggle lens in the water and one out is an excellent indicator that you're in the correct position.

Flutter kick for as long as desired – but be sure to practice on both sides!

If you struggle with this, you're not alone, but that is a big indicator that you should be spending more time and putting more effort into your flutter kick! I know it's not an easy answer to hear, as kicking can be a pain to train for many, but my job as a coach is to tell people what they NEED to hear, not what they want to hear!

(Fins are certainly an option, but don't overuse them and turn them into a crutch!)



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# Long Distance Swimming

**Coach Bob Bruce**  
Long Distance Chair



Wrapping up the 2021 USMS Postal Championships, the Oregon LMSC capped another year with a strong showing in the USMS 3000-yard and 6000-yard Postal National Championships. Despite a lower number of participants than usual, clearly due to pandemic restrictions at local pools, the Oregon Club managed to win the club titles in both events and win 12 of the 13 relays entered! Here's a quick summary:

**3000-yard:** 24 Oregon swimmers (11 women & 13 men) entered. Alexis Higlett, Hardy Lussier, Dan Kirkland, and Ralph Mohr each won the national title in their respective age groups—strong club strength at the top end! All nine Oregon Club relay teams won their events. And the Oregon Club won the club title.

**6000-yard:** 9 Oregon swimmers (4 women & 5 men) entered, also down from previous years' entry. Alexis Higlett, Hardy Lussier, and Dan Kirkland won individual championship. Three of the four Oregon Club relay teams won their events. And the Oregon Club won the club title.

Congratulations to...

- Our 4 individual National Champions (USMS Long Distance All-Americans!);
- Alexis Higlett, Hardy Lussier, and Dan Kirkland, our double National Champions;
- Our 12 relay team National Champions (USMS Long Distance Relay All-Americans)—remarkable considering our size of entry;
- Our 4 Oregon Individual Record breakers—Colette Crabbe & Judy Ziemer in the 3000, and Alexis Higlett & Jeanna Summers in the 6000;
- Our Oregon Relay Record breakers:
- Mens 55+ 3 x 3000-yd Relay of Dan Kirkland, Scott Sullivan, & Hardy Lussier.

- Mens 55+ 3 x 6000-yd Relay of Bob Bruce, Dan Kirkland, & Hardy Lussier.
- Our National Relay Record breakers—Mixed 65+ 4 x 3000-yd Relay of Jeanna Summers, Colette Crabbe, Jeff Piette, & Dan Kirkland;
- Those swimmers who accounted for 11 new listings on the All-Time Oregon Top Twelve in these events;
- Everyone who participated!!! The Oregon LMSC generally does well in overall participation, which is ultimately the bottom line, but didn't do that well in this department this year for understandable reasons. I'd like to see many, many more Oregon swimmers participating in these excellent fitness events, so let's look to next year!

Look for the full Oregon results in this *Aqua Master*, (see page 18).

**Now it's Time to Start Thinking about the One-Hour Swim?** This event answers the basic question, "how far can you swim in one hour?" It's the first USMS "Virtual" (formerly "ePostal") swim each year, done only during the month of January. You can do it in your local 25-yard or 25-meter pool. It's often the largest stand-alone participation event on the USMS calendar. It's the oldest of the USMS postal swims, started in 1977. It's a great team-building exercise. It's not only a spirited competition, but also an excellent post-holiday, early-in-the-year fitness event suitable for EVERYONE. I repeat: EVERYONE! Did everyone hear me say EVERYONE?

**Some Changes in the 1-Hour Virtual Swim:** There are four big changes of which you should be aware:

The name of this category of swims has continued on page 16



# Recent Meets & Records

Records are for Oregon LMSC Swimmers Only

\* = split

## Shark Tank Meet—SCM

November 13,14, 2021

Sarasota, FL

Results: <http://southeastzone.org/Results/2111Sarasota.pdf>

Age Group	Event	Name	Age	Time	Record set
Women 75-79	100 Breaststroke	Ginger L. Pierson	75	2:07.40*	Oregon, Zone

## 12th Annual Bend All-around Challenge—SCM

December 11, 2021

Bend, OR

Results: <https://swimoregon.org/results/>

Age Group	Event	Name	Age	Time	Record set
Men 18-24	1500 SC Meter Freestyle	Edwards, Evan	23	17:36.40	Oregon
Men 18-24	50 SC Meter Backstroke	Mccomish, Matthew	22	27.71	Oregon, Zone
Men 18-24	50 SC Meter Butterfly	Mccomish, Matthew	22	26.57	Oregon
Men 18-24	100 SC Meter IM	Mccomish, Matthew	22	1:03.30	Oregon

### WORLD RECORD RELAY

Mixed 320-359	4 x 200 SC Meter Free Relay <sup>†</sup>	OREG	14:48.98	Oregon, Zone, National, World
	1) Lamb, Willard 99 (4:58.62*)	2) Ward, Joy 79 (3:51.61*)	3) Gettling, Janet 73 (3:22.95*)	4) Bruce, Bob 73 (2:39.03*)

### PENTATHLON RECORDS

Age Group	Event	Name	Age	Time	Record set
Women 25-29	Sprint Distance <sup>‡</sup>	Briana Balsbough	25	3:22.62 <sup>§</sup>	Oregon
Women 70-74	Sprint Distance <sup>‡</sup>	Janet Gettling	73	4:52.47	Oregon
Men 18-24	Sprint Distance <sup>‡</sup>	Matthew McComish	22	2:58.97 <sup>‡</sup>	Oregon

### NOTES

<sup>†</sup>Existing record times for this relay are: 15:35.35 USMS relay record (Florida Maverick Masters in 2011) and 14:55.09 World relay record (Sunway Yokohama Japan in 2021)

<sup>‡</sup>SCM Sprint Distance consists of: 50-meters each of fly, back, breast, and free, plus 100 IM

<sup>§</sup>overall fastest female time since record-keeping started about 20 years ago

<sup>‡</sup>overall second-fastest male time since record-keeping started about 20 years ago



# Swimmer Spotlight

—submitted by Karen Andrus-Hughes

**Name:** John McComish  
**Age:** 55  
**Team:** Stafford Hills Masters  
**Work:** Xerox Corporation,  
Graphic Communications Sales

## Why Water?

My best dreams from an early age are of flying and maneuvering effortlessly up and around the ground below. I would soon discover swimming along the rocky shores of Lake Tahoe, or among the coral ridges in Hawaii, provided the same exhilaration as my flying dreams. I can't think of anything better than moving around freely in the underwater world with all its creatures and unique topography in just a suit and goggles.

