

*"Swimming for Life"*

# Aqua Master

*Award-winning newsletter of Oregon Masters Swimming*



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## 2022 Oregon Masters Association / Northwest Zone Swimming Championship

*by Tim Waud*

Swimmers from Oregon and Washington recently competed in the OMS Association Northwest Zone swimming championship April 1-3, 2022, at the Molalla Aquatic Center. This two- and half-day event had 119 swimmers from Oregon and eight swimmers from the Pacific Northwest who competed in the annual short course yard event.

Twenty-six Oregon LMSC records, 12 Northwest Zone, and two U. S. Masters Swimming National records were established over the weekend. Colette Crabbe set two USMS National records, four NW Zone records, and six Oregon LMSC records. Ginger Pierson, Jane Nichols, Kurt Grote, Mike Self, and Willard Lamb recorded eight Northwest Zone records. Congratulations to all!

On Saturday evening, Oregon Masters hosted an award social at Arrowhead Golf Club. Awards were given to several Oregon Masters Swimming members who have made remarkable contributions to the Oregon LMSC, and swimmers were recognized for their efforts in and out of the pool. Congratulations to everyone who was presented an award. Your hard work is greatly appreciated and worthy of recognition.

Central Oregon Masters Aquatics won the large team division followed by the Oregon City Tankers. Stafford Hills

Club won the medium team division followed by Multnomah Athletic Club, and Oregon Reign Masters. Corvallis Aquatic Team won the small team division followed by Tualatin Hills Barracudas, Columbia Gorge Masters, Salem Kroc Masters, and Emerald Aquatics. Congratulations to the Oregon City Tankers who were awarded the Team Spirit Award, followed closely by Stafford Hills Aquatics.

Many thanks to our team of volunteers. We couldn't have a swim meet without your dedication and support for the sport of Masters swimming. Melissa Georgesen, Aquatic Director, and her team of lifeguards and staff were more than welcoming and supportive of our first Masters swimming competition at the Molalla Aquatic Center. Jacki Allender and Gary Whitman kept the meet running smoothly, and the Oregon City Swim Team helped to facilitate the event. Thank you to everyone who had a part in organizing and running the meet. Special shoutout to our announcers: Charlie Helm, Jeanna Summers, and Jeanne Teisher who kept everyone informed and helped the meet run smoothly.

Next up, Central Oregon Masters Aquatics will be hosting a long course meter competition May 14-15, 2022, in Bend, Oregon. Events include a 50-meter swimming competition on Saturday followed by the "Beautiful Lake Juniper Buoy Swim" on Sunday morning.

Good luck and safe travels to everyone who will be competing at the 2022 USMS Spring National Championship in San Antonio, Texas, April 28-May 1. Coach Bob Bruce has been selected as the head coach for the Oregon Masters National Team.

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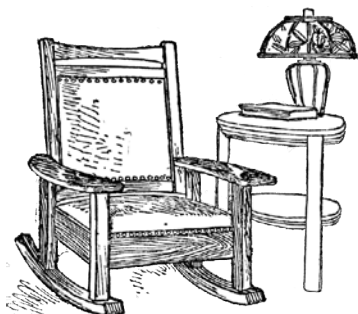
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# Chair's Corner

**Tim Waud**  
*OMS Board Chairman*

## Oregon Masters Swimming Celebrates 50-years of Service

Oregon Masters Swimming will be celebrating 50-years of service to our membership this year. The 50-year celebration will be held on Sunday, July 10, 2022, from noon-4:00 PM at Cathedral Park, the finish of the annual Ultra-marathon Portland Bridge Swim. Festivities will include food and beverage, fellowship, and live music. Come join your fellow Masters swimmers for a fun day of celebrating our great organization. Volunteers are needed to help facilitate this event: and a volunteer sign-up will be posted. More details about the event will be shared in the next issue of the Aqua Master newsletter.





# Fitness

**Coach Colette Crabbe**  
OMS Fitness Chair

## Nutrition is Key

A key component of any fitness program is nutrition. Nutrition is a broad subject and should not mean the same for everybody. With nutrition, “one size fits all” will not work. We all have different needs based on our genetics, our allergies, our exercise levels, our likes and dislikes, our eventual health issues, our cultural differences and so on. If you have some underlying health issues, only a certified nutritionist should be assessing your needs and helping you. Follow his or her advice, and do not follow the last fad diet which is well advertised on social media.

If you are generally healthy, here are a few tips which may help you become more fit:

**Balance:** Eat a balanced diet from all food groups with a variety of colors. No food is a no-no, but always in moderation. Portion control is important and is dependent on your exercise level. Make sure you include healthy foods that you like. Never let yourself get too hungry. Being hungry will often lead you to search for an easy processed snack with no real nutritional value.

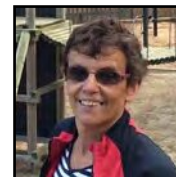
**Any food in its natural form is the best:** For example, eating a full apple is better than a peeled apple, than apple sauce, and better than apple chips. The food industry is really good at profiting and creating processed food based on the new nutrition trends. As being vegetarian or being vegan has been the craze recently, a whole array of new “vegan” or “vegetarian” or “gluten free” junk foods have shown up on the supermarket shelves. Read the labels; some of those processed foods are full of fats or sugars and are really junk although made with plant-based ingredients. The less ingredients on the label, the better. Eating more fruits and vegetables is, of course, recommended, but in

their natural form and with as little cooking as possible.

**Diet and weight are not the best standard for fitness:** Our culture is obsessed with image and weight. Social media is bombarding us with pictures of young models strutting on the beach in string bikinis. This certainly should not be your reference of being healthy. Some of those models have been dealing with anorexia issues. They might look good, but they are not necessarily healthy at all. Advertising and social media have encouraged some people to obsess with image and weight and led them to unhealthy behaviors.

**Drastic changes are hard to follow:** If you decide to change your diet, it is better to slowly incorporate the new healthy food you want to try. Taste is important. If you do not like a food, you probably will not eat it often. Using a different way of cooking can also make one of your favorite foods healthier. Try to bake instead of fry, roast your vegetables in the oven, cook at home instead of buying fast food. Do not start a diet at the same time as you start an exercise program. Cutting your calories will decrease your energy level, and may prompt you to quit both your exercise program and your diet.

The best is to start your way to fitness by a progressive and consistent exercise program such as swimming or water aerobics. This will allow you to keep eating as much, or even maybe more. Slowly make small changes to your nutrition such as eating more fruits and vegetables, using a healthier way of cooking, eating more slowly, stopping as soon as you feel full (without letting you be hungry), always having healthy snacks on hand, buying and storing less junk foods. Those little actions can go a long way in making you healthy and keeping you healthy and fit for the long run.





# Coaches Chair

**Coach Kevin Cleary**  
*OMS Coaches Chair*

## The Devil is in The Details

The title of this article is a spin on a classic phrase that means: "It is the small, individual parts of a task that may cause most problems and difficulties."

In this article, we're going to look at it from a more positive perspective, one that can have profound effects on your training. Take, for example, the following set:

10 x 100 free (any interval)

On paper, that's 1000 yards (or meters). 40 lengths of the pool (20 lengths in long course). Pretty straightforward. Your coach might write it up on the board, and assuming there are multiple intervals offered for various speeds and skill levels, you go to the lane which best fits you. For some, it isn't too bad; for others, it may be a "just make it through the set" affair. Whatever the case may be, there is a lot that you can gain from such a set (or any, for that matter), and even more that you can do to make it more challenging, or even make completing it a bit easier.

