

*"Swimming for Life"*

# Aqua Master

*Award-winning newsletter of Oregon Masters Swimming*



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## Still Quick as a Wink

*by Rick Howell*

In 1922, adventurous twin boys were born to Mr. and Mrs. Lamb of Longview, WA. Millard and Willard had names so similar that neither boy knew who was being called. So, Willard became Wink, and that's what his friends have called him for nearly a century.

On Sunday, January 30, 2022, Wink participated in his first US Masters swim meet in the 100-104-year-old age group. It was just a single race, but as is his custom, Lamb was attempting to break multiple World Records in a single swim. He targeted the 200, 400, 800, and 1500-meter times. But to get any of them, Wink needed to complete the entire swim without being disqualified. Anyone who has swum the 1500 knows this is easier said than done.

The Bellevue Mile has just one event, and unlike most meets, it's seeded fastest to slowest. After warming up, Wink needed to wait until the eighth heat to compete. He and his son, Doug, sat for about four hours waiting to race. When it was time to swim, Lamb had lost all of the benefits a good warm-up creates. And he hadn't eaten since his bowl of oatmeal at breakfast!

Willard was a paratrooper in World War II, and he's still fearless. The starting blocks at the Bellevue Athletic Club are the highest allowed by swimming's governing bodies at 29.5 inches above the water level, but with some help to balance him, Wink ascended to the top. Note: most of the competitors in the last

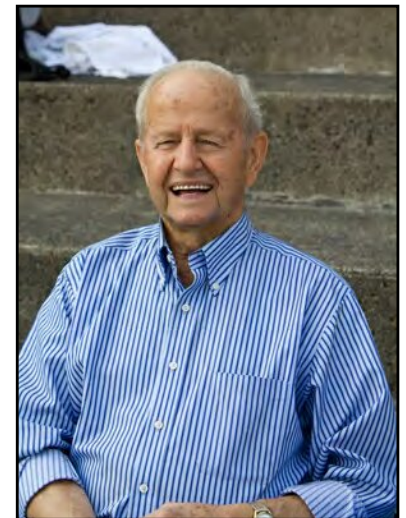
two heats started from in the water to avoid the lunge and drop to the water surface.

The early going was slow and steady. Wink's arms looked heavy and his pace was not as quick as five years ago when he broke nine World Records in just six swims at the USMS National Championship in the 95-99-year-old age group. When Wink was competing in high school and college, flip turns hadn't been invented. Instead, "spin turns" allowed the swimmer to switch directions in the fastest way. Lamb's spin turns looked crisp at the beginning of the race, but he switched to open turns as he tired. Willard had succumbed to the slower open turns to relieve his oxygen-starved lungs.

Even with open turns, Willard's time looked good. At 200 meters he clocked 5:01.11. His 400 time was 10:05.73. He was holding the pace. But at 800 meters he was at 20:23.87 and it was clear Wink was tiring. Wink had completed the 1-hour Postal swim two weeks before, so we were confident he would finish, but Wink had a surprise for his fans!

Soon after the 800-meter mark, the open turns disappeared and the faster spin turns were back. Wink was finding

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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

## Beyond Veganism

*Elizabeth TeSelle*

I must begin this story by admitting that I was formerly a failed McDougaller. I succeeded my first time around in losing the 70 pounds I had gained in my 30s, but then I gradually slipped off the McDougall wagon, gaining back every pound I had lost (and a few more as well). I did that not by eating the Standard American Diet (SAD) as so many have, since I have been vegetarian since 1986 and vegan since 1992. I was vegan for primarily ethical reasons, however, and often used oil in cooking, as well as other calorie-dense foods. With two jobs and a farm to run, too often I fell back on frozen vegan "fast food" (marketed to appear healthy, but processed and high in fat) and picked up burritos on my way home. In my worst moments, I ate French fries, potato chips, and other junk food (and a surprising amount of junk food is vegan!). All too soon, eating that way eroded the progress I had made McDougalling.

From a low of 128 pounds in 1999, I eventually reached a high of 207 in October 2009. Although an avid rider, I stopped riding my horse for more than two years because the additional weight made me feel insecure and ineffective. When I saw a photo of myself reading a passage at the wedding of my best friend, I was finally spurred to action... sort of. At that stage, I remember primarily a feeling of resentment. After all, I was already restricted in what I could eat by virtue of being vegan. I didn't eat meat or dairy, and my diet was better than that of most people I knew (junk food and all). Why should I "suffer" further by returning to the McDougall plan? Note that I knew perfectly well what the solution to my problem was—I'd lost weight easily before and I knew I could do it again. Still, I resisted, delayed, and tried to talk myself out of a slim, healthy future.



