

"Swimming for Life"

Aqua Master

Award-winning newsletter of Oregon Masters Swimming



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COMA Long Course Meters Pentathlon and Juniper Open water Festival

by Colete Crabbe

Following his reputation, coach Bob Bruce organized his famous pentathlon on June 14 in Bend. Although you can pick and choose your races, Bob designs this meet with the courageous swim warriors in mind. There is the long-distance freestyle pentathlon which includes all the freestyle races from the 50 to the 800, the IM pentathlons: sprint 50 of each stroke + 200 IM, the medium 100 of each stroke + 200 IM and the beast 200 of each stroke + 400 IM. On that sunny, although windy and cold, Saturday afternoon, all of us first realized we were no more in a 25 yards pool but in a 50 meters pool at altitude!! Wow what a change. None the less, there were about 60 courageous swimmers, ready to conquer the challenge: a monstrous speed workout designed by Bob to quickly put you into shape!!! Amongst those warriors was our now 100 years old friend Wink. Wink is the true example of a trooper. Nothing scares him and he is taking any challenge with a smile. First, he swam the 800 meters and a few world records fell on the way from the 50 to the 800. After which, he swam the 100 back and 200 back and broke the world records as well. That was not enough, there was another opportunity for a world record in the 4 X 200 meters freestyle relay in the 320 years age group. Why not? The Oregon team broke that World record as well. As this was the first meet in a 50 meters pool in Oregon for probably two years. A few Oregon and zone records were also broken by many swimmers who changed age group in between.

The next morning, the wind had died down and the sun



l-r: Dan Kirkland, Colette Crabbe, Joy Ward, Willard Lamb set a new World Record in the 320-359 year-old age group in the 4 x 200 meter mixed freestyle event! Congratulations to all!

was up. It was the perfect weather for the "mock" open water event. The event consists of swimming around four buoys tied to the bottom of the pool at each corner for a total of 1200 meters. The start is given in waves from faster to slower swimmers. Personally, this was my first "open water" and I enjoyed it because it was sunny, the temperature of the water was ideal, no strange creatures in the water and there were even some black lines to guide you! But I know the true open water swimmer is laughing at me!!! Thanks Bob, the officials, and the whole COMA crew for organizing. I will be back next year.

Oregon Masters Swimming, Inc. Board Members

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AQUA MASTER EDITOR

Alice Zabudsky • aasunnyday@outlook.com

AWARDS — ANNUAL

Sara Shepherd • ssobx5@yahoo.com

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Kevin Cleary • kcswimmin@hotmail.com

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Gary Whitman • all5reds@comcast.net

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Carolyn DeMarco • adairpete@msn.com

MEMBERSHIP COORDINATOR

Christina Fox • foxkohner@peak.org

OFFICIALS — SWIM MEETS

Jacki Allender • jacki.allender@gmail.com

OMS EMAIL GROUP MAINTENANCE

Susie Young • swim.pdx@gmail.com

PAYMENTS ADMINISTRATOR

Ginger Pierson • gingerpierson7857@comcast.net

ADULT LEARN TO SWIM (ALTS)

Marlys Cappaert • m.cappaert@comcast.net

RECORDS

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SAFETY

Joy Ward • silenteclipse1210@hotmail.com

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CONTENTS

Regular Board Articles

- 3** Chair's Corner
- 4** Fitness
- 5** Coaches Chair

Records and Links to Meet Results

- 6** USMS Spring Nationals — SCY
- 6** COMA All-around Challenge — LCM

Articles & Announcements

- 7** April is Adult Learn-to-Swim Month
- 8** Swimmer Spotlight
- 9** Swim Bits
- 9** Suzanne Ragu
- 10** February Fitness Results
- 11** Barracudas' 2-mile Relay
- 12** Portland Bridge Swim
- 14** OMS Association Meet Photos—Molalla, Oregon
- 16** 2022 Open Water Schedule

Event Schedule — Back Page

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Chair's Corner

Tim Waud
OMS Board Chairman



Invitation to OMS Celebration

RSVP Required for both events; Beach Party is free

Oregon Masters Swimming (OMS) turns 50 years old this year, and we are celebrating this milestone the weekend of July 9-10. We would love for you to join us, as we consider you a part of our swim family. Below are the details, as well as a registration link to the celebrations.,

EVENT: PASTA DINNER
DATE: Saturday, July 9
TIME: 5:00 – 8:00 PM
LOCATION: Golden Valley Brewing & Restaurant / 1520 NW Bethany Blvd. Beaverton (just off Sunset Hwy – US26)
COST: \$25/person for appetizers and dinner (there will be a no-host bar)

EVENT: BEACH PARTY
DATE: Sunday, July 10
TIME: 11:00 AM – 3:00 PM
LOCATION: Cathedral Park / N. Edison and Pittsburg Avenue, East side of the Willamette River under the St Johns Bridge
NOTES: Food, provided by Tamale Boy, and beverages will be provided for all. Guests are to bring swimsuits and towels to swim and play in the river, along with chairs and blankets to sit on the beach and in the park.

