

"Swimming for Life"

Aqua Master

Award-winning newsletter of Oregon Masters Swimming



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Oregon City Spring Ahead SCM Swim Meet

by Tim Waud

"It felt like a family reunion this weekend at our first Masters swim meet in Oregon in over two years. It was so great to see the smiles and faces of so many dear friends." ~Val Jenkins

Oregon City hosted their annual Oregon City Spring Ahead swim competition March 12-13, and 115 Masters swimmers from Florida, Montana, Washington, California, and Oregon participated in Oregon Masters first swim meet in 2022.

This year, the event was held without a Dual Sanction which allowed Masters-only swimmers to compete in the afternoon sessions. The atmosphere of the meet was exciting, smiles were beaming, friends were re-united, and everyone had a wonderful time.

Nine FINA World, 12 U. S. Masters National, two American, 25 Northwest Zone, and 40 Oregon records were set over this two-day event. What an amazing weekend of fast swimming for several Oregon Masters swimmers. Congratulations to everyone who swam personal best times.

Willard Lamb broke six FINA World Records and seven U. S. Masters National Records as a 100-year-old, including first-ever swims in the 50-meter Breaststroke and 200-meter Backstroke. **Val Jenkins, Colette Crabbe, Arlene Delmage, and Karen Andrus-Hughes** teamed up to set new World Records in both the 200- and 400-meter Medley Relays. **Joy Ward, Janet Gettling, Karen Andrus-Hughes, and Colette Crabbe** set a new



Valerie Jenkins, Colette Crabbe, Arlene Delmage, and Karen Andrus-Hughes (Womens Relay 240+) set two world records in the 200 and 400 Medleys, SCM.

World Record in the 200-meter Freestyle Relay.

Joy Ward set two U. S. Masters National Records and eight Northwest Zone records. **Colette Crabbe** set two new Northwest Zone and six Oregon records. **Sara Shepherd** set two Northwest Zone and four Oregon records.

Adin Williams set two new Para Swimming American records in the 50-meter Freestyle and 50-meter Butterfly. Adin swims for George Fox University and swam with the Oregon City Tankers in his first ever Masters swimming competition. Congratulations to Adin and everyone who set personal bests at this meet.

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CONTENTS

Regular Board Articles

- 3** Chair's Corner
- 4** Off the Block
- 5** Fitness
- 6** Coaching
- 7** Long Distance Swimming

Records and Links to Meet Results

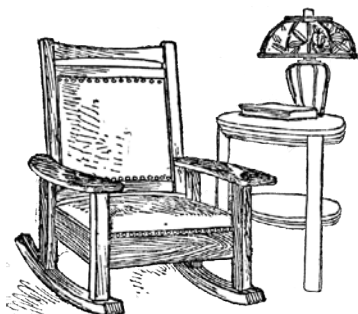
- 8** Oregon City Spring Ahead Meet—SCM

Articles & Announcements

- 9** Swimmer Spotlight
- 10** Back to the Past
- 11** Returning To The Scene Of The Crime
- 12** OMS Virtual One-Hour Swim Results
- 17** Oregon City Spring Ahead Meet Photo Memories
- 18** Notice to all OMS swimmers
- 19** 2022 Open Water Schedule

Event Schedule — Back Page

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Chair's Corner

Tim Waud
OMS Board Chairman

NEXT UP:

2022 Oregon Masters Swimming Association Northwest Zone Short Course Yard Championship

The 2022 Oregon Masters Association Northwest Zone SCY Championship will be held April 1-3, 2022, at the Molalla Aquatic Center in Molalla, Oregon. Molalla is located about 30 minutes South of Oregon City and approximately 30 minutes North of Salem.

Oregon Masters Swimming will be Celebrating 50 years of service to our adult swimming community. Following the swim competition on Saturday, Oregon Masters will be hosting the annual Awards Banquet and Social. Come join your fellow Masters swimmers and enjoy an evening of food, fellowship, and celebration. Several awards for 2019, 2020, and 2021 will be presented, signifying excellence in the pool, open water, and on the deck. We are also putting together a slide show for this event. If you have pictures of you and your swimming friends in the pool, river, lake, or ocean, please email your photos to: timpwaud@gmail.com

Complete meet information can be found by clicking on the link below:

[2022 Oregon Masters Swimming Association Northwest Zone Short Course Yard Championship](#)





Off the Block

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

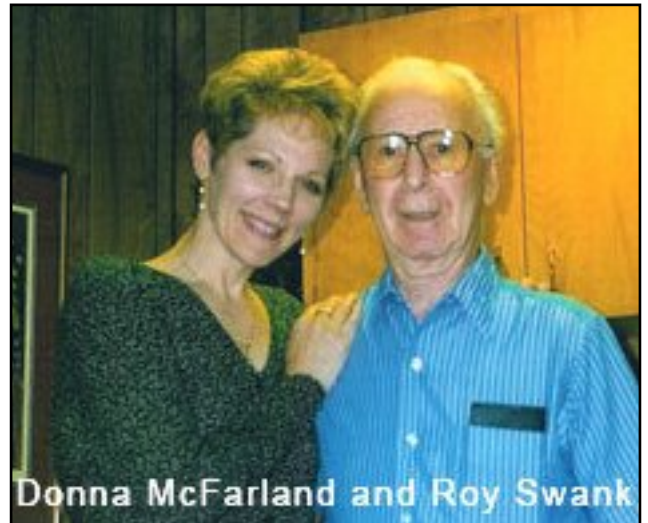
Diagnosed with MS, Food Became My Medicine

Donna McFarland

In 1989 I was 32 years old. It had been two years since I had quit my 17-year smoking habit, and I had adopted a rigorous physical fitness regimen. I truly felt on top of the world, and nothing could stop me. In addition, having developed a greater level of self-confidence, I began life as a student again at a local community college. All of these successes empowered me to continue striving and believing in myself, something that had not come easily to me before. This was an entirely new era for me. Little did I know, however, that the confidence that had blossomed within me would soon be tested.

To help curb my tobacco withdrawal cravings I had begun working out at a gym, and was surrounded by very strong, fit people. One such person was a former Marine drill instructor and Mr. World contender who became my personal coach. Each day, he would encourage and educate me about fitness. He made the experience fun for me: a new addiction had been spawned. During this time I was also learning how to make healthful dietary changes, and I did so gladly. Living in California at the time, with fresh produce not only abundant, but available year-round, helped making dietary changes easier. I had never felt so good in my entire life. What a revelation!