*In 2010 at 207 pounds*

*In 2011 at 120 pounds*

At around the same time, I learned at a doctor's appointment that my blood pressure, always borderline high, was at the point where the doctor wanted me on medication. Since I had always been a healthy person, even when overweight, I found this information shocking. I was also surprised to see that my total cholesterol, previously 126, had risen to 181 (despite my not having eaten any animal products in almost 20 years). I reluctantly started taking blood pressure medication and decided to try to be a little bit "better" about my diet (while still not willing to re-commit fully to the McDougall plan). I continued to eat some vegan fast food, but less of it, and I had a salad every day for lunch. When I returned to the doctor at the end of May, I realized that over the 6 months between January and June, I had lost 8.5 pounds.

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# Fitness

**Coach Colette Crabbe**  
OMS Fitness Chair



## Keep Your Motivation Up!

The end of February is usually the critical point for the New Year resolutions: either you made it, or it is a bust.

In the first case, congratulations. You made the right choices, and your fitness program is enjoyable and is now second nature to you. You are seeing the first results of your hard work. The first and hardest steps have been achieved and you are working on your next goals. Keep your motivation up by making sure it remains fun by enrolling some friends to go along, spicing up your workouts, registering for some fun events and watching your health and fitness improve along the way.

In the second case, it is time to reevaluate and start again. What did you enjoy, and what was too hard and/or painful? Adjust your goals accordingly. It might be that you set too lofty goals, you did not enjoy the activities, you got injured. Whatever the reason, adjust and start again. Any day is a good day to start. Here are the steps to get you back on track and keep your motivation up:

**Just start.** The sooner, the better. In swimming, that first step might indeed be the hardest one. Who likes to undress and get wet in the cold winter weather of the Pacific Northwest?

**Think positively.** The Nike slogan says it all “You can do it”. It might not always be easy, but you can do it, and it is worthwhile

**Be kind to yourself.** Treat yourself with some rewards along the way. What about a massage or your favorite food, a night out with your sweetheart or just taking a day off?

**Feel a sense of gratitude.** If you are thinking about starting a fitness program, you are probably better off than most of the world population. You are probably relatively healthy, living in a non-war zone, having enough to eat, and enjoying life in a free world.

**Reduce your to-do-list.** Stress is a major factor in keeping up with a new routine. Learn to say no, and keep your life as simple as you can. You cannot solve the problems of everybody.

**Make your goals exciting and enjoyable.** Your goals must be small, measurable, and reachable in the short term. Once achieved, design new ones and build on the previous ones. If you cannot achieve them pretty quickly, adjust them accordingly, mostly make them more exciting and enjoyable. The more fun you have, the more you will work at it.

Start again today, enjoy the journey, have fun, and reap all the health benefits.





# Coaching

**Coach Kevin Cleary**  
OMS Coaches Chair

## Meet Entries 101

On the surface, entering meets is a simple thing. You pick events, pay the fee, and you're good to go!

Not so fast.

Over the course of my Masters swimming career, entire training cycles and seasons revolve around what you intend to do at your chosen meet(s). Broken down into its simplest form, I have encountered two mindsets among competitive Masters swimmers (those who attend meets): those who choose to focus on fewer races, and those who load up to the max.

Neither one is right or wrong; this article is intended to provide you with the pros and cons of both, and let you choose whichever works better for you.

First, let's talk about swimmers who compete in as many events as possible. The most common reasoning that I've heard for this is that they want to get their money's worth - after all, it isn't always cheap to enter a meet, especially the premier ones, and if they're traveling far from home to attend (especially in the case of Nationals), they want to get the most bang for their buck. Financially, it makes sense, and having many races to look forward to tends to make for a better overall experience.

That said, there are some drawbacks. I cannot count the number of times I've spoken with frustrated swimmers who entered five or six events in a single session, and can't seem to figure out why they're so tired and swimming so slowly. I am NOT saying that it's impossible to enter lots of races and do well, but such entries MUST be backed up with the appropriate training, as well as the understanding that your

body can only handle so much racing stress in any given period of time. If you are only able to train a couple of times a week and / or get in limited yardage, this could be a tricky prospect.

Note: Pentathlon/Animal/Brute Squad meets are different, and should be approached with the mindset that fatigue and slower times are highly likely. While not impossible, don't enter one of these challenging events expecting to destroy all of your best times! Regardless, they are an excellent test of one's training and spirit!

On the other side of the coin, some athletes will only swim one or two events at a meet. This is a far less stressful approach, both physically and mentally, and generally speaking, more conducive to success on a race by race basis. Still, you need to ask yourself if it's worth shelling out top dollar, both in entry fees and travel costs, and be at peace with your decision. For those who have limited training time, but a desire to compete and succeed, this would almost certainly be a better option.

Regardless, one of the best things that you can do to have a successful end-season meet is to plan accordingly. If you have a certain event or events in mind that you'd like to focus on, you should choose a meet that will give you the best shot at success. "Shop around" and find a meet that will give you plenty of time between your prime races to prep and recover. For example, if you want to swim the 100 free and 200 breast, but they're back-to-back at your local championship meet, that might not be the best one to hit up. You could also reverse engineer this process, pick a meet that you really want to attend (like Associations or Nationals!), take a look at the order of events, and set your goals accordingly. Base your training around whatever you choose.





