



# Aqua-Master

I want you to renew your '98  
USMS registration! George and Abe  
want you to renew! So honor their  
wishes and their Birthdays by doing  
your PATRIOTIC DUTY.

DO IT NOW!

**This is your last copy of Aqua-Master if  
you have not reregistered for 1998. Don't  
be left out on RESULTS, ENTRY  
BLANKS AND GREAT ARTICLES.  
RENEW YOUR REGISTRATION  
NOW! Masters swimming for '98 is look-  
ing good, don't miss being part of it.  
PLEASE RENEW NOW**



# 1998 REGISTRATION FORM - OREGON MASTERS SWIMMING

☐ RENEWAL. My 1997 USMS # is: 377- ☐ NEW Registration

## PLEASE PRINT

Your 1998 USMS registration card is valid from  
Nov. 1, 1997 - Dec. 31, 1998

NAME \_\_\_\_\_  
(Last Name) (First Name) (MI)

**FEES: Payable to "OMS"**

ADDRESS \_\_\_\_\_

Single Registration (\$28.00) \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Joint Registration (\$49.00) \_\_\_\_\_  
(Joint Registration = two members at one address)

( ) - \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Your Phone Number Birth Date Age Sex Club (OMS, MACO, UNATT)

Local Team (See Official Abbreviations Below)

E-Mail Address \_\_\_\_\_

☐ Check box if you are a Masters Coach

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 and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

CUT HERE

RETURN ONLY THE UPPER PORTION

CUT HERE

- \* Please register with the same name you will use for competition.
- \* If you are registering at the same time you are entering a meet in Oregon, you *MUST* include this application form *with your meet entry and NOT mail this to the OMS Registrar.*
- \* Your 1998 USMS registration card is valid from November 1, 1997 - December 31, 1998.

## OFFICIAL OREGON MASTERS LOCAL TEAM ABBREVIATIONS:

ALB - Albany Masters  
BAM - Bay Area Masters  
BSA - Bohemia Swim Assoc.  
CAM - Cascade Aq. M. (Redmond)  
CAT - Corvallis Aquatic Masters  
CMST - Chehalem Masters  
COMA - Central Oregon Masters  
DAC - Downtown Athl. Club  
EA - Emerald Aquatics (Eugene)  
EY - Eugene Family YMCA  
FGDM - Forest Grove Dragon M.  
FS - Fish Stick Masters (L Oswego)  
GPY - Grans Pass Fam. YMCA  
HRBE - Hood River Bald Eagles

KLF - Klamath Falls Masters  
LCM - Lincoln City Masters  
MACO - Multnomah Athletic Club  
MHM - Mt. Hood Masters  
MJCC - Mittleman Jewish Cm. Ctr  
MOFIA - Medford Old Folks I.A.  
MPM - Mt. Park Masters (L Oswg.)  
MWVM - Mid-Will. V. M (Salem)  
MY - Metro YMCA (Portland)  
NCAP - N. Clackamas Aq. Park  
NCSC - North Coast Swim Club  
(Astoria/Seaside)  
NEWP - Yaquina Bay YMCA (Npt)  
PAC - Princeton Athletic Club

PCC - Portland Community College  
PMSC - Parkrose Masters  
PPM - Portland Parks Masters  
PRID - Pride of Oregon Masters  
RAC - RiverPlace Athletic Club  
RVM - Rogue Valley Masters  
SLO - Sloths Masters (Eugene)  
THB - Tualatin Hills Barracudas  
TPAC - Team Portland Aq. Club  
UOM - Univ. of Oregon Masters  
UVM - Umpqua Valley Mast.  
VOT - Vancouver Old Timers  
WAC - Willamette Athletic Club  
WH20 - WH20 Masters (Salem)

**MAIL TO: JUNE MATHER, OMS REGISTRAR, 1056 HILLVIEW DRIVE, ASHLAND, OR 97520**

# Aqua-Master

Volume 25, Number 2 February, 1998

## profile

### The Lady Swimmers of Baker

Swimming in Eastern Oregon is doing very well, thanks to the effort of three fine swimmers. Led by former Olympian and All American Barbara Jenson Jackson, along with Susan Moss and Paula Moe, the high desert region is getting good representation at local and National Meets.

Barbara represented the US in the 1948 Olympics in London. Modestly Barbara says, "I was so fortunate as a kid to be in the right place at the right time, have excellent coaching and lady luck on my side -- made the team by the skin of my teeth and didn't do bananas there." Being on an Olympic Team is the dream of any athlete and Barbara you lived that  
*continued on page 4*

## Ol' Barnacle

reviews - results - records - history

Ol' Barn ... Oregon City SCM Great ...

On December 7th, of all days, many of our "smoother stokers", about 65, to be exact, laid waste to a considerable number of records.

Special mention is made of ROBERT KABACY's efforts in the 50 Free - 24.93, which established a new Zone record (25-29), in addition, breaking the oldest record in the books for any course, for Oregon Masters. In 1975 OMS held its first SCM meet, at the old Olympic Club on S E 82nd. Trond Williams, swimming out of the MAC, dazzled the folks with a 25.60 for 50m Free, this record just lasted and lasted, and now thanks to Robert K, we can change it for a faster time.

Special thanks to Tim Waud, Meet Director. Officials: Al Smith, Bill Rother, Bob Martini, John Weiler, Wayne Wilson and Wanda Richter, and the  
*continued on page 5*

## The CHAIR'S CORNER

by Eric Guest

Seasons Greetings to you all and the very best of health and swimming this year. I hope Santa answered your wishes. The last meet of 1997 was a success at the Oregon City pool, with 65 registered swimmers, thanks to Tim Waud, his volunteers and officials. Tim's wife prepared a lot of food for the social following the meet. I was disappointed that only five of us showed up to enjoy all the delicious food after all the work Cheyenne did preparing it. Thank you very much for having us Cheyenne and Tim. Those that didn't show don't know what they missed.

Two representatives from the State Games of Oregon attended our December board meeting and a few problems and questions were addressed. They assured us they would get answers for us.

We still have the problem of not including a copy of the registration card with the meet entries. This creates extra work and those that don't include the copy will have to prove their USMS membership at the meet or they will not be able to compete in that meet. So please include the copy with your entry.

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**LAST ISSUE OF AQUA MASTER IF YOU HAVE NOT RENEWED YOUR MEMBERSHIP!**

*The people behind Oregon Masters Swimming, Inc.*

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**Records / Historian**

**Earl Walter**

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**Open Water Events**

**Dan Gray**

(541) 944-0529 (7-9 pm only)

**Past Chair**

**David Cobb**

(503) 282-0472

**Calendar and Meet Schedule 1998**

Date	Event	Location	Contact
FEB. 7 - 8	SCM	Fairchild AFB(Spokane)	Diana Leake (208) 263- 3976
13 - 14	SCY	Alaska State Champs	Joanne Wainwright (907) 262-5306
21 - 22		Senior Games, Palm Springs, CA	Ben Green (760) 323 - 5689
22	LCM	Victoria Masters, BC	Leon Politano (250) 478 - 3379
MAR. 8	SCY	Lyons Pool, Yakima, WA	Diana Leake (208) 263-3976
14	SCY	<b>*Tualatin Hills Pentathlon</b>	
21 - 22	SCY	Inland NW Champs(Spokane)	Diana Leake (208) 263-3976
22	SCY	Bangor, WA	Suzie Ness ((206) 547-3309
APR.	YMCA	Masters Championships - Ft Lauderdale, Fl	
3 - 5	SCY	<b>*OMS Assn. Champs</b>	<b>Corvallis, OR</b>
18 - 19	SCY	<b>*Northwest Zone Champs</b>	<b>Bend, OR</b>
MAY 7 - 10	SCY	USMS Championships	Judy Goldstein (317)253-8289
		Indianapolis, IN	(before 9PM EST)
16 - 18	LCM	Canadian National Champs	A Looy (430) 489 - 3638
		Edmonton, Alberta	
JUNE 19 - 26	LCM	World Masters Championships, Casablanca, Morocco	
		for information, send \$2 to the USMS National Office	
AUG. 10 - 15	LCM	Nike World Masters Games	(503) 226-1998 ext. 275
20 - 23	LCM	USMS Championships	Stu Marvin (954)468-1580
		Ft Lauderdale, FL	