Let's start with those who want more of a challenge. Perhaps your practice session is unusually crowded, and you find yourself needing to share a lane with swimmers who are a bit slower than you. This is not an uncommon occurrence. In such an event, the fastest interval offered doesn't challenge you, or isn't going to accomplish what you need to get out of the practice. Lately, I've been facing this challenge as a coach with a large group of swimmers with a wide range of speed and endurance, but very limited lane space, and still need to provide meaningful and effective practices for all involved.

In the case of the more advanced athletes, they can focus on a variety of details, skills and strategies that they'd

like to become habits. Here are a few:

Underwater dolphin kicks: get better at them! Longer intervals leave you with little excuse for not practicing this most essential skill - this could mean implementing an extra kick or two, or simply focusing on tighter streamlines when you push off the wall.

Stroke count: the fewer strokes you take, the less tired you get! Knowing your stroke count, and training yourself to bring it down, makes you a more efficient swimmer! In training, do sets where you commit to not exceeding a certain number of strokes, especially as you get more and more fatigued!

Breathing pattern: for you freestylers and butterflyers out there, the less time you spend breathing means less time that shows up on the clock. As with stroke count, learn to gradually reduce the breaths you take, especially on sprints.

Underwater dolphin kicks: get better at them! Longer intervals leave you with little excuse for not practicing this most essential skill - this could mean implementing an extra kick or two, or simply focusing on tighter streamlines when you push off the wall.

Kicking - for freestylers and backstrokers, speed up the tempo of your kick, that is, execute more flutter kicks per stroke...and don't cheat by slowing down your arms! For breaststrokers, you can focus on following through with your kick (i.e. snap your feet together and keep the glutes and core muscles tight in the streamline). Butterflyers can practice getting the most out of both dolphin kicks, meaning not dialing down the power of one, as so many swimmers tend to do.



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# Long Distance Swimming

**Coach Bob Bruce**  
Long Distance Chair

## The 2022 Oregon Open Water Preview

The coming of spring reminds us that summer is not far away, and with it the 2022 Oregon open water season.

You can find the schedule, event information, and entry links & forms for all Oregon events and information about the 2022 Oregon Open Water Series at <http://swimoregon.org/events/#> and <http://swimoregon.org/open-water/>. We have another fine year planned just for YOU!

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

**Lake Juniper Buoy Swim (Sunday, May 15)—USMS-sanctioned:** Host team Central Oregon Masters (COMA) and Event Director Bob Bruce will open our season in our traditional manner by offering the 10<sup>th</sup> Lake Juniper Buoy Swim in the 50-meter pool at Juniper Swim & Fitness Center, a.k.a. “Beautiful Lake Juniper” for this event. Out go the lane lines, in go the buoys! The swim will be 1200-meters, run in small heats & smaller waves, feature the warmest water on the Oregon open water circuit, and include a big brunch afterwards. The Buoy Swim is to open water as short track is to long-oval speed skating—close physical proximity & drafting, tight turns, forceful passing, and daring split-second tactical decisions. For event info & entry, see [https://www.clubassistant.com/club/meet\\_information.cfm?c=1352&smid=14885](https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=14885).

On the previous afternoon, Saturday, May 14, COMA will host a pool meet, at this point the ONLY LONG COURSE MEET on this summer’s Oregon schedule. Together, the combo of the meet and the buoy swim is a great value and

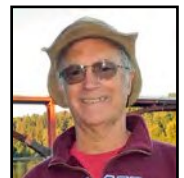
good enticement to spend a splendid weekend in Bend. We’ve even reduced the entry fee for the two-day weekend! For event info & entry, see the link above. Stay tuned for details.

You should be able to find lodging in all categories and price ranges, but note that it is the same weekend as the Pole-Peddle-Paddle, a major multisport event in Bend.

**Foster Lake (Saturday, June 26)—CANCELLED:** Faced with the closure of our cable swim course and a skinny, unsurveyed patch of water for a loop-style swim, host team COMA and Event Director Bob Bruce have cancelled this event for this year due to safety concerns. Stay tuned for updates, as they are scheduled to host the USMS 2-Mile Cable Swim National Championships on a new cable course in 2023.

**Portland Bridge Swim (Sunday, July 10)—USMS-sanctioned:** See Portland like you never have before! Event Director Marisa Frieder will host our longest event of the season, the 10<sup>th</sup> edition of a 17-km swim downstream in the Willamette River. The swim will also include 3-person relays. Start at Sellwood Riverfront Park, swim downstream passing under all 11 of Portland’s bridges, and end at Cathedral Park. For safety reasons, this swim will start early, will require an individual escort (non-motorized boat or kayak), and entry is limited. Additionally, there is a qualifying swim requirement of 5-km; think about swimming your postal 5-km soon after May 15 to use as your qualifying swim. You can find info and entry at <https://portlandbridgeswim.com/>. As I write, there are still a few spots open for you.

I strongly suspect that you won’t be planning to camp the night before this swim, and there are plenty of hotel



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# Recent Records

Records are for Oregon LMSC Swimmers Only  
\* = split

## Oregon Masters Swimming—Association Championship—SCY

April 1- 3, 2022

Molalla, OR

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

Age Group	Event	Name	Age	LMSC	Time	Record set
Women 30-34	100 Yard IM	Stacy, Jessica	32	OREG	1:02.08	Oregon
Women 35-39	100 Yard Backstroke	Shepherd, Sara	39	OREG	59.74	Oregon
Women 65-69	500 Yard Freestyle	Crabbe, Colette	65	OREG	6:16.78	Oregon, Zone
Women 65-69	100 Yard Breaststroke	Crabbe, Colette	65	OREG	1:20.08	Oregon, Zone, National
Women 65-69	200 Yard Breaststroke	Crabbe, Colette	65	OREG	2:56.56	Oregon, Zone, National
Women 65-69	100 Yard IM	Crabbe, Colette	65	OREG	1:12.16	Oregon
Women 65-69	200 Yard IM	Crabbe, Colette	65	OREG	2:35.31	Oregon
Women 65-69	400 Yard IM	Crabbe, Colette	65	OREG	5:32.28	Oregon, Zone
Women 75-79	200 Yard Breaststroke	Pierson, Ginger	76	OREG	3:55.39	Oregon, Zone
Women 80-84	50 Yard Freestyle	Nichols, A Jane	80	OREG	43.32	Oregon
Women 80-84	100 Yard Freestyle	Nichols, A Jane	80	OREG	1:35.92	Oregon
Women 80-84	200 Yard Freestyle	Nichols, A Jane	80	OREG	3:40.66	Oregon, Zone
Women 80-84	500 Yard Freestyle	Nichols, A Jane	80	OREG	9:40.12	Oregon, Zone
Women 80-84	50 Yard Backstroke	Nichols, A Jane	80	OREG	55.17	Oregon
Women 80-84	100 Yard Backstroke	Nichols, A Jane	80	OREG	1:57.66	Oregon
Men 18-24	1650 Yard Freestyle	Edwards, Evan	24	OREG	17:22.47	Oregon
Men 45-49	200 Yard IM	Grote, Kurt	48	OREG	1:58.62	Oregon, Zone
Men 50-54	50 Yard Backstroke	Self, Mike	51	OREG	25.79*	Oregon, Zone
Men 50-54	100 Yard Backstroke	Self, Mike	51	OREG	55.66	Oregon, Zone
Men 50-54	200 Yard Backstroke	Self, Mike	51	OREG	2:01.20	Oregon, Zone
Men 55-59	200 Yard Freestyle	Sullivan, Scot	55	OREG	1:56.22	Oregon
Men 55-59	1000 Yard Freestyle	Sullivan, Scot	55	OREG	11:07.86*	Oregon
Men 55-59	1650 Yard Freestyle	Sullivan, Scot	55	OREG	18:42.17	Oregon
Men 55-59	100 Yard Butterfly	Mccomish, John	56	OREG	58.33	Oregon
Men 95-99	50 Yard Breaststroke	Lamb, Willard	99	OREG	1:46.27	Oregon, Zone

