

*"Swimming for Life"*

# Aqua Master

*Award-winning newsletter of Oregon Masters Swimming*

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## *The 2022 Roy Webster Cross Channel Swim*

*by Joe Oakes*

I must confess that, for several reasons, I was reluctant to do this swim. Here is what I mulled over while deciding whether to do the swim or not:

*The Voice whispering into my left ear said:* You know that you do not love getting up at five A.M. to drive in the dark to a swim that you have already done 19 times. And what about the possibility of getting infected with COVID because there will be hundreds of swimmers crammed cheek to jowl on the ferry as it crosses the Columbia River to the swim start? It's your birthday. Stay in bed! Relax, you deserve it.

*A different Voice whispered into my right ear:* Don't listen to that Voice. This is your annual *birthday swim*, your 88<sup>th</sup> birthday. How many more birthdays can you expect, Old Guy? You can swim in the pool every day, but an organized Columbia River swim does not come up that often. About that COVID thing: Everyone is required by race management to be vaccinated. You have had the vax twice and two boosters. And you can wear a mask even if no one else is interested in protecting themselves.

You two Voices: Just *shut up*. This is my decision. It is now two days to the swim start, and I will decide on my own terms. Thank you for your inputs. Now leave me alone.



Here is where I am at: I have done my preparation, put in sufficient yardage in the pool, and swam in the Columbia River every Saturday this summer. I know that I am ready for my 20<sup>th</sup> Roy Webster Cross Channel Swim. I have done the work and I deserve the reward. Should I do it? I can certainly wear a mask on the boat. That way I will not infect anyone, and I will most likely avoid getting COVID.

Then I heard from the wise and intelligent and loving Sylvia, my wife and advisor for so many years. Sylvia reminded me of the Japanese saying: *A man who has never climbed Mount Fuji is a fool. A man who climbs it twice is a bigger fool.* Then what, she wondered, about climbing Fuji or entering the same swimming event *twenty* times?

Sylvia always makes sense. I was still wavering when I got an email on September 5, the day before the event, from Kelsey Eliot with the company managing the event. I will quote Kelsey directly:

*"Tomorrow's forecast currently projects 5-10 mph sustained winds with gusts up to 16. There is a chance that the water will be too choppy to safely swim."*

continued on page 9

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# CONTENTS

## Regular Board Articles

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

## Articles & Announcements

- 6** Swimmer Spotlight
- 7** The Rest of the Story—Roy Webster Cross-Channel Swim
- 8** What a Swimmer Should Know About Electronic Timing
- 9** USMS Officials Excellence Award

## Event Schedule — Back Page

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# Chair's Corner

**Tim Waud**  
OMS Board Chairman



Greetings fellow swimmers,

I hope you all had a fun and relaxing summer. There is nothing like hanging out in a nice cool pool or swimming in natural water somewhere nice. As we move into Fall, Oregon Masters has some exciting events to announce.

OMS Board members will be attending the 2022 U. S. Masters Swimming Annual Meeting September 16-18, in Denver, Colorado. We are excited to announce our new Delegate, Arlene Delmage, who will be joining Bob Bruce-Long Distance Committee, Christina Fox-Rules Committee, Sandi Rousseau-Championship Committee, and Tim Waud-Coaches Committee.

The U. S. Masters Swimming Coaches Committee and National Office will be hosting the 2022 National Coaches Clinic in Las Vegas, Nevada from October 7-9, 2022. The Clinic will be held at the Renaissance Las Vegas Hotel and the University of Las Vegas Natatorium. Guest speakers include Dr. Genadijus Sokolovas, Cyndi Gallagher, Ambrose "Rowdy" Gaines, and Dean Hutchinson.

The OMS Board will be having our annual Retreat on Sunday, October 23. Committee Chairs will come together to discuss upcoming events, the 2023 budget, and election of Officers. If you are interested in serving on the OMS Board, please contact Tim Waud-OMS Chair: [timpwaud@gmail.com](mailto:timpwaud@gmail.com).