I grew up in Marin County and started age group swimming early on. I was 11 when I met two brothers in their early 20s who were to become our new coaches. Rick and Ken DeMont's approach to coaching was not only fresh, exciting and fast, but also involved a new philosophy that was no longer about chasing trophies and medals, but instead reaching deep for something far greater. We were excited to have an Olympian as our coach and quickly appreciated the fun, creative workouts that were turning out the fastest swimmers in the league. These workouts included "DeMont 50s" with the first 25 underwater as far as you could go (pushing off the bottom



*Seven-year-old John (block #2) getting ready to race at a meet in Sacramento, CA.*

was optional), then 10 pushups at the other end, followed by an all-out 25. We were also exposed to some great life lessons that I often reflect on.



Midway through high school, Ken approached me about joining a year round swim program that he and Rick were starting. I was more than happy to drop water polo, where I was a disappointment to the coach, who couldn't understand how someone so fast had no hand-eye coordination. We started as a small team unable to field a full relay, but receiving excellent 1:1 attention as we competed at meets throughout the Bay Area. My events were the 50 and 100 free, and I went on to qualify for Junior Nationals during my junior and senior years. I was certainly grateful for this experience, and to have been part of the team early-on that developed into a large successful program over the next 42 years. I wish I could say my enthusiasm for the sport continued while swimming my freshman year at UC Santa Barbara, but my times weren't dropping and the excessive yards and pool time were wearing me down. It was time to do something new, far away from the pool.

After graduating from UCSB and three years away from the pool, I moved to San Francisco and discovered the world of Masters Swimming at the University of San Francisco with coach Gail Roper. She is one of the most competitive people I've ever met. She was all about winning and had numerous Masters records to back it up. She put together a competitive team that had us working hard to make the "A" relay teams at the many meets we'd go to around the Bay Area. I was finally starting to enjoy swimming again, as well as appreciate the balance and escape it provided as I struggled to adjust to my new life in the working world.

For the past 7 years I've been part of the Lakeridge High School swim team coaching staff. I do my best to incorporate the coaching lessons from my youth that keep the practices fresh, creative and fun. Yes, workouts can be fun . . . especially for sprinters. I was fortunate that both my sons' Joey and Matty swam for Lakeridge. During Matty's senior year he qualified for

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## Swim Bits

by Ralph Mohr

According to *Field and Stream* magazine, the fundamentals of survival boil down to the Rule of Three. You can live three minutes without breathing, three hours when exposed to freezing temperatures, and three days without water. I want to focus on the first rule for swimmers.

Swimmers in general do not hold their breath long enough. I'm not talking about apoxic drills that used to be a fashion for coaches, but about how long we can stay underwater on a turn.

Generally speaking, swimmers should stay underwater on every turn until their feet pass the backstroke flags, five yards, 15 feet from the wall. Why? You are faster underwater on your push-off from the wall than you can swim.

Swimmers then say: I can't hold my breath that long. Yes, you can, with practice.

As above with the Rule of Three, if you have to, you can hold your breath for at least three minutes. That's, of course, if you are not exerting much.

The Rule of Three saved my life on a raft trip on the Rogue River one day. I was dumped out of my individual pontoon boat just before the basalt pillars called the Jaws of Mule Creek Canyon. I was swept by the quick river current into the left Jaw. I hit feet first and was immediately pulled under water by the hydraulic action of the water in front of the tall rock.

Because of the turbulent action of the water in front of the rock with lots of bubbles in all sorts of directions, I did not know which way was up. No thoughts of my life went through my brain. All I could think of was my wife on another raft. "She'll really be pissed if I don't get out of this."

Then I noticed white sand at the foot of the basalt pillar, and I pushed off from the bottom up through the turbulence to air and safety on a nearby gravel bank. A minute later my wife floated by on the other raft. I waved.

Later I went to the North Bend Pool, 12 feet deep, and tried to re-enact what had happened. After going down to the bottom and holding my breath as long as was comfortable, I figured I had been at least 15 feet down and underwater about a minute and a half.

So holding your breath as you push off from the wall on a turn should be no problem. I did 90 seconds submerged in the Rogue River. You should be able to hold your breath for the five or ten seconds of a turn.

If you watched swimming in the Olympics from Beijing on, you should have noticed by now a huge change in how long swimmers are staying underwater on turns.

Michael Phelps, on his way to eight wins, trounced competitors with his turns in Beijing. Being a natural butterfly, he was dolphin kicking off each turn while the rest of the swimmers were simply gliding as far as they could. Phelps' advantage was most evident in the 200 free when he destroyed everyone on every turn. It was fun to watch.

Now all world class swimmers are dolphin kicking on turns, even breaststrokers who are limited to one, supposedly. I've counted as many as five dolphin kicks on a turn by swimmers before they start using their arms. Watch Caeleb Dressel underwater for superb use of dolphin kicking underwater to get ahead.

Why is staying underwater on a turn so beneficial, you may ask. Simple: you avoid water's surface tension which slows you down. It is no accident that nuclear submarines are faster than any other Navy ship. They move underwater.