# Long Distance Swimming

**Coach Bob Bruce**  
Long Distance Chair



## Eel Lake. Where We've Been. Where Are We Going?

by Bob Bruce

The swims at Eel Lake, started in 1999, have been a fairly consistent stop on the OMS Open Water schedule and have served as a valuable incubator and test site for new open water ideas. This is a short history of the event, and a big question about its future.

### Where We've Been

The event was started by Trudi Gugliamini in 1999 and continued in 2000. The one-mile loop course started & finished in a tiny cove at the SE corner of the lake and extended up the west arm past the boat ramp & fishing dock (right past the fishing dock—pull in those hooks!). These were fun swims in a new venue. Alas, Trudi's Coast Guard husband was transferred and she moved with her family.

In 2002, needing another swim for our annual O.W. Series, I restarted the swim as the "Eel Lake Carnival" with major help from Ralph Mohr. This was the beginning of a beautiful friendship, the start of the "Bob & Ralph Show" at the lake, and the start of Coos Bay area swimmers representing COMA. This swim was notable in several ways. (1) I moved the course location from the original cove and now headed straight across the lake to avoid the ramp & dock. (2) Despite planning to pioneer the first ¼-mile cable swim course in Oregon (long before Foster Lake was a gleam in my eye), we had to shift to a ½-mile elongated diamond course when we couldn't secure a firm anchor point. (3) We used our first ever in-water finish board, a 2' x 8' plywood board which is now part of my attic floor. (4) We introduced the nation to the first-ever "Dogs Swim Too!" event, which

earned us a brief notoriety in *Swim* magazine and spawned several follow-ups.

In 2003 (and in 2006, 2007, 2008, 2014, 2016), we did not hold the event in deference to late summer pool meets, particularly the USMS Summer National Championships in 2008 & 2016. Scheduling is tight in the summertime, and we graciously donated our usual weekends for pool meets.

In 2004, now Event Director Ralph Mohr moved the start & finish of a new course to the cove just north of the boat ramp. This 1500-meter loop course featured the long out and back legs, the blind buoy, and the infamous run on the point, which over time produced some great tactical moves and some spectacular flops on the slippery bottom (and was eventually disallowed). Ralph also introduced a popular third swim, a 500-meter Predicted Time swim out-and-back along a floating line, which has remained in this event most years.

In 2005, Ralph hosted the first Oregon LMSC (a.k.a. Association) Championship at this venue. It has also been held there in 2009 & 2017.

In 2009, South Coast Aquatic Masters took over the running of the event, directed by Ralph in 2009 & 2010 and Karen Matson in 2011. One year, after two swimmers collided near the far turn, we added another buoy there for safety. It's a good thing that the two swimmers who crashed—you know who you are—had thick skulls!

In 2013, 2015, & 2017, COMA resumed hosting this event with me directing and Ralph (now with the well-earned title of "Local Knowledge Guru") assisting, with two important changes in 2017. (1) In the

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# Recent Records

Records are for Oregon LMSC Swimmers Only

\* = split

## Bellevue Club Masters Mile—SCM

January 30, 2022

Bellevue, WA

Results: [https://www.swimphone.com/meets/event\\_results.cfm?smid=14289&meid=366912&e=1&s=finals&CFID=77241433&CF\\_TOKEN=b841a14313d50310-014777D8-F8B0-2517-49960C7CA6DC07C1](https://www.swimphone.com/meets/event_results.cfm?smid=14289&meid=366912&e=1&s=finals&CFID=77241433&CF_TOKEN=b841a14313d50310-014777D8-F8B0-2517-49960C7CA6DC07C1)

Age Group	Event	Name	Age	Time	Record set
Men 55-59	1500 SCM Free	Scot Sullivan	56	18:57.71	Oregon
Men 100-104	50 SCM Free	Willard Lamb	100	1:12.71	Oregon, Zone, National
Men 100-104	100 SCM Free	Willard Lamb	100	2:29.12	Oregon, Zone, National
Men 100-104	200 SCM Free	Willard Lamb	100	5:01.11	Oregon, Zone, National, World
Men 100-104	400 SCM Free	Willard Lamb	100	10:05.73	Oregon, Zone, National, World
Men 100-104	800 SCM Free	Willard Lamb	100	20:23.87	Oregon, Zone, National, World
Men 100-104	1500 SCM Free	Willard Lamb	100	38:32.90	Oregon, Zone, National, World

### LONG DISTANCE SWIMMING

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1500-meter swim, we ran the national pilot for the “Just for Fun” concept, a non-competitive category held with the racing swim but without formal results; this idea is now used in several events across the nation. (2) We tried one of my offbeat ideas, a 600-meter “Agility Swim” with 10 obstacle course features, temporarily replacing the Predicted Time swim. We struggled a bit that year as I had under-engineered several of the features, but we tried it again in 2019 with better success.

