

Chairman & Editor

John F. Zell

4640 N.E. 36th Avenue
Portland, OR 97211-7618
(503) 282-9347

Vice Chairman

Pam Himstreet

14744 N.W. Bonneville Pl.
Beaverton, OR 97006
(503) 645-4051

Registrar

Dan Johnson

7655 S.W. Cedarcrest St.
Portland, OR 97223
(503) 244-8152

Secretary / HOST

Andy Schrag

(206) 254-9661

Treasurer

Roy Abramowitz

(503) 221-0336

Data Manager & Records

Earl Walter

(503) 738-3763

Membership

Judy Belford

(503) 229-7521

Fitness Committee

Roy Abramowitz

(503) 221-0336

*Aqua-Master is the official
publication of Oregon Masters
Swimming, Inc. (OMS)
It is the only source for meet
entries and results of OMS/
USMS sanctioned swim meets
in Oregon. See the last page for
membership and subscription
information.
OMS is a part of United States
Masters Swimming, Inc.*

CALENDAR & MEET SCHEDULE 1991 - 1992

*OCT 19, 1991	PORTLAND, OR	M.A.C. CLUB CENTENNIAL	S.C.Y. #3
*NOV 10	PORTLAND, OR	PARKROSE H.S.	S.C.Y. #4 400 I.M. + 1000 FREE
*NOV 17	POULSBORO, WA	N. KITSAP H.S.	S.C.Y. #1
DEC 8	ANACORTES, WA	ANACORTES COMMUNITY POOL	S.C.M. #2
DEC ??	POSSIBLE SHORT COURSE METERS MEET AND / OR PORTLAND, OR "TRI-M II" + FREE COLUMBIA POOL YOUR CHOICE OF: 100, 200, 400 I.M. or 100, 200, 500 FREE		
JAN ?, 1992	EUGENE, OR	ECHO HOLLOW POOL	S.C.Y. #2
JAN 19	KENT, WA	HAZEN POOL	KENT AREA DOLPHINS S.C.Y. #3
FEB 1 or 8	BEAVERTON, OR	TUALATIN HILLS PENTATHLON MEET	
MARCH 1 & 2	BEND, OR	JUNIPER AQUATIC CENTER	S.C.M. #4
MARCH 22	BANGOR, WA	BANGOR NAVAL BASE	S.C.Y. #4
APRIL 3, 4, & 5	ASHLAND, OR	OMS ASSOCIATION CHAMPIONSHIPS SOUTHERN OREGON STATE COLLEGE	S.C.Y. #1
APRIL 25-27	PORTLAND, OR	LEWIS & CLARK COLLEGE REGION 12	S.C. REGIONAL CHAMPIONSHIPS
MAY	TIGARD, OR	AGE GROUP INVITATIONAL W/ MASTERS	
MAY 14-17	1992 USMS SHORT COURSE NATIONAL CHAMPIONSHIPS UNIVERSITY OF N. CAROLINA CHAPEL HILL, N.C.		
JUNE 19	FEDERAL WAY, WA	GOODWILL GAMES POOL	L.C.M. #1
JUNE 25 to JULY 5, 1992	4th WORLD MASTERS SWIMMING CHAMPIONSHIPS UNIVERSITY OF INDIANA INDIANAPOLIS, INDIANA		
JUNE 27-28	GRESHAM, OR	MT. HOOD COMMUNITY COLLEGE 50M POOL TEAM O.M.S. LONG COURSE NATIONALS WARM-UP MEET	
JULY	PORTLAND, OR	M.A.C. CLUB	STATE GAMES OF OREGON

**** AUGUST 20-23, 1992**

**USMS 1992 LONG COURSE NATIONAL CHAMPIONSHIPS
FEDERAL WAY, WA GOODWILL GAMES POOL**

***MEET ENTRY FORM ENCLOSED IN THIS ISSUE**

**** TEAM O.M.S. -- TARGET MEET OF 1992 SEASON**

Z-Man says---

Greetings my friends. It's the month of September... that inbetween month for competitive swimmers everywhere. Long Course season is over and Short Course is just getting underway. Many pools around the state and nation are shut down for annual maintenance. For many swimmers it may be a time for a little break from training and the start of planning their next swim year. Yes, traditionally, September is the start of a whole new year for the swimming community. In the spirit of September being the start of our new year, we bring you this issue of Aqua-Master and invite you to begin to plan.

As you can see by the schedule page, the calendar of events for '91 / '92 is filling up fast. There are still a few dates in the Oregon schedule that need to be firmed up. By next month's issue we should have all of these questions answered and you can finish making your plans and setting some dates. One date in our schedule that I'm excited about is the meet in March at the Juniper Aquatic Center in Bend. Matt Mercer (Aquatics director) has started (revitalized) a Masters program and wants to put on a Short Course meters meet. I've swam in their pool on numerous occasions and this is an excellent facility. For those of you who ski as well as swim, this weekend will be a must. More info on the Bend swim and ski weekend as we get it.

September 18th thru 21st is the United States Aquatic Sports Convention in Louisville, Kentucky and OMS will be sending four representatives this year to the United States Masters Swimming portion of this event. Sandi Rousseau, Ginger Pierson, Roy Abramowitz, and yours truly, Z-Man, will be attending and representing Oregon. Ginger and myself will be Oregon's official delegates. Sandi has

applied and received a "delegate-at-large" status. "Big Roy" has received a new appointed position as "controller" for USMS and finds himself as a member of the Executive Board of USMS. Roy attended the convention last year and showed a real interest in becoming a member of the "Finance Committee." Well his wishes were answered in a big way when Dan Gruender, the President of USMS, called to ask if he'd like the job of "controller." Roy said yes and now we at OMS have at long last a real live member of the Executive Board of USMS. We are all very excited for Roy and we know he'll make us proud. More on Roy's new position next month along with an indepth report from Louisville.

In this month's issue you will find some very interesting and informative articles. We have two nutrition items and a very valuable article about how to increase your endurance. **Z-Man** says this endurance article is very very good and if I were you I'd take this out and put it in a place that would remind me to read it again and again. It's the kind of information that is the nuts and bolts of training that all swimmers should live by. The Aqua-Master will have more of these kind of informative articles in every issue, so stay tuned. Ol' Barn reviews L.C. Regionals and a L.C. meet at North Kitsap this last August and July. We also have a review and results from the Southern Oregon Lake swim held last July and we need to apologize for the delay in reporting on this swim. Who is Young Dr. R-MAN-ACLE anyway? Any guess?

Well that's all for now. Start planning your year and I sure hope your plans include swimming for OMS next August at Long Course Nationals. **We need your help in building our team.**

YES, I am interested in swimming for Team OMS on relay(s) at L. C. Nationals.