### Relays

Mixed 25+ 200 Yard Medley Relay	OREG	1:46.52	Oregon
1) Jorgensen, Daniel 53	2) Grote, Kurt 48	3) Stacy, Jessica 32	4) Veith, Madelyn 26

## 2022 PNA Championship Meet—SCY

April 10, 2022

Federal Way, WA

Results: [https://www.swimphone.com/meets/event\\_order.cfm?smid=14626](https://www.swimphone.com/meets/event_order.cfm?smid=14626)

Age Group	Event	Name	Age	LMSC	Time	Record set
Women 25-29	200 Yard Backstroke	Wetzel, Maria	26	OREG	2:10.68	Oregon
Women 30-34	50 Yard Butterfly	Stacy, Jessica L	32	OREG	26.81	Oregon

# Swimmer Spotlight

—submitted by Karen Andrus-Hughes

**Name:** MJ Caswell  
**Age:** 61  
**Occupation:** retired/currently a part-time swim coach  
**Team:** Columbia Gorge Masters

I started swimming when I was 10 for the Swim Team of Placentia in California. I loved it, and have lifelong friends from swimming there. I also swam in college at UC Irvine. I swam only occasionally when I was working, more likely to run for fitness, since I could exhaust myself much faster running. In college dual meets, I swam the 100-fly and 200-fly and the 200-free and 500-free, and at our conference meet I swam the 1650. I hated the 200 fly and have yet to swim it as a Masters swimmer.

I worked as a Business Systems Analyst, mostly doing technical project management in Northern California until 2006. I knew that I wanted to swim for fitness when I retired, and having a local Masters team and public pool was one of the reasons we choose the Hood River area for our relocation. Once we started swimming there regularly, we were encouraged to try competing and it was really fun. I got to meet more people in the Oregon Masters swimming community.

Soon after joining Columbia Gorge Masters, I was asked to help with swim lessons for the Parks and Rec department, and then was asked to help coach the swim team. I've been coaching part time ever since and I really enjoy it. It's fun to help kids learn to perfect their strokes, challenge themselves and learn how to cooperate with teammates and have fun swimming. I have had kids I coached as 8-year-olds graduate from college, and have kids I coached in middle school get married. It's so fun to see my former swimmers and what adventures they are having. Some have come back and now swim with Masters and it's absolutely wonderful. I learn so much from coaching - about our community, the different challenges kids are facing, and what is most important to them.

My husband, Michael Stephenson and I try to find pools when we travel for fun and fitness, so I have swum in the Montreal Olympic swimming pool, the Royal swimming pool in Edinburgh, Scotland and the pool at Hearst Castle (during a state parks retirement party). Finding unique pools is fun,



*MJ at the Hearst Castle Pool*



*MJ with her husband*

and trying to understand how they are setup is fascinating. We swam at a pool in Seville, Spain that had writing on the ceiling beam to let you know you were 5 meters from the wall. A pool in Paris had speeds and stroke recommendations for each lane that the locals were completely ignoring.

I love to quilt, read, garden, hike and travel. I have eight nieces and nephews, four great nephews and another on the way! I make baby quilts for all of my nieces and nephews, and for their children as well.

Editor Note: MJ has spent many hours volunteering for OMS, and is currently Top Ten Chair.



# Wetsuit Weenies

by Joe Oakes

In the beginning there were runners, there were cyclists and there were swimmers. They revolved in separate spheres and rarely even saw each other, spending many hours a week honing their skills in their respective sports, seeking a shorter marathon time, a better cycling century or a faster 1500-meter swim. The animals that today we call triathletes had not yet been created.

There came a day when some folks in beautiful Hawaii decided to do the unthinkable by marrying these three disciplines, calling this new creation a triathlon. The runners, the cyclists and the swimmers were awed and attracted to this newest thing, this fresh challenge. But now the swimmers would have to learn to ride a bicycle, the runners would have to keep from drowning, and so forth. That is exactly how it was: there simply *were* no such things as triathletes. But they all were recreating themselves from their original specialties into **TA-DA! Triathletes**. Thus were they born, attracted by the newness of the sport, and by the possibility of becoming ..... An IRONMAN. (Ooooooh!) I know because that is what drew me in.

Bear in mind that the initial metamorphosis happened rapidly in the tropical climate of Hawaii, where the water is never too cold for swimmers, and the air is warm for cyclists and runners. In the sea, there was no need to seek the thermal protection of the clumsy wetsuits that the divers and surfers used. Swim, get out of the warm water, get on your bicycle and ride and run in the ever-present sunshine.

Then something happened. The rest of world found out about this new sport, triathlon. Word spread like COVID, and the first place to fall victim to it was, as you might guess, California, both north and south. But California is not Hawaii. The temperature of San Francisco Bay in the warmest months hovers in the high fifties, and it only gets gradually warmer as you travel south toward San Diego.

Among the first people to embrace the sport were open water swimmers from the Dolphin Club and the South End Club. (That is when and where the ESCAPE FROM ALCATRAZ TRIATHLON was born.) "*We can do that.*" Both of these San Francisco institutions had been putting swimmers in the Bay for over 100 years, and their tradition was to swim almost as close to naked as God made them. Those things called wetsuits? Wetsuits were for *weenies*. There even were a few ultracon-



servatives among them who would not even wear swim goggles. (That changed when a rugged retired Marine colonel swam goggle-less into a patch of diesel oil as he swam in from Alcatraz.)

These club swimmers had two advantages over the new open-water swimmers. First, they had years of frolicking in the currents and cold waters of San Francisco Bay. Second, no small number of them carried protective girth. On the other hand, the best runners and cyclists were comparatively skinny, an important body type when you are carrying your weight in a marathon. Still, in those days no one was wearing a wetsuit. Not yet.

I recall seeing one of the new breed of "professional triathletes" finish his mandatory non-wetsuit swim, come out of the water, mount his bicycle, fall over, mount again and fall over again. Mild hypothermia was common in those days, especially for the skinnies.

The skinny guys and gals got angry first, then smart. They decided that for them to be able to compete, they would have to wear wetsuits. The sport now had developed a governing body, and that body ruled that when water temperatures were low enough, wetsuits would be legal. In some races there were separate categories of competitors: those who wore wetsuits, and the unclad swimmers. There were even two sets of awards, with and without wetsuits. At that point the club swimmers, the naked swimmers, lost their weight and experience advantage to the skinny guys, the runners and cyclists, the ones they called *wetsuit weenies*. That was the end of their dominance. The weenies took over the sport.

Wetsuits provide advantages beyond thermal protection. They give enough floatation so the swimmer rides higher in the water, less friction, faster times. Energy is conserved by the layer of insulation, so the athlete comes out of the water fresher before the bike ride and run legs of the triathlon. Wetsuits have taken over the sport, even in the Olympics. A big economic side-effect was the creation of a profitable wetsuit industry, with a market for triathletes much larger than when the only folks wearing wetsuits were surfers. Triathletes were now everywhere, often far from the sea.

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# Swim Bits

by Ralph Mohr

We thought it might be of interest for current OMS swimmers to see at least one meet result from the first ten years of Oregon Masters swimming. One pool that most in the Portland area probably have never swum in is Mt. Park in Lake Oswego, a private 50 meter pool.