**OREGON OPEN WATER CALENDAR**

JUNE 7	Emerald Aquatics - 1500 & 3000 + Relays	Steve Johnson (541) 683-5758
JULY 18 - 19	Rogue Valley Masters - Sat. 3000 + Open Water Clinic	Pat Burch (541) 488-5928
	Sun. 1500 OMS Open Water Championships + relays	
AUG 1 - 2	Central Oregon Masters - 1500 & 3000 + relays	Matt Mercer (541) 389-7665
SEPT 13	Portland Parks Masters - 1500 & 3000	John Zell (503) 282-9347

\* Meet entry form enclosed in this issue

For info on swim meets in western Washington contact... Jane Moore: 1867 - 58th St. NE, Tacoma, WA 98422 (206) 925-0803 . Please enclose SASE

For info on swim meets in eastern Washington contact... Elin Zander: S. 13927 Traver Lane, Valleyford, WA 99036 (509) 448-5250. Please enclose SASE

*United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming Inc.*

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**LAST ISSUE OF AQUA MASTER IF YOU HAVE NOT RENEWED YOUR MEMBERSHIP!**



## the WORKOUT

For the first time in their history the US Postal Service has been stopped by Rain, Sleet and Snow. Mark Friedley, the Coaches Rep, mailed his column to Aqua Master 6 days ago and unfortunately we have not received it. So to help you prepare for the upcoming Pentathlon we have put together a variety of sets that will help you train for the IM. In no way are these sets to be done all at one time. These are a mixture of different sets for you to use in your workouts after you have done your warm up.

1. 16 x 25 (or 50) 4 fly, 4 back, 4 breast, 4 free descend #1 - #4 of each stroke  
(15 - 30 sec. depending on ability and length)
2. 6 x 150 IM  
#1, #3, #5 50 fly, 25 back, 50 breast, 25 free  
#2, #4, #6 25 fly, 50 back, 25 breast, 50 free  
(interval: 2:30 - 3:00 minutes on ability)
3. 12 x 50            3 x 25 fly / 25 back  
                         3 x 25 back / 25 breast  
                         3 x 25 breast / 25 free  
                         3 x 25 fly / 25 free  
(interval: 20 seconds rest)
4. 400 free and 1 x 100 IM  
300 free and 2 x 100 IM  
200 free and 3 x 100 IM  
100 free and 4 x 100 IM  
(interval: 30 sec. after free and 20 sec. after IM)
5. 300 IM - kick middle 25 of each stroke  
200 IM - kick 25 / swim 25 of each stroke  
100 IM - fast  
(interval: 30 sec. rest)
6. 8 x 50 -25 fly (fast with good IM turn / 25 easy back 25 back (fast with good IM turn / 25 easy breast 25 breast (fast with good IM turn / 25 easy free 25 free (fast with good turn / 25 easy free (Do this set twice with 15 sec. rest)

7. 4 x 150 IM (50 of your weakest stroke, 50 of your best stroke and 25 of each of the other two with 30 sec. rest)

8. 8 x 75 2 x 25 fly, 25 free, 25 fly  
2 x 25 back, 25 free, 25 back  
2 x 25 breast, 25 free, 25 breast  
2 x 75 free  
Interval: 20 - 30 sec. rest

Work some of these sets into your training during February and you'll be ready for a super effort in the Pentathlon. These will also help build a base as you prepare for the Association Meet in Corvallis and the SCY Zone meet in Bend. Swim fast and good luck.

### *Chair's Corner continued from page 1*

I want to thank Tim Waud for a great job he did as Vice Chair and welcome back Pam Himstreet elected to that position. I am sure she will do a bang-up job as she served the board in that capacity before she moved out of Portland. Thanks to Dave Radcliff and Suzanne Rague for the terrific work they are doing with the Aqua Master. They still welcome articles from you - the membership. We are again, very fortunate, to have Roy Abramowitz as the re-elected Treasurer for another term - thank you Roy. Thanks also to Earl Walter for his many hours of work for us.

A final request. We are attempting to up-date our list of teams and their representatives. Would someone on each team be sure that you have a registered representative and contact Phil King with the name, address and phone number of that person. It is important with the Association (State) Meet just around the corner (3-5 Apr '98). To qualify as a team, a representative/contact should be named. Phil has attempted to contact the present list of reps. without success. Please, please contact Phil at 503-241-9091 or one of the board members. We really need to know.

With the World Masters Games preparations getting close to the last stages, I hope you are all in shape to represent the State as a competitor or volunteer. I wish you continued success, good health and fast swimming. God Bless



## the FITNESS LANE

by George Thayer, Fitness Chair

Did everyone start 1998 with a good workout? Coach Bob Bruce's workout for Central Oregon Masters was ninety eight (98) 25's. It was a good mix of stroke and freestyle. What a way to start the year! The workout fits with a 1990 article by Terry Laughlin. He said that the best way to build cardiovascular endurance is to do large numbers of short repeats on a very brief rest interval rather than a long nonstop distance set. The trick is to train at or just under your threshold pace, where lactate build-up will cause you to fatigue sooner. Training at the threshold day after day allows you to gradually increase your pace and swim for longer periods of time. The rest period should be short (5 to 30 seconds). The ratio of work to rest is usually 4:1 or higher.

On the subject of nutrition and fitness, the controversy still rages regarding the ratio of protein to fat to carbs. Many of you may be familiar with Barry Sears "Zone" book. He recommends a caloric percentage of 40 carbs, 30 protein and 30 fat. In grams that is 9 grams of carbohydrates, 7 protein and 1.5 fat. Several nutrition bars now contain that ratio. At the same time I have read several articles critical of Sears, saying that he is recommending a high protein diet. The only trouble is that none of the articles say what they think the ratio should be. I will keep an eye out for any new definitive studies.

Did everyone set personal swimming and fitness goals for 1998? I saw our co-editor, Dave Radcliff, handing out goals slips at the Oregon City meet. Use the inserted swimmer's log in your new Swim Magazine to keep records of your progress and swim to fitness and beyond. Also consider the February Fitness Challenge '98 which promotes Fitness through swimming by encouraging participants to swim regularly and to track results over a monthly period. The entry blank is included in this issue of AM.

Happy New Year!

*Profile continued from page 1*

dream and Oregon is proud of you. Barbara (Reeve) swam Masters for Illinois in the 70's and was an All American on numerous occasions. Some health problems forced a temporary retirement from competitive swimming for 17 years. The health problems are on the mend and Barbara is back in Oregon and back in the water. She did some outstanding swimming at the Zone Long Course meet in Aug. Her 100 / 200 meter backstroke races were All American (65-69) and her other times were top five. Barbara is talking up swimming in Eastern Oregon and recruiting more local swimmers.