Name _____
Address _____
City _____
Phone _____
Age _____ (As of Aug. 23, 1992)

My current best time or estimated best is:
50 meter Free _____
50 meter Fly _____
50 meter Back _____
50 meter Breast _____

I am interested in swimming on the following type(s) of relay(s)
Freestyle _____ Mixed Freestyle _____ Medley _____ Mixed Medley _____

Return this form to: Team OMS Relays 4640 N.E. 36th Avenue Portland, OR 97211-7618

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

APPROVED by USMS, INC. and LMSC for OREGON ASSOCIATION

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1991 registration form and fee with this form. PLEASE NOTE: Swimmers less than 25 years of age are advised that they jeopardize their amateur standing under FINA rule GR1 if they compete in Masters.

MEET: M.A.C. CLUB CENTENNIAL MEET & INTERCLUB EXCHANGE SWIM COMPETITION

PLACE: MULTNOMAH ATHLETIC CLUB

DATE: SATURDAY OCTOBER 19, 1991

1849 S.W. SALMON STREET

PORTLAND, OREGON

WARM-UPS: 9:00 A.M.

6 LANE 25 YARD POOL ELECTRONIC TIMING

SEPARATE POOL FOR CONTINUOUS WARM-UP/DOWN

MEET STARTS: 10:00 A.M.

ENTRY DEADLINE : POSTMARKED NO LATER THAN OCTOBER 5th, 1991

FILL IN COMPLETELY-----RETURN THIS LOWER PORTION-----FILL IN COMPLETELY

NAME _____ 1991 USMS # _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
PHONE _____ BIRTHDATE _____ AGE _____ SEX _____
ASSOCIATION _____ TEAM _____ Age Groups: 19-24, 25-29, 30-34 etc up to 95+
Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a max of 5 individual events plus 4 relays.
Enter relays at the meet. The 500 Free will be deckseeded and all events will be seeded slow to fast.

SATURDAY OCTOBER 19, 1991 MAC CENTENNIAL

FREE RLY (1)	XXXXXXXXXXXXXX	100 FREE (14)	(CENTENNIAL ONLY)
200 FLY (2)	_____:	MED RLY (15)	XXXXXXXXXXXXXX
200 BACK (3)	_____:	BREAK	BREAK BREAK
50 BREAST (4)	_____:	100 FLY (16)	_____:
100 BREAST (5)	(CENTENNIAL ONLY)	50 BACK (17)	_____:
100 FREE (6)	_____:	100 BACK (18)	(CENTENNIAL ONLY)
MXD FR RLY (7)	XXXXXXXXXXXXXX	100 BREAST (19)	_____:
BREAK	BREAK BREAK	200 FREE (20)	_____:
200 I.M. (8)	_____:	100 I.M. (21)	_____:
50 FLY (9)	_____:	MXD MD RLY (22)	XXXXXXXXXXXXXX
100 FLY (10)	(CENTENNIAL ONLY)	MXD MD RLY (23)	(CENTENNIAL ONLY)
100 BACK (11)	_____:	BREAK	BREAK BREAK
200 BREAST (12)	_____:	500 FREE (24)	_____:
50 FREE (13)	_____:		

Events 5, 10, 14, 18, and 23 are for Club selected Centennial competitors only. These events are not sanctioned due to the possibility that nonregistered athletes may be participating.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters Swimming program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. PLEASE NOTE: Swimmers less than 25 years of age are advised that they jeopardize their amateur standing under FINA Rule GR1 if they compete in Masters Swimming.

SIGNATURE _____

DATE _____

MEET ENTRY FEE: \$7.00

SEND FORM(S) & FEE(S) PAYABLE TO:

OREGON MASTERS SWIMMING

P.O. BOX 8785

PORTLAND, OREGON 97207

7th ANNUAL SOUTHERN OREGON LAKE SWIM

By

YOUNG DR. R-MAN-ACLE
(or is that maniacal?)

Greetings from the 7th annual edition of the Southern Oregon Lake Swim. Because none of our regular Aqua-Master columnists were able to attend and compete in this fine event, it's up to me, Young Dr. R-Manacle, to report the happenings from the event. Again, our hosts, the Rogue Valley Masters did a splendid job of staging this great swim.

The Southern Oregon Lake Swim (S.O.L.S.) has become an annual tradition for many Master swimmers who enjoy competing in a low key event in a beautiful location. This year's S.O.L.S. was held at idyllic Willow Lake at the base of Mt. McLoughlin. A large group of swimmers began arriving Friday afternoon to set up camp and enjoy the serene surroundings. A brief evening rain shower did little to dampen spirits and helped to drive a roving band of square dancers back to their camp. Over fifty swimmers answered the starters call for the 1,500 and 3,000 meter swims. The lake temperature at race time was a comfortable 72 degrees. Some random thoughts on the race:

In what is becoming an annual event, Michael Johnson again was the overall winner in the 1,500 meter race with a time of 21:13. Michael thought the course was a little bit long; I think there are about 50 swimmers who agree with him! There are rumors that next year Michael will be required to wear a diver's weight belt as a handicap!

Janet Gettling of Tempe, Arizona was the women's winner in the 1,500 race and 5th overall in a very respectable 23:03. Janet travelled the greatest distance to compete.

Mary Yuse-Miller was the women's 3,000 meter winner and 4th overall in 50:45. Saturday morning was cool and overcast but was quickly warmed up by the HOT slalom skiing of Mary's husband Keith

Mike Reinhard, usually a sprinter, pulled out the wet suit and won the 3,000 in 43:08. Mike owes Michael Johnson, who he drafted off of for the first 1,500 meters! Mike & Jennie's new son Kyle, age 40 days, was the youngest spectator and attended his first swim meet.

New comer Kris Henning was impressive in his Oregon Masters debut, finishing 2nd overall in 21:54 in the 1,500. Rogue Valley Masters needs to get him into the pool.

Terry McCurdy, 61, was the oldest 1,500 finisher in 39:16 and Majorie Sharp, 74, was the oldest 3,000 meter finisher in 1:09:02. Wow and double wow!

Great head to head races in the male 30-34 between Michael Douglas and Mark Fairlee (22:20 vs 22:44), in the male 40-44 between Richard Smith and Greg Frownfelter (24:17 vs 24:24), and in the male 45-49 between Frank Phillips and Tucker Whitson (27:04 vs 27:08). Who said "What's a few seconds in a long race like this?"

Thanks to Dan Gray and Greg Frownfelter for the great organizing job. Also, thanks to Frank Phillips and Jo Columbine for manning the grills during the great post race barbecue. Anyone who has ever been to a Rogue Valley Masters event knows they put out quite a spread for all attendees.

Sunday's Rogue River float from Lost Creek Dam to Shady Cove was a blast for all who came.

As a result of a vote of participants, the race will be held again next year at Willow Lake on July 18th and should not interfere with the State Games as it did this year. Next year, we have reserved the private group campground so mark your calendars now and make a weekend of it.