In 2018 & 2019, Matt Miller and SOMA took over the swim and established a new 1500-meter course without the sharp turns or blind corner. It’s a good course that can be reversed without any problems, so this may be our preferred course for a while.

In 2020, the Eel Lake Swims, like everything else, were cancelled due to the COVID pandemic.

In 2021, with Matt’s departure for Missouri, COMA and I—as always with Guru Ralph’s help—planned a return of these swims. Sadly, we had to cancel the swims when I had my heart attack three days before the event date. But serendipity ruled! Despite the cancelation, swimmers turned it into a set of

informal group adventure swims by showing up at the venue anyway for swimming, camping, and socializing. Several dozen swimmers did a wide variety of swim challenges on all three days, embodying irrefutably the kind of open water community that we have worked very hard to build for many years.

Where are we going?

Now in his ninth decade, Ralph has retired from event management; after all of his service, this is eminently justified. I plan to attend the USMS Cable Swim Championship in Lake Placid on Eel Lake weekend this year; finally, a chance to do a cable swim without having to direct it! As a result, the future of the Eel Lake swims is cloudy. Some important questions: (1) Should we continue a sanctioned swim at this site on the usual date (which would require an intrepid soul with a team who would like to direct it—I can mentor)? (2) Or should we just pass on having the sanctioned event this year with the plan of resuming it next year? (3) Or should we keep it on our schedule as an unsanctioned “Wild Swim” weekend (as our English cousins would call it and as it turned out last year)? (4) Or should we put it on the shelf? I’d like to hear what you think. Let me know at coachbobbbruce@gmail.com.

Good Luck and Good Swimming!

# Swimmer Spotlight

—submitted by Karen Andrus-Hughes

**Name:** Kermit Yensen  
**Age:** 68  
**Team:** Central Oregon Masters Aquatics (COMA)

Thanks to Karen for the opportunity to think back on the people and decisions connected with my swimming career to date; it has been fun.

Swimming started for me with lessons at age 5 or 6. This was at Pooks Hill Community Pool in Bethesda, Maryland. I joined their summer swim team a few years later. It must have been fun, because at age 11, I started swimming year around at the Bethesda Chevy-Chase YMCA. I swam at both of those two pools — summer and winter — until age 14, when I quit swimming (mostly) to play high school football. I came back to swimming after high school, swimming all four years in college, and then stopped (mostly) ... for twenty-six years. At age forty-eight I started swimming again, with the Tualatin Hills Barracudas. I swam with the Barracudas until 2010, when I retired — at least from full-time work — and we moved to Bend. I have been swimming with COMA since then.

So, some starts and stops and starts. What brought me back each time?

After high school football ended, I knew I wanted to continue to compete, but at what? I had been a good enough football player to start as a varsity QB. I was good enough to contribute to a winning record (barely), but my coach's assessment, "Yensen, you are slow, but you have a weak arm," suggested a less than promising college football future. I remembered fondly the camaraderie of my swimming experience, so I decided to return to the pool. It was a long road back. I had a football body, not much aerobic base, and no feel for the water. I restarted swimming, slowly and painfully, and selected a college where I thought I could swim and contribute – Denison University in Granville, OH. My freshman year my practice swimming was pretty ugly. I was not much help to the team during the season, but I did peak when we rested for the conference championships. I made finals all four years in the 100 and 200 fly, and was captain my senior year. A number of the guys I swam with remain close friends.

After college there was a lot of life, but not much swimming. I got married, went to grad school in Boston, and

Hewlett-Packard recruited us to Corvallis, OR. We spent three years in Europe with HP, then moved back to Corvallis and son Zachary was born in 1989. Three years later, we moved to Portland to start a new job. During this time, I was doing a lot of running, some triathlons, but minimal swimming. I ran a lot of 5Ks, 10Ks and some half-marathons, but mostly to help my wife carry home her awards — she was the fast runner. My son started swimming when he was about 9 years old. He had done other sports, and I had not been enthusiastic about getting him into the grind of age group swimming, but he wanted to try. He spent four or five years swimming, then transitioned to water polo, which turned out to be his sport.



*Kermit with his wife Diane outside Cairo, Egypt (2018).*

I spent a lot of time watching swimming and water polo and felt the pull. A job change in 2001 had me driving directly by Tualatin Hills Rec Center. I looked up the practice schedule and was shocked to see the AM practice was at 5:15. In November, 2001, I showed up on deck (a bit late) and Jon Clark greeted me. He confirmed I was in the right place, and that "yes" practice had started at 5:15am, and pointed me to a lane. I had a long way to go (again) to be competitive, but Mark Becker, Jim Teisher, Jed Cronin, Susie Young and "Master" Dave Radcliff proved to be wonderful guides, inspirations and workout mates. We had some battles, and I often crawled out of the pool. It was great. One of the amazing things I learned was that these guys, in addition to doing pool meets, did really long swims — 5K, 10K and ... LONGER. I was sure that was insanity I would avoid.