RSVP IS REQUIRED for the above events. Please click on the below link to register if you plan to attend either or both events. [Oregon Masters 50th Anniversary Celebration Reservation](#)

ACCOMMODATIONS:
HOTEL: AC Hotel Portland Beaverton
ADDRESS: 15705 NW Blueridge Dr Beaverton, Oregon 97006
PHONE: 971-329-4300
COST/NIGHT: \$169
MAKING YOUR RESERVATION: If you call, say you are with the **Oregon Master Swim**, OR, you can click on this link [Hotel Reservation for Oregon Masters Swimming](#) and make your reservation online.
RESERVATION DEADLINE: **JUNE 17, 2022**
DATES AVAILABLE: July 8 and 9

Fitness

Coach Colette Crabbe
OMS Fitness Chair



How to Design Your Own Workout

Most of us do not have the luxury to have a coach on deck due to schedule, locale, or simply that there is no Master swim team available in your area. In this article and the next, I will try to give you tips for designing your own workout based on your ability, your likes and dislikes, and mostly using your creativity to make it fun and enjoyable.

A workout is really like a meal. It must be fulfilling and enjoyable. It is better if it is shared with somebody else. It is a necessity and key to stay fit and healthy.

First comes the appetizer or warm up. It is important to warm up by swimming easy and smoothing your stroke before progressively speeding up. Most of the novice swimmers will immediately start too fast, holding their breath and getting their system in distress and risking more injuries. "Enjoy your first drink, sip it, relax and enjoy the company." Get ready for the main course. Depending on your level, easy swimming and kicking from a minimum of 200 yards for a novice swimmer to over 1,000 yards for a more experienced swimmer will get you ready. Already mix and match if you feel like it. It might also be a good time to experiment with a new drill, or really focus on a part of your stroke you need to improve. If you do not know what your weaknesses are, take a lesson and ask what you need to focus on.

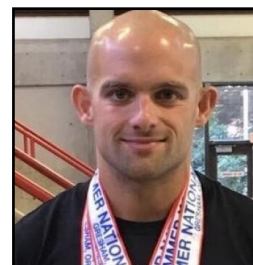
Second comes the main course. The main course needs to have a purpose and variety during the week. Nobody likes to eat the same food every single day, even if it is your favorite. Like every good cook, use your creativity and good ingredients. Practice technique, speed, endurance, kick, pull and if possible, mix and match all the strokes. The more versatile you are, the more muscles you will use, the more fit and healthy you will become. To design a good workout, it is also important to know where you are and what you

currently can do. If you are a completely novice swimmer, working on technique and improving your stamina, learning a new stroke should be your current focus. For technique and learning a stroke, nothing beats taking a few swim lessons with a good instructor. For stamina and endurance, you need to know what you can do now. How far and how fast can you swim in the stroke(s) you know? If your pool has a clock, watch it, and have a general idea. This will help you set your send offs. For example, if you are swimming a 50 in 1:30, maybe starting on 1:45 or 2:00 might be a good sendoff at this time. How many can you do at that send off? It is better to set a send off than to give yourself 15 seconds rest, as you want to know when you are really slowing down!!! It is also very rewarding as you see the improvements week after week; since your time, send offs and repetitions will definitely improve as you get in shape. If you are an average swimmer, mostly working for fitness, I would also strongly recommend to "mix and match" your workouts. Swimming the same number of laps every single day at the same average speed is boring and is keeping you a little bit in shape, but not challenging your body and improving your fitness. It is like eating the same food every day: it will feed you, but it will not make you healthy. You need to get out of breath from time to time, you need to kick, you need to use the different strokes. In my next article, I will give you some examples of workouts and how to adjust them for your level.

Third comes dessert, the sweet part. If you had a particularly hard main set, it is very important to cool down, swim easy to get rid of the lactic acid in your muscles and bring your heart rate down. It might also be a good time to really practice what you enjoy such as a longer moderate swim or pull set for the long-distance swimmers, or a hot tub soak with your friends for the social bees, or simply take a quick shower and go home for the very busy folks.

Coaches Chair

Coach Kevin Cleary
OMS Coaches Chair



Posture, Posture, Posture

Over these past few months, I have been studying and contemplating an issue that plagues just about everyone, especially as we age: the dreaded demon known as back pain!