**7th Annual Southern Oregon Lake Swim
Willow Lake, Oregon July 13th, 1991**

1500 METER SWIM

Division / Place	Overall Place	Name	Age	Sex	Time
Male 20-24					
1	2	KRIS HENNING	21	M	0:21:54
2	12	TAMIYA MASAKAZU	21	M	0:25:17
Male 25-29					
1	14	CHRIS DOW	25	M	0:26:43
2	22	CRAIG JACOBSON	27	M	0:27:40
Male& Female 30-34					
1	1	MICHAEL JOHNSON	31	M	0:21:13
2	3	MICHAEL DOUGLAS	33	M	0:22:20
3	4	MARK FAIRLER	33	M	0:22:44
4	7	ROSS LEHMAN	34	M	0:23:30
1	10	NAOMI STEINBERG	30	F	0:24:34
2	13	LAURA SCHOB	32	F	0:25:53
3	23	ERIN COKE	32	F	0:28:12
4	25	PAT ABEI	31	F	0:29:02
Male & Female 35-39					
1	6	CRAIG MATHER	39	M	0:23:20
2	28	CHRIS ROBINSON	39	M	0:29:30
1	17	SUE SMITH	38	F	0:27:02
2	24	DEBORAH BROWN	39	F	0:28:56
Male & Female 40-44					
1	8	RICHARD SMITH	42	M	0:24:17
2	9	GREG FROWNFELTER	42	M	0:24:24
3	11	TOM MEYERS	40	M	0:25:09
4	16	MICHEAL DUFFY	44	M	0:26:58
5	20	MARK HELLER	41	M	0:27:22
6	21	JAC NICKELS	43	M	0:27:37
7	27	RON JERSEY	42	M	0:29:15
1	5	JANET GETTLING	43	F	0:23:03
2	15	GERI MATHEWSON	42	F	0:26:54
3	33	ROBIN BARRETT	40	F	0:36:33
4	34	GAIL BUETTNER	40	F	0:38:25
5	37	DORCUS HERR	40	F	0:39:58
6	38	NANCY GISH	42	F	0:44:12
7	39	BARBARA ATHERTON	41	F	1:06:40
Male & Female 45-49					
1	18	FRANK PHILLIPS	48	M	0:27:04
2	19	TUCKER WHITSON	47	M	0:27:08
1	26	NANCY BROOKS	48	F	0:29:12
Female 50-54, Female 55-59 and Male 60-64					
1	35	JUDY McCURDY	52	F	0:39:15
1	32	BEVERLY L'ESPERANCE	59	F	0:36:13
1	36	TERRY McCURDY	61	M	0:39:16

3000 METER SWIM

1	11	MARTY JACOBS	25	M	1:08:45
1	1	MIKE REINHARD	32	M	0:43:08
1	4	MARY YUSE-MILLER	31	F	0:50:45
1	3	STEPHENS ADAMS	39	M	0:49:44
1	5	JUNE MATHER	38	F	0:51:28
1	6	JOHN DE JARNETT	41	M	0:55:05
2	7	WILL HERSHMAN	44	M	0:58:44
1	2	DAN GRAY	46	M	0:49:17
2	10	JIM SCOTT	46	M	1:03:25
1	12	MAJORIE SHARP	74	F	1:09:02

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANTIONED (92-A) by USMS, INC. and LMSC for OREGON ASSOCIATION

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1991 registration form and fee with this form. PLEASE NOTE: Swimmers less than 25 years of age are advised that they jeopardize their amateur standing under FINA rule GR1 if they compete in Masters.

MEET: PARKROSE SHORT COURSE MASTERS MEET

PLACE: PARKROSE HIGH SCHOOL
PORTLAND, OREGON

DATE: SUNDAY NOVEMBER 10, 1991

6 LANE 25 YARD POOL MANUAL TIMING
1 LANE FOR CONTINOUS WARM-UP/DOWN

WARM-UPS: 8:30 A.M.

HOST: PARKROSE SWIM TEAM

MEET STARTS: 9:30 A.M.

MEET DIRECTOR: Bert Peterson phone: 503-252-6081

Directions to Parkrose pool: N.E. 117th and Shaver. Travel on I-84 East to Gateway exit. Continue up Halsey to 122nd. Turn left (north) on 122nd and go to Shaver (approx. 2 miles). Turn left on Shaver and go to 117th.

ENTRY DEADLINE : POSTMARKED NO LATER THAN OCTOBER 26th, 1991

FILL IN COMPLETELY-----RETURN THIS LOWER PORTION-----FILL IN COMPLETELY

NAME _____ 1991 USMS # _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
PHONE _____ BIRTHDATE _____ AGE _____ SEX _____
ASSOCIATION _____ TEAM _____ Age Groups: 19-24, 25-29, 30-34 etc up to 95+
Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a max of 5 individual events plus 4 relays.
Enter relays at the meet. The 400 I.M. and 1000 Free will be deckseeded and all events will be seeded slow to fast.

PARKROSE NOVEMBER 10TH

400 I.M. (1) _____:_____:_____
BREAK BREAK BREAK
FREE RLY (2) XXXXXXXXXXXXXXXX
50 BREAST (3) _____:_____:_____
100 FLY (4) _____:_____:_____
200 FREE (5) _____:_____:_____
50 BACK (6) _____:_____:_____
100 I.M. (7) _____:_____:_____
MXD FR RLY (8) XXXXXXXXXXXXXXXX
BREAK BREAK BREAK
100 BREAST (9) _____:_____:_____
50 FLY (10) _____:_____:_____

100 FREE (11) _____:_____:_____
200 BACK (12) _____:_____:_____
MED RLY (13) XXXXXXXXXXXXXXXX
BREAK BREAK BREAK
200 BREAST (14) _____:_____:_____
200 FLY (15) _____:_____:_____
50 FREE (16) _____:_____:_____
100 BACK (17) _____:_____:_____
200 I.M. (18) _____:_____:_____
MXD MD RLY (19) XXXXXXXXXXXXXXXX
BREAK BREAK BREAK
1000 FREE (20) _____:_____:_____

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters Swimming program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. PLEASE NOTE: Swimmers less tyhan 25 years of age are advised that they jeopardize their amateur standing under FINA Rule GR1 if they compete in Masters Swimming.

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$7.00

SEND FORM(S) & FEE(S) PAYABLE TO:

OREGON MASTERS SWIMMING P.O. BOX 8785 PORTLAND, OREGON 97207

HOW TO INCREASE YOUR ENDURANCE

Most swimmers, experienced as well as novice, take a fairly simplistic view of endurance. If they can improve their time for a given extended distance swim (e.g. a mile) then they must have more endurance. Their approach to improving endurance is similar: swim that distance frequently, trying to gradually carve a few more seconds or minutes off their time. But building endurance is actually a rather complex activity that reflects improvement in 3 distinct physiological attributes-biomechanical efficiency, lactate threshold, and oxygen uptake:

Biomechanical efficiency is often overlooked as a way of improving endurance, but increasing your efficiency is the fastest and easiest way to gain endurance. The more economically you swim (the more effectively you create propulsion and the better you avoid the water's frontal resistance to your body's progress), the less oxygen your muscles will need to maintain a given pace. Energy not wasted on poor technique is, of course, available for faster swimming.