Susan Moss swims in the 30 - 34 age bracket. What a talent! Six golds at the LCM Zone meet in August. Susan lives 9 miles outside Baker and trains with Barbara. Her training schedule is geared for the SCY Nationals in Indianapolis. Susan swam age group in Yuma, AZ. She returned to training about 1 1/2 years ago. She gives so much back to swimming. For four years she has been the volunteer age group coach for Baker. At a recent age group meet in Boise, Susan got in the water and showed her team how, with a fine 26:13 in the 50 yard free.

Our third swimmer from the Baker area is Paula (Ashton) Moe who will move into 35 - 39 age bracket in two months. Paula last swam at La Grande High School. (Our Profile swimmer of last month, Steve George, is also a La Grande graduate) Paula lives in North Powder, OR about 22 miles from Baker and is only able to get in the water twice a week. On off days she does cross training with a lot of running. Paula is just returning to the water after 18 years. Raising a family of five kids has kept her busy. At the recent Boise meet she went 31.42 for her 50 free. The times are starting to drop. Welcome back Paula.

Three very impressive swimmers. Watch out for the Baker area. Our profile swimmers are leading a swimming revival in the area. We're glad and proud that you are a part of the Oregon LMSC.

**HELP - Please send articles (pictures) about friends and team mates so we can profile them in a future AM. This is your chance to get some recognition for that friend. Profile began because a friend sent us the first article. We liked the idea, now send us more material.**  
fax - (503) 531 - 9051

email - therads@integrityonline.com

mail - 5832 SE Woll Pond Way, Hillsboro, OR 97123

**LAST ISSUE OF AQUA MASTER IF YOU HAVE NOT RENEWED YOUR MEMBERSHIP!**

*ol' Barn continued from page 1*

Oregon City High School Athletes and parents. Cheyenne and Tim, hosted a most wonderful party after the meet, which regretfully was not well attended, in fact OB with bad back muscles, bowed out, and wished that he had been able to partake of all the goodies. Thanks Cheyenne, your efforts were enjoyed and appreciated.

Women 19-24 : LAURA JUCKELAND (MAC) set a new Zone Record in the 100 Back at 1:16.79 (TT8) OMS record was held by Boyd. Laura also logged a 2:44.43 in the 200 Back (TT3). Big OMS welcome for Anicia Criscione, a comer.

Women 25-29 : SHAUNA SIMPSON broke the OMS 1500 time with a 20:10.77 (TT8) Old record was Verke '92. Sandra Hyde looked great in the 200 Free and 100/200 Back, plus 100 Fly

Women 30-34 : Jeanne Thimm had a great 1500, Lynn Shanks was speedy, and Cathy Law with Erin Holland kept them honest.

Women 35-39 : SARAH HOAGLAND came to swim, posted new OMS bests in the 400 Free (5:20.49) was Buck '88, and 1500 (21:30.88) TT4, was Staley '87. OB says go for ZONE Sarah! 3 sec-400, 5 sec-1500. BARB HARRIS navigated the 50 Fly in 33.33, breaking Rousseau's '86 time, and a TT10 for the 100 Free at 1:07.90. Kelly Anderson and Helen Moss look like comers to this olde man, keep at it.

Women 45-49 : Cynthia Rompel posted a 1500 in 25:54.17 (TT10) and welcome aboard to Kaye Cushing.

Women 50-54 : Sue Calnek had her hands full in this bracket, dealing with Ginger Pierson, but she got some help from Pam Himstreet. Ginger posted 4 TTs; 50 Free 34.57 (TT4), 50 Back 43.85 (TT7), 50 Breast 41.45 (TT2) and 50 Fly 38.39 (TT4) Pam was not to be outdone; 100 Breast 1:44.63 (TT6), 200 Breast 3:40.84 (TT4), 200 Fly 3:53.15 (TT4), and 400 IM 7:36.86 (TT5) Comment from OB-Pam's hiatus appears to have done her no harm, she is 54 and itching to be 55.

Women 55-59: Suzy McKinnon from Montana, graced us with her presence, as she has in times past, 55-59 was all hers.

Women 60-64: Susanne Schumann, turns 60 and is on her way, after a long layoff, this lady will be heard

from: 50/100/200 Breast - TT6, TT8 and TT7. Way to go Susanne.

Women 70-74 : MARGARET WELLS, this gal has been working, 2 Zones : 100 Fly 2:30.79 (TT7), 400IM 10:33.68 (TT7), plus 2 OMS: 200 BACK 5:02.17 TT7, and 200 IM 4:54.88 (TT10), all of these were Elfie's from her old age group, they are still friends, they travel together from Salem, they go back to '91, '92 and '94, that boys and girls is what Masters Swimming is all about !!!

Women 75-79 : ELFIE STEVENIN, new OMS 50 Fly 1:48.90 (TT8), Havercamp '92. 100 Fly (TT6), 200 Fly (TT4), and 400 IM (TT5)

Men 25-29 : ROBERT KABACY sets Zone records in the 50 Free as mentioned, but also in the 100 Free - 55.61 (TT7), add an OMS in the 50 Back - 29.61 (TT7) formerly Down and Daughtrey, UGH, that's almost a pun, but not intended. HORST NEIHAUS an OMS for the 100 Back 1:05.47, was his.

Men 30-34 : A Big OMS welcome to Larry Zurcher.

Men 35-39 : Pat Allender and Steve George, while no records, turned in some fine times; Pat-200 Breast-2:44.68 (TT5) and 200 Fly-2:40.23 (TT8). Steve came through with:100/200 Back-1:05.58 (TT8), 2:26.81 (TT8), add the 400 IM-5:27.26 (TT7).

Men 40-44: Peter Metzger spun a fine 32.56-50 Back (TT10) Charles Helm, Thomas Chun, George Johnson added some excellent times, with a great race in 50 Breast between Metzger and Chun.

Men 45-49 : JESS HICKERSON dished up a new Zone mark for the 1500-19:46.45 (TT6), with Tom Anderson right there with a fine 20:12.45 (TT9). Tom Coffey, 4 stroked the 400 IM in 5:31.56 (TT2). Allen Stark gave us a 33.92 (TT3) in the 50 Breast. John Downey and Bob Bruce rounded out a strong group.

Men 50-54 : Karl Von Tagen's 1500 at 21:51.99 (TT6), Robert Smith-50 Back 31.52(TT2), 50 Breast 35.90 (TT4), 100 IM 1:13.62 (TT9). Richard Juhala continues to improve.

Men 60-64 : Every time but one in this group will probably make TT. George of the jungle, Thayer continues to improve-50-30.25 (TT6), 100- 1:10.64 (TT8), Dave Radcliff spun 100-1:07.92( TT4), 200-2:35.27 (TT4), Bob McKinnon from Montana, added to the luster-400/1500 TT8 and TT3, way to go, 200

*continued on page 6*

*ol'Barn continued from page 5*

Fly (TT5), and 200 IM (TT8) Thanks Bob, you and Zuzy come back anytime.

Men 65-69: ARTHUR WELCH had been 65 for just a few days, and WOW-200 and 400 Free, both new OMS (2:59.65 TT10), 6:19.38 (TT7), plus a new Zone in the 1500-23.57.96 (TT2). Arthur has seemingly recovered from his health problems, Tip of the Stroke to you Art! PS-Art only let Eric keep the 200-400 OMS bests for 3 weeks. Our Exalted Ruler was up; 100 and 200 IM both for TT10's. John Joens stays with it and swims well.