Given that so many adults participate in Masters swimming as a means of achieving and/or maintaining good health, this is something that everyone of us should be taking seriously. For the everyday individual, back pain can range from an annoyance to a constant source of discomfort and frustration that can impact daily function. This article is intended to be an overview of some of the causes and, every bit as important, some of the misconceptions about back pain. Finding and correcting the cause is a much better strategy than simply treating the symptoms!

First of all, we must understand the purpose of the spine and its supporting muscles. I won't get too technical and spout off a bunch of impossible-to-pronounce, much less remember, body parts. For the purposes of this article, suffice it to say that (especially in the case of the lumbar spine, or lower back), they are meant to act as a stabilizing unit, a platform that allows the hips, legs, shoulders, and arms to create movement and manipulate the surrounding environment in day-to-day life.

While sitting or standing, it serves the same purpose: keeping us upright.

Unfortunately, the majority of people in this country - both young and old - don't know what constitutes proper posture and movement. Kids spend the bulk of their schooldays slumped at their desks, and over time, the lumbar spine loses the ability to properly extend. This is an issue that I CONSTANTLY deal with as a coach of young kids. Proper posture is not enforced in the classroom, and

not corrected in P.E. classes. If uncorrected, these bad habits carry over into adulthood, where so many adults continue their bad habits of slumping at desks, in chairs, etc.

Worse still, most people use their back to create movement - i.e. flexing the lumbar spine when picking something up off the ground, rather than hinging at the hips, or using a squatting motion, by dropping the hips and bending the knees. Even something as seemingly innocent as pulling your knee towards your torso to put on your socks or tie your shoes puts the lumbar spine at risk, especially while sitting. Over time, the muscles of the lower back become strained, as they are not only being asked to perform their intended role as stabilizers, but movements that other joints and muscle groups are responsible for, as well.

Over time, this leads to back pain.

From an athletic standpoint, this condition will severely inhibit your ability to generate the explosive power which your posterior chain muscles are capable of.

In our own sport, consider the start. How are you setting up and executing your dive? Do you hinge and load up your posterior chain when grabbing the block, or are you bending over and making your lower back do the work?

If the latter, don't be surprised if your start lacks explosive power and you don't make it very far off of the blocks... and in shorter events like 50s and 100s, that could be a game changer!

Another important note: back pain is often falsely attributed to certain exercises, especially the deadlift. It is certainly true that ANY exercise can and WILL lead to problems and soreness and injury if done with improper technique and/or poor programming.

continued on page 9

Recent Records

Records are for Oregon LMSC Swimmers Only

* = split

USMS Spring Nationals 2022—SCY

April 28 - May 1, 2022; San Antonio, Texas

Age Group	Event	Place	Name	Age	Time	Record set
Women 35-39	50 Yard Backstroke	3	Shepherd, Sara	39	28.05	Oregon
Women 35-39	100 Yard Backstroke	2	Shepherd, Sara	39	59.45	Oregon
Women 35-39	200 Yard Backstroke	2	Shepherd, Sara	39	2:08.03	Oregon, Zone
Women 80-84	50 Yard Freestyle	1	Nichols, A Jane	80	42.00	Oregon
Women 80-84	100 Yard Freestyle	1	Nichols, A Jane	80	1:31.03	Oregon, Zone
Women 80-84	200 Yard Freestyle	1	Nichols, A Jane	80	3:29.27	Oregon, Zone
Women 80-84	500 Yard Freestyle	2	Nichols, A Jane	80	9:31.34	Oregon, Zone
Women 80-84	50 Yard Backstroke	3	Nichols, A Jane	80	51.53	Oregon
Women 80-84	100 Yard Backstroke	2	Nichols, A Jane	80	1:52.03	Oregon