Oregon Masters Swimming is excited to announce several upcoming events to serve our membership. Columbia Gorge Masters will be hosting a one-day short course meters competition on Saturday, November 12, at the Hood River Aquatic Center in Hood River, and Central Oregon Masters Aquatics will be hosting their annual short course meter COMA All-Around Challenge meet on Saturday, December 10, 2022.

The Oregon Club has two new representatives for the 2022-2023 swim season. Dr. Scot Sullivan and Dr. Tom Phipps will be joining Dr. Pat Allender as the Oregon Club Board of Directors. Many thanks to Nancy Vincent and Toni Hecksel who will be stepping down as Oregon Club representatives and thank you to Scot and Tom for volunteering to represent the Oregon Club at USMS National Championships.

Sadly, our Aqua Master Editor, Alice Zabudsky, will be retiring from the OMS Newsletter at the end of this year. Alice became the newsletter editor in 2009 and has worked tirelessly to keep us all informed on the latest results, swimmer stories, featured articles, editorials, and much, much more. Thank you, Alice for your commitment to Masters swimming. Your efforts are greatly appreciated. Bonnie Edwards has agreed to become our new Editor after a smooth transition with Alice. Thank you, Bonnie.

## **Save the Date(s):**

Oregon Masters Swimming Association Championship-  
May 19-21, 2023, Bend, Oregon.

Central Oregon Masters Aquatics will be hosting our annual OMS Short Course Yard Championship May 19-21, 2023, in Bend, Oregon. This two-and-a-half-day event will also feature our Annual OMS Awards Banquet on Saturday evening. Come join us in Bend for this fun event, with a great host.

Oregon SwimCation II-This event features three U. S. Masters Swimming Open Water National Championships beginning with the Ultra-marathon 17K Portland Bridge Swim on July 9, the Two-mile Cable Swim at Foster Lake on July 13, and the Marathon 10K Applegate Lake Swim on July 15, 2023.

continued on page 10

# *Fitness*

**Coach Colette Crabbe**  
*OMS Fitness Chair*



## *September is the Best Time to Start Anew*

Although this is not officially a new year, September is, for most of us, the best time to start anew. Kids are back in school, crazy summer schedules and activities are over, the weather is still good. September means change, it is the time to get used to the new schedule, plan the year and make sure you set aside some time for YOU, to take care of yourself and your own wellbeing. You will be a better and less-stressed parent, partner, and person from it.

If you have chosen swimming as your enjoyable sport, it is the time to start before it gets dark and cold. You need to establish an enjoyable consistent swimming schedule before winter arrives and the busy holiday season hits.

If you are new at it, or it has been a very long time since you have seen a pool, **commitment, consistency, and technique are the keys**. First, **COMMITMENT**: you need to commit to it. Just getting to the pool and getting in the water is the first and hardest step. Maybe joining your local pool and buying a 10 or 20 visits punch card might do the trick. If available, joining a master swim team will also help you. Next is **CONSISTENCY**: you need to have it on your schedule and stick to it, especially as you start, since it will not be an enjoyable habit before a few weeks (usually at least 8 to 12 weeks). During that time, set small achievable goals and assess and celebrate

those improvements. Keep it fun, do it with a friend. It is the time to be consistent, but keep it real and achievable. It is not the time to be the overachiever. Last is **TECHNIQUE**: learning the proper technique and a good feel for the water is the best way to enjoy it, avoid injuries and see quick and tremendous improvements thru efficiency. Oregon Master Swimming is organizing a swim clinic in Hood River on October 30, 2022. Think about attending.