And then I woke up on April 17, 1989, one of the darkest, most life-altering days of my life. As I got out of bed I was shocked to find that my left leg collapsed under me. It felt heavy and would not support my weight. I erroneously passed it off as a pinched nerve. My doctor couldn't find any cause for it, so it became a "watch and wait" situation. I dragged that leg around for more than six weeks. I contin-



Donna McFarland and Roy Swank

ued to work out but was unknowingly worsening my condition every day. Almost as soon as this first symptom began to wane, a new symptom of tingling on the right side of my body began. More doctor visits and tests were ordered, but nothing was determined.

Following this I had roughly six weeks of very odd sensations on one side of my body that couldn't be explained. While additional tests were conducted, I continued to believe it was all fairly harmless. How could anything bad be happening to me now? I was certainly on a high of optimism, so much so that I ignored all the signs (tingling, burning, fatigue) my body was giving me and continued my gym workouts. Nothing was going to stop me.

When the fourth symptom—very fuzzy eyesight in one eye—occurred, I was sent to an eye doctor. He diagnosed me with optic neuritis and suggested that I see a neurologist as soon as possible. My family doctor scheduled an appointment with a neurologist in Phoenix, Arizona at a well-known neurological institute. My doctor warned me

continued on page 13



Fitness

Coach Colette Crabbe
OMS Fitness Chair

It is Time to Sharpen and Oil the Machine

Meet season is finally upon us. After 2 years of no or very limited meet options, it is very exciting news for the competitive swimmer. As everybody might be a little rusted, it is time to “oil the machine” and go back at it. Although the fitness swimmer may not have any intention of competing, sharpening and oiling the machine, getting some speed, setting up goals and even tapering are all tools benefiting the competitive as well as the fitness swimmer.

First: set up goals. Are you preparing yourself for the 50 free or the 1500 free? The 400 IM? Or just for your first race, trying to set up a time? Your goal might be to swim all the strokes and distances either in a race or in the comfort of your own pool during practice. For the competitive swimmer, remember you have not competed for two years, so your last performances might not be the best reference to set your new goals. All of us have aged by 2 years and most of us have not been as diligent with workouts due to the closings of the pools. For the fitness swimmers, you should have some goals related to technique and improvements (strokes, distance, time).

Second: start practicing some speed. If you never try to go fast at practice, you will never go fast in a meet. Some of us, especially the fitness and long-distance swimmers, like to go at a comfortable speed for mileage. The more distance, the better it is. If you recognize yourself in that category, try to include a speed workout once a week in your workout regimen. On the other hand, if you only do speed workouts, include a longer set once a week to build your endurance and not crash on the last 25 of your 100 race. How do we get some speed? Speed means fast kicking to put you on top of the water, and applying more pressure at the end of your stroke to increase your tempo. Work on both (kick and tempo) and do not be afraid to get out

of breath. Make sure you increase your send-off and give yourself enough rest. Low mileage is OK on those days. For the fitness swimmers, getting out of breath and increasing your speed will fire your fast twitch muscles and improve your fitness level much quicker.

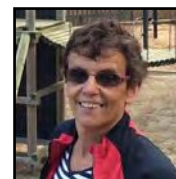
Third: practice turns, underwater and dives. The fifth stroke, or the underwater streamline dolphin kicks, need to be practiced again. During Covid, most of us have probably been lazy about turns and certainly have not been diving at all. This is where we will notice that those meet skills are rusted and need to be tuned up again. Don't forget to review the rules of competition, so you do not get disqualified. For the fitness swimmers, practicing some underwaters will improve your breath control and stamina in general.

Fourth: taper for the big meets. Taper simply means, take some rest before the meet. For some, it is very hard to do, thinking “I need to go to the pool to practice because I have a meet coming up”. A week before a big meet, it is too late to learn and practice a new skill. Coming to a meet well rested will benefit you more. Enjoy the rest. For fitness swimmers, taking periodically a week off to go on vacation or experience a different sport is essential for remaining a swimmer for life.

Fifth: do not stress, have fun. Your first meet back might not completely be as expected. Learn from it and make the adjustments. Mostly enjoy it, reconnect with all your swimming friends, and have fun. It just set the benchmark for improvements and further goals. For fitness swimmers, not stressing around water will make swimming way more enjoyable, and don't be afraid to be a kid again and play in the water. Have fun.

When you will read this, our first meet in Oregon City will have taken place. I hope

continued on page 14





Coaching

Coach Kevin Cleary
OMS Coaches Chair

Your Toughest Opponent

For this month's article, and given that Masters swim meets are finally returning to Oregon, I want to talk about the hardest opponent you will ever face.

This particular person is much tougher and far more critical of you than any coach that you've ever had. They'll drive you crazier than that one teammate that gets on your nerves every single practice.

They're always nipping at your heels as you train, trying to run you over and out of the pool.

They will not hesitate to throw you to the ground and beat you when you're down, and won't ever let up.

But this person can also push you to new heights and achievements that you never thought possible.

I'm talking about YOU.

Whether you're in the middle of a grueling set or in the hardest race of your life at the big meet at the end of the season, you're not trying to out-touch your best friend training alongside you, nor are you truly competing against the other swimmers in your heat.

Your primary objective is to outdo *yourself*...and in the process, there's a good chance that you can grab those elusive state/zone/world records, and such. In my own personal experience, it is far more satisfying to get, say, a personal best, or swim that perfect race, than get any title or record.

Even if you don't win first place or hit your goal time, if you do everything in your power to succeed, then all that stuff really doesn't matter. You're a champion in your own right.

Yes, you *do* race others, in both meets and practice. That can and will help you get better, but you have absolutely zero control over what they're doing...and don't worry, your teammates and opponents are experiencing the same physical and mental strain that you're no doubt going through.

When you're training with your team, it doesn't matter who is faster or slower. Maybe you're lapping them, or maybe they're lapping you, but if you're all giving the same amount of effort, it is equally hard, and you're fighting the same exact battle.

The same thing goes for your opponents at any given meet.

They're also nervous and wound up and excited to swim fast...and if they're not, then they're not taking the race seriously, and won't perform up to their potential.

But that's not your concern.

When your heat is called to the blocks and the horn blasts, the objective is the same, all across the board, but each swimmer gets to decide how to respond to the pressure. You have complete and total control over yourself, and no one else.

There's only one person you should be worried about.

YOU.