You must do the same on all turns. Don't forget to be streamlined like those submarines. Keep your head down, your arms on your ears. Do not look ahead until you have taken your first arm strokes. You should know where everyone is in your lane anyway if you are swimming circles.

Start with just one dolphin kick after holding your breath for at least a count of two: one thousand one, one thousand two, etc. Eventually you will find a comfort zone of two to five dolphin kicks that will accelerate you underwater with little effort. Even one will do, but you must extend the push-off underwater first, holding your breath, and then dolphin kick to the surface on every turn in practice. Then do the same in a meet.

# The Liberty To Liberty “Triathlon”

by Joe Oakes

In early April 1983 four of us, my son Chris, who was studying at the University of Arizona in Tucson, his friend, bicycle mechanic Steve Smith, and Mike Russell, a juvenile probation officer from Spokane, Washington, set out on what we called “Triathlon America.” I had bought an old, used trailer that we used as our home away from home on the road. We were doing a symbolic reversal of the white man’s journey across North America, starting with Lewis and Clark, then on to the Voyageurs and finishing where the Mayflower made land. Short version: I will save you the details, but between April and July we bicycled about 100 miles a day, swam across every river in the northern tier of the U.S. (and in all the five Great Lakes) between Seaside, Oregon and Plymouth Rock, Mass, including a diversionary trip to Toronto. We reached Plymouth Rock on July 1, 1983. (It isn’t much to look at.)

After we finished at Plymouth Rock, the four of us headed down to New York for a Fourth of July “grand finale”. The four of us were joined in Manhattan by nine friends, for a total of thirteen to represent each of the original thirteen colonies. Here is what we did that day:

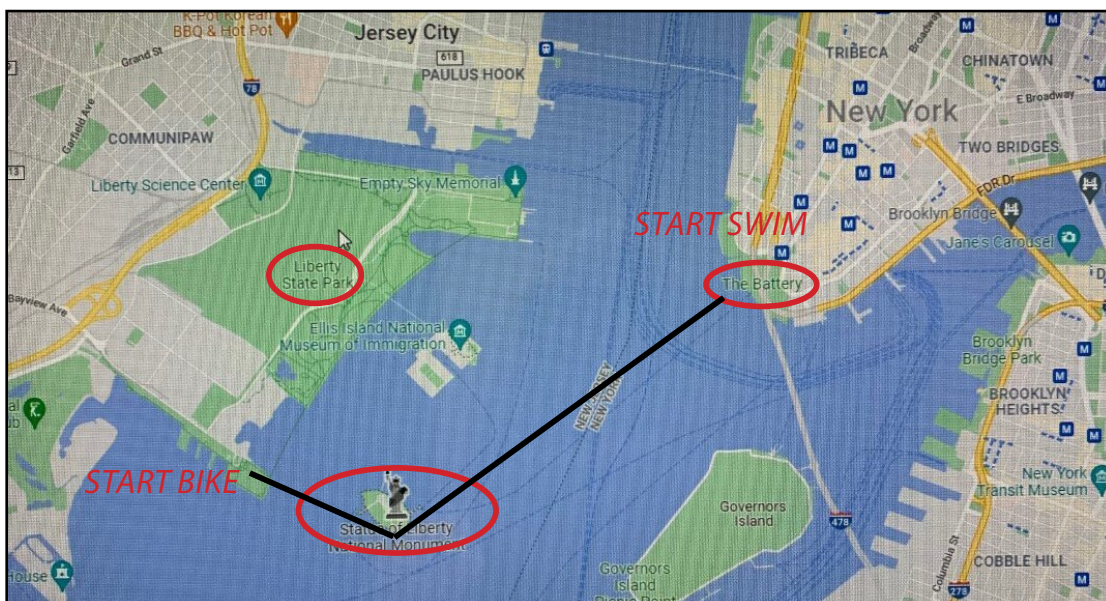
- We swam from Battery Park in Lower Manhattan, across the lower Hudson River, to the Statue of Liberty, waved hello to her and the tourists, and continued swimming to Liberty Park in New Jersey. We had adequate boat sup-

port and support people all along the way.

- Waiting for us at Liberty Park were our bicycles. We mounted up and cycled south, across the bridge to Staten Island, continued south and cycled across another bridge back to New Jersey. From there our route took us through the State of New Jersey to the Delaware River. (We did make a stop at someone’s house for a pool dip.) The Fourth of July was a very hot day.
- At the Delaware River we had a huge rowboat waiting for us. The thirteen of us, wearing George Washington hats, climbed in and rowed across the Delaware River to the Pennsylvania side.
- The final leg of our four-part day of fun was a ten-kilometer run from our boat landing to the Liberty Bell, which was about to close for the day as we arrived. But when we told the guard what we had done, he let us in for a few minutes to see the Liberty Bell.
- A hard, hot day for our celebration: New York to Philadelphia; Liberty to Liberty. Because of all the red tape these days, I do not believe our Liberty-to-Liberty event will ever happen again. That’s okay with me.

From our start in Oregon to our finish in Philadelphia, we had no permits for anything we did. We *just did it*, aka Nike. All along the way we met good, supportive people. There were times when it was difficult, like the frigid, snowmelt Kootenai River in Idaho, or the really hot day in New Jersey. But most days were wonderful and we learned a lot about what this beautiful country is made of.

That was then, this is now. I’m glad to be done with that stuff. But at 87 it is great to have memories.





# Annual OMS Awards Nominations



Every year we ask our members for nominees for the five OMS Awards described below. This is your opportunity to give recognition to a worthy individual, organization, business or group that has contributed outstanding service to a team or to OMS during 2017.