Men 70-74 : FLOYD ELIOTT has been after Duane Draves for a long time, he has caught him and past him. 3 ZONES !!!-50-100 and 200 Back (39.16, 1:26.40, 3:12.63) all could be TT ONE !!! Floyd's lament to OB, how come my 200 Free is slower than my 200 Back ?

Swimmer of the Meet is Floyd Elliott, w/o any hesitation !

Men 75-79 : ANDREW HOLDEN, new Zone for the 50 Fly-39.44 (TT1) that's 2 seconds faster than '96, add 50 Free-35.27 (TT1), Also had a TT2 in the 50 Back, Way to go Wally! GILBERT YOUNG, picked on himself and reset his Zone for the 200 Free, (3:15.41 TT4), plus a TT2 for the 1500. EARL WALTER set a new Zone for the 100 Breast (TT3). A big OMS welcome for Charles Bushey (76 and young), great to have you with us. OB thinks the 1500 time should be credited to Joe Mallon, OB should have a DNF, and Joe's time would make him eligible for TT.

Men 85-89 : ALFRED GAWLEY, welcome back to the swims, Al gave us a new Zone record in the 100 Free (TT6), plus a TT4 in the 50 Breast which was good for a new OMS record. Al stay with it now !

That's it for SCM, we now will zero in on SCY for 1998. See you all at Echo Hollow in Eugene. Finally thanks to Forbes Mack: Stroke, Stroke, Let's keep getting WET.

**We can ask for more opportunities or we can decide to make the most of those we already have. The latter course always produces results. (to take advantage of the many opportunities offered to Master Swimmers make sure you renew your 1998 registration)**

OPEN

WATER

**By Dan Gray, Open Water Chair**

Dan is checking out open water swimming off the coast of Yucatan and Central American. How's that for dedication. Dan's full column returns next month.

**ol' Barnacle****reviews - results - records - history****A Few Become the Many - 1976**

The History of Oregon Masters Swimming -  
(the continuation of Chapter 2)

Jan 18th and 19th at Shoreline Pool, PNA hosted a meet where the emergence of yet another "earth shaker" took place. Dawn Musselman in the 60-64 group swam 50/100 Free-34.5/1:20.2 and 50/100 Back-43.2/1:36.4. Dawn still holds Zone records in SCY and LCM. She and husband Bob were a great tonic to PNA and Masters swimming as a whole. We lost Dawn to cancer. You may wonder about OB's mention of non OMS swimmers, as you will see, we have had a few "earth shakers" of our own.

3rd Annual MAC Invitational, Jan 31 : Judi Shaw(27) set new OMS 100 Free-1:07.10, Sue Snyder(26) set 2(200 Breast-3:04.50/100 Fly-1:14.80, Carol Friedly(36)-OR's: for 50/100 Breast-43.50/1:39.10, Connie Wilson(41) 50 Back-36.3, Jeanne Kennett(41) 50 Fly-56.40, Mary Anne Wolfe(was Hansen, a CODY KID), sorry Mary Anne(49)50 Free, 100 Free, 50 Back-34.50/1:19.20/41.90, Joyce Bahler(47) 50/100/200 Breast:50.60/1:44.90/3:57.40, Virginia Joslin(50) 50 Free:43.90, Elfie Stevenin(54) 50/100 Fly, 100/200 IM:1:15.00/3:01.90/2:32.40/5:28.40, Clare Carey(63) 50 Free/100 Back-46.10/1:58.00, Dawn Musselman(PNA) NR 50 Back-43.20, OR's continue: Hazel Bressie(66) 50 Breast-1:28.00.Trond Williams(26) 50 Free-23.10, Robert Maestre(25) 200 Back-2:27.90, T.Walthers(27) 50 Breast-31.10, John

*continued on page 7*

**LAST ISSUE OF AQUA MASTER IF YOU HAVE NOT RENEWED YOUR MEMBERSHIP!**

*History continued from page 6*

Josephson(28) 100 Breast-1:08.20, Doug Huestis(27) 200 Fly-2:23.80, Joe Lanza(32) 200 Back/200 IM:2:56.70/2:41.00, Ed Ritz(31) 200 Breast-3:15.00, Ron Nakata(36) 50 Free-26.10, 100 IM 1:08.00, Fred Sprenger(44) 200 Free-2:25.40, George Burgess(44) 100 Breast/50 Fly/100 IM(1:23.30/33.90/1:19.10), Emmanuel Sang(45) 200 Breast-3:35.60, Jim Holland(51) 100 Free-1:10.40, Chuck Harrison(50) 200 Free-2:41.60, Walter(54) 50/100 Breast/200 Breast-38.50/1:27.50/3:09.90, Jim Lambert(59) 200 Free-3:48.20, 50 Back-53.40, 50 Breast-50.90, 100 Breast-1:57.70 : Don Stevenson(63) 50/200 Free-32.60/3:03.80, 200 Breast-3:42.00, 200 IM-3:34.70 : Max Strauss(66) 1650 Free-39:06.58, 50 Back-46.00, 100 Breast-1:46.70, 100 IM-2:06.70, Frederick Mullen(74) 50 Free/50 Back:43.30/56.10, LeRoy Webster(75) 50 Free/50 Breast/100 Breast: 54.40 1:07.60/2:35.50. COLLISTER WHEELER(82) Swam in his first Masters Meet, setting 3 National Records; 50/100/200 Free:43.30/1:39.20/3:33.80, Collie came within one year of being the FIRST 100 plus Masters Swimmer in the World. Hope you understand all the times, OB feels that you need, from time to time, records to show what was happening in those bygone years. We had a total of 115 actual swimmers, the largest turnout, to date, in the history of Northwest Masters Swimming.

January 1976, "AQUA-MASTER" made its appearance. OB was working at Mail-Well then, and came up with the new name, Connie and everyone liked it, so had the art department come up with Art Work and away we went.

Regional SC Champs were announced for the new pool at the Univ of Idaho in Moscow, for April 17 and 18th. Entry blanks et al were included, it was interesting to note, that in those days, you were allowed to swim only 3 individual events per day. Doug Crichton of MAC, was cited for his handling of the biggest meet ever at MAC, plus stimulating attendance, getting media coverage; Newspaper and TV and an overall bang up job. also, had some news on Doug's personal life. It appears that he got married in Hawaii on Feb 14th, he also brought back a trunk load of information on Masters Swimming in the Islands.

SC Nationals were announced for Mission Viejo, CA.,

with an expected turnout of 800 plus swimmers. Poor Connie, begged and pleaded with us to attend a Nationals meet. In the Application for registration it was noted that for an additional \$2.00(over the Reg Fee of \$2.50), you could obtain insurance covering competition and practices.

Bill Dendurant announced a swim meet at Tigard Swim Center. Bill was an important factor in the growth of OMS for many years. The meet was planned for March 28th, it was our first attempt at having ; the Awards, or No Awards Option, also in those days we had to say : "swimmers competing for a regular Senior AAU team, or for a school, were not eligible".

Feb 22nd saw some from OMS attending a SCY meet at Mercer Island. Lynn Bell(25) of PNA, set a NR for the 100 Breast at 1:10.65 and the 200 at 2:32.40 plus the 400 IM at 5:00.00. Juanita Correa(40) set 2 NRs, the 100/200 Free-1:02.5 and 2:19.4. The ZR's now are 56.52 and 2:06.88. Connie Wilson(41) swam for 2 TT1 rankings for the 100/200 Back-1:18.7/2:55.1. Cecil Kribs(34) from Eugene: 50/100/200 Back-34.0/1:19.4/2:56.8, Fred Eckhardt(49) swam 50/100 Fly-37.5/1:26.5.