If you are a swimmer and have already established that enjoyable swimming routine, it might be the time to spice it up a little bit. You might be the perfect candidate to join a team and benefit from the support of teammates and a coach. You may also attend a clinic and/or take some swim lessons to improve your technique. Even the best swimmers will benefit from working on technical aspects of their strokes: their underwater streamline, their starts and turns, their kick, learning some dryland exercises. **Spice up your routine too**. How often do you work on your worst stroke? If you are a long-distance swimmer, how often do you do a speed workout? If you are a sprinter, how often do you do a long freestyle set? Maybe it is time to register for one of the postal swims!!! If you are not a kicker, how often do you do a kick workout or set? Keep it fun, but do not be afraid to get out of your comfort zone from time to time. You will be proud of yourself, and feel like you have achieved and conquered a new challenge.

# Coaches Chair

**Coach Kevin Cleary**  
OMS Coaches Chair



## Breaststroke Hacks!

Breaststroke is a funny stroke. To some, it comes naturally. Others struggle with it.

Once learned, however, one of the biggest misconceptions is that breaststroke is easy. I can't count how many times I've told squads that a practice will be breaststroke oriented, and everyone either breathes a sigh of relief or cheers. This typically happens early on in a season, and with athletes I haven't worked with before.

In my opinion (key word being OPINION), out of the four competitive strokes, breaststroke is the easiest stroke to swim easy. When executed with proper timing and streamline, it is indeed very relaxing and energy efficient.

...but what happens when you want to go fast?

Once an athlete begins to truly understand what is required to be competitive in breaststroke, they typically change their tune. Just ask anyone how excruciating that third leg of a 400 IM can be, or the mental fortitude required to finish a 200-breast strongly.

The biggest key to great breaststroke is PATIENCE. Unlike free or back, you can't just jack up your tempo and spin your arms like crazy to increase speed. You'll end up going nowhere, and exhausted and out of breath to boot. Power and quickness is an absolute must, but even more important is control. I often quote Master Yoda to athletes that just want to go fast at the expense of technique: "Control, control, you must learn CONTROL!!!"

So, what are some aspects of a "patient" and "controlled" breaststroke? For one, you MUST follow through with your kick before executing the next stroke. That is, the feet must

snap together, legs fully extended, followed by a glide of race-appropriate length. For example, you will glide longer during a 200-breast than you would for a 50. You're sacrificing some speed for endurance and efficiency, no different than any of the other strokes.

Another critical aspect of breaststroke is a quick breath. One of the hallmarks of a great breastroker is the ability to take a breath and get that head back into the water (i.e. get the body back into streamline) as quickly and efficiently as possible. Whether you're swimming a 50, 100, or 200 or the breaststroke leg of an IM event doesn't matter; the longer you spend with your head up, the less efficient your stroke becomes. Momentum is critical for efficient breaststroke, and if you're having to spend excessive time with your head up, your speed and efficiency will suffer. This means exhaling BEFORE your airway leaves the water - it's no different than free or fly. You don't want your face hanging out any longer than is absolutely necessary.

Finally, as with any stroke, you must constantly be moving FORWARD. If your tempo is too high, and especially if you're not following through with your kick, your progress through the water will be slow and clunky. Conversely, if your tempo is too low (i.e. you're gliding too long), you're going to slow down, sometimes to the point of coming to a screeching halt. One of my favorite ways to train proper tempo and efficiency is to set two parameters for yourself when practicing breaststroke: put a limit on the number of strokes you take per length, as well as set a goal pace. For example, you might be doing a set of 50s breast, and you want to go no higher than 6 strokes per length, but no slower than 45 seconds each 50. In reality, the number of strokes and pace will depend on whether you're sprinting or training for a longer race. As you proceed through the set, holding both should become more difficult. If you reach a point where holding either one is not possible, the set is finished.

continued on page 11

# Swimmer Spotlight

—submitted by Karen Andrus-Hughes

**Name:** Kevin Doherty  
**Age:** 49  
**Occupation:** Kaiser Permanente, Human Resources  
**Team:** Oregon Reign Masters

Hi. I'm Kevin. I just moved to Portland from Denver! I came here for a job with Kaiser Permanente. I'm an HR consultant, and have been with the company for 14 years. I train classes, and mediate between unions and the company.