We understand that there weren't many swim competitions or events in 2021, so when you are thinking about nominations (especially for the Hazel Bressie Spirit Award (female) and Gil Young Spirit Award (male)), they are not required to be competition related. Swimming during COVID times can be used for spirit awards - nominate yourself or a teammate that has shown resilience and dedication to the sport in the past year! Be creative!

Awardees are announced and celebrated at the annual meeting held during the Association Championship meet in April. **The due date for submitting nominations is January 31, 2021.**

How to submit your nomination(s):

1. Read through the award descriptions below.
2. Look through the list of past OMS Award Recipients to assure that the awards go to different nominees each year.
3. Submit the name of the award, the nominee's name and a brief explanation of why you think your nominee is deserving of the award. If you can, we would appreciate a photograph of the nominee for publication later.
4. Email your nomination information **by Monday, January 31, 2022** to:  
Sara Shepherd (OMS Awards Chair)  
ssobx5@yahoo.com

Ballots will be prepared and emailed to the OMS Board, and the two designated non-board members, by February. Completed ballots will be due by **February 18, 2022.**



## Annual OMS Awards



**Connie Wilson Award**

Given to an individual who has made an outstanding, long-term leadership contribution to OMS and to Masters swimming.



**Ol' Barn Award**

Given to the individual who has shown outstanding leadership, dedication, and devotion throughout the past year, to OMS and Masters swimming.



**Hazel Bressie Award**

Given to the female who has shown enthusiasm and spirit to her team and/or other Masters swimmers during the past year.



**Gil Young Award**

Given to the male who has shown enthusiasm and spirit to his team and/or other Masters swimmers during the past year.



**Special Service Award**

Given to an individual, organization, business, or group that has gone the extra mile by contributing outstanding service to a team or to OMS.

## **BEND MEET HIGHLIGHTS**

continued from page 1

obvious that of the big challenges in planning swim meets is finding enough officials to run them, particularly as it seems that many officials let their credentials lapse during the pandemic. It's time to recruit and develop new officials throughout Oregon LMSC if we plan to hold more meets, which we desperately need. Consider asking your non-racing teammates.

- After a two-year layoff, I thought that nearly everyone looked a little race-rusty (we learn to race by racing), but showed good form and good effort.
- We had some fine swimming despite the two-year layoff, measured in speed (of course), recovery from race-to-race, pacing, and technique improvements.
- Included in this fine swimming were four new Oregon individual records, one new Zone individual record, and three new Oregon Pentathlon records.
- The cherry on the sundae was the new World Record of 14:48.98 in the 320-359 Mixed 4 x 200 Free Relay by Oregon swimmers Willard Lamb, Janet Gettling, Joy Ward and Bob Bruce. This was accomplished in an empty room because it was the final event and almost everyone had already bailed. But it was a fitting finish to a fine and fun meet.

Let's do this again, sometime real soon!

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## **OFF THE BLOCK**

continued from page 4

This was the first time in my life (my early 50s) that I started to think about nutrition. I made what I thought were some big dietary changes. My approach to healthy eating was orange juice with a couple of boiled eggs, and either toast and jelly or store-bought waffles and syrup for breakfast. I also ate chicken, lots of "healthy" TV dinners, and salads (but it was more like putting my salad on the oily salad dressing instead of the other way around). By eating this way, along with not sitting in front of a computer as long each day, I was able to lose some of the weight, and my doctor ceased threatening me with diabetic drugs. However, I continued eating sweets and drinking soft drinks, and drank very little water. This was how I was eating when I had my heart attack.

## ***Apparently Very Confused Heart Doctors***

So, as I lay in the telemetry unit, following my heart attack and the insertion of the first stent, the doctor said that he had scheduled me the next day to have a stent inserted into the second artery that he said was significantly blocked. I wondered why he had not done the second artery to begin with; now I was going to have to go through angioplasty again. That made no sense to me, but I did not ask. Later that day I got word that the procedure was cancelled since my insurance would not cover an elective procedure at this hospital. I was given a bunch of prescriptions when I was discharged and was told to make an appointment to have the second stent put in elsewhere.

Two weeks later I arrived at another hospital for my procedure, but at the last minute the doctor had to cancel because of an emergency. It was then suggested that I have a nuclear stress test done in order to determine just how bad the second blockage was. The stress test showed that the blockage was not significant, and the course of action was to watch the blockage to see if I would need to have a stent put in at a later date. If my insurance hadn't held things up at the first hospital, and if my doctor had been available at the second hospital, I would have been subjected to an unnecessary heart cath procedure. Why wasn't the nuclear stress test ordered to begin with instead of ordering angioplasty? But again I did not ask. I began to wonder how much I should rely on these doctors.

## ***Poisoned with Good Intentions***

A little over a month after my heart attack I was scheduled to see my primary care physician to go over my condition and discuss the medications I was on. He explained that my heart was beating normally and that I would need about six weeks to heal. He also told me I would be on medication for the rest of my life (a beta-blocker, an ace inhibitor, Zocor—a statin for cholesterol, and an aspirin).

After this visit I started to embark on my own research. Purely by accident I ran across Dr. John McDougall's website and an article about avoiding heart bypass surgery and angioplasty by changing one's diet. I was impressed that he offered scientific proof and personal experience to support what he was saying about the benefits of a plant-based diet. Hearing about the experiences of others on his website was also extremely helpful. I found that not only was there hope, but I could actually be responsible for my own destiny through changing the way I ate.

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## OFF THE BLOCK

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About six weeks after my heart attack I switched to a plant-based diet and cut out soft drinks, fruit drinks, and sweets. After being on the plant-based diet, along with my medication, for about six weeks, my total cholesterol dropped from 195mg/dl to 80mg/dl, my LDL went down to 25mg/dl, and my triglycerides came down to 150mg/dl. But I kept on taking all my medications.