Anaerobic threshold is the swimming speed (specific to each individual) at which lactic acid begins to accumulate in the muscles and bloodstream. As you cross that threshold, lactate levels grow, you fatigue and are forced to slow down. In an untrained person lactic acid begins to accumulate at levels as low as 30% of VO2 Max. Training can raise the threshold to 80% of VO2 Max or higher.

Oxygen uptake (also known as VO2Max) is a measure of how much oxygen your body can extract from each breath and deliver to your muscles to create energy. The higher your VO2 Max, the more oxygen your muscles receive, the greater your endurance.

Training categories for increasing endurance

A comprehensive approach to endurance training combines three basic types of work: Low Intensity to improve organic endurance and efficiency. Medium Intensity to raise your anaerobic

threshold. High Intensity to improve your VO2 Max and your ability to maintain stroking efficiency at higher speeds. All three are important to the total picture.

Low Intensity or Aerobic Base training develops the cardio-vascular system and enhances the physical, chemical, and metabolic characteristics of working muscles. Concentrating on technique through drills and stroke counting greatly increases the value of aerobic base sets. These sets should be used in warmup to ready the body for hard work and at the end of workout to flush out lactic acid from muscles and bloodstream speeding recovery from hard work. They should also be used in taper to maintain conditioning while reducing hard work. Training methods include short rest repeats or overdistance sets of 500-1600 yards at moderate intensity (heart rate at about 65% of maximum).

Medium Intensity or Anaerobic Threshold training raises the threshold of speed and intensity at which lactate buildup occurs, allowing you to swim longer and faster without fatigue. Threshold training provides the greatest benefit in cardiovascular fitness from the least time investment and threshold sets are particularly effective as the primary training form for the low yardage swimmer. They also make an excellent transition vehicle from lap swimming to interval training.

Threshold sets consist of short rest (5 to 30 sec.) repeats of 50 to 400 yards, totaling 1000 yards or more, with a work:rest ratio of 4:1 or higher (15 seconds or less rest for every minute of work). The best results are achieved by selecting the fastest pace that can be maintained without fatiguing throughout the set (see below for guidelines on determining training paces.)

Some typical threshold sets:

- 1) 20-40 x 50 x 5-10 sec. rest
- 2) 10-20 x 100 x 10-20 sec. rest
- 3) 5-10 x 200 x 20-30 sec. rest
- 4) 3-5 x 400 x 30-60 sec. rest

High Intensity or Maximum Aerobic Capacity training improves delivery and use of fuel and oxygen to the muscles and delays fatigue at all swimming speeds. Compared to threshold training, VO2 Max sets are shorter sets with longer rest done at higher speeds. Moderate rest (work/rest ratio of 1:1 to 2:1) repeats of 50-200 yards in sets of 500-1200 yards would be typical. They are done in descending (each repeat slightly faster than the preceding with the final repeat at near maximum effort) or fartlek (alternating easy and fast) fashion.

Sample descending sets:

- 1) 2-3 sets of 3 x 200 on 30 sec -1:00 rest with an easy 200 between sets. Descend each set of 3 x 200 to near maximum.
- 2) 2-3 sets of 5 x 100 on 20-30 sec rest with an easy 100 between sets. Descend each set of 5 x 100 to near maximum.

Sample fartlek sets:

- 1) 10 x 100 on 20-30 sec. rest
odd 100s easy, even 100s fast
- 2) 2-3 sets alternating 4 x 50 fast on 30 seconds rest with 1 x 200 easy (or 4 x 50 easy & 1 x 200 fast)

How to determine appropriate training paces for each category

Every 4 to 6 weeks, swim a test set of 5 x 100, Swim each 100 at the fastest possible pace on a 1:1 work: rest ratio. In other words if your time for a 100 is 1:20, then you rest 1:20 before doing the next 100 for a total interval of 2:40. After swimming the set, average your times for the five 100s. Your average will become your target training pace for VO2Max sets. Add 6 seconds to your average and you'll have your threshold pace. Add an additional 5 seconds and you'll have your aerobic base pace. For example, if a swimmer averages 1:20 on the test set, his VO2Max pace would become 1:20, his threshold pace would be 1:26, and his aerobic base pace would be 1:31.

Reprinted from the Summer issue of Swim smartS. An 8-page quarterly publication for fitness and competitive swimmers. A 1-year subscription is \$19.95. Interested swimmers can order a sample copy or subscribe by writing: Total Immersion 381 Main St., Goshen NY 10924 or 1-914-294-3510

OP' BARN ... FEDERAL WAY... LCM REGIONALS

MANY THANKS TO THE FINE EFFORTS OF HUGH AND JANE MOORE, THE FEDERAL WAY MASTERS, AND GREAT OFFICIALS. WE HAD US A BARN BURNER WITH A WORLD RECORD, MANY REGIONAL RECORDS, AND SOME OMS BESTS.

PETEEY SMITH (65-69) WAS AFTER THE WORLD IN THE 200 FREE, SHE GOT IT !!! A SIZZLING 3:03.24 - IT APPEARS THAT WHEN THE GOING GETS TOUGH, PETEEY JUST GETS TOUGHER - A BRIGHT AND SHINY NEW WORLD RECORD !!!

ZENA HERRMANN (30-34) PNA 3 REGIONAL RECORDS; 800 M FREE 10:02.60 (3), 100 M BACK - 1:11.81 (1), 200 M BACK - 2:30.70 (1), 200M IM - 2:35.77 (1). AN AWESOME PERFORMANCE. FOLKS THAT'S 3 #1's IN ONE MEET !!!

GRACIE GODDARD AND TAMI BENNETT (PNA) WENT AT IT IN THE 30-34 - FOR THE 50 FLY, TAMI HAD A :30.90, GRACIE A :31.21 # 2 & 4, IN THE 100 - TAMI A 1:07.74, GRACIE A 1:10.08, # 1 & 2 FOLKS - TAMIE WOUND UP WITH REGIONAL BESTS, GODDARD WITH OMS BESTS. GRACIE ALSO HAD A REGIONAL IN THE 50 FREE - :28.02 FOR A # 1, OMS BEST IN THE 50 BACK AT :35.86 (5).

ANDREE DEVINE (30-34) A GREAT 400 IM (6:04.96) FOR AN OMS BEST, AND A # 10.

CATHY CHAY (35-39) PNA - **OB'S PICK FOR SWIMMER OF THE MEET** - 5 REGIONAL RECORDS, 400 FREE - 5:05.14 (3), 800 FREE - 10:27.53 (4), 1500 FREE - 20:36.03 (2), 200 IM - 2:49.25 (8), AND THE 400 IM - 5:54.70 (3) JUST AN OUTSTANDING WEEDEND FOR CATHY.