Some names in the meet which will still be familiar today. Alice Zabudsky, our Aqua Master editor, was there. I was there with my newly married wife, Claire. Karl Von Tagen, one of the founders of OMS in 1972, was in the Men's 30-34 age group. Karl and I swam on the Pleasant Hill Swim Team in California in the early 1960s.

Some may recognize Elfie Stevenin, who was only 54 at the time. Jim Bigler is still swimming. Earl Walter, another founder, went to almost all meets, swimming butterfly with a breaststroke kick.

Look up Fred Sprenger, Hazel Bressie, Connie Wilson and Fred Eckhardt in the Top Ten lists. You'll find them there.

In 1977 we can add Lavelle Stoinoff, a most marvelous distance freestyler who swam for a long time in OMS. Dawn Musselman was another female stalwart. There were a lot of age 44-and-under women then. Where are they now?

There was also a large Men's 25-29 age group. In the 35-39 age group, we had Harry Lewis and Charles Schaumburg as standouts, with Don Van Rossen, UO coach, in the Men's 45-49 age group. And I have to add that in 1978 there was a 25-year-old named Mike Tennant.

All this leads to the event that, I think, really showed OMS as a power in USMS: the 1982 Long Course Nationals at Mt. Hood Community College. Next time.

## Mt. Park Invitational Lake Oswego, Oregon

July 10-11, 1976

50 Meter Pool

### WOMEN 20-24

#### 50 m Freestyle

Sandi Baker	21	:30.40
Liz Gebe	21	:33.50
Karen Kraus	21	:35.90

#### 200 m Freestyle

Beth Boehmer	22	2:55.00
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#### 400 m Freestyle

Beth Boehmer	22	6:17.80
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#### 1500 m Freestyle

Beth Boehmer	22	24:31.60
Jeri Wyatt	23	35:51.50

#### 50 m Backstroke

Karen Kraus	21	:47.70
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#### 200 m Breaststroke

Beth Boehmer	22	3:34.50
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#### 50 m Butterfly

Sandi Baker	21	:33.40
Liz Gebe	21	:36.10

#### 200 m I.M.

Liz Gebe	21	3:10.60
Beth Boehmer	22	3:11.40

### WOMEN 25-29

#### 50 M Freestyle

Darlene Pohl	26	:32.60
Judi Shaw	27	:33.00
Susy Doolittle	27	:36.20

#### 100 m Freestyle

Judi Shaw	27	1:15.00
Susy Doolittle	27	1:27.10

#### 1500 m Freestyle

Darlene Pohl	26	22:48.30
Judi Shaw	27	26:07.80

<b>Claire Mohr</b>	<b>29</b>	<b>33:12.50</b>
<u>50 m Backstroke</u>		
Sue Snyder	27	:41.60
Susy Doolittle	27	:47.50
<u>100 m Backstroke</u>		
Sue Snyder	27	1:29.60
<u>200 m Backstroke</u>		
Sue Snyder	27	3:14.50
<u>50 m Breaststroke</u>		
<b>Claire Mohr</b>	<b>29</b>	<b>:50.20</b>
Susy Doolittle	27	:50.50
<u>100 m Breaststroke</u>		
<b>Claire Mohr</b>	<b>29</b>	<b>1:52.10</b>
<u>200 m Breaststroke</u>		
Sue Snyder	27	3:32.70
<b>Claire Mohr</b>	<b>29</b>	<b>4:06.70</b>
<u>50 m Butterfly</u>		
Darlene Pohl	26	:35.20
<u>200 m Butterfly</u>		
Darlene Pohl	26	3:09.20
<u>200 m I.M.</u>		
Sue Snyder	27	3:07.50
<u>400 m I.M.</u>		
Darlene Pohl	26	6:29.30
<u>WOMEN 30-34</u>		
<u>50 M Freestyle</u>		
Patty Peterson	31	:41.40
Cathy Crichton	33	:48.40
<u>100 m Freestyle</u>		
Cathy Crichton	33	1:59.30
<u>1500 m Freestyle</u>		
Cathy Crichton	33	35:19.00
<u>50 m Backstroke</u>		
Jayne Chastain	30	:45.80
<u>100 m Backstroke</u>		
Jayne Chastain	30	1:42.80
<u>200 m Backstroke</u>		
Jayne Chastain	30	3:53.40
<u>50 m Breaststroke</u>		
Patty Peterson	31	:52.60
<u>100 m Breaststroke</u>		
<b>Alice Zabudsky</b>	<b>31</b>	<b>1:40.90</b>
<u>200 m Breaststroke</u>		
<b>Alice Zabudsky</b>	<b>31</b>	<b>3:32.10</b>
<u>50 m Butterfly</u>		
Patty Peterson	31	:48.50
<u>100 m Butterfly</u>		
<b>Alice Zabudsky</b>	<b>31</b>	<b>1:36.20</b>
Patty Peterson	31	2:05.10