It was about this time that I started having some unusual symptoms that I thought might be caused by my heart attack. I was trying to walk as much as I could but felt really sluggish. Every time I bent over and straightened up I would almost pass out. The muscles in my legs would ache and hurt so much that I could hardly stand it at times. My blood pressure was being forced down with drugs to a top number lower than 110 and the bottom reading to less than 70. As I researched the drugs I was taking, I found that they were most likely the cause of my symptoms. When I consulted the cardiologist about my symptoms and asked him about eliminating or lowering the dosages of some of my drugs, he absolutely refused. After almost begging him to at least lower the cholesterol drug (Zocor) he finally consented to reduce it from 40mg to 20mg. This provided absolutely no relief.

After having more blood work done (another six weeks later), my total cholesterol actually went down even more to 79mg/dl and my LDL was at 26mg/dl (even after I had reduced the strength of the Zocor). My primary care physician, just like the cardiologist, did not want to lower or eliminate any of the drugs I was taking, even though it seemed that my plant-based diet (without a cholesterol drug) was more than sufficient to manage my cholesterol.

### ***Taking Self-control***

After five months of taking drugs I gradually started reducing some of them on my own to see if they were causing the symptoms. I first eliminated the Zocor, and three months after I had completely eliminated it I had more blood work done. My total cholesterol, just from the plant-based diet and my exercise program, was 105mg/dl, and my LDL was 52mg/dl, both very positive numbers (compared to my total cholesterol of 195mg/dl and LDL of 92mg/dl before my heart attack). For the first time since I had started taking the drugs, the pain and aching in my legs disappeared, and now, 11 months after my heart attack, I am off the other drugs (I still take the aspirin but have reduced it to 81mg instead of the 325mg that the doctors

insisted I should take).

I feel fine now that I am just on the plant-based diet along with the baby aspirin and my exercise program. My blood pressure is normal, my total cholesterol remains well under 150mg/dl, my LDL remains under 70mg/dl, my triglycerides remain under 150mg/dl, my glucose level remains under 100mg/dl and I am able to run/walk seven miles a day with no side effects. My weight is down 15 pounds since my heart attack to a level that is considered normal. My heart rate is also significantly lower than what it was before I had the heart attack. In addition, I have noticed remarkable improvement in my sleep since I have been on the plant-based diet.

Even though my primary care physician insisted that I should be taking the standard drug regimen for heart attack survivors, he now admits that the plant-based diet may provide some real health benefits, such as healing my arteries. He says that he does not have any knowledge of any studies that have been done on heart attack survivors who are just on a plant-based diet alone (without the standard medications that are normally prescribed to heart attack survivors). As far as the cardiologists; they are concerned and still feel the standard drug treatment is the only way to go. As for me, I fully expect to remain on a plant-based diet the rest of my life.

### ***Dr. McDougall's Comments***

When I meet patients with coronary artery (heart) disease, without even asking, I know what medications they are taking: a statin, beta-blocker, ace inhibitor, aspirin and Plavix. If they have had chest pain, then their recent history includes an angiogram, angioplasty with stent, and/or a bypass operation. Essentially all doctors practice with such little original thought that it would appear as if they are reading from a cookbook. This absolute uniformity of prescriptions might be warranted if the results were as perfect as grandma's Thanksgiving dinner. But, they are not, and the prescribing doctors know this all too well. They know that 8 out of 8 studies performed to establish the benefits of angioplasty, with or without stents, all show no improvement in survival. Every well-read doctor knows that bypass surgery does not save lives in the vast majority of cases, and that all patients attached to the heart-lung machine during this major operation suffer from brain damage, at least to some degree. Anyone interested in reading scientific research quickly concludes that the absolute benefits from the pile of pills patients are asked to swallow daily are far less than those professed by their doctors; with troublesome side effects glossed over by these same professionals.

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## OFF THE BLOCK

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You might ask, “How can such a charade continue?” Don’t act surprised when I say “cash rules.” Look at your own business. Doesn’t the profit margin steer every decision? Why should the medical businesses be any different? Naïve thinking leads people to conclude that doctors, drug companies, and hospitals work with a higher level of ethics than everyone else because the consequences of their efforts are people’s lives—my wife, my husband, my child are at stake. So what!

In fact, the medical businesses are more loathsome because they operate with undeserved respect. We place doctors on a pedestal of honesty and trust only deserved by most of our parents. When I was growing up I knew that my mother and father always acted in my best interest—they loved me so much no amount of money counted more. We have transferred childhood feelings about our parents to our doctors—with this mistake, we pay with our money and our lives.

Doctors should not ask for, nor should they expect to receive, such blind faith from consumers, because when these professionals fail to deliver perfection—a perfect baby, a perfect operation, or an absolute cure—we become more than disappointed. We feel we have been failed by someone who figuratively stands next to God. A commonplace reaction is to seek revenge for such a grand disillusionment—a lawsuit.

Kelly Caraway is one of the growing numbers of patients asking himself hard questions about the doctor and drug businesses. Access to information once buried in libraries, and purposefully concealed from consumers by industries, is now available through the Internet. Not only can average people defend themselves against harmful treatments, but they can also take the monumental step of learning how to heal themselves through a sensible, profit-free, diet and exercise program.

Learn more about [Heart Disease & Atherosclerosis](#).

## FITNESS

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(catch up drill). Be very patient and feel that your hips are staying on top of the water and are as stable as possible

(not moving from side to side with your breathing). Do not forget to keep kicking.

4. Start swimming slowly, making sure you are not starting your arm stroke before your other arm has passed your shoulders (called half catch up or front quadrant swimming). The position of your head in alignment with your body, and your small kick as well as the contraction of your abs will improve your horizontal position and will strongly help you glide on top of the water. You will indeed feel like you are extended and can stay in balance.