And I mostly did, until we moved to Bend in 2010. Of course Bend is the stomping group of Bob Bruce, open water guru of Oregon Masters Swimming. While I have continued to swim pool meets, I have especially enjoyed the open water events. My favorite and most satisfying week of swimming was Bob's Swimcation Event in 2018 (Portland Bridge Swim on

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## Swim Bits

by Ralph Mohr

### A Very Few Became Very Many. . .

*A History of Oregon Masters Swimming  
The Early Years—1970-1972*

by Earl Walter

*Editor's note: During this year of the 50<sup>th</sup> anniversary of OMS, "Swim Bits" will be bringing to you memories of OMS. Earl Walter, author of this piece, was called "Ol' Barn" (a.k.a. "The Old Barnacle"). Earl wrote summaries of each meet and was the organization's historian.*

It is only fitting that we first look at the beginnings of Masters Swimming nationwide.

Ransom J Arthur, M.D., is considered to be the father of Masters Swimming, however without the help of John Spannuth, President of American Swimming Coaches Association in the late 60s, it would have taken many more years to bring about this organization.

Ransom Arthur had been trying to interest the Amateur Athletic Union (AAU) in such a program for 10 years, during the 1960s, to no avail. Along came encouragement from John Spannuth, who offered the use of the Amarillo Aquatic Club facility for the first national championships. Encouragement was also forthcoming from Bruce Hopping, Chair and Founder of the Kalos Kagathos Foundation of Laguna Beach, CA.

Overcoming many obstacles, they finally got the entry blanks out and with a total of 45 swimmers, held the first Nationals at Amarillo, Texas, in May, 1970. In October of 1971, Masters became an official part of the AAU, this was followed by the start of *Swim-Master*, a monthly publication, with June Krauser, of Ft Lauderdale, serving as Editor.

Early on, the Navy lent a big helping hand by supplying Dr. Arthur with the funds, equipment and manpower to research the program. It was found conclusively, that swimming was the best exercise overall. They started with age groups of 25+, 35+, and 45+. The events contested included: 50, 100, 200, 400 Free, 100, 200 Back, 100 Breast, 100 Fly, 100 IM and Relays.

In 1971 the contestants at Nationals numbered 112. John

Spannuth arranged for a dinner at the country club in Amarillo. The 200 Breast, 50 Fly and Relays 25-34 and 144+ were added. The Frog and Dolphin kicks were both declared legal for the Fly.

In 1972 the Short Course Nationals were held at San Mateo, CA, under the direction of John Spannuth, and the Long Course Nationals were at Bloomington, IN, under the direction of Dr. James Councilman.

#### **Oregon and the Northwest join the program.**

Research shows that Karl Von Tagen actually was the "start-up guy" for Masters swimming in Oregon. He had read of Ransom Arthur's efforts and thought he would begin here with a meet in Oregon. He approached Olive Mucha (MAC Aquatic Director), and asked if she would help put on the First Oregon Masters Swimming Meet. Karl then sent out the announcements to many Northwest pools and received 25 entries. The meet was held at the MAC, under the sponsorship of the David Douglas Swim Club and MAC, on April 22, 1972.

The official final results of that first Oregon Masters meet shows that Jim Bigler, Ralph Mohr and Ron Nakata, (all are current Oregon Masters Swimmers) swam in that first meet. Jim Bigler swam the 50, 200, and 500 free; Ralph Mohr swam the 200 free, and the 50 and 100 fly; Ron Nakata swam the 100 free, the 50 breast and the 100 IM

The Records Chair for Oregon was Olive Mucha of MAC.

Karl Von Tagen's account of that first meet was this: After the meet they all adjourned to the "Elephant Castle" and celebrated with beer and fish & chips. Karl remembers Connie Wilson coming to the first meet, she was very interested in the program, she was very enthusiastic and put an enormous amount of energy into the fledgling movement. Karl's recollection of Connie was of a very excited person, asking all kinds of questions, and wanting to get involved right in Olive's office, down at MAC, and, as they say, "the rest is history." Karl's involvement in the program continued by him putting on meets. He did not want to get involved at the Board level. He was a pioneer for OMS, and a very important one, he lit the fire and was responsible for the program getting started.

This first meet was followed by a Short Course meters meet on July 2, 1972, at David Douglas; a SCY meet at Tualatin Hills; then the final meet of 1972 was at Reynolds High on December 31, 1972. Alice Zabudsky (a current member of OMS) first swam at that meet.