200 m Butterfly			Mary Anne Wolfe	50	29:59.60		<u>MEN 25-29</u>		
<b>Alice Zabudsky</b>	<b>31</b>	<b>3:31.80</b>	<u>50 m Backstroke</u>				<u>50 m Freestyle</u>		
400 m I.M.			Mary Anne Wolf	50	:48.40		Kim Lintner	26	:26.90
<b>Alice Zabudsky</b>	<b>31</b>	<b>7:03.10</b>	Jackie Michel	54	:57.00		Ernie Glass	26	:27.70
<u>WOMEN 35-39</u>			<u>200 m Backstroke</u>				Doug Huestis	28	:28.50
<u>50 m Freestyle</u>			<b>Elfie Stevenin</b>	<b>54</b>	<b>5:54.80</b>		<u>100 m Freestyle</u>		
Carol Friedley	36	:39.30	<u>50 m Butterfly</u>				Trond Williams	26	1:01.30
Carol Strazer	36	:49.90	<b>Elfie Stevenin</b>	<b>54</b>	<b>1:43.10</b>		Doug Huestis	28	1:05.20
<u>100 m Freestyle</u>			<u>100 m Butterfly</u>				<u>200 m Freestyle</u>		
H. Heestand		1:47.90	<b>Elfie Stevenin</b>	<b>54</b>	<b>4:10.10</b>		Trond Williams	26	2:35.10
<u>1500 m Freestyle</u>			<u>200 m Butterfly</u>				<u>400 m Freestyle</u>		
Jane Collins	37	33:19.00	<b>Elfie Stevenin</b>	<b>54</b>	<b>8:07.40</b>		Doug Huestis	28	5:30.40
<u>50 m Backstroke</u>			<u>200 m I.M.</u>				Kim Lintner	26	5:39.50
Carol Friedley	36	:45.60	Jackie Michel	54	4:59.40		Ernie Glass	26	6:08.70
Carol Strazer	36	:54.50	<u>400 m I.M.</u>				<u>1500 m Freestyle</u>		
<u>100 m Backstroke</u>			<b>Elfie Stevenin</b>	<b>54</b>	<b>13:51.40</b>		Jerry Lucas	26	21:37.10
H. Heestand		2:01.40	<u>WOMEN 55-59</u>				Trond Williams	26	25:28.60
<u>50 m Breaststroke</u>			<u>50 m Freestyle</u>				Doug Crichton	29	25:55.70
Carol Friedley	36	:48.60	Maxine Carlson	56	:52.70		<u>50 m Backstroke</u>		
<u>100 m Breaststroke</u>			<u>50 m Backstroke</u>				Don Thompson	29	:38.40
Carol Friedley	36	1:46.70	Maxine Carlson	56	1:01.20		Doug Crichton	29	:44.60
<u>WOMEN 40-44</u>			<u>50 m Breaststroke</u>				<u>100 m Backstroke</u>		
<u>50 m Freestyle</u>			Maxine Carlson	56	:59.00		Jerry Lucas	26	1:10.50
Shirley Lehman	41	:39.90	<u>100 m Breaststroke</u>				David Levinson	26	1:22.20
<u>100 m Freestyle</u>			Maxine Carlson	56	2:15.60		<u>200 m Backstroke</u>		
Shirley Lehman	41	1:31.20	<u>WOMEN 65-69</u>				Jerry Lucas	26	2:42.50
<u>200 m Freestyle</u>			<u>50 m Freestyle</u>				<u>50 m Breaststroke</u>		
Shirley Lehman	41	3:34.90	<b>Hazel Bressie</b>	<b>67</b>	<b>1:36.60</b>		Dee Reins	25	:41.70
<u>50 m Backstroke</u>			<u>400 m Freestyle</u>				Doug Crichton	29	:42.90
<b>Connie Wilson</b>	<b>41</b>	<b>:41.50</b>	<b>Hazel Bressie</b>	<b>67</b>	<b>15:54.70</b>		Don Thompson	29	:44.50
Shirley Lehman	41	:57.60	<u>50 m Backstroke</u>				<u>100 m Breaststroke</u>		
<u>100 m Backstroke</u>			<b>Hazel Bressie</b>	<b>67</b>	<b>1:36.20</b>		Dee Reins	25	1:32.80
<b>Connie Wilson</b>	<b>41</b>	<b>1:36.50</b>	<u>50 m Breaststroke</u>				<u>50 m Butterfly</u>		
<u>50 m Breaststroke</u>			<b>Hazel Bressie</b>	<b>67</b>	<b>1:38.50</b>		David Levinson	26	:29.30
<b>Connie Wilson</b>	<b>41</b>	<b>:59.50</b>	<u>100 m Breaststroke</u>				Kim Lintner	26	:29.40
<u>50 m Butterfly</u>			<b>Hazel Bressie</b>	<b>67</b>	<b>3:38.60</b>		Ernie Glass	26	:30.70
Shirley Lehman	41	:50.80	<u>MEN 20-24</u>				Don Thompson	29	:37.30
<u>WOMEN 50-54</u>			<u>50 m Freestyle</u>				<u>100 m Butterfly</u>		
<u>50 M Freestyle</u>			Curtis Williams	23	:29.50		Jerry Lucas	26	1:05.40
Mary Anne Wolfe	50	:38.80	<u>100 m Breaststroke</u>				David Levinson	26	1:08.20
Jackie Michel	54	:46.70	Curtis Williams	23	1:24.70		Dee Reins	25	1:27.10
<u>100 m Freestyle</u>			<u>200 m Breaststroke</u>				<u>200 m Butterfly</u>		
Mary Anne Wolfe	50	1:33.30	Curtis Williams	23	3:36.80		Jerry Lucas	26	2:35.50
Jackie Michel	54	1:58.40	<u>50 m Butterfly</u>				David Levinson	26	2:57.80
<u>200 m Freestyle</u>			Jan Simonsen	22	:28.00		Doug Huestis	28	2:58.20
Jackie Michel	54	4:30.60	<u>100 m Butterfly</u>				Kim Lintner	26	3:03.10
<u>400 m Freestyle</u>			Jan Simonsen	22	1:06.00		<u>200 m I.M.</u>		
Mary Anne Wolfe	50	7:37.10	<u>200 m I.M.</u>				Dee Reins	25	3:09.20
<u>1500 m Freestyle</u>			Jan Simonsen	22	2:36.00		Doug Crichton	29	3:20.70

<u>400 m I.M.</u>			Harry Lewis	34	6:21.50	<u>50 m Breaststroke</u>		
David Levinson	26	5:47.70	<b>Ralph Mohr</b>	<b>34</b>	<b>6:27.60</b>	Lee Miesen	49	:45.40
Kim Lintner	26	6:20.70	<u>MEN 35-39</u>			Emmanuel Sang	45	:48.20
<u>MEN 30-34</u>			<u>200 m Freestyle</u>			<u>100 m Breaststroke</u>		
<u>50 m Freestyle</u>			David Eng	38	3:35.50	Lee Miesen	49	1:45.00
<b>Karl von Tagen</b>	<b>32</b>	<b>:26.80</b>	<u>50 m Butterfly</u>			Emmanuel Sang	45	1:59.80
Cecil Kribs	34	:32.30	David Eng	38	:45.90	<u>200 m Breaststroke</u>		
Eldon Rose	34	:33.00	<u>MEN 40-44</u>			Emmanuel Sang	45	4:18.10
<u>200 m Freestyle</u>			<u>50 m Freestyle</u>			<u>200 m I.M.</u>		
Harry Lewis	34	2:36.90	<b>Jim Bigler</b>	<b>40</b>	<b>:32.90</b>	C.H. Sheldon	46	3:18.00
Stuart Morris	32	3:00.80	Brian Heard	42	:37.50	<u>MEN 50-54</u>		
Cecil Kribs	34	3:11.40	P.T. Tutmark	44	:40.10	<u>50 m Freestyle</u>		
<u>400 m Freestyle</u>			<u>100 m Freestyle</u>			Chuck Harrison	50	:36.10
Steve Engel	33	5:15.80	<b>Jim Bigler</b>	<b>40</b>	<b>1:15.10</b>	John Runckel	53	:37.60
Stuart Morris	32	6:28.90	P.T. Tutmark	44	1:34.30	<u>100 m Freestyle</u>		
Ed Ritz	32	6:59.40	<u>200 m Freestyle</u>			Chuck Harrison	50	1:23.60
<u>1500 m Freestyle</u>			<b>Jim Bigler</b>	<b>40</b>	<b>2:59.70</b>	John Runckel	53	1:26.00
Steve Engel	33	20:31.00	P.T. Tutmark	44	3:31.30	<u>200 m Freestyle</u>		
<b>Karl von Tagen</b>	<b>32</b>	<b>21:57.30</b>	<u>400 m Freestyle</u>			John Runckel	53	3:12.70
<b>Ralph Mohr</b>	<b>34</b>	<b>22:31.00</b>	P.T. Tutmark	44	7:43.80	Chuck Harrison	50	3:17.40
Stuart Morris	32	25:16.60	<u>1500 m Freestyle</u>			<u>400 m Freestyle</u>		
Ed Ritz	32	28:14.60	<b>Jim Bigler</b>	<b>40</b>	<b>26:58.70</b>	John Runckel	53	6:58.50
<u>50 m Backstroke</u>			<u>50 m Breaststroke</u>			Chuch Harrison	50	7:00.70
Cecil Kribs	34	:39.40	Brian Heard	42	:47.60	<u>1500 m Freestyle</u>		
<u>100 m Backstroke</u>			<u>100 m Breaststroke</u>			Chuck Harrison	50	29:49.10
Harry Lewis	34	1:31.70	Brian Heard	42	1:51.00	<u>50 m Butterfly</u>		
Cecil Kribs	34	1:32.80	<u>MEN 45-49</u>			<b>Fred Eckhardt</b>	<b>50</b>	<b>:41.00</b>
<u>200 m Backstroke</u>			<u>50 m Freestyle</u>			<u>100 m Butterfly</u>		
Harry Lewis	34	3:05.70	<b>Fred Sprenger</b>	<b>45</b>	<b>:32.60</b>	<b>Fred Eckhardt</b>	<b>50</b>	<b>1:37.50</b>
Joe Lanza	32	3:22.80	Eric Guest	46	:32.70	<u>200 m Butterfly</u>		
Cecil Kribs	34	3:23.90	<u>100 m Freestyle</u>			<b>Fred Eckhardt</b>	<b>50</b>	<b>3:31.20</b>
<u>50 m Breaststroke</u>			<b>Fred Sprenger</b>	<b>45</b>	<b>1:14.10</b>	<u>MEN 55-59</u>		
<b>Karl von Tagen</b>	<b>32</b>	<b>:36.60</b>	Eric Guest	46	1:20.40	<u>100 m Freestyle</u>		
Stuart Morris	32	:42.90	<u>200 m Freestyle</u>			<b>Earl Walter</b>	<b>55</b>	<b>1:26.50</b>
Eldon Rose	34	:43.00	<b>Fred Sprenger</b>	<b>45</b>	<b>2:40.30</b>	Neil Farnham	59	1:33.30
<u>100 m Breaststroke</u>			<u>400 m Freestyle</u>			<u>50 m Backstroke</u>		
Eldon Rose	34	1:42.00	<b>Fred Sprenger</b>	<b>45</b>	<b>5:40.60</b>	<b>Earl Walter</b>	<b>55</b>	<b>:38.80</b>
Ed Ritz	32	1:44.50	C.H. Sheldon	46	6:44.40	<u>100 m Backstroke</u>		
<u>50 m Butterfly</u>			<u>1500 m Freestyle</u>			<b>Earl Walter</b>	<b>55</b>	<b>1:29.90</b>
Joe Lanza	32	:37.00	<b>Fred Sprenger</b>	<b>45</b>	<b>22:40.60</b>	Neil Farnham	59	1:58.30
<u>100 m Butterfly</u>			<u>50 m Backstroke</u>			<u>100 m Breaststroke</u>		
<b>Ralph Mohr</b>	<b>34</b>	<b>1:17.40</b>	C.H. Sheldon	46	:37.10	Neil Farnham	59	2:08.10
<u>200 m Butterfly</u>			<b>Donlan Jones</b>	<b>46</b>	<b>:38.00</b>	<u>200 m Butterfly</u>		
Steve Engel	33	2:45.30	<u>100 m Backstroke</u>			<b>Earl Walter</b>	<b>55</b>	<b>3:35.70</b>
<b>Ralph Mohr</b>	<b>34</b>	<b>3:00.70</b>	C.H. Sheldon	46	1:25.50	<u>MEN 60-64</u>		
<u>200 m I.M.</u>			<b>Donlan Jones</b>	<b>46</b>	<b>1:32.40</b>	<u>50 m Freestyle</u>		
Joe Lanza	32	3:13.60	<u>200 m Backstroke</u>			Don Stevenson	64	:35.60
<u>400 m I.M.</u>			C.H. Sheldon	46	3:15.70	Karl Frederick	62	:38.10
Steve Engel	33	5:43.90	<b>Donlan Jones</b>	<b>46</b>	<b>3:43.40</b>	Robert Schmidt	61	:43.30