If you are patient enough and wait to extend with your arms in front of your shoulders before pulling, it is easy to hinge at the level of your elbows and pull with your entire front arm (90 degree catch) to be as efficient as possible. Underwater you should just push the water backwards in a straight line. Keep wearing your fins until you can keep your hips and legs at the surface, and you can feel there is no pressure at all on your recovering arm. This is why it is called the recovery arm. The arm underwater is doing all the work and you are not pulling yourself up with your shoulders.

On dry land, there are of course a few exercises you can do to reinforce your shoulders. The shoulder is one of the largest and most complex joint in the body. The rotator cuff is a collection of muscles and tendons that surround the shoulder, giving it support and allowing a wide range of motion. Strengthen those muscles and tendons by small motions in all directions. A lot of videos of these simple motions can be found on the internet. Ask a physical therapist if you do not know how to do it. If you are in constant pain, you should see a doctor and a physical therapist who will show you the best exercises adapted to you. Any exercises which improve your core, such as planks, will also help you with alignment and keeping your hips up.

To save, i.e. to protect, your shoulders, the keys are keeping your hips at the surface via good kicking, looking towards the bottom of the pool, and maintaining your hands and arms in a natural position. You should be gliding in the superman position with arms slightly wider than the shoulders and pulling straight down the line, (not letting your arms cross the mid-line underneath your body, especially when breathing). This of course, will not be achieved in one day. Use equipment if needed, mostly fins and an eventual snorkel, and keep them on until you can swim with your hips up and stable. Your shoulders will thank you.

Keep swimming, **Hips up and Stable**.

## COACHES CHAIR

continued from page 6

### 2. Blade Runner w/side breathing

In your blade runner position, perform 6-10 flutter kicks, then turn your nose to the bottom of the pool and do 6-10 more. Turn the head back to the original position, and repeat until you finish a length, and as before, practice on both sides.

### 3. 6-10 kick/2 pull Blade Runner

Perform drill #2, but after completing the 6-10 kicks with the nose turned to the bottom, execute 2 freestyle strokes. The head remains still until the second stroke fully extends, at which point turn the head back into the starting position.

KEEP THE LEGS KICKING WHILE TAKING YOUR STROKES!!!

Make sure to press the hands all the way back before they exit the water. Still, try not to focus too much on the arms and let them simply practice the full range of motion. The core idea of this progression is to build a reliance on the kick and let it be your driving force.

Repeat.

### 4. 10 kick/3 pull Blade Runner

This is the same drill as #3, but with a third stroke added. When a cycle is finished, you will be kicking on the opposite side. As with #3, keep the head still during the strokes.

I have used this progression to great effect for swimmers of all ages. It's simply a matter of practice, and I will end on the following note:

Practice does NOT make perfect...PERFECT practice makes perfect!

At the end of the day, you get out of your training what you put into your training. Building habits takes time and patience and a willingness to sometimes work on some boring details and grindy work, but you will be rewarded with a safer, more efficient stroke!

## LONG DISTANCE SWIMMING

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been changed from "ePostal" (always awkward) to "Virtual" (as I recommended to USMS in 2008, but the world wasn't ready yet). For full event info & materials, see <https://www.usms.org/events/national-championships/virtual-championships/2022-virtual-championships/2022-1-hour-virtual-championship>.

The time window to do the 1-Hour Swim is January. January only! 31 days! That's it! This is a change from recent years, but a return to the traditional time frame as it was for more than 40 years. I think that this is a good move because it concentrates our focus, always a good thing for us folks. Use the 1-Hour Swim to motivate yourself and your teammates: Get back in the pool after the holidays, work hard to get in shape, and show your fitness improvement with a strong 1-Hour Swim. Perfect!

Swimmers (a.k.a. YOU) must register for the swim before you submit your performance. Knowing the value of a firm commitment, I've already registered.

No lollygagging to submit your results. Last day to swim is January 31. Entry deadline for individual 1-Hour Swim entries is February 2, not the 10-day window that we've had before.

**How have Oregon swimmers and the Oregon Club fared in the past?** We've done very well recently (including second place in several recent years), but this is one of the few Overall Club Championships that we have never, ever won before! Considering our prominence in the ePostal/Virtual series of the past 20 years, I find this irritatingly short of our potential.

**Is a championship run feasible?** What about it? We have the pools. We have the swimmers. We have the experience. Do we have the will? Can we do it? Of course...if we want! We rallied to crush the rest of the nation when we hosted the Summer Pool Championships in 2008 and 2016, and we have dominated the other ePostal championships in the past ten years. But I estimate that it will take 400 swims to win this thing. That's right, 400! Sure, that's way more than we've ever had before. But I live by an annoying motto: "Go big or go home!" Think big! Together, we can do it...if we choose to do it!

**Bonus thought (and ultimately the most important one):** The best build-up for a successful spring and summer season is to develop your aerobic swimming capacity early next  
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## SWIMMER SPOTLIGHT

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the state championship in the 100 backstroke, which was the same year my wife Jen was diagnosed with Acute Leukemia. She was unable to attend any of his meets with the exception of the State meet, where he won: a great moment and memory in many ways.

Thirty years ago I couldn't have imagined I'd still be swimming competitively at the age of 55, but I was also unaware of the impact the Masters Swimming community would have on me. While I'm not always the most consistent morning swimmer, I am grateful to my lane mates who keep me accountable. I'm also grateful for "the Scott Sullivans of the World" who not only keep your age group competitive, but remind me of the numerous records I could be swimming for. And I've certainly learned to appreciate great coaching, and it's one of the reasons I feel so fortunate to be part of the Stafford Masters swim group with Mike Self, Francie Haffner and Karen Andrus-Hughes on the deck. You couldn't ask for a better crew.