What's more interesting is the Northwest! I've been trying to get out here for decades. I interviewed for a job here 15 years ago! I finally made it and couldn't be more pleased. I LOVE all the green, the water and gorgeous nature all around. I've been coming to the NW for vacations for the past 20 years, so it now feels like I'm on a permanent vacation.

I was born in Michigan, but grew up in Alabama. I started swimming lessons at my local pool, and that led to joining the summer swim team. I wasn't good, but I loved the correlation between hard work and success. I worked hard and got better. That led to joining a club team, Decatur Swim Association (DSA). My coach, Barb Belyea, coached me, believed in me and pushed me to improve.

My parents divorced when I was 14. My beautiful mother and I moved to Huntsville, Alabama, and I joined Huntsville Swim Association (HSA). Head Coach, Brooke Pate, coached me to Top-10 age group performances. I went on to make Junior Nationals and Senior Nationals swimming under Brooke and HSA.

I got a scholarship to the University of Tennessee, and swam under John Trembly. I was a distance swimmer. I swam at UT for 3 years, but eventually burned out from all the training, and was starting to find other interests. However, it was at Tennessee that I discovered I also loved doing Triathlons. I did a few races and did well. But, at that point, I was pretty burnt out so I "retired" from swimming.

I moved to Colorado in 1995 for graduate school. I studied hard, but swam little. So, I got fat and out of shape. I joined a Master's team to lose weight and to get fit. I joined Foothills Master's Swim team under coach Terry Heggy. It was there that I was reminded of my love for swimming.



Kevin Doherty

I met a few triathletes who encouraged me to get back into triathlons. I borrowed bikes, did a few tri's and was successful. I made the decision to pursue triathlon, since it had just become an Olympic Sport, and I had another shot at making the Olympic Team. I quit my job and moved to Australia to train with a squad of professional triathletes.

I returned from Australia tanned and with Platinum hair. I applied for the Resident Team in triathlon at the Olympic Training Center in Colorado Springs, CO and Chula Vista, CA and was accepted. I went professional, and then trained and raced for years as a pro triathlete.

Once I realized I wasn't going to make the Olympic Team, I retired from triathlon. I moved back to Denver and started my professional career. Again, I got fat and out of shape.

It was in my 30s that a friend encouraged me to get back into swimming, so I started training on my own and entered the Colorado State Masters Championship. I did well and got bit by the competition bug. Over the next decade, I competed in many National Masters Championships. I picked up a few Colorado records and a few All-American awards along the way.

In the last few years, I learned how important swimming

continued on page 11

# The Rest of the Story—Roy Webster Cross-Channel Swim

by Diane Peterson

Monday, September 5. This swim event was canceled for 4 of the past 6 years. Due to smoke from the Eagle Creek fire in 2017; rough water in 2018; and then Covid restrictions in 2020 and 2021. It was nice to finally have it back! It is not a long swim (only about a mile or so), and not a timed race, but a fun event. It's a bit of an adventure to swim across the Columbia River, especially if you've never done it before. I recruited 3 first-timers to join me this year, all experienced open water swimmers.

This was the second year they swam from the Stevenson, WA, area to Cascade Locks. 2019 was the first year, and conditions were perfect – sunny with calm winds. This year was also sunny, but the winds were not so calm. Still, it didn't look too bad on the Oregon side, so, after a bit of delay, presumably for the Sheriff to check the water conditions, the stern wheeler left the shore and headed to the Washington side of the Columbia. Once anchored there, we waited some more – it was obviously much windier and rougher! There were definite whitecaps, so we waited for them to tell us the event would be canceled again.

