

# Aqua-Master

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## profile

Starring Peggy Whiter



Peggy Whiter is a dedicated member of COMA in Bend. Over breakfast, Peggy and I shared some chin music about her swimming history, beginning as a toddler in the Atlantic Ocean.

She lived with her family in Vermont and vacationed in Maine. Living inland, the ocean enticed Peggy and her family. She remembers summers arriving after dark at Ferry Beach, Maine, stripping to her underwear with the rest of her siblings, then running into the water. Not knowing how to swim, she'd stand and let the waves rock her.

At four years old, she became brave enough to float in the ocean: her beginnings as a self-taught swimmer. At a lake in Vermont, she shyly watched other children performing dry land drills and learned the sidestroke by imitation. Her mother, swimming the "dry head" breaststroke, was also keenly *continued on page 8*

## Ol' Barnacle

reviews - results - records - history

### Ol' Barn ... Nike World Masters Games

Under the guidance of Sandi Rousseau and Eric Guest this was indeed a stellar meet. The numbers were not up to expectations, but the performances were far and away the best ever for the World Games. The HEAVY METAL was indeed heavy, just beautiful, thanks for these memories. The officiating was superb, the deck support was without peer and the weather was wonderful.

World Records and Games Records were the talk of the town. Maybe this was meant to be a most fitting conclusion to a fine fine 1998 season for Oregon Masters.

WMGR: An additional category of records needs to be addressed, World Masters Games Records, last recorded in October of 1994. Where you see WMGR by the time, it means a Games Record, which by the way will at least last till the year 2002.

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## The CHAIR'S CORNER

by Eric Guest



First I would like to give you, the membership, an update on two of the Nation's best swimmers. On 8 Sept. Dave Radcliff had a heart attack and was admitted to St. Vincent Hospital. He was released after a "Stent" was installed in an artery and was discharged on 12 Sept. The champion that he is, attended an open water swim as a spectator---now there's dedication for you, folks!!! He has been informed that if he is a "good boy" for about two weeks, he will be permitted to get back into the water...carefully. Thanks to his great condition due to his swimming, he will get back to his good health again soon. We wish him the very best and speedy return to the pool.

The next swimmer to mention is Roy Abramowitz. He was having "ticker" problems too. On 21 Sept, he was admitted to O.U.H.S.C for tests and on the same day, was released as he passed the tests with good results. His test results enabled him to be put on the donor list for a heart transplant. I spoke to him the following day, at work. He seemed "chip *continued on page 13*

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**Calendar and Meet Schedule 1998**

Date	Event	Location	Contact
Nov. 14 - 15	SCM Zone	*Oak Harbor, WA	Dan Frost - 1121 SW Barrington Dr # 4 Oak Harbor, WA 98277
Dec. 4 - 5	SCM	*Lincoln City	Lissa Parker - (541) 994-3264 allpark@wcn.net
Dec. 13	CLINIC	*Nike Champion Clinic Tualatin Hills	Bill Volckening - (503) 533-5567 volckening@aol.com
Jan. 10	SCY	*Parkrose	Bert Peterson (503) 252-6081
Jan. 30	SCY	Echo Hollow - Eugene ***Animal Meet plus regular format."	
Feb. 6	SCY	Tualatin Hills Barracudas - Pentathlon	
Feb 27 - 28	SCY	MAC Club	
March 19 - 21	SCY	Association Championships Bend	
April 10 - 11	SCY Zone	Federal Way, WA	
May 13 - 16	SCY Nationals	Santa Clara, California	
June 12	LCM	Tualatin Hills - Beaverton	
July	LCM	State Games - Mt. Hood	
Aug. 19 - 23	LCM Nationals	Minneapolis, Minn.	

\* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER

\*\* The Eugene Meet will run all events with participants allowed to swim the usual five. Those entering can just swim as usual or elect to be an "Animal". To be a "Freestyle Animal" one must enter the 500, 1000, and 1650 freestyles. "All Around Animals" must enter the 400 IM, the 200 back, breast or fly, and the 1650 free. Animals can add two more events of choice or only swim the three required. All animals will receive an OMS Animal T-shirt.

**A Quick note about our meet schedule:**

You have now seen this year's calendar of events. Are you a bit disappointed that the first meet in Oregon isn't until December? That's right, if you want to compete before December, it's up to Oak Harbor you go. Why?

For the second year in a row, none of our teams have bid for an early season meet. We can't swim in October or November if you don't volunteer to host a meet. This summer, you gave me excuses, but no bids.

Let's start thinking about fall meets now. I will accept your bids for fall, 1999 starting today. We will be bidding for SCM Zones in November or December so let's hear from you SCM pools, if interested. Then let's get a yard meet for those early months, too.