*John, exploding off the block at the 2016 Masters LCM Nationals held at Mt Hood Community College*

Honestly, I don't enjoy the "butterflies" before the races, which haven't subsided after years of competing, but as my brother-in-law Mark says, "be grateful for that adrenaline rush, I'd kill to experience it one more time!" Above all it's my friend Karen Andrus-Hughes who's kept me competing the past 20 years, as no one I've met exudes the passion for the sport like she does or is a constant reminder of how fortunate we all are to be part of such a select aqua family.

I can't think of many sports that allow you to be part of a team and compete your entire life if you choose to do so. The next time I'm on the blocks before a race, I could be standing next to an Olympian, a 99-year-old, a college teammate or my son. That's pretty incredible!

## LONG DISTANCE SWIMMING

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year so that you can then do your race training on a solid base. Oh, and I should mention that it's the best build-up for a long and satisfying life too. The One-Hour Swim is one of the best tools to develop and measure your aerobic capacity. Use it that way!

## Webinars

The OMS website has archived webinars at <https://swimoregon.org/webinars-archive/>. Check them out!

- How to Start a Cold-Water Swimming Group: by Suzy Happ and her fellow Ballenas
- Gut Health for the Athlete: by Dr. Kirstin Lauritzen. Dr. Kirstin Lauritzen is a Functional Medicine Practitioner in Oregon. Her doctorate is in Chiropractic and she holds a Master's in Human Nutrition and Functional Medicine.
- USRPT (Ultra Short Race Pace Training); by Glen Gruber. Glen is a USMS National Champion, FINA World Champion, and World Record holder in the 400 SCM Freestyle.
- Nutrition, Optimized Performance, and Maintaining a Healthy Body: by Dr. Kirstin Lauritzen. Dr. Kirstin Lauritzen is a Functional Medicine Practitioner in Oregon. Her doctorate is in Chiropractic and she holds a Master's in Human Nutrition and Functional Medicine.

# Results for the 3000-Yard and 6000-Yard ePostal National Championships Oregon LMSC, 2021

*Club scoring: Club point scoring is calculated based on Quality Points, which is the ratio of each individual time to the current USMS Record for the gender & age group, and expressed as the three-digit number following each individual time in the results. The faster the swim the more Quality Points a swimmer earned. Club totals are the sum of the quality points of its swimmers. Since every swimmer receives quality points, every swimmer counts!*

Place numbers are national places.  
**OR = Oregon Record; NR = National Record**  
**\* = Oregon All-Time Top Twelve Time**

## 3000-YARD DISTANCE

PI	Name	Age	Team	Time	Record	Pts
<u>Women 35-39</u>						
1	Higlett, Alexis	38	MACO	35:16.97		933
<u>Women 45-49</u>						
4	Criscione, Anicia	48	CAT	42:13.43		803
5	Jajewski, Suzy	46	SOMA	43:42.00		778
10	Martell, Beth	49	SOMA	49:29.09		685
<u>Women 50-54</u>						
5	Pettit, Jayette	54	SOMA	41:03.51	*	833
7	Salton, Gillian	53	COMA	41:30.99		824
8	Morgen, Cheryl	52	COMA	43:11.00		792
<u>Women 55-59</u>						
5	Delmage, Arlene	59	SOMA	44:47.01		792
<u>Women 65-69</u>						
2	Crabbe, Colette	65	ORM	39:57.34	* OR	968
6	Summers, Jeanna	67	ORM	47:16.04	*	818
<u>Women 75-79</u>						
4	Ziemer, Judy	76	COMA	1:06:06.99	* OR	776
<u>Men 45-49</u>						
3	VanAndel, Robbert	47	OCT	39:28:31		789
<u>Men 50-54</u>						
5	Waud, Tim	54	OCT	51:54.74		609
<u>Men 55-59</u>						
1	Lussier, Hardy	56	COMA	33:54.47		959
2	Sullivan, Scot	55	MACO	35:00.74	*	929
6	McNamara, Tank	58	COMA	48:24.30		672
<u>Men 60-64</u>						
4	Allender, Pat	63	CAT	39:17.25		863
<u>Men 65-69</u>						
3	Piette, Jeffrey	66	ORM	40:34.98	*	884
4	Yensen, Kermit	68	COMA	48:55.00		733
9	Brockbank, Doug	67	COMA	49:42.01		722
<u>Men 70-74</u>						
1	Kirkland, Dan	73	SOMA	37:23.68		985
3	Bruce, Bob	73	COMA	41:15.99		892
7	Carew, Mike	72	COMA	56:13.05		655
<u>Men 80-84</u>						
1	Mohr, Ralph	80	COMA	52:07.58	*	806

## RELAYS

PI	Names	Club	Time	Record
<u>Women 35±: 3 x 3000</u>				
1	Jajewski, Morgen, Higlett	OREG	2:01:59.62	
<u>Women 45±: 3 x 3000</u>				
1	Criscione, Salton, Pettit	OREG	2:04:47.93	
<u>Women 55±: 3 x 3000</u>				
1	Summers, Delmage, Crabbe	OREG	2:12:00.39	
<u>Men 45±: 3 x 3000</u>				
1	Brockbank, McNamara, VanAndel	OREG	2:17:34.62	
<u>Men 55±: 3 x 3000</u>				
1	Kirkland, Sullivan, Lussier	OREG	1:46:18.69	OR
<u>Men 65±: 3 x 3000</u>				
1	Yensen, Bruce, Piette	OREG	2:10:45.97	
<u>Mixed 35±: 4 x 3000</u>				
1	Criscione, Higlett, Bruce, VanAndel	OREG	2:38:14.70	
<u>Mixed 45±: 4 x 3000</u>				
1	Salton, Pettit, Sullivan, Lussier	OREG	2:31:29.51	
<u>Mixed 65±: 4 x 3000</u>				
1	Summers, Crabbe, Piette, Kirkland	OREG	2:45:12.04	NR