Kelly Bagby	62	1:01.20	<u>50 m Breaststroke</u>			Dana Thomas	69	1:39.40
<u>100 m Freestyle</u>			Karl Frederick	62	:44.40	John Hoey	66	1:42.70
Don Stevenson	64	1:27.20	Robert Schmidt	61	:53.70	<u>200 m Freestyle</u>		
<u>200 m Freestyle</u>			Kelly Bagby	62	1:07.50	John Hoey	66	4:11.10
Don Stevenson	64	3:24.90	<u>100 m Breaststroke</u>			<u>400 m Freestyle</u>		
<u>400 m Freestyle</u>			Karl Frederick	62	1:41.50	Max Strauss	66	9:12.20
Don Stevenson	64	7:34.30	Robert Schmidt	61	2:10.90	<u>1500 m Freestyle</u>		
<u>1500 m Freestyle</u>			Kelly Bagby	62	2:46.60	John Hoey	66	37:58.00
Fred Wiggin	60	30:30.90	<u>200 m Breaststroke</u>			<u>50 m Backstroke</u>		
<u>50 m Backstroke</u>			Kelly Bagby	62	6:12.10	Bob Hunter	65	1:11.40
Fred Wiggin	60	:44.20	<u>50 m Butterfly</u>			<u>100 m Backstroke</u>		
Syd Hendy	63	:48.50	Karl Frederick	62	:42.10	Max Strauss	66	2:10.00
Kelly Bagby	62	1:22.50	<u>200 m I.M.</u>			Bob Hunter	65	2:38.30
<u>100m Backstroke</u>			Fred Wiggin	60	3:46.20	<u>200 m Backstroke</u>		
Fred Wiggin	60	1:37.40	Don Stevenson	64	4:03.60	Bob Hunter	65	5:29.70
Syd Hendy	63	1:56.40				<u>50 m Breaststroke</u>		
<u>200 m Backstroke</u>				<u>MEN 65-69</u>		Bob Hunter	65	1:34.50
Fred Wiggin	60	3:32.90	<u>50 m Freestyle</u>			<u>100 m Breaststroke</u>		
Syd Hendy	63	4:20.30	Dana Thomas	69	:39.20	Max Strauss	66	2:10.50
			<u>100 m Freestyle</u>					

## WETSUIT WEENIES

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Nobody dares to the term *wetsuit weenie* anymore, except maybe for a few of the troglodytes in the clubs in San Francisco. Progress.

Me? I have a confession. Twice, in the past 40 years, have I worn wetsuits. The first time was in 1994, in very cold water, and I might not be with you today without my thick wetsuit. The second time was several years back at Haag Lake. I hated it. It took away my freedom, so I gave it away. The thick wetsuit is still hanging in my closet, decades later. It saved my skin, and I am indebted to it. But I will never wear it again. Maybe I should sell it....?



Christine Mcclafferty's "Outstanding Swimmer" towel, earned in 2019, to be awarded in 2020, but due to the shutdown, was awarded in 2022.

# Oregon Masters Swimming Volunteer Service Awards 2021

The OMS Board of Directors selects the Connie Wilson Memorial Award winner and the Ol' Barnacle Award winner. The others are chosen by nominations from the OMS membership.

## Connie Wilson Memorial Award

This award is given to an individual who has made an outstanding, long-term leadership contribution to OMS and to Masters swimming.



Barb Harris

Barb Harris is a quiet force behind the scenes at many, many events and has been for years. She's been instrumental in the timing/awards and series scoring at Elk Lake for more than 10 years. I think it's safe to say that without her there would be no results. She's taken on this position for Foster Lake as well. At the only meet held in 2021 she was checking in swimmers, handing out caps, and making sure all went well. For our latest COMA event, Jan. 1st birthday swim, she organized a raffle and a cake. Her work tremendously impacts OMS for the better.

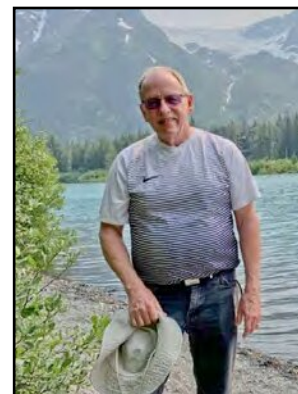


## Ol' Barnacle Award

This award is given to the individual who has shown outstanding leadership, dedication, and devotion throughout the past year, to OMS and Masters swimming.