SUE DILLS (45-49) PNA - REGIONAL BEST - 800 FREE - 11:57.03 (3)

GINGER PIERSON (45-49) - REGIONALS FOR THE 100 BRST 1:27.69 (2), 100 FLY 1:25.33 (5), 200 IM - 3:02.43 (4).

PAM HIMSTREET (45-49) FACED DOWN THE THREAT OF NANCY BROOKS IN THE 200 BRST WITH A FINE 3:39.69 (5), AFTER A CLOSE BATTLE FOR THE SILVER IN THE 100, PAM AT 1:41.27, NANCY AT 1:41.48

BEVERLY L'ESPERANCE - THIS GAL HAS REALLY HAD A TOUGH TIME, SHE IS BACK, LOOKING JUST GREAT, PICKING UP SOME GOLD AND SILVER.

JOYCE BAHLER (60-64) TIED HER REGIONAL 50 BRST AT :52.56 (7), THEN CAPPED IT WITH A FINE 400 IM IN 8:17.32 (6) FOR AN OMS BEST.

MAGGIE WELLS (65-69) LIKES HER NEW AGE GROUP, OMS RECORD IN THE 200 BACK AT 4:30.08.

MURIEL FLYNN (65-69) PNA, NEW REGIONAL RECORD IN THE 100 BRST - 2:04.53 (7).

MAXINE CARLSON (70-74) MAX IS ONE OF THE ORIGINALS IN MASTERS SWIMMING IN THE NORTHWEST! SHE HUNG UP A NEW REGIONAL IN THE 50 FLY AT 1:21.10.

PAT MATTHIESEN (75-79) PNA - PAT HAS ESTABLISHED HERSELF AS A REAL FORCE WITH REGIONAL RECORDS EVERY TIME SHE TAKES A PLUNGE- 200 BACK - 5:02.25 (2), 200 BRST - 5:56.38 (2), 50 FLY - 1:14.60 (3), AND THE 100 FLY - 2:51.08 (3).

EVELYN MCKEON (75-79) POSTED REGIONAL BESTS FOR THE 50 FREE :52.03(3) AND THE 200 FREE 4:33.47(4).

HELENA HOFFMAN (75-79) SWAM TO A REGIONAL RECORD IN THE 200 FLY- 7:36.04 (4) AND AN OMS BEST IN THE 50 FLY - 1:39.64 (5) CIRCA 1980 !!!

I'LL STACK OUR 75-79 LADIES FROM REGION XII AGAINST THE WORLD !!!

JOHN ZELL (30-34) AT 34, TOP OF HIS AGE GROUP, WORKING HARD, Z-MAN GETS A PAIR OF LIFE-TIME PERSONAL BESTS IN THE 100M BACK AT 1:10.06, AND IN THE 200M BACK - A 2:31.41 FOR # 8 FOLKS!!!

GARY HAFFER (40-44) PNA (ERSTWHILE OMS) TIED THE REGIONAL IN THE 50 BACK AT :31.40 (5), & BROKE THE 100 WITH A 1:09.87 (5).

ALLEN STARK (40-44) NEW REGIONAL BEST IN THE 50 BRST - :33.67 (3)

ED CAZALET (45-49) OUT OF LOS ALTOS, FORGOT TO ENTER LCM NATIONALS, SWAM SOME SUPER RACES - 400 FREE - 4:45.60, PLUS FINE 50, 100 AND 200.

RICHARD BOYD (45-49) A REGIONAL RECORD IN THE 800 FREE AT 9:58.64 (2) THIS IS **19 SECONDS** UNDER HIS PREVIOUS BEST!! DICK ALSO HAD A # 1 TIME IN 1500 AT 19:10.04.

JOE SANTRY (50-54) COMING BACK AND WORKING HARD WITH A GOOD 1:14.76 - 100 FREE.

CLARK AUSTEN (60-64) PICKED OFF 5 GOLDS FOR "CRAWLING", CLARK AND HIS WIFE BETSY, BOTH OF MAC, ARE SHOWING WHAT HARD WORK WILL DO, PR'S ALL THE TIME.

GIL YOUNG (65-69) SPUN A # 10 TIME IN THE 1500 - 27:40.43 (69 GOING 70).

OL' BARN -- L.C. REGIONALS CONTINUED

TOM TAYLOR (60-64) PNA, REGIONAL RECORDS - 800 FREE 12:17-98 (3), 100 BRST - 1:33.54 (7), 200 BRST - 3:24.85 (3).

GERALD HUESTIS (70-74) 2 REGIONALS ; 50 BACK - :41.21 (1), 200 BACK - 3:31.58 (2), ALMOST IN THE 200 FREE - 2:59.36 (ODMAN HOLDS AT 2:59.30).

BOB MORRISON (70-74) REGIONALS FOR THE 50 BRST 43.45 (3) AND 100 BRST AT 1:44.31 (5)

OL' BARN WAS ECSTATIC WITH A :41.07 FOR THE 50 BACK IN THE RELAY, # 1 1990, JOHN DILLEY WILL BE THERE IN 1991. ALSO 3:33.20 IN THE 200, # 2 IN 1990, DILLEY WILL MAKE HUESTIS AND OB MAYBE 3 & 4 IN 1991. THANKS TO THE EFFORTS OF HUGH MOORE, OB'S 50 BACK WILL BE ELIGIBLE FOR TOP TEN WORLD. AT 70-74 THE WORLD SHOULD BE A NICER, SLOWER, QUIETER PLACE !!!

GENE CROSSET (75-79) RECOVERING FROM SURGERY, SWAM TO A NEW REGIONAL IN THE 800 FREE, IN 16:42.51 (5). GENE SWIMS FOR PNA.

RELAYS

MENS 200 FREE - 280 + REGIONAL RECORD - 2:21.22 (MAYBE # 1) (HUESTIS, WALTER, YOUNG, HOLDEN)

MENS 200 MEDLEY - 280+ REGIONAL RECORD 2:37.22 (MAYBE # 1) (WALTER, MORRISON, HOLDEN, HUESTIS) WORLD RECORD STANDS AT 2:36.93, CLOSE, BUT NO CIGAR !!!

WE DO NOT HAVE LCM NATIONALS RESULTS, UNDERSTAND THAT WE WERE REPRESENTED AND REPRESENTED WELL ...

OL' BARN... KITSAP '91 .. LONG COURSE MEET

JULY 28, 1991 THIS IS ONE OF THE FINEST POOLS IN THE NORTHWEST...BOBBY GALLEGOS, PAST CHAIR OF PNA ALWAYS PUTS ON A FINE MEET ... NUMBERS WERE LOW BUT THE SWIMS WERE QUALITY ALL THE WAY, TO WIT ...