## COMBINED NATIONAL CLUB SCORES

PI	Club	# of swimmers	Points
1	Oregon Masters	24	19,500
2	Palm Beach Masters	16	11,811
3	Swim Kentucky Masters	15	9,651

## TOP TWELVE

To help settle the side wagers concerning who had the best 3000 swim—across gender and age group lines—here is the list of the top 12 swimmers ranked by Quality Points:

PI	Name	Points
1	Kirkland, Dan	985
2	Crabbe, Colette	962
3	Lussier, Hardy	959
4	Higlett, Alexis	933
5	Sullivan, Scot	929
6	Bruce, Bob	892
7	Piette, Jeff	884
8	Allender, Pat	863
9	Pettit, Jayette	833
10	Salton, Gillian	824
11	Summers, Jeanna	818
12	Mohr, Ralph	806

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### 3000/6000-YARD ePOSTAL RESULTS

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#### 6000-YARD DISTANCE

Pl	Name	Age	Team	Time	Record	Pts
<u>Women 35-39</u>						
1	Higlett, Alexis	38	MACO	1:13:22.57	* OR	943
<u>Women 45-49</u>						
3	Jajewski, Suzy	46	SOMA	1:29:40.00	*	723
<u>Women 50-54</u>						
3	Pettit, Jayette	54	SOMA	1:29:49.00	*	779
<u>Women 65-69</u>						
4	Summers, Jeanna	67	ORM	1:41:34.56	* OR	776
<u>Men 55-59</u>						
1	Lussier, Hardy	56	COMA	1:10:31.99		948
3	McNamara, Tank	58	COMA	1:39:42.05		670
<u>Men 70-74</u>						
1	Kirkland, Dan	73	SOMA	1:17:56.58		971
3	Bruce, Bob	73	COMA	1:25:08.65		889
7	Mike Carew	72	COMA	1:54:06.02		664

#### RELAYS

Pl	Names	Club	Time	Record
<u>Women 35±: 3 x 6000</u>				
1	Pettit, Jajewski, Higlett	OREG	4:12:51.57	
<u>Men 55±: 3 x 6000</u>				
1	Bruce, Kirkland, Lussier	OREG	3:53:37.22	OR
<u>Mixed 35±: 4 x 6000</u>				
1	Jajewski, Higlett, McNamara, Lussier	OREG	5:33:37.22	
<u>Mixed 45±</u>				
2	Summers, Pettit, Bruce, Kirkland	OREG	5:54:28.79	

#### COMBINED NATIONAL CLUB SCORES

Pl	Club	# of swimmers	Points
1	Oregon Masters	9	7,363
2	Palm Beach Masters	8	6,273
3	Illinois Masters	4	3,373

To help settle the side wagers concerning who had the best 6000 swim—across gender and age group lines—here is the list of swimmers ranked by Quality Points:

Pl	Name	Points
1	Kirkland, Dan	971
2	Lussier, Hardy	948
3	Higlett, Alexis	943
4	Bruce, Bob	889
5	Pettit, Jayette	779
6	Summers, Jeanna	776
7	Jajewski, Suzy	723
8	McNamara, Tank	670
9	Carew, Mike	664



*Legendary swimmer Willard "Wink" Lamb celebrates his 99th birthday in Vancouver. His birthday present to himself was setting a world record the week before, with fellow teammates in the Bend meet.*

*Have you ever seen a 99-year-old man look so young!*

## CONGRATULATIONS!

**Wink, Joy, Janet and Bob, for your world-record relay!!**

*Existing record times for this relay are:*

*15:35.35 USMS relay record (Florida Maverick Masters in 2011)  
14:55.09 World relay record (Sunway Yokohama Japan in 2021)*

*The OR relay broke the world-record by 6+ seconds!  
Average time per swimmer was 3.42 minutes.*

## Oregon Masters Swimming: Tentative Open Water Race Schedule for 2022 (as of 15 Oct 2021), OR Series

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category	USMS Status
Sun 22 May	1	Lake Juniper (pool)	Bend	COMA	Bob Bruce	1200-meter	Featured	
Sat 25 June	1	Foster Lake Cable Swims	Sweet Home	COMA	Bob Bruce	2 mile cable 1 mile cable	Featured	
Sun 10 July	1	Portland Bridge Swim in the Willamette River	Portland	PBS, LLC	Marisa Frieder	17-km downriver	Featured	
Sat 16 July	2	Southern Oregon Swims at Applegate Lake	Ruch	RVM	Todd Lantry	2500-meter (with 10,000-meter) 5000-meter (with 10,000-meter) 10,000-meter	Qualifying Qualifying Featured	
Sun 17 July						1500-meter	Featured	
						3 x 500-meter Pursuit Relay	Participation	
Fri 29 July	3	Cascade Lakes Swim Series	Bend	COMA ?		3000-meter	Qualifying	
Sat 30 July		& Festival at Elk Lake				500-meter	Qualifying	
Sun 31 July						1500-meter	Featured	
						5000-meter	Featured	
						1000-meter	Qualifying	
Sat 13 Aug	1	Oregon Coast Wild Swims Swims at Eel Lake	Lakeside	?	?	3000-meter 1500-meter	Featured Featured	

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

# Summary

## Records & Results. . .

Shark Tank Meet, Sarasota, FL  
12th Annual Bend All-around Challenge- Bend, OR

## Looking Ahead. . .

### Pool Schedule

Nothing Scheduled

### Open Water Schedule

(see page 20)

## Quote for the Month. . .

Don't be afraid to set goals that scare you or make you uncomfortable.  
Those are precisely the ones that change the world. —Michael Phelps

Registration 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](mailto:financialwizard2@comcast.net).