## Nationals Coach Needed

Anticipating that OREG Club will have many swimmers participating in Spring Nationals April 28-May 1, in San Antonio, TX, we are taking applications for OREG Coaches. A Head Coach will be selected if at least 15 OREG swimmers register for the meet, and an Assistant Coach will be selected if at least 40 swimmers register.

Please see the attached application with information about coach qualifications and requirements.

Coach applications are due by March 15, 2022 to nancy-cvincent1@gmail.com The selected head coach will be notified by March 31 and a possible assistant will be notified as soon as possible thereafter, and no later than April 10, 2022, after meet registration closes.

Regards,

OREG Club Board

For an application, please email: nancy-cvincent1@gmail.com

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### COACHING

continued from page 5

Or, better yet, play around a bit. Sign up for a meet and enter as many races as you can. Go in there with an open mind. See how your body responds, and make the necessary adjustments in your training and in future entries. Likewise, try the other approach. Go to a local meet and only swim an event or two, and see how you feel.

At the end of the day, I'm not pushing you down one path over the other - both options are great, and I myself have had tremendous success with both, many times over!

## Notice to all OMS swimmers

If you swim in an out-of-state meet, it is best for the swimmer (or coach or friend or anyone really) to send a message to Steve Darnell at [financialwizard2@comcast.net](mailto:financialwizard2@comcast.net)

Please include the following:

Swimmer name  
Event  
Age  
Swimmer time  
Location of the meet  
Date of the meet



*Wink's dive (above)*

*Doug, Wink's son, counted lengths for him (below)*



## QUICK AS A WINK

continued from page 1

his groove. His pace quickened, his stroke looked sharp, and he was in his element. Through the first 800 meters, Lamb averaged 2:32.98 per 100 meters. In the last 700 meters, he shaved over 2 ½ seconds off each 100 meters. At 2:30.41, per 100 meters, he was negative splitting the swim! This is something only real distance swimmers accomplish, and Wink is the real deal. He was inducted into the Masters International Swimming Hall of Fame in 2019, with Olympians Rowdy Gaines and Rick Colella, because he is the genuine article.

Prior to the meet, Lamb had set 96 World Records in his illustrious swimming career. The 38:32.90 time in which he completed this race, gave him his 100<sup>th</sup> World Record! It seems only fitting he did this competing as a 100-year-old. Counting 50 and 100-meter splits, Wink also set six National Masters Swimming records!

Since the fast swimmers and their followers had left the pool hours earlier, only the Portland/Vancouver swimmers, who knew what Lamb could do, stayed the entire meet to witness the exhibition. Nevertheless, the timers, lifeguards and swimmers that remained could tell this was special, and they were observers of history. Everyone had their cameras out taking still shots or videos. It looked like the paparazzi had arrived to give this man his due. Willard's son, Doug, counted the 60 lengths of the pool for his dad, and more of Wink's relatives watched the feat from the pool deck. The crowd was small, but the mood was triumphant.

Some might say the competition is sparse in his age group, and that's true. But Willard Lamb was a high school state champion and state record holder in the 220-yard freestyle. As of this weekend, he currently holds 26 World FINA Individual Records, plus numerous World Relay Records. He would have set many more World Records if he had started his Masters swimming career before age 83, as he routinely beats swimmers 20 years his junior at USMS National Championships. Wink's main competition is the clock, and he's been winning that battle for decades.

When Sunday's race was over, all that the humble Willard said was, "My legs are a little tired." And with a wry smile he said, "Maybe I should have warmed up." As he set his sights on the upcoming meets in March and April, these newly acquired World Records will not likely be the last ones set by this national treasure.



*Willard Lamb was joined by Christian Tujo, Bob Bruce, Jeff Piette and Dan Kirkland at the Bellevue Club Masters Mile. Willard's mile was his first swim in the 100-104 age Category for Short Course Meter Swims.*



*Wink to the starting blocks! Notice how high the blocks are compared to Bob standing on the pool deck. Bob says that International-size starting blocks are 75 cm high (about 30 inches). Wink was boosted up onto these blocks. What courage Wink had to dive from that height at 99 years of age. Wink is amazing!*



*Wink's spin turn*



*Scoreboard proof!*



## OFF THE BLOCK

continued from page 3

That small victory, and the fact that my blood pressure was still elevated on the medication (with my doctor now insisting that I go on Norvasc, a more dangerous blood pressure medication), pushed me over the edge. I started the Norvasc but discontinued it after less than a month, based on Dr. McDougall's opinions about drugs in that class, and in June 2010 I re-committed 100% to the McDougall plan.

Since being back on the McDougall plan, I have lost almost 90 pounds. I am now at 120 lbs, which puts me at a BMI of 19.4 (I am 5'6" tall). I wear size 4 clothing, down from size 16. My total cholesterol has gone from 181 to 123, and my BP has gone from 160/100 to 122/70. My fasting blood glucose has gone from 113 to 79. I am on no medication of any kind. At age 49, I am fit and healthy, and I look and feel great. Best of all, I'm riding my horses again!