The beauty of this sport is that, when you're training, everything else is secondary. It doesn't matter what happened earlier in the day and/or outside of the pool.



continued on page 14



Long Distance Swimming

Coach Bob Bruce
Long Distance Chair

Oregon Participation summary for the 2022 USMS 1-Hour Virtual National Championship:

- ◆ 63 Oregon swimmers (37 women & 24 men) swam and entered.
- ◆ 8 Oregon clubs/local teams were represented.
- ◆ The Oregon Club placed third overall in the national club standings.

Congratulations to...

- ◆ Our FIVE individual National Champions (USMS Long Distance All-American): Alexis Higlett, Dan Kirkland, Ralph Mohr, Barry Fasbender, & Willard Lamb;
- ◆ Our FOURTEEN other individual swimmers who made the national top ten;
- ◆ Our ONE National Record setter—Willard Lamb, Men's 100-104 (2495 yds—brilliant!);
- ◆ Our SIX relay team National Champions (USMS Long Distance Relay All-Americans):
 - ✓ Women's 25+ team of Alyson Wilson, Natascha Tulloch, & Alexis Higlett (14,300 yds).
 - ✓ Men's 55+ team of Pat Allender, Scot Sullivan, & Hardy Lussier (14,890 yds).
 - ✓ Men's 65+ team of Bob Bruce, Jeff Piette, & Dan Kirkland (13,330 yards).
 - ✓ Mixed 25+ team of Alyson Wilson, Natascha Tulloch, Grant Aldred, & Pat Allender (18,540 yds).
 - ✓ Mixed 55+ team of Arlene Delmage, Valerie Jenkins, Scot Sullivan, & Hardy Lussier (19,010 yds).
 - ✓ Mixed 65+ team of Laura Worden, Colette Crabbe, Jeff Piette, & Dan Kirkland (17,370 yds).
- ◆ Our FOUR other relay teams who made the top three;
- ◆ Our THREE swimmers—Colette Crabbe, Hardy Lussier, and Willard Lamb—who broke Oregon individual records;
- ◆ Our FIVE relay teams that broke Oregon relay records:
 - ✓ Women's 65+ team of Sue Harrington, Laura Worden, & Colette Crabbe (11,955 yds).
 - ✓ Men's 55+ team of Pat Allender, Scot Sullivan, & Hardy Lussier (14,890 yds).
 - ✓ Men's 65+ team of Bob Bruce, Jeff Piette, & Dan Kirkland (13,330 yds).
 - ✓ Mixed 55+ team of Arlene Delmage, Valerie Jenkins, Scot Sullivan, & Hardy Lussier (19,010 yds).
 - ✓ Mixed 65+ team of Laura Worden, Colette Crabbe, Jeff Piette, & Dan Kirkland (17,370 yds).
- ◆ Our TWO swimmers, Alexis Higlett (4905 yards) & Hardy Lussier (5230 yards), who topped the Oregon women's and men's categories respectively;
- ◆ Our FOURTEEN swimmers whose performances qualified or moved them up on the Oregon All-Time Top Twelve list for the 1-Hour Swim (<https://swimoregon.org/toptwelve/longdistance/OROneHrTop12.pdf>);
- ◆ Our THREE Oregon local teams whose participation was commendable:
 - ✓ High Honors—20+: Central Oregon Masters (COMA) (27 swimmers)
 - ✓ Honors—10+: Columbia Gorge Masters (CGM) (11 swimmers)
 - ✓ Merit—5+: Corvallis Aquatic Team (7 swimmers)
- ◆ Everyone who participated! Well done!

A coach who doesn't level with swimmers isn't worth much, so here's my take: MISSED OPPORTUNITIES!

- ◆ Despite the successes listed above, overall Oregon individual participation was our worst since 2005!!! (discounting last year when so few of us had pool access). This event is the best thing going to motivate you into the water after the holidays, get you into decent aerobic shape, and test

continued on page 15



Recent Records

Records are for Oregon LMSC Swimmers Only

* = split

Oregon City Spring Ahead Meet—SCM

March 12-13, 2022

Oregon City, OR

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

Age Group	Event	Name	Age	Time	Record set
Women 40-44	50 SC Meter Backstroke	Shepherd, Sara	40	32.56	Oregon
Women 40-44	100 SC Meter Backstroke	Shepherd, Sara	40	1:08.91	Oregon
Women 40-44	200 SC Meter Backstroke	Shepherd, Sara	40	2:28.89	Oregon, Zone
Women 40-44	200 SC Meter IM	Shepherd, Sara	40	2:35.97	Oregon, Zone
Women 60-64	200 SC Meter Butterfly	Delmage, Arlene	60	2:52.60	Oregon, Zone
Women 65-69	50 SC Meter Freestyle	Andrus-Hughes, Karen	65	32.65	Oregon
Women 65-69	200 SC Meter Freestyle	Crabbe, Colette	66	2:45.97*	Oregon
Women 65-69	400 SC Meter Freestyle	Crabbe, Colette	66	5:34.05	Oregon
Women 65-69	50 SC Meter Backstroke	Andrus-Hughes, Karen	65	37.74	Oregon
Women 65-69	100 SC Meter Breaststroke	Crabbe, Colette	66	1:31.13	Oregon
Women 65-69	200 SC Meter Breaststroke	Crabbe, Colette	66	3:14.08	Oregon, Zone
Women 65-69	100 SC Meter Butterfly	Crabbe, Colette	66	1:20.71	Oregon
Women 65-69	200 SC Meter IM	Crabbe, Colette	66	2:52.76	Oregon, Zone
Women 75-79	50 SC Meter Breaststroke	Pierson, Ginger	76	54.67	Oregon, Zone
Women 75-79	100 SC Meter Breaststroke	Pierson, Ginger	76	2:00.92	Oregon, Zone
Women 80-84	50 SC Meter Freestyle	Ward, Joy	80	42.85	Oregon, Zone
Women 80-84	50 SC Meter Backstroke	Ward, Joy	80	49.23	Oregon, Zone, National
Women 80-84	200 SC Meter Backstroke	Ward, Joy	80	3:44.82	Oregon, Zone, National
Women 80-84	50 SC Meter Butterfly	Ward, Joy	80	56.05*	Oregon, Zone
Women 80-84	100 SC Meter Butterfly	Ward, Joy	80	2:16.93*	Oregon, Zone
Women 80-84	100 SC Meter IM	Ward, Joy	80	1:52.33	Oregon, Zone
Women 80-84	200 SC Meter IM	Ward, Joy	80	4:08.28	Oregon, Zone
Women 80-84	400 SC Meter IM	Ward, Joy	80	8:52.23	Oregon, Zone
Men 18-24	50 SC Meter Freestyle	Pinger, Sebastian	19	25.39	Oregon (tie)
Men 18-24	400 SC Meter Freestyle	Edwards, Evan	24	4:28.11	Oregon
Men 50-54	100 SC Meter IM	Self, Mike	52	1:05.95	Oregon
Men 55-59	200 SC Meter Freestyle	Sullivan, Scot	56	2:11.52	Oregon
Men 55-59	400 SC Meter Freestyle	Sullivan, Scot	56	4:38.50	Oregon
Men 55-59	100 SC Meter Butterfly	McComish, John	56	1:07.83	Oregon
Men 70-74	100 SC Meter Backstroke	Kirkland, Dan	74	1:19.18	Oregon
Men 100-104	50 SC Meter Freestyle	Lamb, Willard	100	57.81	Oregon, Zone, National
Men 100-104	100 SC Meter Freestyle	Lamb, Willard	100	2:13.96	Oregon, Zone, National, FINA World
Men 100-104	200 SC Meter Freestyle	Lamb, Willard	100	4:50.84	Oregon, Zone, National, FINA World
Men 100-104	50 SC Meter Backstroke	Lamb, Willard	100	1:07.11	Oregon, Zone, National, FINA World
Men 100-104	100 SC Meter Backstroke	Lamb, Willard	100	2:24.84*	Oregon, Zone, National, FINA World
Men 100-104	200 SC Meter Backstroke	Lamb, Willard	100	5:09.10	Oregon, Zone, National, FINA World
Men 100-104	50 SC Meter Breaststroke	Lamb, Willard	100	1:51.66	Oregon, Zone, National, FINA World