Tigard Swim Center-March 28 : A fellow named Cronin, really tries to confuse, who is Gerard Cronin ? Jed ? We also saw the debut of Coburn Grabenhorst. Robin Hesse(41) came on line with a 50 Free in 27.70. Donald Stevenson(63) won 5 Golds, with a 200 IM at 3:33.0, Leo Haglund(48) came aboard, along with John Stone(49), had a 3 way battle for the 100 Free: Stone 1:22.10, Haglund 1:23.00, Eckhardt 1:24.00. Max Strauss(66) was our old timer in those days, with a 50 Breast in 45.40. Shelley Baker(21) swam the 50/100/200 Breast- 45.90/1:44.70/3:55.20. Judi Shaw(27) had a 50 Free in 30.00, Susy Doolittle(27) swam the 50 Breast in 46.50. Betty Mayer(34) swam the 50 Back-50.00 Clair Carey(60) 50 Free-44.70 and 50 Back-54.00.

PNA Meet April 4-Pacific Lutheran: Cathy Crichton joined husband Doug in the Wet Scene. Doug C showed off winning the 25-29 1650 at 25:27.00. Joe Lanza(30-34) the 400 IM in 6:01.20. 4th Annual Reg XII Champs-Univ of Idaho, Apr 16-18 : Sue Snyder won 5 Golds, with the 400 IM in 5:56.10. Alice

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# NIKE WORLD MASTERS GAMES UPDATE

by Sandi Rousseau

**Registration Information:** The World Masters Games organizing committee contracted with a company named VSI in Florida to provide a 1-800 number for world wide access. This company was to provide the services of fluency in 20+ languages, travel information, sending out registration information, and providing a database of registered athletes. Unfortunately for the Games, there has been a problem with performance from this company. While the 1-800-984-2637 number still works most of the time, the integrity of that line is not always present. You may still use the 1-800 number for travel information.

If you need registration information or the registration packet, WMG is now recommending and publishing the local number at the headquarters in Portland. It is not toll free, but you will get your information and your questions answered. The numbers to contact WMG are as follows:

1-503-226-1998 Ext 275



1-503-226-0989 Fax

Lauren Kelling is the Registration Coordinator. You can send your name, address, and sport; and information will be mailed to you.

Address:

1998 NIKE World Masters  
Games  
55 SW Yamhill  
Portland, OR 97204

There is also a WMG ad in the Jan-Feb issue of SWIM (page 9) with a form to fax into WMG headquarters.

**Website:** WMG also has a website which has general information about the Games, each sport, and souvenirs. You may find this at [www.worldmasters.org](http://www.worldmasters.org). You may also download registration forms from [www.info@worldmasters.org](mailto:www.info@worldmasters.org).

If you have any questions or problems with the above numbers or addresses, please call me (503-642-3679) so that I can get the information to the appropriate person at WMG.

## History continued from page 7

Zabudsky(3 Golds) won the 100 Fly at 1:18.80 in the 30-34. Glass, Crichton, Maestre and Harris clobbered the 25-29. OMS looked at this as a "youngie" meet with Connie W the oldest-40.

May 1976 AQUAMASTER : OMS Board grows with the addition of Doug Crichton. DAY page of the Oregonian, ran a feature story on Masters Swimming, the writer thought it was so great, she has started swimming herself. "First" OMS Clinic was scheduled for Mtn Park meet, July 10 and 11. Nationals were in May, but, OMS had their SC Champs June 5 & 6, at Lake Oswego High, with Dick Curtis as the Meet Director. OMS SCY Records were announced: Swimmers still around : Tom Anderson, Darlene Pohl, Susan Case(Snyder), Karl Von Tagen, Steve Johnson, Alice Zabudsky, Virginia Van Rossen(Arvidson), Ron Nakata, Jim Bigler, Joyce Bahler, Fred Sprenger, Donlan Jones, Fred Eckhardt, Jim Holland, Mary Anne Wolfe, Earl Walter and Elfie Stevenin.

OMS Assn Champs, Lake Oswego, June 5 & 6

:Jackey Gould(21) swam the 1650 in 31:16.48, Judi Shaw(27) 50 Free-29.26, 50 Fly-34.66 Jayne Chastain(30) made her debut. Jeanne Kennett(41)shared honors with Connie Wilson, 4 Golds each. Nicki Powers(68) won 3 events over Hazel Bressie. Doug Adams(26) won the 200 Breast in 2:38.00. Howard Moore(31)showed us the 100/200 Back in 1:03.2/2:19.71. Eric Guest(46) started out with the 50 Free in 28.42. Don Van Rossen(47)joined the group, 50/100/200 Breast-36.55/1:18.48/2:54.41, "Coach" won 5 Golds. John Runckel swam his first Masters. Earl Walter(55) tied the NR for the 50 Back at 32.93. Tom Shrewsbury(55) joined us, as did Robert Schmidt(60) Dana Thomas(69) started his Masters career with the 50 Free in 33.77. Bob Hunter(65) appeared on stage. COLLIE WHEELER(82) set 2 NR's, 50 Free-45.10 and 50 Breast-55.16. Jon Stout, Louis Budge, Gary Leach and Ernie Glass swam the 25+ 200 Fr Relay in 1:34.79.

AQUAMASTER-June 1976 : OMS now had 135 reg-

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**LAST ISSUE OF AQUA MASTER IF YOU HAVE NOT RENEWED YOUR MEMBERSHIP!**

## OREGON MUSEUM OF SCIENCE AND INDUSTRY

## Ready, Set, SPORT!

OMSI's Action-Packed Exhibit Brings Taste of Winter Olympics to Portland,  
Lets Visitors Compete and Judge

PORTLAND, Ore — Get your elbows inside the bobsled, your fingers wrapped around the baseball and your feet on the climbing wall. This is SPORT!, the world's largest interactive exhibit devoted entirely to the science behind sport. The exhibit, which opens January 31, 1998 at the Oregon Museum of Science and Industry, offers visitors the opportunity to learn new connections between themselves, science and the sports they watch and play, just in time for the Winter Olympics.

Never mind hands-on. SPORT! is bodies-on, exciting the very human need to play," said Nancy Stueber, Vice President of Education and exhibits for OMSI. "Visitors can test their bodies and skills using dozens of interactive stations and games. They'll learn as they burn calories, perform, compete and judge."

Klutzes, couch potatoes and competitive athletes of all ages will be cheered and coached by the principles of angular momentum and aerodynamics, the theory of gravity and the complexities of human perception as they get involved in pitching, jumping, climbing, balancing or spinning their way through SPORT!

The 6,000-square-foot exhibit features dozens of bodies-on activities. Kids and adults can test their speed pitching a baseball the regulation distance from the mound to home plate; walk on a balance beam; climb a rock wall; experience spinning like an ice skater, hurling 100+ miles an hour in a bobsled, and participating in a wheelchair race; uncover secrets behind the way we walk; and feel official power as they judge a gymnastic or ice skating event with computer coaching.