COMA All-around Challenge—LCM

May 14, 2022; Bend, Oregon

Age Group	Event	Place	Name	Age	Time	Record set
Women 65-69	100 LC Meter Freestyle	1	Crabbe, Colette	66	1:14.00	Oregon
Women 65-69	50 LC Meter Backstroke	1	Worden, Laura	65	40.82	Oregon
Women 65-69	100 LC Meter Backstroke	1	Crabbe, Colette	66	1:27.07	Oregon
Women 65-69	100 LC Meter Breaststroke	1	Crabbe, Colette	66	1:32.36	Oregon
Women 65-69	50 LC Meter Butterfly	1	Worden, Laura	65	37.27	Oregon
Women 65-69	100 LC Meter Butterfly	1	Crabbe, Colette	66	1:23.94	Oregon
Women 65-69	200 LC Meter IM	1	Crabbe, Colette	66	2:59.22	Oregon
Women 65-69	400 LC Meter IM	1	Worden, Laura	65	7:09.56	Oregon
Women 80-84	50 LC Meter Freestyle	1	Ward, Joy	80	45.34	Oregon
Women 80-84	100 LC Meter Freestyle	1	Ward, Joy	80	1:50.07	Oregon, Zone
Women 80-84	50 LC Meter Butterfly	1	Ward, Joy	80	56.50	Oregon, Zone
Women 80-84	100 LC Meter Butterfly	1	Ward, Joy	80	2:31.70	Oregon, Zone
Men 30-34	50 LC Meter Backstroke	1	Morrell, Nicolas	30	29.24	Oregon
Men 50-54	50 LC Meter Backstroke	1	Self, Mike	52	30.01	Oregon, Zone
Men 50-54	100 LC Meter Backstroke	1	Self, Mike	52	1:05.97	Oregon, Zone
Men 50-54	200 LC Meter Backstroke	1	Self, Mike	52	2:27.24	Oregon, Zone
Men 100-104	50 LC Meter Freestyle	1	Lamb, Willard	100	58.53	Oregon, Zone, National
Men 100-104	100 LC Meter Freestyle	1	Lamb, Willard	100	2:30.77*	Oregon, Zone, National
Men 100-104	200 LC Meter Freestyle	1	Lamb, Willard	100	5:20.16*	Oregon, Zone, National, World
Men 100-104	400 LC Meter Freestyle	1	Lamb, Willard	100	11:08.65*	Oregon, Zone, National, World
Men 100-104	800 LC Meter Freestyle	1	Lamb, Willard	100	22:19.25	Oregon, Zone, National, World
Men 100-104	100 LC Meter Backstroke	1	Lamb, Willard	100	2:47.35*	Oregon, Zone, National, World
Men 100-104	200 LC Meter Backstroke	1	Lamb, Willard	100	5:27.69	Oregon, Zone, National, World

Mixed 320-359 800 LC Meter Free Relay OREG 14:25.49^s Oregon, Zone, National, World
 1) Lamb, Willard 100 2) Ward, Joy 80 3) Crabbe, Colette 66 4) Kirkland, Dan 74

OMS PENTATHLON RECORDS FROM BEND

Age Group	Event#	Name	Age	Time	Record set
Women 18-24	Sprint Distance	Allison Kulikowski	23	5:30.23	Oregon
Women 30-34	Sprint Distance	Jessica Stacy	33	5:04.10 [‡]	Oregon
Women 65-69	Medium Distance	Colette Crabbe	66	8:36.59	Oregon
Men 45-49	Medium Distance	Kurt Grote	49	6:57.28 [†]	Oregon
Men 55-59	Medium Distance	Scot Sullivan	56	7:39.65	Oregon

NOTES

[§]Existing WR 14:43.93. Oregon's 4 x 200 Meter Mixed relay set a new WR by 18.44 seconds! Truly amazing!

[‡]Fastest female Oregon time ever at this distance, for all age groups!

[†]Fastest Oregon time ever at this distance, for all age groups!

[#]LCM Sprint Distance consists of events of the following distances: 50-meters of each stroke, plus 200 IM

[#]LCM Medium Distance consists of events of the following distances: 100-meters of each stroke, plus 200 IM

April is Adult Learn-to-Swim Month

by Tim Waud

This past April, my swimming buddy Macy Ray and I taught an Adult Learn-to-Swim course at the Oregon City Municipal Swimming Pool. We held two 30-minute sessions with three students in each session over a four-week period. Out of the six students who took the course, four were able to complete the course by swimming one length of freestyle and one length of backstroke at the end of the course.

This is the fourth year I have taught the Adult Learn-to-Swim course during the months of April and November. Teaching Adult Learn-to-Swim is one of the most rewarding things a swim instructor/coach can do to help adults overcome their fear of the water. The following story is from Kevin Tran, who took the class so he could be safe around the water and improve his physical fitness.

"In early April, I took the Adult Learn to Swim class in Oregon City hosted by Tim Waud and his assistant Macy Ray. It's a four-week class with sessions on Monday and Wednesday. When I first took the class, I struggled to float and move at least one inch in the water using my legs and strokes. After the first week, I was not very confident in my ability to swim. I was considering re-enrolling in the class at that point.

"After each session, I found improvements. Tim helped me to try different techniques and challenged me to try something different. Which helped a lot. One of my weaknesses is that I get comfortable, but having Tim around kept me challenged. He is around and near the pool, which helped to improve my confidence in case things go wrong. Near the end of the session, he was willing to work with me and another student for 30 minutes before the class started. I am grateful that he is willing to put in time to help his students succeed.