PAT MATTHIESEN (75-79) PNA OUTSTANDING WITH 4 REGIONAL RECORDS - 100 M BACK 2:29.82 (4), 50 M BRST - 1:11.16 (2), 100 M BRST - 2:45.90 (3), 200 M IM - 5:26.92 (2).

HELENA HOFFMAN (75-79) REGIONAL IN THE 200 M BRST - 7:02-69 (6) AND AN OMS BEST IN THE 100 M BRST - 3:26-34 (6) PLUS THE 100 M FLY - 3:59.08 (4).

TOM TAYLOR (60-64) PNA - REGIONAL RECORDS FOR THE 100 M BRST -1:34.88 (10) AND THE 200 M BRST - 3:28.18 (3) THIS ONE GOES BACK TO 1981.

EARL WALTER (70-74) REGIONAL IN THE 200 BACK - 3:34.95 (2) FROM 1979, OMS RECORDS IN THE 50 M BACK - 42.60 (6) AND 100 M BACK - 1:38.64 (6), THESE WERE ALSO CIRCA 1979 (HERB E.).

ANDREW HOLDEN (70-74) OMS RECORD IN THE 50 FLY - 37.43 (1) YES # 1 !!!

RELAYS : PNA'S FINE TEAM OF - MARION CHADWICK, JANET KAVAVAS, MURIEL FLYNN, AND CAROLYN BALDWIN, SET A NEW REGIONAL RECORD FOR THE WOMEN'S 400 M FREE, WITH A FINE TIME OF 7:48.78, COULD HOLD UP FOR A # 3 IN THE 240 + AGE GROUP.

PAM HIMSTREET (45-49) WAS RIGHT ON TOP OF THINGS WITH 3 OF 4 SWIMS FOR TOP TEN TIMES.. 400 M FREE - 6:32.81 (8), 50 M BRST - :47.11 (7), AND THE 200M BRST 3:39.42 (4).

OB NOTE : MANY OF US ARE UNAWARE OF THE SUPERIOR JOB PAN HIMSTREET IS DOING FOR ALL OF US AS OUR VICE CHAIR - PLEASE NOTE THE FINE SCHEDULE OF MEETS ALREADY PUT TOGETHER FOR THE COMING YEAR ... CONNIE WILSON WOULD SAY - WELL DONE !!!

OB NOTE: FOR THE RECORD...DARELD ARTMAN...FOR WHOM THE ARTMAN CRUNCH IS NAMED IS STILL THE RECORD HOLDER FROM 7/21/85 - 19-24 - REGIONAL - 50 M FREE :25.88, 100 M FREE - :57.83, THOSE ARE EXCELLENT NUMBERS FOLKS !!!

OB NOTE : CORRECTION - IN THE STATE GAMES RESULTS - THE 50 M BRST - WOMEN 75-79, EVELYN MCKEON WAS THE WINNER IN 1:22.61, HELENA HOFFMAN, 2ND AT 1:28.86.

GAD - WHEN YOU PASS 70, YOU (HEAVEN FORBID) CAN MAKE MISTAKES !!!

COURTESY OF READERS DIGEST MAGAZINE - COMPETITIVE SWIMMING WAS RANKED # 1 IN CALORIE BURNING PER HOUR. 650 CALORIES, ALSO RUNNING, SQUASH, WATER POLO, AND WEIGHT LIFTING. SOME COMPARISONS - BRISK WALKING (300), BICYCLE RIDING (300), GENTLE JOGGING (300), SLOW RUNNING (400), SKIING (500), TENNIS (300) - BEST BET OF ALL ??? SLEEPING (65)

**THAT'S ALL FOLKS,
STAY WITH IT AND STAY FIT !!!**

French Fry, Granola Bar, or Tofu... Which are you?

by Mary Yuse-Miller

"You are what you eat." Who said it first? Was it Solomon? Shakespeare? Maybe it was Tiny Tim. What represents you? Athletes that pay close attention to how they feel claim they feel "clean and full of energy" when they choose their foods carefully.

How do you rate against the prudent diet? Answer: Never, Sometimes, or Usually to the following habit statements.

1. To keep my blood sugar levels stable, I eat at least 3 times a day ?
Never___ Sometimes___ Usually___
2. I eat at least 2 servings (total) of fruit and vegetables, with the fresh variety being my first choice.
Never___ Sometimes___ Usually___
3. My choice for grains and cereals includes germ and bran. (For healthy bowels and arteries)
Never___ Sometimes___ Usually___
4. I cook my meals by steaming, poaching, baking, or broiling, rather than deep-fried or pan fried.
Never___ Sometimes___ Usually___
5. I feel relaxed and comfortable during my meal time and I enjoy each and every bite.
Never___ Sometimes___ Usually___
6. I drink quenching liquids before I am thirsty (non-caffeinated, non-alcoholic, and low-sugar). At least eight 8 ounce glasses a day - more if exercising or if it's hot.
Never___ Sometimes___ Usually___
7. I read food labels on my packaged products.
Never___ Sometimes___ Usually___
8. My snacks and desserts are low-fat, low sugar, and moderate in salt.
Never___ Sometimes___ Usually___
9. I choose a variety of protein foods that are low-fat with portions less than 3 ounces per meal. (Easier on kidneys, good digestion)
Never___ Sometimes___ Usually___
10. Our household uses a grocery list pre-planned in advance.
Never___ Sometimes___ Usually___

Count up the number of responses for Never (0 points each), Sometimes (3 points each), and Usually (6 Big points each). How do you rate??

0-25 total points you're a French Fry (greasy, slimy, low in vitamins)
26-44 total you're a Granola Bar (almost there, maybe still high in fat)
45 or more you're Tofu (light and full of energy, flexible diet like Tofu)

The purpose of this quiz is to increase your nutrition awareness. You too, can have even more energy just by modifying your diet. I encourage you to seek out new healthy recipes and take time to plan your meals. Most people know how to eat well, yet the good choices are too far from reach. My favorite healthy cook book is Jane Brody's "The Good Food Book." Many pages of nutrition information and the recipes even taste great. What's yours?

Mary Yuse-Miller is a Registered Dietitian by profession, likes to experiment with natural foods, and has a special interest in Sports Nutrition. If you have nutrition questions or suggestions for future nutrition articles, you may write Mary.

Mary Yuse-Miller 10800 MO Daffari Road Carlton, OR 97111

REASONS WHY YOU SHOULD SWIM BEFORE EATING

My most vivid memory of family trips to beach and pool when I was a child was my parents' stern admonitions not to swim after eating. "You'll get cramps and drown," they said. I can well remember impatiently sitting on the sand or at poolside, after lunch, waiting for the appointed hour to elapse, asking plaintively every 10 minutes if I could go in yet. God forbid if I tried to swim 55 minutes after chewing my last bite of peanut butter and jelly. Without doubt, I'd sink like a stone.