Also featured are a variety of exhibits, including those devoted to aerodynamics, drugs in sports, sports injuries, women in sports, sport safety, and more. Visitors can go beyond the game to take a winter sports quiz; discover how an ice hockey goalie's protective equipment is similar to a medieval knight's armor; use a video monitor to understand the mechanics of muscles and limbs; and learn how sports-related injuries occur as well as how to avoid them.

The relationship among sports, history and culture is explored, including discovering the connections between skiing and communication, between war and swimming, and between pole vaulting and geography. Visitors also can experience the technology of authentic Olympic sports equipment and see how the latest in athletic clothing, gizmos and gadgets increases speed, grip and bounce.

"Science and technology are an integral part of sports and physical performance," said Stueber. "This exhibit analyzes related technologies and teaches visitors about the psychology and the science of sports in a fun, interactive way."

OMSI also will offer a variety of special events and community programs related to sports, fitness and wellness during the exhibit's run.

Designed by the Ontario Science Museum, SPORT! is featured at OMSI beginning January 31 through April 26, 1998. Admission to SPORT! is included in the price of OMSI's general admission ticket, \$6.50 for adults (ages 14-62) and \$4.50 for seniors (63+) and youths (4-13). General museum entry also includes a free Sky Theater show. OMSI is open Tuesday through Sunday from 9:30 a.m. to 5:30 p.m., and Thursdays until 8 p.m. OMSI offers a two-for-one discount on all attractions after 3 p.m. every Thursday. For more information on the exhibit or SPORT! special events, the public can call (503) 797-4000.

### Association Champs Information

**Corvallis is back with us as meet site.** The Masters and Age Group teams there promise us a really great weekend so show your support and get your team together for this fun competition. This is a fast, deep pool, which will produce some really good times. Here are some additional particulars:

**Meet T- Shirts.** A custom design promised to be a hit. Order with entry form.

**Pasta Feed.** A catered event held next to the pool at the brand new Boys and Girls club building. Lots of good carbs for Sunday's events. Starts at 6:00 P.M. And don't forget the **OMS Board Meeting** before the dinner at 5:00 PM. Everyone is welcome. Let the Board hear your concerns and suggestions.

**Hotel:** Host hotel is the Shanico Inn, 1113 NW 9<sup>th</sup> Ave., just down from the pool. Please mention the meet when calling for the special rates below:

1 person/1 bed \$48.00  
2 persons/2 beds \$55.00

Phone: 1-800-432-1233  
Or: 541-754-7474

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istered swimmers. Roy Webster, Hazel Bressie, Joe Lanza, Ernie Glass, Doug Huestis, Tom Anderson, Randy Harris, Connie Wilson, Judi Shaw, Darlene Pohl and Sue Snyder made the SC Nationals at Mission Viejo. Roy Webster, Hazel Bressie, Darlene Pohl and Connie brought home the medals.

Mtn Park LC, July 10 and 11 : Beth Boehmer(22), lit up the skies: 1500-24:31.60, 200 Breast-3:34.50. Liz Gebe(21) swam the 200 IM in 3:10.60. Sandi Baker(21) handled the 50 Fly-33.40. Clair Mohr(29) 50/100 Breast:50.20/1:52.10. Jayne Chastain(30) swept the Back:45.80/1:42.80/3:53.40. Alice Zabudsky(31) swam:200 Fly-3:31.80 and 400 IM-7:03.10. Mary Anne Wolfe(50) picked up 5 Golds, as did Elfie Stevenin(54) Hazel Bressie(67) 4 Golds. Jan Simonsen(22), 50//100/200 Fly :28.00/1:06.80/2:39.00 (50 time was record into 1992.) Kim Lintner(26) did the 50 Free in 26.90.

Jerry Lucas(26) and David Levinson(26) from the Bay Area, swam with us. David is still a very active Masters. Stuart Morris(32) showed up as a freestyler. Ralph Mohr swam the Fly and the 400 IM. David Eng(38) swam for the first time. Jim Bigler(40) cleaned up in the Freestyle, note a 1:15.10 for the 100. Fred Sprenger(45) swept 5 Freestyles, with Eric Guest(46) runner up in the 50 and 100. Lee Miesen(49) bowed in with the 50/100 Breast'45.40/1:45.00. John Runckel(53), who founded Barracuda, initially with only Goggles, now (1995) getting into a full array of Swim gear, won the 200/400 Free:3:12.70/6:58.50. John swam hard that year, working out at Mtn Park, OB swam next to him many an early morning.

Fred Eckhardt(50), with a 3:31.20 for the 200m Fly, was instrumental in the setting of our 4th NR. Earl Walter(55), with Fred's leading him on , set a new NR in the 200M Fly at 3:35.70, the NR now is 2:48.05. Neil Farnham(59), a fine MAC swimmer, won the 100M Breast in 2:08.10. Neil was in Masters for 4 to 5 years, we missed him, and miss him now. Don Stevenson(64), Robert Schmidt(61), Syd Hendy(63) and Kelly Bagby(62) were big winners for OMS.

This was Syd Hendy's first meet, he swam for years and made AA. He dropped out in 1995, we missed

him. Fred Wiggin(60) and Karl Frederick(62) both of PNA, Wiggin handled the Backstroke with Frederick the Breast and Fly. Karl did the 100 Breast in 1:41.50 while Wiggin swam the 100 Back in 1:37.40. John Hoey(66), later known as Jack, made his debut in this meet. Hoey, an early on Freestyler, turned over and became an AA backstroker, he and Herb Eisenschmidt, had many a great race. Dana Thomas(69) won the 50/100 Free in 39.20/1:39.40.

July '76 AQUAMASTER told us of the upcoming Region XII LC Champs at Coleman Pool in Seattle, also it was announced that OMS would host 1997 SCY Regionals, Doug Crichton, got right busy and secured the MAC to host that meet. Doug Crichton, was a worker, we have missed him greatly over the past years. Entry for Coleman showed that we cut off in those days at 80 Plus. If you wanted awards your entry was \$1.25, W/O, you paid 50 cents. The surcharge per swimmer was \$ 2.00. the Columbia River Swim, at Hood River, was announced for Sept 3, the distance was 1 Mile. This still is an annual event, the early day godfather, was Roy Webster of Hood River.

October '76 AQUAMASTER. Dated the 18 scheduled swim meets in Region XII for the coming year. LC Nationals were at St Louis, Missouri, with Bob Hunter, Roy Webster and Earl Walter representing us. There were 550 swimmers, Walter(55) picked off our 3rd and 4th National Championship in two years, OB (55) swam the 100/200 Back:1:25/3:10, OB suggests, nowadays both times would not make the TT. Eugene, with Don Van Rossen, as chairman, announced they would host a SCY Meet in early November, it was to be a two day event, this was a first for a regular meet. MAC announced, their Masters team was growing, now up to 49 on the mailing list. An in house meet hosted 25 MAC Masters. Doug Crichton and Trond Williams, were the guiding lights.