They announced that the oldest swimmer was 88, the youngest 14, there were only 323 participants (the event is capped at 500), and the water temperature was 71°. Finally, they announced that the Sheriff had decided to allow everyone who wanted to, could make the swim. If people did not want to swim, they could ride back to Cascade Locks. My 3 friends and I all chose to swim. I'm not sure if anyone stayed on board or if anyone started the swim, but then could not finish and was picked up by a support boat.

This was the roughest open water conditions I have ever swum in, except for swimming in the ocean. The waves were 1 – 2' high! This made swimming freestyle very difficult. Breathing to either side usually resulted in inhaling water. I have never done heads-up breaststroke for such a long distance! I tried backstroke several times – mostly to "rest" from the breaststroke – but waves would then crash over my head and into my nose & mouth. Finally, maybe 500 – 600 yards from shore, the waves were smaller, and freestyle became much easier.

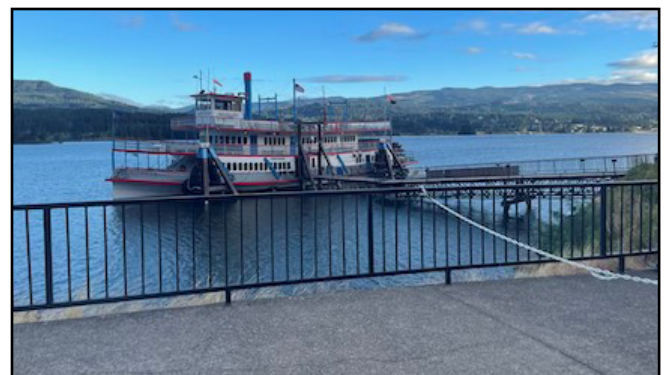
My friends and I are all happy that we finished. It was the first Roy Webster swim for all of them, and I am not sure how many I've done – at least 5, maybe a couple more. My friends

are not sure they'll do it again. But next year will be the 80<sup>th</sup> swim, so I'm hoping for a big celebration – as well as calmer waters.

*Route of swim--The map of my route, from my Garmin watch. Total distance was 1956 yards and it took me 40 minutes due to the rough conditions*



*Looking across from the finish to the start, but the sternwheeler is further to the right, out of the photo*



*The sternwheeler - the windsock and flag are indicative of the wind on the OR side. that transports swimmers to the WA side.*

# What a Swimmer Should Know About Electronic Timing

Timing 101

by Pat Allender

Chances are good that the following has happened to you. You swim your perfect 100 IM, nail your start and all the turns, finish the race, just touching out your biggest rival, then you look up at the scoreboard to see your time, and...it's not there. Even worse, your rival has the 1st place lit up next to their name. What happened?

The goal of this article is to explain electronic timing to a swimmer, and what you should know about how it works. Now I'm not an electrical engineer, so a technical description is beyond the scope of this discussion, but I have run the electronic timing equipment at various swim meets for nearly 27 years. I'm going to describe the process of timing, so you can feel confident that you will have an accurate time when the example above happens to you.

## Automatic Timing

There are 3 levels of timing systems: primary, secondary, and tertiary. If you are at a meet with touchpads, automatic timing is the primary system. This means that the clock starts automatically for all lanes when the starting horn sounds, and finishes automatically for each individual lane when the swimmer hits the touchpad.

What can go wrong? Basically 2 things can go wrong, the start or the finish.

Occasionally, the clock fails to start automatically. The operator will usually identify this problem right away, and start the clock manually, however, the running time will be inaccurate. Fortunately, there is a procedure to correct the times using watch times provided by the timer. Timing operators are trained to turn the scoreboard off (the clock keeps running in the background) when this happens, so that you don't think you set a world record, only to find out you were really 10 seconds slower.

This won't happen at most meets. It's usually caused by something being connected incorrectly, or a plug being cor-

roded. It's why we do a test start at the beginning of the meet. However, equipment can fail, and connections can become disconnected. We will typically need to stop the meet to get things working again when this happens.