"It has been a week since the class ended. I have been swimming on my own at my local community pool. One regular at the pool saw me and asked if I was taking classes. I told them I took classes, and she said I improved a lot. Just today, I was confident in my ability to swim that I was able to swim across a 25-yard pool without fins and float.

"I am glad that I was able to work with Tim and Macy for my swim lesson. I learned a lot and feel confident in my ability to swim. Thank you very much for all of your work Tim and Macy!"

- Kevin Tran (April 2022 Student)

Swimmer Spotlight

—submitted by Arlene Delmage

Name: Lizzie Cheney
Age: 65
Occupation: Artist, Writer, Musician, and “sea creature”
Team: Oregon City Tankers (OCT)

I’m Lizzie Cheney, a 65-year-old water lover. I grew up in Berkeley, California. Growing up there in the 60s and early 70s was an amazing experience. So many meaningful experiences. It was an important time in history. Being in the middle of it was quite wild. For instance, in junior high, our school was engulfed in giant clouds of teargas that had flowed from UC Berkeley during the Peoples’ Park demonstration. They sent us all home. We all got to experience the misery of teargas.

I have been married for almost 39 years to my wonderful husband, Aaron Zick. He is my true love and soul mate. We were together for 3 years before we got married. After that many years together, we almost read each other’s minds. We chose to not have kids, but we nearly always have had at least one dog. We are both passionate when it comes to dogs or any animal. Aaron is a good sport too, being the dog sitter at some of my open water events.

My swimming background is different from many. My parents started me in the bathtub as an infant. Because they couldn’t keep me away from any body of water within reach, they wanted me water-safe as early as possible. Our family loved to body surf and snorkel, so most of my swimming was in the ocean. I was body surfing on tiny waves as early as 4 years old. I had some formal lessons when I was 5 years old. I remember they were so much fun!!!

Through my teen years I rode and showed horses over fences. I had a thoroughbred that I showed all over the West Coast. Throughout all this, I still swam anytime I could, and bodysurfed at Aptos (near Santa Cruz).

We went to Hawaii a couple of times. On these trips we did a lot of bodysurfing, free diving, and snorkeling. I believe all this time I spent in the ever-moving sea gave me a feeling for water. Using my own terminology, for me, swimming is about seeking and finding “hard water”. Water that feels solid and which I could pull against. Ocean swimming helped me with that idea. With the ocean water moving and changing con-



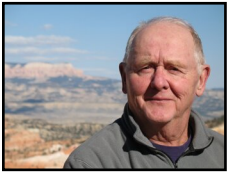
Lizzie with her dog

stantly, the hard water may slip away instantly, so I was constantly feeling for it. Over the years I did some lap swimming. The only stroke I knew was freestyle

In my 30s we lived in San Francisco. I would go with friends early in the morning and free dive for abalone off the Sonoma Coast. It was always an incredible experience. We would clamber down cliffs with our gear and enter the sea amongst the rocky turbulence. Always remote, and always beautiful.

I first heard of Masters Swimming when I was about 40, and couldn’t believe this wonderful thing existed. I swam on a team in San Francisco for a while. We all did Southend Rowing’s Alcatraz Swim. I also did a few rough water swims down there. Then we moved to Portland. I was in shock about how few pools there were. I found a workout group in Lake Oswego and joined them. We didn’t have a coach, but we were a team—“The Fishsticks”. We went to a few meets. I would swim the shorter freestyle events, but occasionally would do a 50 fly. (It wasn’t pretty, but I tried my best).

I now swim with The Oregon City Tankers, coached by Tim Waud—a terrific coach and person. Tim has helped me a lot with my stroke technique and conditioning. My teammates are
continued on page 13