Jim Teisher has been a long time meet director for the Tualatin Hills Barracudas, and a more recent Oregon Masters Association Championships. His leadership has created and organized, quality, fun and safe pool, and open water events for our membership. The dedication he has to Oregon Masters swimming is profound and shouldn't go unnoticed. He is an accomplished open water swimmer, official, meet director, volunteer, and occasional pool competitor. Jim and his wife Jeanne have devoted several years to helping make Oregon Masters Swimming an organization that caters to its membership.

On the National level, he is always there to volunteer in every capacity. He has helped organize National Championship pool and open water events for USMS. His efforts have created some very memorable events for Masters swimmers around the United States. Jim is also the event director for the 2 Mile Relay annual virtual event. This popular event recognizes team efforts, with timely results and records being kept up to date. Jim is always serving his Masters swimming community in some capacity.



Jim Teisher



## Hazel Bressie and Gil Young Spirit Awards

These awards are given to the female and male who has shown enthusiasm and spirit to her team and/or other Masters swimmers during the past year.

### Hazel Bressie Award

Shelly Rawding is a standout. She is the head coach of Columbia Gorge Masters and has been the point of stabilization during the Covid pandemic. During the initial pool shutdowns, she initiated team Zoom calls to keep us all connected. She set up some fun Olympic trivia Zooms to try to keep swimmers engaged during down times.

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## **VOLUNTEER SERVICE AWARDS**

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When we initially re-emerged in the pool, she organized lane sign-ups, opposite end lane buddies, and workouts announced with a megaphone. Then came our current sessions with more pool relaxation and swimmers all on one end of the pool. However, when the aquatic center had no staff to guard during workouts, Shelly sat in the lifeguard stand, and typed out the sets to post on a kickboard at the end of every lane. She currently has recruited her senior swimmers who are lifeguard trained to fill that position as much as possible.

With most every swimmer experiencing his/her own personal fears and frustrations, Shelly has been a solid block of support for all. She is encouraging, supportive, and displays the 'we can get through this' attitude.



*Shelly Rawdling*

Praise from the CGM swimmers has been overwhelming. Some quotes are as follows:

'We are lucky to have Shelly. It's always a pleasure to see her at the pool. Her workouts challenge me and keep me interested; and I feel like she always encourages me to do my best! She rocks!'

'She always seems to go out of her way to get things done. She also thinks outside of the box! Always helps and truly watches to help with a swimming problem.'

'Shelly sure has kept a positive attitude with all the changes going on. She was quick to come up with workable Covid solutions and has kept us safe, as well as has kept her positive attitude that we can just keep swimming! I love her holiday workouts - she is very creative and cheerful! Plus, she greets us all, knows everyone and our speeds to keep us in the best lanes. We are so lucky to have her as our coach!!'



## **Gil Young Spirit Award**

Dr. Tom Phipps enjoys reading anything swimming related and writing his thoughts down for us to enjoy. Tom is also an amazing volunteer. For the past three years he has volunteered to coach the Oregon City Tanker workout group. He also volunteers to coach the local high school swim team. When something needs to be done, Tom is always willing to lend a helping hand and offer a friendly smile.



*Tom Phipps*

Tom is also the on-site physician for the Portland Bridge Swim. For several years, he has dedicated his time as a professional to help keep the bridge swimmers safe and receive the care they may need during the swim. Tom is also a Professional Lifeguard/AED/CPR/First Aid and keeps his certification current. Just another measure that shows his commitment to keeping swimmers safe. It doesn't matter if Tom is meticulously stuffing race packets, creating award and souvenir mailings, writing articles or workouts, coaching, and swimming. He is always professional, kind, timely, organized, and a true ambassador to the sport of swimming.

## Special Service Award

*This award is given to an individual, organization, business, or group that has gone the extra mile by contributing outstanding service to a club or to OMS.*

*A group of five received this award: Bob Bruce, Lizzie Cheney, Barb Harris, Tom Phipps, Tim Waud.*

Oregon Masters Swimming recently hosted the 2021 U. S. Masters Swimming ePostal National Championship. Hosting an event of this magnitude requires a few key volunteers. Bob Bruce took on the role as the event director with support from the Oregon City Tankers Masters workout group. While Bob was responsible for the overall manager of the event, the Tankers were tasked with creating a logo and selecting merchandise that participants could purchase. This included ordering T-shirts, caps, and awards. The awards and merchandise were packaged with care and mailed to several hundred participants. This required a well-organized, detail-orientated process that took some time to complete. Bob's grit and enthusiasm for the event went without a hitch and with the help of Dr. Tom Phipps, Lizzie Cheney, and Tim Waud this enormous event was successful and timely.

This turned out to be a great fundraising event for Oregon Masters Swimming and our membership. These volunteers show the true spirit of individuals who go the extra lap to make "Swimming for Life" an enjoyable and fun event for everyone.



**Bob Bruce**



**Lizzie Cheney**



**Barb Harris**



**Tom Phipps**



**Tim Waud**

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## Random photos at Association Meet

Other Association meet photos will be in the July *Aqua Master*





# Oregon Masters Swimming Outstanding Swimmer Awards 2021

## Men 49 & Under

- 1st - Matthew McComish
- 2nd - Evan Edwards
- 3rd - Tie - Mark Fisher
- 3rd - Tie - Kevin Glenn



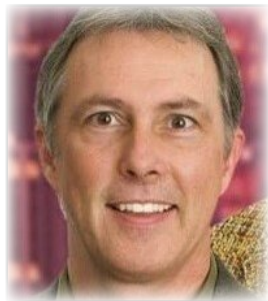
## Women 49 & Under

- 1st - Alexis Higlett
- 2nd - Briana Balsbough
- 3rd - Tie - Amy Johnson
- 3rd - Tie - Christine Mcclafferty



## Men 50 & Over

- 1st - Richard Howell
- 2nd - Christian Tujo
- 3rd - David Hathaway



## Women 50 & Over

- 1st - Gillian Salton
- 2nd - Cheryl Morgan
- 3rd - Joanie Krehbiel



# Team Awards at the OMS Association Meet in Molalla 4/1-3/2022

## Team Scores

Large Team	
1st	Central Oregon Masters Aquatic
2nd	Oregon City Tankers

Medium Team	
1st	Stafford Hills Club
2nd	Multnomah Athletic Club
3rd	Oregon Reign Masters

988  
698  
640  
508  
233

Small Team		
1st	Corvallis Aquatic Team	185
2nd	Tualatin Hills Barracudas	178
3rd	Columbia Gorge Masters	101
4th	Salem Kroc Masters	45
5th	Emerald Aquatics	21



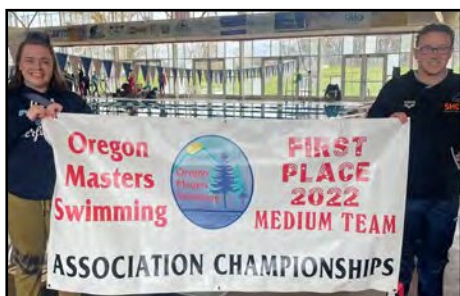
Central Oregon Masters Aquatic  
1st place, Large Team



Oregon City Tankers  
2nd place, Large Team



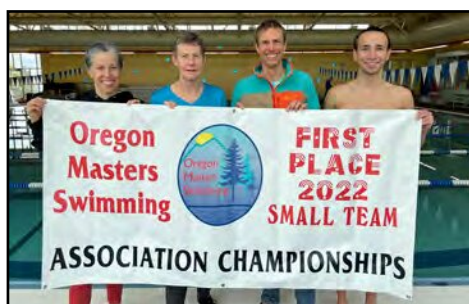
Oregon City Tankers  
Team Spirit Award



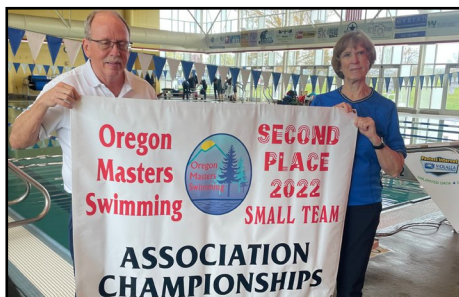
Stafford Hills Club  
1st place, Medium Team



Multnomah Athletic Club  
2nd place, Medium Team



Corvallis Aquatic Team  
1st place, Small Team



Tualatin Hills Barracudas  
2nd place, Small Team



Columbia Gorge Masters  
3rd place, Small Team

## LONG DISTANCE

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accommodations in the Portland Metro area.