Relays

Women 240-279	200 SC Meter Medley Relay	2:18.74	Oregon, Zone, National, FINA World
1) Jenkins, Valerie 59	2) Crabbe, Colette 66	3) Delmage, Arlene 60	4) Andrus-Hughes, Karen 65
Women 240-279	400 SC Meter Medley Relay	5:10.93	Oregon, Zone, National, FINA World
1) Jenkins, Valerie 59	2) Crabbe, Colette 66	3) Delmage, Arlene 60	4) Andrus-Hughes, Karen 65
Women 280-319	200 SC Meter Free Relay	2:25.32	Oregon, Zone, National, FINA World
1) Ward, Joy 80	2) Gettling, Janet 74	3) Andrus-Hughes, Karen 65	4) Crabbe, Colette 66

Swimmer Spotlight

—submitted by Arlene Delmage

Name: Ginger Pierson
Age: 76
Occupation: Retired PE/Math Teacher, Evergreen School District, Vancouver, WA
Local Team: OCT (Oregon City Tankers)

I was born in 1946 in Seattle, WA, and have one younger brother. When I was a baby, my parents were very nervous when I was around water. I crawled, ran to, and even jumped off docks into any form of liquid. When I was 3 years old, the famed Seattle Olympian, Helene Madison, gave me swimming lessons.

In the Parkrose School District, swimming lessons were a requirement for graduation beginning in the fourth grade. The coach invited me for a team tryout, and my career as a swimmer began. My first swim meet, at the age of nine, was at the Herb Eisenschmidt Pool in St. Helens, Oregon. I was not entered in the breaststroke event, but it looked like fun, so I asked my coach if I could swim it. My first national record! (There were not a lot of rigid rules back then.)

I continued to swim until my junior year in high school, including A.A.U. for Parkrose S.C. (seven years), when it became evident that I needed the “next level of training” to achieve my goal of making the Olympic team in 1964 or 1968. My transfer to A.A.U. swimming at David Douglas S.C. (six years) almost got me there. While swimming for both clubs, I had coaches who were masters with technique, training, and individual needs. Hence, I set numerous national records, and was an All-American for Parkrose High School in 1963. Because I switched A.A.U. teams, I had to sit out high school swimming my senior year in 1964.

There was no college swimming for women in those days, as we know it today, so while trying to make the US team I lived at home, went to Portland State, and competed for David Douglas S.C.. One of the instructors at P.S.U. asked if I would put a “team” together and compete with another university. How could I resist? Again, I set several national records. Hence - the beginning of Portland State University Swim Team.

After college and not making “the team”, my real life had to begin. I met my husband while working for the Y.M.C.A.



Ginger Pierson with her dog Mr. Miyagi

while attending an aquatic conference in California. We moved around the country, working for the “Y”, in cardiac rehab through exercise. It was a natural for me. In 1980 we divorced and I began teaching in the Evergreen School District in Vancouver, WA. After 22 years in the same building, teaching physical education and math, my goals of promoting youth fitness, self-confidence, and having fun, were realized daily. What a dream job!

In 1980, while watching the Hawaiian Ironman on television, I was suddenly inspired to try this race myself. The training would help me lose weight, gain self-respect, and get

continued on page 16

Back to the Past

Ron Nakata shared this article, which was written by Joyce as he was preparing to attend that World Masters Swimming Meet in Japan.

Meet's site a stroke of luck for swimmer

by Joyce Wydrizinski

Correspondent, *The Oregonian* 1986

For years, Ron Nakata has dreamed of someday tracing his family's roots back to the land of his ancestors.

Someday has (now) arrived for the 47-year-old East County dentist.

Nakata leaves Wednesday for Tokyo with a dozen other Masters swimmers from Oregon and Washington to compete in the first World Masters Swimming Championships.

"This is going to be the biggest swimming meet of my life and the high point of my swimming career," Nakata said. "I have always wanted to compete against Japanese swimmers just to see how well I could do against people of my own race."

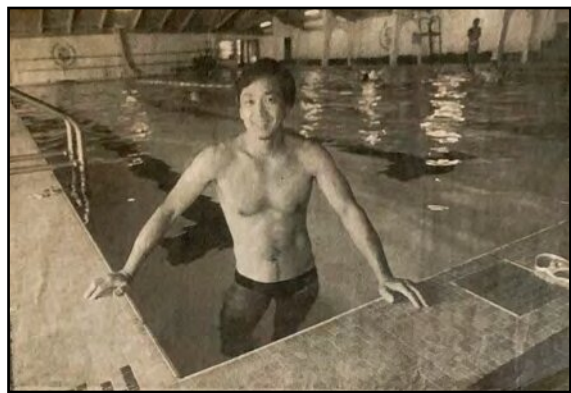
An avid water-lover as a youngster, Nakata began swimming competitively as a teen-ager at the Aero Club in downtown Portland.