One interesting sidebar to my story involves the effect of caffeine on my blood pressure. Throughout my weight loss, I continued to drink small amounts of coffee and tea (despite Dr. McDougall's warnings about the former!). I was surprised to find, upon returning to the doctor's for testing after my weight loss, that although I was at a normal weight and all my other numbers had improved, my blood pressure had not. Since I had been very careful regarding sodium, consuming no added salt, avoiding processed foods, and reading labels carefully, I was confused. I spoke with Dr. Caldwell Esselstyn (author of the book *Prevent and Reverse Heart Disease*), who told me about

several studies suggesting that while most people are not significantly affected by caffeine, in sensitive individuals it can elevate blood pressure for up to 12 hours.

On Dr. Esselstyn's advice, I went off caffeine in all forms cold turkey, recording my blood pressure with a home monitor twice a day, starting 3 days before eliminating caffeine and continuing for 2 weeks after doing so. Within the first caffeine-free day my blood pressure began to drop, and eventually it edged into

the normal range. It is still mildly elevated at the doctor's office ("white coat syndrome"), but at home it stays around 122/70. Interestingly, my doctor had never suggested eliminating caffeine—she just automatically put me on medication!

Many people have asked what advice I have for those starting the program. All I can tell them is what worked for me, because everyone is different. While there are many enticing recipes in the McDougall cookbooks and online, for me the key to success lies in keeping it simple.

I find the Maximum Weight Loss (MWL) plan easier to follow than the Regular plan, in part because many of the higher-fat foods permitted in small amounts on the Regular plan (such as tofu and nuts) are foods that I can and will overeat with ease. Knowing myself, I prefer to stick to whole foods (green and yellow veggies, fruits, grains, legumes, potatoes and other starchy veggies), with as little processed food as possible. This works for me partly because I tend to be an all-or-nothing person, but also because I simply feel better when I stick with whole foods. I also really love to eat, and the MWL plan allows me to eat as much as I want of whatever I make!

I tend to stick with a few meals I really enjoy—the simpler the better! Thanks to Jeff Novick's "Fast Food" video, which provides those of us who have busy lives with quick, easy, and tasty ways to stick with the MWL plan, I'm never without something yummy in my fridge. I make sure to keep basic ingredients in stock: canned no-salt-added beans and tomatoes, plenty of frozen veggies and fruit, and lots of potatoes and brown rice. To those ingredients I add fresh veggies and fruit when they are in season or when they sound good. Because I stick with the MWL plan even now that I'm at goal weight, I can eat a LOT of food—sometimes 3-4 helpings of my favorite soup—and this keeps me happy and satisfied.

I think back now on the way I felt when I weighed 207 (sure that I would be "suffering" if I returned to the McDougall plan),  
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## SWIMMER SPOTLIGHT

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Sunday--17K; Foster Lake Cable Swims Thursday--2 and 1 mi; Applegate Lake Saturday--10K). My favorite annual event is the 5K at Elk Lake – being in the middle of the lake, in the middle of the swim, in cool water, with the mountains visible when you breathe, often alone, going hard but aerobic — it does not get better. And my favorite Elk Lake 5K? During the 2014 5K, about the middle of the swim, I realized I was swimming next to Dave Radcliff. He and I swam together the 2<sup>nd</sup> half of the swim, trading the lead — until he sprinted away at the end, beating me by 8 hundredths of a second. It was a very cool experience.

A few final thoughts:

I have had two great Masters coaches. While I was swimming at T-hills, Jon showed up every day ready to get practice started at 5:15am, sometimes with stupid jokes, but making a connection to the swimmers on deck, and with a challenging workout. Bob has done the same, starting many years before I arrived in Bend. He tried to retire, then COVID showed up, shut down the (his) Masters program, and threatened to have a more permanent effect by making pool space and coaches hard to come by. So Bob stepped back in, both as a coach and as an advocate for Masters practice time. Reliable coaches are heroes.

In 2012, I was asked to join the Oregon Masters Swimming board as the Treasurer. Since then I have had the opportunity to watch some very committed Masters volunteers up close, starting with our President, Tim Waud. I am very proud to be part of Oregon Masters Swimming.

I have been in the pool pretty consistently for most of the last 20 years, much better than my previous record. Swimming benefits my fitness and health and provides a competitive outlet. It is a valuable part of my life. Injuries, COVID and travel kept me out of the water for most of the last two years. My comeback started in October!

*Editor note: Kermit received the USMS Dorothy Donnelly Service Award in 2020. - a year that brought financial changes at the USMS National Office. Kermit put a great deal of effort into analyzing OMS' financial situation to be sure we could adapt to a lower income stream. He prepares the OMS yearly budget and keeps OMS on track financially. He played a huge oversight role when Oregon hosted the 2016 Summer Nationals and tracked all income and expenses related to that event.*

## OFF THE BLOCK

continued from page 12

and I have to smile. I'm sure not suffering—on the contrary, I'm grateful to have been given a second chance to return to a healthy weight and an active life, and to avoid the serious health problems that were lurking around the corner for me. I think I can promise that this time around, there will be no going back for me.