Here adapted from cardiologist Stephen R. Yarnall M.D., are 9 more up-to-date reasons why you should swim before eating, turning the old cliché on its head.

1. It helps you keep a workout appointment with yourself. If you choose a meal each day, before which to schedule your workout, you won't forget to exercise and you're not likely to forget to eat afterward.
2. It keeps you honest. No excuses! (No swim-ee, no eat-ee) You'll have to eat sometime, so if you discipline yourself to swim before eating, your fitness resolution is protected.
3. It helps digestion. Swim on an empty stomach and you won't get those notorious and much feared cramps.
4. It helps your workout. Muscles get the full benefit of your blood circulation. By exercising on an empty stomach, none of your blood is tied up helping digestion.
5. It helps your heart. When you swim, after eating, both your stomach and muscles need blood now. This can mean lessened blood now to your heart, which can be dangerous if you have heart trouble.
6. It helps you maintain a healthful weight. Moderate brisk exercise before a meal causes your blood sugar level to go up, helping to take the edge off your appetite.
7. It helps burn excess body fat. Swimming when your blood sugar is lowest (before eating) mobilizes free fatty acids, which help burn stored body fat for fuel.
8. It helps you feel better. A moderate brisk swim workout will inject a flood of endorphins into the bloodstream increasing alertness, improving your mood, and decreasing fatigue. You'll be less likely to overeat to satisfy a psychological hunger.
9. It helps your food taste better. When you swim before eating, you'll feel fresh and relaxed when you eat. And because your healthful workout will still be fresh in your mind, you'll probably eat more conscientiously.

Reprinted from the Summer issue of Swim smartS. A quarterly publication for fitness and competitive swimmers.

Happy Birthday

October Birthdays

Adams, Douglas J.	10/ 1/49	Khalsa, Sat Ganesha S	10/ 5/54
Ainslie, Randall D.	10/11/50	King, Lee K.	10/ 3/12
Arthur, Bill	10/ 6/47	Lobdell, Lanier S.	10/26/54
Bannister, Gregory J.	10/17/53	Lyons, Alan R.	10/26/44
Bertuleit, Jeff	10/13/48	40 Mather, Craig S.	10/25/51
Bigler, Jim	10/ 6/35	40 Mecca, Chris D.	10/17/51
Branton, Daniel E.	10/31/58	Meier, Eric R.	10/ 9/64
Buskuhl, Janet L.	10/22/60	Miller, Barbara A.	10/20/69
Caltabiano, Pamela	10/26/59	Morris, Dawn E.	10/25/68
40 Cheney, Bruce W.	10/ 9/51	Newton, Ann D.	10/16/53
Clark, Philip E.	10/12/58	Okholm, Eric	10/25/58
Clark, Roy H.	10/21/53	35 Prosser, Noel S.	10/21/56
Cobb, David M.	10/24/59	Rabe, Jim D.	10/ 1/60
40 Converse, Paul R.	10/21/51	Reeve, Kenneth D.	10/15/47
25 Corno, Alene V.	10/29/66	Rousseau, Sandi	10/ 5/47
Cronin, Jed P.	10/16/48	30 Rowbottom, Joy S.	10/29/61
Davis, Phyllis N.	10/16/39	Smith, Douglas R.	10/29/50
Dean, JoAnne H.	10/13/50	Soares, Don E.	10/ 8/59
Dredge, Kathleen E.	10/13/67	Spiro, Penelope	10/20/54
Edwards, James S.	10/16/42	50 Stalford, Ernest D.	10/22/41
Ferrell, Bart C.	10/25/60	Stenberg, Patricia L.	10/ 9/42
Friedley, Mark P.	10/ 6/64	45 Stout, Jon D.	10/17/46
Gagnon, Kathleen A.	10/ 1/67	50 Turay, Jeff B.	10/23/41
Geller, Floyd S.	10/16/33	Von Tagen, Karl E.	10/28/43
Hendryx, James N. P.	10/31/50	Wienert, Bob G.	10/ 6/47
Huntzicker, Patricia M.	10/30/40	Wilcox, Jonathan B.	10/21/55
Hutton, Harry E.	10/ 4/33	Young, Joe C.	10/25/69
Hyde, Sandra L.	10/18/68		
45 Johannes, Wayne A.	10/20/46		
Kahl, Thomas A.	10/ 1/65		

* Age is shown for persons moving up an age group.



H.O.S.T. (House Our Swimmers Tonight)



Contact the following H.O.S.T. when you wish to stay in another swimmer's home during an out-of-town meet.

OREGON MASTERS

Corvallis
So. Oregon

Andy Schrag

(206) 254-9400 W

(206) 254-9661 H

Mark & Laura Worden

(503) 753-5726

Terry & Judy McCurdy

(503) 679-8144

IEA MASTERS

Mariah Clarke

(509) 926-2597

PNA MASTERS

Marietta Hunziker
Ann Gindroz

(206) 564-9517

(206) 272-1854

SNAKE RIVER

Janet Wood

(208) 345-8843 H

(208) 339-7229 W

TEAMS TEAMS TEAMS

The following is a list of all the teams currently registered with Oregon Masters Swimming, Inc. Use the official team abbreviation shown when filling out your 1989 or 1990 USMS registration form by placing it on the line labeled "Local Team." If you do not belong to a team, leave this line blank. If you belong to a team that does not appear on this list, you've formed a new team, or if the information shown is incorrect, please CONTACT THE REGISTRAR: DAN JOHNSON, 7655 SW Cedarcrest St., Portland, OR 97223 (244-8152)

This is also a list of the current TEAM CONTACT/REPRESENTATIVE people for each registered team. Any changes in team contact/ reps should be made with Dan.

TO BE A VOTING MEMBER OF THE OMS BOARD A TEAM CONTACT/REPRESENTATIVE MUST BE A CURRENTLY REGISTERED MEMBER OF OREGON MASTERS SWIMMING.