He continued his swimming career during four years at the University of Oregon, where he earned an impressive collection of medals and ribbons. However, Nakata's interest in competitive swimming waned when he entered dental school and discovered that most of his time would be spent studying.

Nakata devoted a large part of the next 20 years to building his East County dental practice. He didn't take the plunge back into competitive swimming until he learned about the Masters swim program.

"I have always been a very competitive person, and when I heard about the Masters program it seemed like an excellent way to get back into shape," said Nakata. "Swimming is one of the best ways of keeping fit."

He learned last year that the first World Masters swim meet would be conducted in Tokyo. For Nakata, it was the opportunity he had been searching for to travel to the country of his ancestors and his mother's birth.



Ron Nakata, an East County dentist and Masters swimmer, is looking forward to swimming in Japan

Nakata, a member of the Mt. Hood Masters swim team, began a rigorous training schedule at the Oregon Athletic Club pool, where he swam 2,500 yards of breaststroke, freestyle, backstroke and butterfly seven times a week.

About 6,000 swimmers are expected to participate in the five-day meet, which means Nakata could be competing against as many as 350 swimmers in his 45-49-year-old age group. He will compete in nine events.

While Nakata wouldn't mind coming home with a medal in any of the nine events, he says he would be just as pleased to record personal-best times in his events and place among the top 10 finishers.

A good performance, he said, also will be especially pleasing to his mother, Ikuko, and his wife, Wanda, who will accompany Nakata to the meet in Japan.

While in Japan, Nakata and his wife plan to spend several days in Osaka after the competition getting better acquainted with the dozens of aunts, uncles and cousins he has heard about but never met.

"This is going to be a very special time. . ." said Nakata.

Epilogue: written March, 2022, by Ron Nakata

Back in those days, my best event was 200 IM, in which I came in 6th at this meet. I don't remember swimming other events, but must have. I did not medal. Japan is a sports crazy
continued on page 15

Returning To The Scene Of The Crime

by Joe Oakes

Back in the Good Old Days, i.e., before the 1970's, it may be hard for young folks to believe, but there was *no such thing* as a triathlon. Triathlons simply did not exist, not until a dozen or so military guys drinking in a bar in Honolulu, arguing about which endurance sport was toughest, came up with the idea of the IRONMAN TRIATHLON. They threw together the classic 2.4-mile Rough Water Swim, a 112-mile bike ride circling Oahu, and the Honolulu Marathon for one humdinger of an event.

The first iteration of the Ironman Triathlon was limited to that small number of military guys, 13 if I recall correctly, and the winner was Portland's Gordon Haller, a Coast Guard officer. The military guys did not see fit to take it further: they had jobs to do. But Valerie Silk Grundman, a co-owner of the Nautilus of Honolulu franchise, saw a huge potential in this infant sport. The next year the Nautilus Club grabbed the ball and ran with it, preventing this great new sport from being stillborn.

ABC Wide World of Sports ("*The thrill of victory; The agony of defeat*") also smelled a winner. They sent Jim Lampley and Diana Naiad to Honolulu to cover the story. Being drawn by the scent of something big and new in the endurance world, I found myself on the starting line in Honolulu, without a clue if I could handle this new challenge or not. My biggest question mark was the swim leg: I saw myself as an ultra-distance runner, not a cyclist or a swimmer. Somehow, I survived, and dummy that I am, I came back to do the IRONMAN five more times before the idea of *enough-is-enough* entered my calculations.

Most people do not know that the first iterations of the IRONMAN were all in Oahu, not Kona. The bicycle course took

1978 HAWAII IRONMAN TRIATHLON OAHU HAWAII				
	SWIM	BIKE	RUN	TOTAL
1st GORDON HALLER	1:20:40	6:56:00	3:30:00	11:46:40
2nd JOHN DUNBAR	1:00:15	7:04:00	4:03:00	12:07:15
3rd DAVE ORLOWSKI	1:09:15	7:51:00	4:59:00	13:59:15
4th IAN EMBERSON	1:01:40	7:47:00	5:15:00	14:03:55
5th STERLING LEWIS	1:02:30	7:47:00	5:15:00	14:04:30
6th TOM KNOLL	2:13:05	8:19:00	4:13:00	14:45:05
7th HENRY FORREST	1:36:42	8:47:00	5:06:00	15:30:12
8th FRANK DAY	1:44:20	8:45:00	6:09:00	16:38:20
9th JOHN COLLINS	1:31:15	9:15:00	6:14:00	17:00:15
10th ARCHIE HAPAI	57:35	8:06:00	8:20:00	17:23:35

Times for the first 10 finishers of the first Ironman Triathlon in Hawaii. (2.4 mile swim; 112 mile bike; a 26.2 mile run)

us straight through the main street of Waikiki, with no traffic control along the entire 112-mile route. In 1982, because of traffic control and better financial conditions, Valerie Silk moved the triathlon to Kona on the Big Island, Hawaii. Exploding outward from Hawaii like a starburst, the nascent sport of triathlon grew exponentially, even to the point of becoming an Olympic event.

In early February of 2022, nostalgia pulled me back to Hawaii, more than four decades after my first foray into the world of triathlon. Sylvia and I had been COVID-locked-up for too long, and we needed to get out. Fully vaccinated and with our boosters, we ignored the COVID demons and made our escape.

Our first stop was Honolulu, where I swam the four-kilometer IRONMAN course that I had swum before the race was moved to Kona. The sun was shining down on me, the water was warm, caressing and so refreshing. I felt that I was just short of being in Heaven. Every bit of scenery, the taste of the ocean, brought back memories of that first swim. As I swam, I remembered my uncertainty back then, when I wasn't very confident about being able to finish what I had started, hoping that this long swim would get over with soon. Then it was over, and so was my nostalgic swim. But it is still up here in my head, as it will always be.

Our next stop was Kona, on The Big Island, today's home of the IRONMAN triathlon. In February of 1982, exactly 40 years ago, Kona hosted their first IRONMAN. Here in Kona the weather is reliably sunny, the swim course is in a calm bay, and traffic control on the bike and run courses excellent. It made sense to move away from Oahu.

I was here to swim, to experience the same course where I swam 40 years ago this February, an anniversary of sort. The swim start was on a tiny beach near the King Kamehameha

continued on page 16



Gordon Haller during the swim and run legs of the first-ever Ironman.