Swim Bits

by Ralph Mohr

1982 Nationals

Led by Earl Walter, as OMS Chairman, and Mike Popovich, as Meet Director, Oregon Masters swimming was put on the map as a power in USMS in the pool and in national committees. As someone who swam in the meet and who has watched Oregon's influence in USMS boards and committees over the 40 years since the meet, I can say for certain that Oregon's influence and success in USMS over the years has been tremendous. In 1982 OMS entered 205 swimmers in the championship meet. Some of the people who swam there and who are still in swimming, as far as I know, are Jim Bigler, Barry Fasbender, Peggy Hodge, Steve Johnson, Ron Nakata, Ginger Pierson, Sandy Rousseau, Mark Worden, Alice Zabudsky and myself. As a high school swimming coach, I always wanted to have swimmers qualify for National championships, and now in 1982 I could go myself. After the 200 and 400 freestyle, the 200 fly and 400 IM, I got on the blocks for the 1500 on the last day, and I was tired. I did the proverbial "sprint the first 50 and bring it home" strategy with nothing to lose, and swam within 15 seconds of my best time in college. The meet was wonderful. My college coach, Don Van Rossen, won three events in breaststroke at the meet. There were also some of my UO teammates, Dave Boyd, 40, and Don Smith, 36. Olympians Joe Bottom, John Ferris and Steve Clark swam as members of San Francisco's "The Olympic Club." Outstanding for Oregon were Roy Abramowitz, 28, Lavelle Stoinoff, 49, Jeff Storie, 26, Robert Smith, 39, Joyce Bahler, 52, Hazel Bressie 73, Fred Eckhardt, 56, Connie Wilson, 47, Charlie Swanson, 30, John DeRoest, 30, and that's only a few of Oregon's large contingent. There were swimmers from eight countries other than the US: Australia, Canada, England, France, Japan, New Zealand, Switzerland and Venezuela. Larger teams from the US included Inland Empire Masters of Washington, PNA, San Mateo Marlins of California, and the St. Petersburg Masters of Florida. Sponsors for the meet included Speedo and Arena, of course. Some Oregon sponsors were J.D. Pence Aquatic Supply, Main Street Grocery in Gresham, Miller High Life Beer, Elmer's on Burnside and the Salem Ballet School run by Elfie Stevenin, who swam at age 61. Also advertised in the program was the first World Masters Swimming Championship to be held in 1984 in New Zealand.

One of the benefits in going to a Masters championship meet is who you might meet. After my 400 IM, I received a les-

son in breaststroke in the Mt. Hood indoor pool from Manuel Sanguily, a former Olympic swimmer from pre-Castro Cuba, then swimming in New York City. It was great to get some tips from a master teacher and a Masters swimmer who knew as much about breaststroke as he did. When it was all over, Oregon swimming was changed. OMS put on additional national championships. The Mt. Hood pool was a great facility to come to. The number of people who put on the meet was small compared to what is required now, but they did an amazing job. Thanks to Sandy Rousseau, Jim Bigler, and Roy and Linda Abramowitz who were involved. Thanks to others who were part of this great meet, but I don't know who might be still with us.

SUZANNE RAGU

Suzanne Ragu died June 1.

Suzanne continued to swim for fitness but had long ago dropped out of competition and USMS/OMS activities. Her passion over the past years has been her music ...playing cello in the Vancouver Symphony Orchestra and the Cornerstone Trio (chamber music). The orchestra Facebook site posted a nice tribute. More information and tributes will be in the August Aqua Master.

COACHES CHAIR

continued from page 5

If your posture and movement habits outside of your athletic training are terrible, the exercises that you do will only serve to overwork your muscle and joint groups. You canNOT out-train bad habits!!!

Also, if you choose to consult a clinician, do be sure to find a good one. Dr. Stuart McGill, one of the foremost spine biomechanists in the world, points out that if you have to keep going back to your chiropractor, they're not very good at their job. The powerlifting community has a tongue-in-cheek saying that you should never consult a chiropractor who deadlifts less than you, meaning that a truly good clinician knows the ins and outs of any activity that their patients might participate in.

This has been a very brief overview of one of the most common sources of pain and frustration out there. It is a truly massive topic and there is much to learn. It is my hope that this article opens your eyes and piques interest in learning more about this misunderstood topic.

February Fitness Results

by Sara Shepherd

The February Fitness Challenge (FFC) is an annual postal fitness swimming event held during the month of February. The purpose of this event is to promote fitness through swimming, by encouraging individuals to swim regularly and track their results during a one month period.

Established in 1992 by the Crawfish Masters Swim Team of Baton Rouge, Louisiana, the February Fitness Challenge (FFC) was presented the inaugural United States Masters Swimming Fitness Award in 1997.

In 1999, "Fitness Frog" moved to a new home in the soggy hills of Oregon. The Tualatin Hills Barracudas now maintain the February swimming tradition by hosting this international long distance postal event. The Barracudas were presented with the 2000 United States Masters Swimming Fitness Award for this outstanding event.

After an absence in 2021, The February Fitness Challenge returned in 2022. The Challenge has always focused on promoting health and physical fitness, but also adds a fun competitive edge. Swimmers set a goal to swim as much yardage as possible during the month of February, with the ultimate challenge of swimming 100,000 yards or more. There are some that have taken that goal to the extreme! There are swimmers

that have swum more than 600,000 yards in one month.