The far more common problem is that the touch pad fails to stop the clock in one or more lanes. Sometimes the touch pads go bad and need to be replaced. Sometimes touchpads need to be "rested" if they have been used heavily. We frequently put the touchpads in the pool after warmup to cut down on the wear and tear on this electronic equipment.

Even more common is that the swimmer doesn't hit the touchpad with enough force, or touch it in the right place! This was the problem in my hypothetical swim at the start of this article. The top horizontal surface of the touchpad where it goes over the gutter is not the active surface. They are made this way so that a timer approaching the finish can't trigger a touch by stepping on the touchpad in a gutterless pool. As a swimmer, you should know that if you grab the gutter at the finish of the race, the touchpad won't register your touch. You must hit the flat vertical surface of the touchpad for it to work properly! Aim for the center of the pad if you can, and hit it firmly. If you race a lot and racing is important to you, you might want to practice finishing all your repeats by swimming all the way in to the wall, and by touching the wall below the gutter. What you do in practice is what you will do in a meet, so practice your finishes.

This brings me to the next subject...

## Semiautomatic Timing

Semiautomatic timing (usually the secondary timing system), means that the clock starts automatically for all lanes when the starting horn sounds, and the clock stops manually in each lane when the timer triggers the finish (or pushes the button connected to the timing system). You might be thinking that this method isn't as accurate as the automatic method, and you are correct. The button times are considered accurate if they are within **~0.3 seconds** of the touchpad. When you think about Michael Phelps winning Olympic gold by **0.01 seconds**, you breathe a sigh of relief that the touchpads worked properly.

I hope I am convincing you to practice finishing and hit the touchpads on the vertical surface, so that your time will be accurate!

continued on page 11



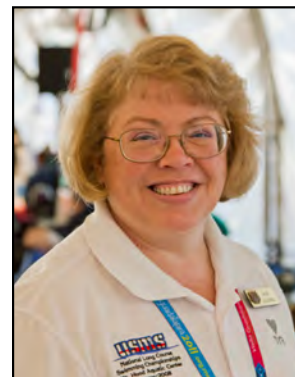
# Breaking News

9/15/2022

## USMS Officials Excellence Award

by Teri White

My name is Teri White and on behalf of the Officials Committee, I am here to present the 2022 Officials Excellence Award, given to an individual who has made outstanding and significant contributions over years of officiating service to Masters pool competitions at all levels. Our recipient is Jacki Allender, a very, very familiar name and face to USMS athletes (who are) competing at our National Championship meets over the past 20 years. Jacki has served as the meet referee, our highest position, 7 times. Additionally, she has worked at 4 World and Pan-American championships. Jacki started officiating in LMSC meets in 1997, with her husband Pat competing. And 25 years later, she is still an incredible asset to us. It is an honor to present our award to my good officiating friend and inspirational individual, Jacki Allender.



Jacki Allender



### ROY WEBSTER CROSS-CHANNEL SWIM (BY JOE OAKES)

continued from page 1

She added that she would send out an email at 6 AM the morning of the swim. That wouldn't do me much good, because by 6 AM I would be well on my way to the start at Cascade Locks, and so would many of the swimmers who were not local.

Bottom line: It looked like there was a strong chance that the swim would be called off because of wind and chop. I am aware that it happened before, when the swim was still held where it belonged in Hood River (before it was relocated to Cascade Locks.) As a swim director with three decades of experience, I understand the need for safety, and it is quite likely that many of the swimmers may not be ready for a choppy swim. People have lost their lives swimming in conditions beyond their ability.

After swimming for many years in the currents of San Francisco Bay, the Pacific and Atlantic Oceans, I personally have no problem with chop. I do have a problem with driving to a swim only to have it cancelled. Decision made: I am going to stay in bed on Labor Day. No regrets.

When the Dodgers were still in Brooklyn, being beaten regularly by the Yankees, the word in Brooklyn was always

"Wait 'til next year." I can wait. The Roy Webster swim has been around for a very long time. It will still be here next year. So, hopefully, will I.