### Update January 2022

Despite my best intentions, I did slip back a bit during COVID, as did many. I gained a little weight and was disappointed in myself. But I knew what to do, and I did it. I got back on plan and lost the weight in less than 3 months and am back now at 120, happy and healthy at age 59. It's important to remember that a slip is not the end of the world—we can move on from mistakes. This plan is the best, safest, healthiest and tastiest way to eat. It always works. Remembering that will help fix any mistakes.



The fundamentals of the McDougall Program are simple yet often difficult to implement. Star McDougallers have either adopted the Program themselves by learning from our website and books, or joining one of our programs. For personalized help, learn more about the *12-Day McDougall Program* at: <https://www.drmcDougall.com/12-day-program/>.



**Kermit's with his son Zachary, who was his safety kayaker during the 2018 Portland Bridge Swim**

# 2022 Oregon City Spring Ahead Meet Registration



## Saturday, March 12 - Sunday, March 13, 2022

Oregon City Tankers  
Swim Meet Registration

Saturday, March 12, 2022 - Session 1 - Oregon City Spring Ahead

Warm-ups start at 2:00 PM  
Meet Session starts at 3:00 PM  
Meet Session is estimated to end at 6:00 PM

Sunday, March 13, 2022 - Session 2 - Oregon City Spring Ahead

Warm-ups start at 2:00 PM  
Meet Session starts at 3:00 PM  
Meet Session is estimated to end at 6:00 PM

#	Sex	Event	
1	Women	200 M	Free Relay
2	Men	200 M	Free Relay
3	Mixed	200 M	Free Relay
4	Mixed	100 M	Free
5	Mixed	50 M	Fly
6	Mixed	200 M	Breast
7	Mixed	50 M	Back
8	Mixed	100 M	Fly
9	Mixed	200 M	Free
10	Mixed	100 M	Back
11	Mixed	400 M	IM
12	Women	400 M	Medley Relay
13	Men	400 M	Medley Relay
14	Mixed	400 M	Medley Relay

#	Sex	Event	
15	Women	200 M	Medley Relay
16	Men	200 M	Medley Relay
17	Mixed	200 M	Medley Relay
18	Mixed	200 M	IM
19	Mixed	50 M	Breast
20	Mixed	200 M	Fly
21	Mixed	50 M	Free
22	Mixed	100 M	Breast
23	Mixed	200 M	Back
24	Mixed	100 M	IM
25	Mixed	400 M	Free
26	Women	400 M	Free Relay
27	Men	400 M	Free Relay
28	Mixed	400 M	Free Relay

**Entry Link:**

[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=2199&smid=14331](https://www.ClubAssistant.com/club/meet_information.cfm?c=2199&smid=14331)

## Oregon Masters Swimming: Tentative Open Water Race Schedule for 2022 (as of 19 Jan 2022)

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Or Series Category	USMS Status
Sun 15 May	1	Beautiful Lake Juniper (pool)	Bend	COMA	Bob Bruce	1200-meter	Featured	
Sat 25 June	1	Foster Lake Open Water Swims	Sweet Home	COMA	Bob Bruce	4000-meter (2.4 mile) 2000-meter (1.2 mile)	Featured	
Sun 10 July	1	Portland Bridge Swim in the Willamette River	Portland	PBS,LLC	Mairisa Frieder	17-km downriver	Featured	
Sat 16 July	2	Southern Oregon Open Water 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 <b>(Ass'n Champs)</b> 3 x 500-meter Pursuit Relay	Featured Participation	
Sat 30 July	1	Cascade Lakes Swim Festival at Elk Lake	Bend	COMA	?	5000-meter 1500-meter	Featured Featured	
Sat 13 August	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. . .

*Bellevue Club Masters Mile—SCM*

## Looking Ahead. . .

### Pool Schedule

<b>Date</b>	<b>Course</b>	<b>Swim</b>	<b>Location</b>
March 12-13; Sat & Sun	SCM	Oregon City Spring Classic	Oregon City
April 1-3; Fri-Sun	SCY	OMS Association/NW Zone Championship	Molalla
May 14; Saturday	LCM	COMA Spring Long Course Meet	Bend
May 15; Sunday	1200 M	Beautiful Lake Juniper Buoy Swim (pool)	Bend

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

### Open Water Schedule

*(see page 15)*

## Quote for the Month. . .

*"I want to be able to look back and say, 'I've done everything I can, and I was successful.' I don't want to look back and say I should have done this or that."*

*—Michael Phelps*

*From your USMS login, you can:*

- 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).*