The 2022 Challenge was solely online, and had an interactive platform in which swimmers entered their results daily and compared them to other swimmers based on age or gender groups. Swimmers kept up with daily rankings, like who swam the most on a certain date in February. The interactive platform helped swimmers stay on track with their goals. The interactive calendar was also very useful, it was an easy tool to track yardage and it was fun to be able to compare progress with other swimmers on the real-time leaderboard as the month went on. Swimmers also collected badges as they swam more yards, swam five days in a row, swam on National Pizza Day or other holidays, among many others. At the end of the event, a link to the final results booklet and a personal Certificate of Achievement was emailed to all participants. There is swag too! Shirts, hoodies and ball caps are available for purchase.

Challenge yourself to try to swim 100,000 yards during February! Get fit and have fun at the same time. Join the February Fitness Challenge mascot, the frog, and jump into the pool with us in February 2023! Challenge yourself, your friends, and your team to see how far you can swim and improve your fitness abilities. We look forward to having you join the Tualatin Hills Barracudas in this great event. Any questions? Please email februaryfitness@barracudas.org.

Check out the results from 2022, as well as past February Fitness Challenge events:
<https://februaryfitnesschallenge.azurewebsites.net>



Barracudas' 2-mile Relay

by Jim Teisher

The Postal 2-Mile Relay is an event swum by 2, 3, or 4 swimmers, each swimming 100s in rotation until they reach 3,600 yards. This means if you have 2 swimmers, each swimmer swims 18 x 100; 3 swimmers, each swimmer swims 12 x 100; and with 4 swimmers, each swimmer swims 9 x 100. The teams can be all male, all female, or mixed with equal numbers of male and female swimmers. Teams are ranked in 10-year increments based on the youngest swimmer as of December 31st of that year.

I first heard about a 2-Mile Relay back in the early 2000s when I was swimming at the Nike pool. Jeff Kaelon, the Nike pool manager, set up a 2-Mile Relay for some Nike swimmers. We had a month to get in the swims. After finding 3 other swimmers and a timer, we swam our 2-Mile Relay. I had so much fun that I completed the relay two more times that month. One of those relays was with Jeff Kaelon and Kelly Hibler. It was very challenging just having 3 swimmers, but it was still fun.

I asked Jeff how he came up with the 2-Mile Relay and this was his response:

It was some brainstorming that eventually led up to it. In college we used to do a set known as Australian relay. You swam a relay consisting of usually 3 to 4 swimmers per team. You kept swimming 100s until one team lapped another team by a 100. This usually resulted in us swimming 8 to 12 100s.

The second part of the picture was runners of the Hood to Coast relay, which Nike sponsored several teams, which had 36 legs, and I had done that on a team of 12 and a team of 9. So, trying to find something similar just happened to be 3600 yards which is about 2 miles or 36 x 100. Thirty six (36) is a good number that divides in 2, 3 or 4 so that is how it came about.

I had such a great time doing the 2-mile relay that I thought someone ought to make it a USMS postal event. I waited and waited, and no one did it, so in 2017 I decided to start it. We have held the 2-Mile Relay four times now. Over those 4 years we have had 75 men's teams, 96 women's teams, and 70 mixed teams. To see the results for each year the 2-Mile Relay has been held go to <http://barracudas.org/two-mile-relay>. To see the ranking of all teams for all the years the event has been held go [here](#).

to top of next column →

If you have any questions about the 2-Mile Relay, please contact me at meetdirector@barracudas.org.



2-Mile Relay T-Shirt. There were 4 color combinations available.

2-mile relay (clockwise from left to right) Sara Shepherd, Brian August, Shayna Tucker, Lee O'Connor (2019 event)



2-mile relay (from left to right) Anna Davidson, Erin Cavender, Sara Shepherd, Julie Peterson (2022 event)



2-mile relay (from left to right) - Kira Wright, Wendi Lui, Chuck Schuler (timer), Tracy Havnaer, Aubrie LeGault (2022 event)

Portland Bridge Swim

by Marisa Frieder

Once upon a time, in a land before COVID, a hundred or more misguided souls would embark on a grand adventure each year, swimming from the Sellwood Bridge to the St. Johns Bridge through the middle of downtown Portland. It wasn't just solo swimmers, no! This was a time when people thought nothing about breathing on each other, so they even did it as 3-person relay teams. When they landed on the beach at Cathedral Park, everybody hugged everybody else. And they were smiling. Which everybody could see, because their faces were uncovered. Children, can you imagine such a wonderful thing?