Albany	Albany Masters	ALB	Gus Arzner	967-4521
Ashland	Rogue Vally Masters	RVM	June Mather	482-0610
Astoria/ Seaside	North Coast Swim Club	NCSC	Steve Warner	738-6661
Beaverton	Griffith Park Ath. Club	GPA	Gabe Dries	644-3900
Beaverton	Tualatin Hills Barracudas	THB	Pam Himstreet	645-4051
Bend	Central Oregon Masters	COMA	Jo An Mann	389-3228
Corvallis	Corvallis Aquatic Masters	CA	Judy Storie	754-9624
Creswell	Bohemia Swim Association	BSA	Mike Dirksen	895-3594
Eugene	Downtown Athletic Club	DAC	Karen Orth	484-4011
Eugene	Eugene Family YMCA	EY	Kathy Thomas	686-9622
Eugene	Univ. of Oregon Masters	UOM	Dan Van Rossen	746-2286
Eugene	Sheldon Night Crawlers	SHNC	Dick Moody	485-1275
Grants P.	Grants Pass Family YMCA	GPY	Ron Jersey	479-2263
Gresham	Mt. Hood Masters	MHM	Eric Guest	668-4465
Keizer	Keizer Masters	KM	D. Wayne Baker	390-1971
Klamath F.	Klamath Falls Masters	KLF	Bev L'Esperance	884-9093
Lk Oswego	Lake Oswego Swim Club	LOSC	Robert Smith	639-4505
Lincoln C.	Lincoln City Masters	LCM	Gail Kimberling	994-8423
Medford	Southern Oregon Swimmers	SOS	Dorcas Phelan	826-3864
McMinnvil.	McMinnville Masters	MM	Judy Rex	472-0765
Newberg	Chehalem Masters	CHM	Kathleen Buck	625-5747
Newport	Newport Curmudgeons	NEWP	Petey Smith	265-3885
N. Bend	North Bend Masters	NBM	Alice Parsons	756-4915
Portland	Mittleman Jewish Comm Ctr	MJCC	Aquatic Dept.	244-0111
Portland	Multnomah Athletic Club	MAC	Steve Roth	223-6251 x226
Portland	Multnomah Metro YMCA	MY	Rob Romancier	294-3366
Portland	Parkrose Masters	PKRS	Craig Jorgensen	252-9906
Portland	Portland Comm College	PCC	Karl Von Tagen	244-6111x4201
Portland	Portland Parks Masters	PPM	John Zell	282-9347
Portland	Princeton Athletic Club	PAC	Marty Popp	222-2639
Portland	RiverPlace Athletic Club	RAC	Ron Allen	221-1212
Portland	Team Portland Aquatic Club	TPAC	Jill Schuldt	228-1596
Portland	Viking Masters Swimming	VMS	Bob Morrison	234-3733
Portland	Willamette Athletic Club	WAC	Brad Thomas	295-2255
Redmond	Cascade Aquatic Masters	CAM	Sean Taylor	548-6066
Roseburg	Umpqua Valley Masters	UVM	Judy McCurdy	679-8144
Salem	Willamette H2O Masters	WHOM	John DeJarnatt	588-2060
SweetHome	Sweet Home OR Masters	SHOM	Kim Church	367-3191
Tigard	Tigard Sharks	TS	Steve Dunne	692-2766
Vancouver, WA	Vancouver Old Timers	VOT	Andy Schrag	(206)254-9661

JOIN A TEAM OR START ONE TODAY -- YOU'LL BE GLAD YOU DID!!!

1991 OREGON MASTERS

YOU MUST BE A REGISTERED MASTER TO SWIM IN MASTERS MEETS

The registration year runs from November 1, 1990 through December 31, 1991.*

Registrations are accepted for the 1991 season beginning Sept. 1, 1990.

(*Note: registration year is changing to Jan 1 - Dec. 31)

OMS is a non-profit organization supported totally by volunteers. Officers are chosen by you in elections. Consult your tax advisor regarding your contribution. Our Monthly publication, the AQUAMASTER, enables you to get final meet results and find out what's happening in Masters swimming. The AQUAMASTER is the ONLY source of meet entry forms. For \$7.00 a year your copy is delivered via bulk mail. If you move, let the registrar know so that you continue to receive this valuable publication. Your registration fee enables OMS to provide you with:

1. Local meet support.
2. National representation for all of Oregon Swimmers.
3. Promotion of Masters Swimming and social events.

\$12.00 of your \$18.00 registration is sent to the US Masters Swimming, Inc. (USMS)

They provide the following for you:

- Personal accident insurance when competing in OMS or USMS approved/sanctioned meet or practice session.
- USMS newsletter (two per year).
- Two national championships held each May and August.

Your Club designation affects eligibility to swim on a relays. Regardless of you team, anyone within the Club OREG can swim on relays with other OREG swimmers. MACO (Multnomah Athletic Club) swimmers can swim relays with those registered with MACO. If you register "unattached", you are ineligible to swim on relays. You shall be registered for OREG, unless you specify otherwise.

Instructions for filling out form:

- 1) All fields must be filled out.
- 2) Check the appropriate Club.
- 3) Local Team is the team you swim with (leave blank if you do not swim with an organized team.)
- 4) Make check payable to Oregon Masters Swimming (OMS).
- 5) Sign the form and mail with your payment to address indicated on the form. You are considered registered as soon as the registrar receives your correctly filled out application with payment. It may be up to 1 month before you receive your registration card back. Until this time you can enter your registration number on meet entry forms as "applied for". You may enclose the registration form with your meet entry when entering a meet, but in this case send both to the address on the meet entry form NOT TO THE REGISTRAR LISTED BELOW.

Only the first 20 characters of your name will appear on heat sheets and results.

PLEASE PRINT

_____ This is a new registration. _____ Renewal (registered in 1990)

**Oregon Masters Swimming
Registration**

Name _____
LAST FIRST M.I.

Address _____

City _____ St _____ ZIP _____

() _____ - _____ / _____ / _____
Phone # _____ Born (MM/DD/YY) _____ Age _____ Sex _____

Oregon Club: () OREG () MACO () UNATTACHED

Local Team (if any) _____

Reg. Fee (\$18.00) _____
Aqua Master (\$7.00) _____
Total _____

1991

MAIL TO:
DAN JOHNSON
7655 SW CEDARCREST ST.
PORTLAND, OR 97223
Or Enclose with meet registration

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training, practice, and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of participation in the Masters program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the Clubs, the Host facilities, meet Sponsors, meet committees or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. I further agree to abide by and be governed by the rules and regulations of USMS.

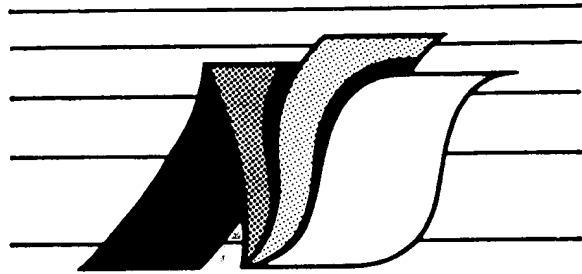
Signature: _____



916 SW 4th Avenue / Portland, Oregon 97204 / (503) 223-3137

STEVENS-NESS Law Publishing Co.

- LEGAL BLANKS
- PRINTING
- OFFICE SUPPLIES
- CORPORATE SUPPLIES



John F. Zell - Editor
4640 N.E. 36th Avenue
Portland, OR 97211-7618

Aqua-Master

BULK RATE
U. S. Postage
Paid
Portland, Oregon
Permit No. 1292

3

JOHN F. ZELL
4640 NE 36TH AVE.
PORTLAND, OR

37100134

97211

In this issue: L.C. Regionals & Willow Lake Results, Z-Man says,
Ol' Barnacle, Nutrition Quiz, & How to increase your endurance