There are times when acting in a mature, sensible manner aches a little. But there are benefits to be reaped.

POSTSCRIPT: I spoke to my friend Nicole a couple of days after her Roy Webster swim. She told me that the swim was almost cancelled by the Sherriff because of rough water. At the last minute, aboard the ferry, all the swimmers were given the choice to opt out of swimming because of the swells. Some chose not to swim and stayed on the ferry. (One observer said that there were waves a foot high.) Late in the swim, Nicole said, things calmed down somewhat.

Those conditions made it very difficult for many of the swimmers. In the past Nicole has done the Roy Webster swim in 25 minutes. This year it took her 40 minutes.

Still, perhaps a potential disaster was averted. And for the swimmers who succeeded under stressful conditions, I have a quote to ponder. I think that it was Friedrich Nietzsche who said, "What does not kill me makes me stronger."

For the "Rest of the Story" on the Roy Webster cross-channel swim, see page 7

## CHAIR'S CORNER

continued from page 3

### Coaches Level 3, Clinic Course for Coaches, Stroke Development Clinic, and Adult Learn-to-Swim

Oregon Masters Swimming will be hosting several educational clinics in Hood River, Oregon the weekend of October 29-30, 2022. United States Masters Swimming Level 3 Coach Certification, Clinic Course for Coaches, Stroke Development Clinic, and Adult Learn-to-Swim Instructor Certification Courses will be available. Oregon Masters coaches and athletes are encouraged to take advantage of this opportunity to be certified as a Level 3 Coach or an Adult Learn-to-Swim Instructor or participate in a Stroke Development Clinic. Scholarships are available for current Oregon Masters Swimming members and coaches.

#### USMS Level 3 Master Coach Certification

U.S. Masters Swimming is hosting a USMS Level 3 Masters coach certification course on Saturday, October 29, 2022, in Hood River, Oregon. You must have completed Levels 1 & 2 of the USMS Masters coach certification program and be a current USMS Member to participate in the course.

Saturday, October 29

Check-in: 11:00-11:30 AM

Classroom: 11:30 AM-3:00 PM

<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=93268>

#### Clinic Course for Coaches

The USMS Clinic Course for Coaches, offered by USMS Club and Coach Services, instructs the Masters coach or adult learn-to-swim instructor how to conceptualize, organize and deliver a stroke development clinic (SDC). The course consists of both a classroom and an on-deck component. The registration for the clinic course is limited to 12 coaches per class. More information about the USMS "How-to" Clinic Course for Coaches, including the course outline, can be found on the USMS website.

Saturday, October 29

Check-in: 3:15-3:30 PM

Classroom: 3:30-5:30 PM

<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=92973>

#### Stroke Development Clinic

USMS is sponsoring a USMS stroke development and

improvement clinic for swimmers of all abilities. All four strokes will be evaluated and corrected with the use of drills and coach instruction. Bill Brenner and local Masters coaches will be on hand to help you improve your technique and teach you drills that will enable you to continue to refine your stroke. Swimmers are not required to swim all strokes and may work on only those strokes they choose. All swimmers must be able to swim a minimum of 200 yards comfortably.

Sunday, October 30

Check-in: 7:30-8:00 AM

Clinic: 8:00 AM-12:30 PM

<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=92974>

#### ALTS Certification

More than a third of adults in the United States can't swim the length of a pool, according to the Centers for Disease Control and Prevention, which puts them at risk of being one of the 10 people who drown every day in this country. U.S. Masters Swimming's Adult Learn-to-Swim initiative is on the front lines to change this statistic. With education, outreach, and financial support, USMS is making more adults safer around water.

USMS's Adult Learn-to-Swim Instructor Certification Program trains and educates swim instructors in the methods and techniques that work best for adult learners.

Sunday, October 30

Check-in: 7:30-8:00 AM

Classroom: 8:00-3:30 PM

<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=92971>

Have a great Fall and we hope to see you on a pool deck soon.