### **Applegate Lake (Saturday-Sunday, July 16-17)—USMS-**

**sanctioned:** Event Director Todd Lantry and host team Rogue Valley Masters (RVM) will present the 35<sup>th</sup> Southern Oregon open water swims at Applegate Lake, featuring the **Oregon LMSC Association 1500-meter Team Championships**. Saturday's events will be 2500, 5000 & 10,000-meter swims, run simultaneously, perfect for this venue. Sunday features the classic 1500-meter race and the popular 3 x 500-meter pursuit relay. Look forward to hot weather, clear & balmy 73-77 degree water, fine camping, great recreational or cultural opportunities (bring your mountain or road bike, or your appetite for wine tasting), and the ever-bountiful RVM hospitality. So come swim in the lake, bring friends and family, and have fun! Info & online entry at <https://swimoregon.org/events/#>.

RVM has reserved tent camping sites and self-contained RV camping spaces (no hookups) at race site Hart-Tish Park. For Hart-Tish camping, contact Jocelyn Sanford at 541-210-0088. Other camping sites near Hart-Tish include Jackson, Watkins, and Carberry Campgrounds—call the Hart-Tish Concessionaire at 541-899-9220 or [www.applegatelake.com](http://www.applegatelake.com). Beaver Sulfer campground may be reserved at 1-877-444-6777 or [www.reserveamerica.com](http://www.reserveamerica.com). For other accommodations away from the race site, search the web for lodgings in Ruch, Jacksonville, Medford, or Ashland. Note that the race venue at Hart-Tish Park has a \$5 per day vehicle parking fee; please drive down the hill to the general store and purchase your parking pass so that you can park before the event. No dogs are allowed in Hart-Tish Park.

### **Cascade Lakes Swim Festival at Elk Lake (Saturday, July**

**30)—USMS Sanctioned:** Event Director John Malfatto and host team COMA will present the 28<sup>th</sup> celebration of this event, which will be a one-day event again this year due to COVID-19 uncertainties. We'll start with a 5000-meter swim, continue with the 1500-meter swim, and finish with plenty of lolling around the beautiful lake. COMA promises a festival atmosphere with fun family-oriented events and the usual splendid hospitality. Event info and online entry at <https://swimoregon.org/events/#>. Online entry only—there will be NO DAY-OF-RACE ENTRIES.

The nearby group campgrounds are not available, so COMA is out of the camping business for now. Campgrounds at Elk Lake and other nearby lakes offer reserved sites through [www.recreation.gov](http://www.recreation.gov). For cabins at the lake, go to [www.elklakeresort.com](http://www.elklakeresort.com). Bend and Sunriver offer many lodging choices at various price levels, but reserve your place as early as you can.

### **Central Oregon Coast 'Wild Swims' at Eel Lake (Friday-Sunday, August 12-14)—no formal races:**

Last year, this event was cancelled three days before it was scheduled due to my untimely heart attack. Brilliantly, swimmers gathered at the lake anyway and had a marvelous time camping, various swim challenges, and lots of socializing. There will be no formal races again this year because I will be otherwise occupied far away, but we'd like to try the same concept again and encourage everyone to gather at the lake again and create your own magic. What a great opportunity to vacation away from home with your open water swim group!

'Wild swims' is the term our British cousins use to describe open water adventures; we honor them by appropriating and using that term to describe this event. For safety, please encourage and recruit folks with kayaks and paddleboards to come. For organization, I recommend using the OMS Facebook page (see <https://www.facebook.com/oregonmastersswimming?fref=ts>) to figure out logistics like meeting times, possible swims, a potluck or two, etc.) Go to it!

Camping reservations at Tugman State Park can be made at Reservations Northwest at (800) 452-5687 or <http://www.oregon.gov/OPRD/PARKS/reserve.shtml>. For further info on the event, other camping in the area, or just stuff to do, contact Ralph Mohr at [rmohr1565@charter.net](mailto:rmohr1565@charter.net) or 541-269-1565.

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

Good luck and good swimming! The nearby group campgrounds are not available, so COMA is out of the camping business for now. Campgrounds at Elk Lake and other nearby lakes offer reserved sites through [www.recreation.gov](http://www.recreation.gov). For cabins at

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## COACHES CHAIR

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Add more lengths: if the interval allows, you can always do a little bit more. Good luck with this, however, in a long course pool...

Replace the prescribed stroke with a slower one: if 10 x 100 free @ 2:00 is too easy for you, replace part or all of the set with a non-freestyle stroke.

JUST. GO. FASTER. (no further explanation required).

Underwater dolphin kicks: get better at them! Longer intervals leave you with little excuse for not practicing this most essential skill - this could mean implementing an extra kick or two, or simply focusing on tighter streamlines when you push off the wall.

(...do you see what I did there?)

If, on the other hand, you find yourself on an interval that's a little overwhelming, your options are a little more limited, but you can still get a great deal out of the set. For starters, you could simply do a little less (like a 75 instead of a 100). That might make the interval a bit long, but then you could always implement some of the details described above. Another great option is to challenge yourself to just make the interval for part of the set, then drop a length for the next part. For example, if our sample set of 10 x 100 free is on a 1:30 interval, but you can't possibly hold that for the entire set, then turn it into 5x: 100 @ 1:30, 75 @ 1:30. Over time, that challenging interval becomes easier as your body learns how to handle it as it gets more practice.

Don't be discouraged or frustrated when you run into a set that isn't to your liking! Most coaches and swimmers are pretty flexible, and we're all out to make each other better. Just make sure that everyone is aware of what you're doing and is okay with it. Any set can be as "devilish" as you want by making a few modifications here and there, but at the same time, those "devils" are not to be feared, and will make you a far better swimmer.

## LONG DISTANCE

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Good luck and good swimming!

# 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
<b>CANCELLED</b>	1	Foster Lake-Open Water Swims	Sweet Home	COMA	Bob Bruce	4000-meter (2.4 mile) 2000-meter (1.2 mile)	Featured	<b>CANCELLED</b>
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	Sanctioned
Sun 17 July						1500-meter (Ass'n Champs) 3 x 500-meter Pursuit Relay	Featured	
Sat 30 July	1	Cascade Lakes Swim Festival at Elk Lake	Bend	COMA	John Malfatto	5000-meter 1500-meter	Featured	Sanctioned
Sat 13 August	1	Oregon Coast Wild Swims at Eel Lake	Lakeside	NONE	NONE	Adventure Swims as desired	Featured	<b>NO SANCTION</b>

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 Association/NW Zone Championship—SCY  
2022 PNA Championship—SCY

## Looking Ahead. . .

### Pool Schedule

Date	Course	Swim	Location
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 21)

## Quote for the Month. . .

Not giving your full effort over the course of the year gives you a fantastic excuse come championship season: “I could have swum XYZ time if I wanted to, if I had trained hard, but I didn’t feel like it.”  
—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).