Eugene, November 5 & 6 : Linda Pollock(29) shows here with 5 Golds, 50 Free/50 Back/50 Breast32.35/34.46/37.84, was a great paddler, we lost her somewhere. Virginia Van Rossen(43), appears, guess they tied the knot. Diane Williams(48) swam the 200 Breast in 4:28.67. Eileen Biglin(48) and Hazel Bressie(67) dominated their age groups. The Meet Director, Van Rossen, got his son Dan(22) into the act,

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the breaststroke rubbed off, Dan swam the 100 Breast in 1:12.79. Mike Greco(25) won the 50 Free at 23.96, then he and Doug Huestis combined to give Steve Johnson some competition in the Free. Doug Chricton had a 1:17.89 for the 100 Breast. Cecil Kribs(34) took all the backstroke. Walt Miller(32) looked like a back-stroker. Tom Emerson(31) looked good. Chuck Schaumburg (38) later to be OMS VP, moved to Oregon and swam well. Leo Haglund(48) of MAC was dominant. Lee Miesen(MAC)(49) gave Dr Rossen some competition in the Breast. Chuck Shattuck(53) won 2 events, he like many other names, where did they go. OB(55) trying to recapture some prep school glow, went to 200 Free in 2:42.88. Harry Koppel(63) from California, swam the 100 Fly in 1:39.58, Robert Schmidt(61) negotiated the 100 Breast in 1:44.53. Max Strauss(67) won 4 events in (65-69) Roy Webster(75) the apple man from Hood River, took 5 Golds, the 75-79 was all his. OB remembers the 1650:60.38.80, we subbed lap counters at the half hour. OB hastens to remind, that in those days, Roy was a Top Tenner, nowadays the 10th TT is 30:39.91.

PCC Dec 18, 1976 : Lynn Zak (22) picked off 4 Golds, ie, 100 IM-1:14.40. Jayne Chastain took 3 Backs, 200:3:12.00. Jan Shaw (38) won 2, 50 Free-37.10. LAVELLE STOINOFF (43), slated to be one of the finest freestylers in USMS history ; won the 50, 100, 200 Free:33.60/1:14.20, 2:48.60- At 63, Lavelle did a 200 in 2:29.16. Wilson and Stoinoff paired off in the 50 Back, with Connie winning 40.00 vs 40.60. Dianne Williams (48) won 4 events. Marquita Redstone (51) won the 200/500. Dawn Musselman(63-PNA) won 5 events, it is interesting to note, Dawn dominated in her age group, yet in 1997 none of her times would make the TT. Hazel Bressie(67) won 5 events. Sam Booth (24) won the 50/100/200 Free :24.10/55.00/2:10.94. Dan Armstrong (21) won the 500 in 6:16.40. Jan Simonsen handled the 50/100 Fly plus the 100 IM; 25.40/59.50/1:04.90. Steve Barrett (29) made his first appearance with a 2:11.60 for the 200 Free, also Doug Adams(27) 100/200 Breast:1:10.90/2:35.80. Pat Joseph(30) won the 100 Free at 55.20. Doug Atterbury(30) the 100 Breast in 1:20.90. Karl Von T(33) did the 50 Fly in 27.30. Jere

Marrs and Joe Santry made their debuts. Joe(36) won the 100 Free-1:04.90. P Tutmark(44) won the 200/500 Free. ERIC GUEST (47) and Donlan Jones (46) were big winners. George Burgess(45) held off Lee Miesen (49) in the 100 Breast 1:24.10 vs 1:25.90. Fred Eckhardt(50) powered his way into this age group. JIM SNOW(50). (We will always be beholden to Jim, for his years and years of help with AquaMaster) won the 100 IM in 1:29.00. Jim McGregor(55) won the 500 Free in 9:00.20 (In 1938 Jim won the Lake Oswego 3 1/2 Mile Swim) Walter(55) the 200 Fly at 3:09.30 (EW's only attempt at Open Water swimming was in the '38 LO Swim, taking 3rd behind McGregor and Jack Levy) That 200 Fly in 1997 not even close to TT, 10th TT 1997 was 2:52. George Eagon(60) swam the 500 in 9:01.20. John Hoey(67) was still swimming freestyle. Dana Thomas(70) nabbed the 50 Free in 35 Flat, TT10 now 31.33. Roy Webster(75) had this group all to himself. Out of 5 relays, MAC fielded 4, and Tualatin Hills-1. MXD 20+ MAC (Pollock, Zak, Gilbert, Simonsen) spun a 1:57.10. MXD 35+ MAC (Stoinoff, Wolfe, Snow, Stevenson) a 2:11.80.

AQUAMASTER NOV 1976 : 1977 LC Nationals were announced for Spokane. The First World Meet was to be in Ecuador, October 1977. Registration comment for 1977, "Doesn't matter if you can only dog paddle" OB Comment, This still holds for 1997. FINA announced support for world wide Masters organizations. For 1976 was announced. (AA required 4 # 1 placings) COLLIE WHEELER was the only OMS swimmer to make All American. OMS had 20 making TT, twice the number in 1975. In 1997, Collie would still make TT. Collie was OMS' second AA, CONNIE WILSON being the first. Top Tenners were : Mary Anne Wolfe with 8 places, Alice Zabudsky (6), Connie Wilson (6), Hazel Bressie (5), Darlene Pohl (4), Elfie Stevenin (4), Sue Snyder (3), Carol Friedly (2), Carey (2), Powers (2), Earl Walter (13) 3-1s and 2-2s, Roy Webster(12), Karl Von Tagen (5), Fred Eckhardt(3), Max Strauss(3), Moore(2), Fred Sprenger(2), Donlan Jones(1), and Bob Hunter(1). OB Comment "It is hard to believe that Lavelle Stoinoff and Don Stevenson did not make it".

USMS Rule changes were announced : 25 was still the minimum age for swimming Masters, we did not have *continued on page 16*

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1000 Free, MXD Medley Relay, the 800 Free. Rotation for hosting Nationals was instituted. Max of 5 Ind Events allowed, and either a 3 Day or 4 Day Nationals could be swum. No Team Trophies were allowed, although Team Points could be announced. AA requirement, either win 4 championship events, or be # 1, 4 times in the Top Ten (Note: This was changed in 1977 to placing # 1 in any TT Event) Age was determined as of the first day of a championship meet, not the last day, as it is now. 80 Plus was our senior age group, it is now 100+.

PCC was announced as host of meet to be held Dec 18th. 1976

Region XII TT Team was announced : OMS people who were # 1 : (SCY)

Women 25-29: Pohl-1650, 100/200 Fly. Snyder-50/100/200 Back, 50 Breast, 100 IM

30-34: Zabudsky-100/200 Fly

40-44: Wilson-50 Back

50-54: Wolfe-50-100-1650 Free, 50 Back. Stevenin: 50/100/200 Fly & 400 IM

55-59: Biglin-100/200 Free

65-69: Powers-50 Free, 50 Back and 50 Breast. Bressie-100 Free, 100 Back, 100 Breast

Men 20-24: Anderson-200 and 1650 Free (Note: Local Level 20-24 Okay)

25-29: Johnson-100 Fly. Lintner-50 Free and 50 Fly. Maestre-100/200 Free. Anderson-1650. Walthers-50 Breast. Josephson-100-200 Breast. Huestis (Doug)-200 Fly. Glass-400 IM.

30-34 : Von Tagen-50/100 Free, 50 Breast, 100 IM. Moore-100 and 200 Back.

40-44: Hess-50 Free. Sprenger-200, 500 and 1650

45-49: Van Rossen-200 Breast, 200 IM. Eckhardt-200 Fly

50-54 : Holland-50/100 Free. Harrison-200 and 500 Free. Walter-1650 Free, 50/100/200 Breast, 50/ 100 /200 Fly, 100/200 IM

55-59 : Shrewsbury-50 Free, 50 Breast. Farnham-100 Free, 100 Breast. Walter-50 Back, 200 Fly, 100/200/400 IM

65-69 : Strauss-500/1650 Free, 50 Back.