Swimmingly,

Tim Waud/OMS Chair



## COACHES CHAIR)

continued from page 5

Remember, what happens in practice will happen in a race, and if you're always training to crash and burn, that will carry over to a meet. But with lots of safe and smart training over a period of time, your body will acclimate, and you can set new parameters for yourself.

(and here's a secret: this strategy works wonders for the other three strokes, as well!)

In any event, remember the old adage, "If it doesn't challenge you, it doesn't change you!"

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## SWIMMER SPOTLIGHT

continued from page 6

is to me. When pools were shut down and pool time was hard to find, I found time to swim. I swam in lakes, rivers, ponds, streams, flumes, oceans and hotel-sized pools. I even designed a swim belt and bungee cords to swim in place in small pools. I realized that I'm committed to the sport.

I rejoined a Masters training program when I moved to Portland in May of 2022. I joined the Oregon Reign Masters program under coach Dennis Baker. I'm currently 49 years young, so am trying to get back in racing shape for when I turn 50 and enter a new age group. I've met some wonderful people like Adam (Trexler) and Megan (Tosh) who welcomed me like family. Although I am in a new city, I feel like I am coming home.

When I'm not swimming, I'm working in my garden and my new home in NE Portland. My other passion is kiteboarding. So, when it's windy, I'm chasing the wind in the Columbia Gorge. This winter I hope to get my snowboard out of storage and hit the slopes. The NW is such a playground, and I can't wait to explore it all.

So, swimming has become less of a chore but more of a lifestyle! The Northwest is a perfect place to live out my lifestyle of swimming, kiting, and gardening! I'm so grateful to be here and excited to experience all that I can.

## TIMING 101

continued from page 8

So, if the touchpad fails, the timing judge will need to use the semiautomatic times. If we are lucky, we have 2 timers, and their button times usually fall within **0.15 seconds**, we can use the average of those 2 times to give you an official time. If there is only one timer, or one or both timers missed the finish, getting an accurate time becomes progressively harder, and brings me to the next subject...

### *Manual Timing*

Manual timing is the tertiary timing system, and is the watch times recorded by the timers. They both start and stop the watches manually, so inaccuracy is built into both the start and the finish. Ideally, the watch times aren't even used in determining the official time, because the touchpads worked, but in reality, they are needed regularly. Sometimes, the watch times are the official times, but more often they are used to verify an automatic or semiautomatic time. Watch times are also needed to calculate the times for an entire heat if the clock doesn't start automatically, as I mentioned when discussing the automatic timing system.

### *Conclusion*

I hope I have given you some basic understanding of electronic timing at swim meets. I hope I have convinced you to practice finishing your races by touching the wall, not the gutter. I hope you can also appreciate how very important the timers are. We really cannot run a swim meet without timers unless everything else is perfect, and it never is.

I recommend that you say hello to your timers and thank them for being there pushing buttons all day so you can have fun. It makes their job more enjoyable, and they will be less likely to make mistakes if they are engaged. You can also check to make sure you are in the right lane in the right heat.

If you have never timed at a swim meet, volunteer to do so. For some, it might seem intimidating, but it can also be fun. If your events don't allow you to time at a masters meet, go to a kids meet and time. They will also be appreciative and it is usually quite entertaining.

Maybe some of you will have more questions about how timing works. If you do, send me an email at [Patrick.Allender@gmail.com](mailto:Patrick.Allender@gmail.com).

# Summary

## New Records . . .

NONE

## Looking Ahead. . .

### Pool Schedule

<b>Date</b>	<b>Course</b>	<b>Swim</b>	<b>Location</b>
November 12; Saturday	SCM	Hood River SCM Meet	Hood River, OR
December 10; Saturday	SCM	COMA All-Around Challenge Meet	JSFC; Bend, OR

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

## Quote for the Month. . .

*"I want to test my maximum and see how much I can do."*

*—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).*