Oregon LMSC Virtual One-Hour Swim 2022

Place numbers are national places

OR = Oregon Record; **NR** = National Record

* = made the Oregon All-Time Top Twelve

Women 30-34

2	Tulluch, Natascha	33	COMA	4725*
3	Wilson, Alyson	34	MACO	4670*

Women 35-39

1	Higlett, Alexis	39	MACO	4905*
10	Tosh, Megan	37	ORM	4150
13	Ogawa, Grace	35	COMA	3990
21	Wopshall, Kayla	38	COMA	2620

Women 40-44

12	Hire, Casey	43	UC37	4200
20	Callahan, Amanda	40	NCMS	3810

Women 45-49

7	Criscione, Anicia	49	CAT	4280
12	Jajewski, Suzy	47	COMA	4010
13	Smith, Amy	45	CGM	3920
22	Anderson, Meg	45	COMA	3750
39	Weinmeister, Chris	49	OR-un	3250
44	Kehe, Eryn	48	NCMS	2670

Women 50-54

12	Salton, Gillian	54	COMA	4255
14	Morgen, Cheryl	53	COMA	4160
18	Sortor, Rebecca	50	COMA	4080
23	Martell, Beth	50	COMA	4000
25	Ready, Jodi	51	CGM	3825
37	Hirsch, Christine	53	CAT	3605
41	Wardell, Jennifer	54	CGM	3550
54	Franklin, Christina	50	OCT	2345

Women 55-59

3	Jenkins, Valerie	59	COMA	4630
17	Pettit, Jayette	55	COMA	4155*
30	Hochman, Juliet	55	CGM	3865
50	Mack, Jamie	55	CGM	3250

Women 60-64

7	Delmage, Arlene	60	COMA	4270*
17	Krehbiel, Joanie	61	COMA	4015*
37	Goodman, Ann	63	CGM	3550
37	Hagler, Heidi	63	CAT	3550
62	Fox, Christina	62	CAT	3005

Women 65-69

3	Crabbe, Colette	66	ORM	4485* OR
11	Worden, Laura	65	CAT	3885*
18	Harrington, Sue	65	CGM	3585*

20	Cheney, Liz	66	OCT	3570
54	White, Sue	67	COMA	2935
67	Shuman, Connie	67	COMA	2540
75	Waters, Julianna	66	CGM	1900

Men 25-29

10	Aldred, Grant	29	SHC	4365
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Men 40-44

19	Derito, Luca	41	NCMS	3775
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Men 45-49

6	Cox, Gabe	47	OR-un	4150
11	Callahan, Michael	49	CGM	3920
15	Hiller, Pat	45	CGM	3640

Men 50-54

25	Duus, Gabe	52	COMA	4000
54	Olson, Steve	54	CGM	3655

Men 55-59

2	Lussier, Eilhard	56	COMA	5230* OR
5	Sullivan, Scot	56	MACO	4880*
19	Casterline, Theodore	57	NCMS	4175
32	McNamara, Tank	59	COMA	3750

Men 60-64

5	Allender, Pat	64	CAT	4780*
33	Howell, Rick	63	COMA	3850
66	Delmage, Peter	60	COMA	2000

Men 65-69

10	Piette, Jeff	67	COMA	4360
27	Brockbank, Doug	69	COMA	3800
50	Hagler, Christopher	65	CAT	3220

Men 70-74

1	Kirkland, Dan	74	COMA	4640
5	Bruce, Bob	74	COMA	4330
25	Carew, Mike	72	COMA	3160
40	Olson, Donald	74	UC37	2200

Men 75-79

19	Jenkins, James	75	ORM	2390
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Men 80-84

1	Mohr, Ralph	81	COMA	3445
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Men 85-89

1	Fassbender, Barry	85	OR-un	2930*
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Men 100-104

1	Lamb, Willard	100	COMA	2495* NR
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Women 25+: 3 x One-hour

1	OREG (Wilson, Tulloch, Higlett)	14,300
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Women 35+: 3 x One-hour

4	OREG (Krehbiel, Sortor, Tosh)	12,245
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Women 45+: 3 x One-hour

3	OREG (Morgen, Salton, Criscione)	12,695
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continued on page 13

ONE-HOUR SWIM RESULTS

continued from page 12

Women 55+: 3 x One-hour

4 OREG (Pettit, Delmage, Jenkins) 13,035

Women 65+: 3 x One-hour

3 OREG (Harrington, Worden, Crabbe) 11,955 OR

Men 25+: 3 x One-hour

5 OREG (Brockbank, Howell, Aldred) 12,015

Men 45+: 3 x One-hour

4 OREG (Duus, Cox, Casterline) 12,325

Men 55+: 3 x One-hour

1 OREG (Allender, Sullivan, Lussier) 14,890 OR

Men 65+: 3 x One-hour

1 OREG (Bruce, Piette, Kirkland) 13,330 OR

Men 75+: 3 x One-hour

3 OREG (Lamb, Fassbender, Mohr) 8,870

Mixed 25+: 4 x One-hour

1t OREG (Wilson, Tulloch, Aldred, Allender) 18,540

Mixed 35+: 4 x One-hour

2 OREG (Morgen, Higlett, Duus, Cox) 17,215

Mixed 45+: 4 x One-hour

4 OREG (Salton, Criscione, Casterline, Bruce) 17,040

Mixed 55+: 4 x One-hour

1 OREG (Delmage, Jenkins, Sullivan, Lussier) 19,010 OR

Mixed 65+: 4 x One-hour

1 OREG (Worden, Crabbe, Piette, Kirkland) 17,370 OR

2022 National Club Placement (Overall Category):

PI	Club	Points	Yards
1	Davis Aquatic Masters	130	436,040 yds
2	New England Masters	108	386,005
3	OREGON	61	228,680
4	Tamalpais Masters	66	206,120

OFF THE BLOCK

continued from page 4

ahead of time that the physician he was referring me to did not have a pleasant bedside manner but that he was very proficient in his field.

How can one hour, one day, change a person's life so dramatically? The MRI was performed and the follow-up meeting with the neurologist went something like this: "The MRI shows that you have multiple sclerosis. You are among the top third of the worst cases we've ever seen here. You have a few good years left." The neurologist delivered the news with as much compassion and sensitivity as a weatherman might deliver the day's highs and lows. Talk about devastating! The fact that I had had four exacerbations within a five-month time frame further made for a dismal prognosis.