70-74 : Mullen-50 Free and 50 Back

75-79 : Webster-50/100/1650 Free, 50/100 Breast

80-84 : Wheeler-50/100/200 Free and 50 Breast

OB Note : We had come a long way in 4 years.

Results of PCC Meet, Dec 18, 1976

Lynn Zak(22) Won 4 events, with hilite of a 1:14.40 100 IM Linda Pollock(29) 3 events, 50 Free, 50 Back, 50 Breast: 28.50, 34.40, 37.70. Jayne Chastain (31) 50/100/200 Back: 38.10/1:25.60/3:12. Jan Shaw (38) 50 Free/50 Back-37.10/42.60. Lavelle Stoinoff (43) 100 Free-1:14.60, Jeanne Kennett (41) 500 Free-9:59.80, Connie Wilson(42) 50 Breast-50.00, Dianne Williams(48) 100/200/500 Free/200 Breast - 1:44.30/3:49.70/10:06.50 4:13.60, Mary Anne Wolfe (50) 200 IM-3:28.20, Marquita Redstone (51) 500 Free-12:25.90, Dawn Musselman (63-PNA) 200 Free-3:05.10 and 100 Back-1:36.50, Hazel Bressie(67) 500 Free-17:25.90 100 Breast-3:10.50, Sam Booth(24) 200 Free-2:10.90, Dan Armstrong(21) 500 Free-6:16.40, Jan Simonsen(22) 50/100 Fly: 25.40/59.50-This guy was a swimmer! Steve Barrett(29) 200 Free-2:11.60. Eugene Kitts(29) 500 Free-7:34.80, Doug Adams(27) 100/200 IM: 1:02.90/2:21.00, Doug Huestis(28) 50 Fly-28.00 Ted Gilbert(25) 3rd 100 Free-1:14.80, Pat Joseph(30) 100/500 Free-55.20/6:36.60, Howard Moore(31) All America from Southern Methodist: 100/200 Back-1:03.10, 2:19.90. A great guy, wish he would have stayed in the program longer, he is still in the Portland area( 1995). Doug Atterbury(30) 50/100 Breast-35.60/1:20.90, Jere Marrs(35) 50 Free/50 Breast-37.60/49.70, Chuck Schaumburg(38) 200 Back-2:41.90, 50 Breast-42.30, Jim Bigler(41) 100 Free-1:05.70, P Tutmark(44) 200 Free-2:51.70, Brian Herd(42) 50 Breast: 42.30, ERIC GUEST(47) Yes, he was that young once! 50/100 Free-30.00/1:06.00, Leo Haglund(48) 500 Free-8:21.90 Donlan Jones(46) 50 Back-34.50, Jim Snow(50) 50 Free/50 Breast-31.00/41.00, Chuck Harrison(50) 500 Free-7:59.00, Fred Eckhardt(50) 200 Fly - 3:05.30, Jim McGregor(56) 500 Free-9:00.20. If you like Basketball and FUN comments, plus authenticity, beg, borrow or steal a copy of "Called for Travelling". This is Jim's, true to life, and true story of the early days of international basketball. Jim also has some very revealing comments on the NBA in its formative years. Neil Farnham(59) 50 Free-34.50 Earl Walter(55) 200 Breast-3:10.10, Don

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# February Fitness Challenge '98



**Purpose:** To promote fitness through swimming by encouraging participants to swim regularly and to track results over a monthly period

**Host:** Crawfish Masters Swim Team (a branch of Bengal Tiger Aquatic Club), Baton Rouge, La.

**Sponsor:** Maxwell Medals & Awards

**Eligibility:** Must be at least 19 years of age

**Rules:** Use of training aids such as kickboards, fins, paddles, and buoys IS permitted.

**Recording Distance:** Beginning February 1, 1998, record on form below the number of YARDS completed each day. PLEASE BE AS ACCURATE AS POSSIBLE! To convert meters to yards, add 10% to meter distance to obtain yard total. (For example, 3000 meters + (10%) 300 = 3300 yards.)

**Monthly Totals:** At month's end, add daily yardage totals to obtain monthly total. To calculate number of miles, divide monthly yardage total by 1760.

**Caution:** Use caution when attempting to improve fitness level. Increases in yardage should be gradual over an extended period.

**Age Groups:** 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79... (in five-year increments)

**Age:** Determined by your age on February 28, 1998

**Awards & Results:** All participants receive final results and an achievement certificate. The three males and females in each age group with the highest monthly total receive medals. Please allow 30 days after deadline for mailing of results and awards.

**Entry Fee:** \$8.00, all fees (check or money order) payable to **Crawfish Masters Swim Team**

**T-shirts:** \$12.00, short sleeve, 100% cotton, five-color screen. Theme: "The Need for Speed"

**Caps:** Custom swim caps with large, colorful FFC logo (see above) available for \$3.00

**Entry Deadline:** Entries must be RECEIVED by March 16, 1998. No fax entries. Late entries will be returned!

**Entry Procedure:** Send form below and fees to:

FEBRUARY FITNESS CHALLENGE

c/o Scott Rabalais

3537 Christina Ave.

Baton Rouge, LA 70820 USA

Phone: (504)766-5937

**International Entries:** Subject to a \$3.00 postage fee; mail early to ensure arrival by entry deadline.

**Workout Guide:** For a free brochure entitled "The Need for Speed," send a self-addressed stamped envelope to the above address.

## February Fitness Challenge '98

(please print)

NAME: \_\_\_\_\_ AGE (as of 2/28/98): \_\_\_\_\_ SEX: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_

ZIP: \_\_\_\_\_ COUNTRY: \_\_\_\_\_ PHONE: (\_\_\_\_) \_\_\_\_\_ USMS MEMBER? Y N

SUN FEB 1 _____ yds	SUN FEB 8 _____	SUN FEB 15 _____	SUN FEB 22 _____
MON FEB 2 _____	MON FEB 9 _____	MON FEB 16 _____	MON FEB 23 _____
TUE FEB 3 _____	TUE FEB 10 _____	TUE FEB 17 _____	TUE FEB 24 _____
WED FEB 4 _____	WED FEB 11 _____	WED FEB 18 _____	WED FEB 25 _____
THU FEB 5 _____	THU FEB 12 _____	THU FEB 19 _____	THU FEB 26 _____
FRI FEB 6 _____	FRI FEB 13 _____	FRI FEB 20 _____	FRI FEB 27 _____
SAT FEB 7 _____	SAT FEB 14 _____	SAT FEB 21 _____	SAT FEB 28 _____

TOTAL MONTHLY YARDAGE = \_\_\_\_\_ YARDS

TOTAL MONTHLY MILEAGE = \_\_\_\_\_ MILES

(To calculate mileage, divide monthly yardage by 1760.)

I attest that the above results are accurate and true.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

FEES	
Entry Fee	\$ 8.00 _____ (required)
T-Shirt	_____ x 12.00 _____ (optional)
Circle T-shirt size(s): S M L XL XXL	
Swim Cap	_____ x 3.00 _____ (optional)
Int'l Fee	3.00 _____ (outside U.S.)
TOTAL	_____ (U.S. funds only)
(fee payable to <b>Crawfish Masters Swim Team</b> )	

Please advise the registrar of address changes

# Aqua-Master

FEBRUARY 1998

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U.S. Postage  
**Paid**  
Portland, Oregon  
Permit No. 1292

DAVID A. RADCLIFF  
5832 SE WOLF FOND WAY  
HILLSBORO, OR 97123

**In this issue: Entry Blanks - Pentathlon, Corvallis, Zone SCY**

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