Well imagine it, because THE PORTLAND BRIDGE SWIM IS BACK, BABIES! 2020 was meant to be the 10th anniversary swim. We canceled the race and put everything in storage, and we waited. In 2021 we waited some more. But this year, we have pulled out the boxes, dusted off our megaphones. Our crew of organizers and bosses are still here and everybody is so excited to get back on the river on race day. We currently have 73 solo swimmers and 18 relay teams registered and can't wait to see them swim.

This year we're trying to rebuild the energy after our hiatus, and are in deep need of volunteers to work as race officials, life-guards, escort kayakers and of course many land volunteers. If you can help us out, please email portlandbridgeswim@gmail.com

Please join us on Sunday, July 10, 2022. We need you to volunteer, and we need you to come cheer for our swimmers. Come celebrate our return to the river, and just come let us see your faces. We've missed you!

First picture is the beginning of the Portland Bridge Swim; next picture, the Finish line. It is at the Finish area where the Beach Party will be held this year, July 10, in commemoration of the 50th Anniversary of OMS.



SWIMMER SPOTLIGHT

continued from page 8

my friends. I get tons of support, sense of belonging, swimming tips and happy times from the team. We do a lot of hard swimming and a lot of laughing! I joined the team not knowing any of the swimmers and I had only met Tim once before. Joining the team was joining a wonderful community of wonderful folks.

I also love open water swimming, and participate in the amazing Oregon Open Water Series that the amazing Bob Bruce creates for Masters Swimming. Swimming in beautiful lakes in the Cascades and beyond is one of my "happy places"!

As far as college goes, after graduating and taking time away from high school I ended up at Stanford, where I got my BA in Fine Art with an emphasis on painting (though I played in many types of media there). I put myself through school thanks to an assortment of academic and art scholarships, financial aid, work-study jobs, and outside jobs. After Stanford, I spent a year at Art Center in Pasadena to open up art-related career options. After moving to Portland, I got my Master of Fine Art at PSU. I taught art at various colleges in the Portland Area.

Over the years since Stanford, I have shown my artwork and been successful. At various times in my career, I would have several galleries around the country selling my work. I did many private and corporate commissions. I also worked in advertising when we lived in San Francisco, and freelanced as an art director, writer, and marketing creative. I have done a lot of graphic design and some photography for projects. I also write, working as a copywriter in the advertising world doing some journalistic and article writing and creative writing.

Over the years, besides painting, I have done sculpture, metal work, monotype (type of printmaking), photography, illustration, jewelry design and ceramics (to name a few).

My last tidbit is that I do some singing in garage 80s rock bands with a few performances. Aaron, my husband, has been involved as well. He is a highly trained musician who plays keyboard, guitar, some brass and pretty much anything you hand him.



Lizzie is front and center. Her husband Aaron is behind the keyboards. This is one of the bands she sang with named Wolfpack

OMS Association Meet Photos—Molalla, Oregon



Clockwise from top left:

- Jeannie Teisher announcing events
- Jeff Nason (CAT)
- Evan Edwards (CAT)
- Jim Teisher
- Megan Tosh, Maryanne Royle and Jeanna Summers (ORM)
- Ginger Pierson stopping to chat during her 200 fly (OCT)
- Karen Andrus-Hughes, Mark Pinger, Mike Self, Francie Haffner (SHC)
- Beth Martell, Jayette Pettit, Nikki Goebel (COMA)
- David Hathaway and Christine McClafferty (THB)
- Tim Waud and Aaron Hawkins (OCT)

Oregon Association Meet Photos (continued)



Left to right, starting at top left

- Gary Whitman—Data manager for OMS
- Christina Fox and Anicia Criscione (CAT)
- Jacki Allender-Meet official
- Debbie Laderoute from Oregon Swimming LSC and Oregon City

Swim Team

- Willard "Wink" Lamb: Oregon's famous 99-year-old swimmer
- Joy Ward (OCT)
- Bottom: Bob Bruce (center) with his brother John on the left and Jan Voeller on the right

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 Qualifying Featured	Sanctioned
Sun 17 July						1500-meter (Ass'n Champs)	Featured	
						3 x 500-meter Pursuit Relay	Participation	
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. . .

USMS Spring Nationals—SCY
COMA All-around Challenge—LCM

Looking Ahead. . .

Pool Schedule

Date	Course	Swim	Location
August 21: Sunday	SCY	State Senior Games	Corvallis
December 10; Saturday	LCM	All-around Meet	Bend

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

Open Water Schedule (see page 16)

Quote for the Month. . .

At the end of the day you will never be able to completely control the outcome, or what the competition does. But if you step up on the blocks knowing that you have done everything possible to make the most of your abilities, your swim will be a success whether you come in first or eighth.

—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.