My mother had died of systemic Lupus at the age of 33, and here I was at 32 years old thinking, "I guess this is it." When I asked if there were any dietary changes I could make to help my symptoms, an emphatic "No" was given. I was told that my exacerbations would be treated with high doses of steroids given in the hospital. Having watched my mother go through her agonizing decline, I wanted nothing to do with hospitals or doctors ever again.

Fortunately, within a short amount of time, I discovered Dr. Roy Swank, MD, Ph.D, the head professor of neurology at Or-

egon Health Sciences University. I learned that he had studied multiple sclerosis (MS) since 1946 and, based on his scientific findings, had successfully treated MS patients through a healthful diet. His track record and credentials were impeccable. I was truly fortunate that he was still practicing in his 70's. As broken-spirited and emotionally shattered as I was when I first met Dr. Swank, his words to me were the most healing balm for the soul there was: "If you do as I say, Donna, you can live a normal life." With those words he gave me back my life. I was a patient of his for the remaining ten years of his practice.

Hearing his success stories about controlling the progress of the disease through dietary measures was inspiring. I studied the program intensely. I ate a very low saturated fat diet (15 grams max a day) and ate lots of clean, whole foods. I didn't look at it as a diet but as a lifestyle, one that I enthusiastically embraced. Also, to help reduce my symptoms, I was instructed not to do exercise that would overheat my body's core temperature, and to reduce stress as much as possible while making time for daily rest breaks. As time passed in that first year, I not only regained all the functions that I'd lost, but I felt increasingly better.

No one can believe how this program has stabilized my health. When I share my story, most people want to hear the details, which I am happy to share. I feel that if I don't talk about my journey at least once a day, I'm not doing my job. I now search out open-minded physicians—not closed-minded

continued on page 14

OFF THE BLOCK

continued from page 13

authoritarians—who will work with me as a partner in my health care. Nowadays when I learn that someone has been diagnosed with MS and put on a drug protocol, it saddens me greatly. Many patients are shattered, as I was after my diagnosis, and feel that they must follow their doctor's advice. To them I say, okay, but incorporate a healthy diet as well. For every day lost, it's going to be harder to regain ground.

Multiple sclerosis, a disease of the central nervous system, affects around 350,000 Americans (mostly Caucasians, and more often women than men). Its numbers are higher in populations where typical diets are comprised of beef, butter, cheese, and other saturated fats. The addition of so many trans-fats has also escalated numbers. MS is often treated with one of three or four very expensive and toxic drugs. Dr. Swank's work, however, is completely nutrition-based and carries no dangerous side effects.

It's been 18 years now since I first met with Dr. Swank, and today I do not use any kind of aids or devices (such as a walker, cane, or braces), but I do take the daily rest breaks that he strongly advised (to allow my body's compromised nerves adequate time to rest and recover). I am grateful for each day of health that I enjoy, and only occasionally do I feel some extremity tingling (when I've allowed myself to overdo it without rest).

I volunteer at a local hospital and cook healthful and tasty meals for my very supportive husband and myself. Keeping to a simple diet of brown rice, legumes, fresh vegetables and fruits, as well as minimizing fats, has done a world of good. I also volunteer for the Swank foundation as a mentor, via email, to the people who find their way to the Swank program or to those who simply need a comforting, friendly ear.

To Dr. McDougall, a heartfelt "Thank you!" for your dedicated efforts to continue the work of Dr. Roy Swank. The legend lives on because of you. I've since adopted Dr. McDougall's low-fat, plant-based diet as another layer to my health restoration and preservation. To quote Hippocrates, the Father of Medicine, "Let your food be your medicine and your medicine be your food." This is certainly the message in the work of Dr. Swank and Dr. McDougall.

Visit Dr. Swank's website at: <http://www.swankmsdiet.org/>
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.

FITNESS

continued from page 5

you enjoyed it, and you learned what you need to work on for your next swim meet, hopefully our Association championships in Molalla. From then on, you will have more and more practices, and you will be on your way to having a fantastic championship meet at Nationals in San Antonio.

COACHING

continued from page 6

Yesterday's practice didn't go well? So what! Today's another day, and you are only one great practice away from getting back on track!

Anyone who has been in this sport long enough knows that swimming is a fantastic outlet, and will help you cope with any difficulties you might be experiencing outside of the pool, because it allows you to just get away from it all and forget your worries. In fact, if you're frustrated about something, take it out on the main set!

Use that frustration as fuel to push yourself harder!

I even know many people – including myself – who have had to cope with some pretty tragic events, and swimming helped get them through it.

At the end of the day, whether you're the fastest swimmer in the state or the slowest on your workout group, your true goal is one and the same – to overcome obstacles and be the best that you can possibly be.

There's only one person that you need to worry about beating.

You.

LONG DISTANCE SWIMMING

continued from page 7

yourself early in the year. Most of you completely MISSED THIS OPPORTUNITY.

- ◆ In the time of pandemic, with most of us staying close to home, this might have been the best or only way that you could participate...and in your home pool! Most of you MISSED THIS OPPORTUNITY.
- ◆ Oregon local team participation was pathetic. Beside the training & motivational benefits, this event can also be a great team builder by making this a group challenge and social event. Seriously, only eight teams? Most of our local teams MISSED THIS OPPORTUNITY. If your team is struggling, look in the mirror.
- ◆ We're better than this.

Look for the full 2022 Oregon LMSC results for the 1-Hour Virtual Swim in this *Aqua Master*

Good luck and good swimming! (see page 12).



Scot Sullivan and Mike Self

BACK TO THE PAST

continued from page 10

country and there were thousands of swimmers. Hi school students came to the meet and acted as cheerleaders, I'm sure cheering for everyone. It was really cool. There had to be at least 5,000 entrants, since it was the first World Masters meet. One of the Japanese swimmers was having a cigarette in the locker room between events. Interesting. I guess back then, smoking was a big deal for them. After the meet, Wanda (wife) and I went to Osaka to visit my dad's brother and his wife and daughter whom we had never met. What a great experience! My Mom was there with us for a while before returning home. She helped us by translating the language. My main focus, besides swimming, was to soak in as much of the culture as I could, and visiting unmet relatives.

Bert Petersen's memories of the World Masters meet in Japan

"Tokyo was a blast! We have many happy memories from there. Like how I won the 100m fly by 0.2 seconds, why I got left on the block in the 50 and still came in third, expensive umbrellas, warm milk...and I could go on.

"The 50 fly was on the first day. Bleachers were across the ends of the pool and the heats were staged in the bleachers," Bert recalls. He told himself that if he didn't win the 50 fly, he would sprint the 100 fly; if he didn't win the 100 fly he would sprint the 200 fly.

On Bert's 50 fly, "take your mark" was said in Japanese. That caught Bert off-guard, so he was late getting off the block. Yet he came in 3rd.

Then for the 100 fly he was seeded in the lane next to the Japanese man who had won the 50 fly. Bert thought to himself that the Japanese man probably would not be able to hold out on the 100 fly, so imagined he would win. However, during the 100 fly he noticed that the man was staying right with him. At the end of the race, Bert put his head down, sprinted, and didn't breathe the rest of the way to the finish. He won the 100 fly by 0.2 second!

SWIMMER SPOTLIGHT

continued from page 9

involved. These were my after-divorce goals. Running and swimming were a natural for me, but cycling had to be learned. In 1982 I was one of only 150 women in the world who had ever completed the Ironman Triathlon.

My next goal was to participate in the Masters Swimming nationals being held at Mt. Hood Community College. In this meet in 1982, I took several second place awards, and was on a world record-setting relay. Those second place awards didn't sit well with me, so the real training began again.

My forty-one years of Masters swimming has lead me down an unbelievable path. Besides the numerous records and being back "on top", I have met many wonderful people from all over. (There isn't a place in the world that I couldn't go and stay with a friend.) The USMS philosophy of Fun, Fitness, and Friendship through competition has led me in many different paths from competition to administrative duties to leadership by example. I attribute my success to many things: unconditional love and support of my family, support from friends, fantastic coaching, and my desire to be the best I can be.

"Being the Best I can be" can be humbling at times. Over ten years I have had nine swimming related major surgeries. All of these require recovery time, retraining, and confidence building. With the help of doctors, coaches, family, and friends, I am back with newer and lesser goals. I'm older now! Recently I set records in multiple different pentathlon events around the country.

My 41 years of competing for Oregon have allowed me to meet many wonderful people. I have swum for Multnomah Athletic Club (MAC), Oregon Reign (ORM), Tualatin Hills Baracudas (THB), Southern Oregon Masters (SOMA), and currently the Oregon City Tankers (OCT). I hope that through my achievements, both in and out of the water, I will inspire others to do great things. If I could leave a legacy, it would read: "It is not the result, but the journey along the way, that leads a person to success."

Note: Ginger has volunteered on the Oregon Masters Swimming Board for decades, serving in a variety of roles. She has also appeared in Sports Illustrated "Faces in the Crowd" as the swimmer with the most number one rankings ever, in the Nation, for a given year.

SCENE OF THE CRIME

continued from page 11

Hotel. It is difficult to imagine that several hundred swimmers were cramped into that wee beach, but that is how it really was. For today's swim, there were just a handful of tourists wading about, along with what looked like wannabe triathlon look-alikes in tight and tiny Speedos, a couple with painful-looking sunburns. The swim course is lined by white buoys, spaced a couple of hundred yards apart, running parallel to a shoreline wall built of lava stones. Two kilometers out, turn around and swim two kilometers back. The water is extremely clear, so clear that a truck tire 35 feet down on the bottom looks like a Lifesaver candy. Colorful fish, thousands of them, ignore me as I swim. How many generations of these fish were descended from their ancestors that I saw 40 years ago? I want to stop and just take it all in, store some images and feelings of it up for when I get home, so I pause and look around for a short while. (During competition we never had the luxury of relaxing. We were all in a gigantic hurry.) When I got back to the small starting beach, a new set of waders and wannabes was prancing about. (They reminded me that Kathleen McCartney, the top female triathlete that year, named it "Dig-Me Beach" for all the posers.)

For the rest of our holiday in Hawaii, I did a few more swims, none memorable. We went on a whale watching cruise, ate too much good food, relaxed in the sun and relished our time in the sun. Should I go back again in another 40 years? By that time I will be 127 years old, so probably not. This time, though, it was perfect. I couldn't ask for more.



Christian Tujo, Willard Lamb, Dan Kirkland and Rick Howell at the Oregon City Spring Ahead meet on March 12-13.

Oregon City Spring Ahead Meet Photo Memories



Clockwise from top left:

- Jeanna Summers
- Joy Ward
- Janet Gettling
- Linda Larson (Allen Larson's sister)
- Beth Martell, Maresa Jackson and Kelly Dean
- Oregon City meet official Gary Whitman (Data Manager)
- Brent Washburne, Scot Sullivan and Gabe Duus
- Colette Crabbe, Matty McComish, John McComish
- Bob Bruce
- Tessa Reeves and Charlie Helm

More—Oregon City Spring Ahead Meet Photo Memories



Clockwise from top left:

Jim Jenkins

Stephen Neale, Jeff's friend from CA, Jeff Peitte, Dan Kirkland

Meet Director, Tim, at end of meet

Oregon City meet official Bryan Watt

Oregon City meet official Glen Sharp.

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. Then Steve can check to see if your time broke any records.

Please include the following:

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

Oregon Masters Swimming

Tentative Open Water Race Schedule for 2022 (as of 28 March 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	Sanctioned
CANCELLED	1	Foster Lake Open Water Swims	Sweet Home	COMA	Bob Bruce	4000-meter (2.4 mile) 2000-meter (1.2 mile)	Featured Featured	CANCELLED
Sun 10 July	1	Portland Bridge Swim in the Willamette River	Portland	PBS,LLC	Marisa Frieder	17-km downriver	Featured	Sanctioned
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 Featured	Sanctioned
Sun 17 July						1500-meter (Ass'n Champs) 3 x 500-meter Pursuit Relay	Featured Participa- tion	
Sat 30 July	1	Cascade Lakes Swim Festival at Elk Lake	Bend	COMA	John Malfatto	5000-meter 1500-meter	Featured Featured	Sanctioned
Sat 13 August	1	Oregon Coast Wild Swims at Eel Lake	Lakeside	NONE	NONE	Adventure Swims as desired	Featured	NO SANCTION

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. . .

Oregon City Spring Classic—SCM

Looking Ahead. . .

Pool Schedule

Date	Course	Swim	Location
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 for all events can be found at <http://swimoregon.org/events/>

Open Water Schedule

(see page 19)

Quote for the Month. . .

When things aren't going great we tend to get lost in the performances of our competition. We start imagining them as bigger than life, that they are more deserving, more talented than we are. Instead of wasting energy and time on what the swimmer in the lane next to you is doing, direct that energy inwards and work on maximizing everything within yourself.

—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.