If your team is just now getting around to thinking about a meet for this season, we're full. Think about 1999-2000. Any ideas, questions?

Call me at (541) 593-9102 or e-mail me at him@cmc.net Pam Himstreet

For Aqua-Master questions, problems, address changes, ideas or submission of articles please contact Dave Radcliff - 5832 S E Woll Pond Way, Hillsboro, OR 97123 or (503) 648 7141 or email at therads@integrityonline.com

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## THE RACE WAS THE REWARD

by Robert Smith (aka Dr. Sprint)

It was an exciting race to watch. We swam next to each other. We were both under the existing World record, and at the finish, the difference was a mere 1/10 of a second. Over my 26 continuous years of Masters competition it was my most exciting long course race. Here is my inside story of this epic showdown. It's the story of the 100 meter backstroke for 55 year old men at the 1998 World Games in Portland.

As a sprinter, I don't like head-to-head combat. Head-to-head races are usually longer than a 50, and the competitors can see each other and can adjust efforts. These races are always very painful but have the reward of being very inspirational. However, in a 50, the only real time I see my competitors is before & after the race. When the gun goes off in a 50, I try to over-power and out-technique them. Sneaking past them before they know what happened. I want the race over so quickly that by the time they see me it's too late and they have the feeling they never got started. Sprinting is a game of ultra-preparation, perfect execution, and explosive autopilot racing. This game is over in less than 30 seconds. The 100 meter backstroke is a dramatically longer and different race requiring both speed and conditioning. It was won in an seemingly never-ending 1:11.75.

On Day 2 of the games, I won the 50 back in 31.72 seconds. The disturbing fact was that 2nd place was .75 seconds slower and Jo'zsef Csika'ny from Hungary was gaining quickly on me in the last 10 meters.

On Day 3, he was entered in the 200 back, an event I would never consider. It was my top priority to view Jo'zsef 's 200 back race. I studied every aspect, probed for weaknesses and observed his strengths looking for a way to beat him. He convincingly won in a intelligent race with perfect pace and excellent technique. His time of 2:40.58 just bounced off the existing World record. This man is too experienced to make any mistakes or be duped into any bad tactics. If I had swum against him in the 200, he would have beaten me by over 10 seconds! But he didn't know this secret. Perhaps he'll assume I'm well conditioned. In the warm up/cool down pool, we recognized each other and tried several times to communicate. It was difficult since he spoke little English and I no

Hungarian. I congratulated him on his impressive 200 and learned he was the leader of the Hungarian team. It was frustrating for both of us to use a modified sign language intermixed with common swimming terms. I could see by his name in the World Game record books dating back over 10 years that he is a very famous backstroker.

In bed that night I swam our race 20 times mixing different scenarios. The one I dreaded the most was him taking it out fast, challenging my speed. It would be a giant dog-eat-dog drag race and near the finish our brains would fry and our bodies would have the strength of wet rags. A race like that destroys my body for hours and I had two more 50 races immediately after the 100. I would conduct our race as a match race aimed at winning rather than an optimum time. I would have to watch him like a hawk and adjust to any of his tactics.

The 4th and biggest day started with nice overcast skys but slowly 30 minutes before the race the sun burst through into a cloudless sky. An ugly omen for backstrokers. To the unknowing eye reading the heat sheet, our race didn't look exciting. Jo'zsef had entered a time 2 seconds faster than my realistic entry time. This old time psych-out trick doesn't work anymore on 55 year old Masters. I told all my teammates and everyone I saw that this would be a good race. It would be entertaining to them and I believe I could draw positive energy from their presence.

Just before our heat started, I shook hands with Jo'zsef and wished him good luck. I saw the steady look in his eyes. He's been in this situation before. We were two old war horses ready to do battle.

The gun went off and I immediately took a strong lead and then I moved over and hugged the lane line near him. The goal was to keep the lead and hide from his field of vision trying to save my legs for the second length. The first length went pretty much as planned. At the turn I had a 1.3 second lead. I studied his first couple of strokes coming off the wall and learned that he picked up his stroke rate! Damn! He must have seen me during his turn! Strategically, I wanted to place myself into a leading position to be inspired by him. I definitively don't want him to be inspired by me. Then the worst blow came -- he disappeared! The angle of the sun and the white background of the stadium blinded my eyes whenever I looked in his direction.

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## the FITNESS LANE

By George Thayer, Fitness Chair

### Random Thoughts From The Fitness Lane

The coaches corner column this month talked about setting goals for fitness and competition this year. Coach Bob Bruce also talked to us about getting a physical before resuming training. Not a bad idea. A good physical probably would not have helped Dave Radcliff, Florence Joyner or myself to detect coronary disease, but there are other areas of the body that could be checked. Men over 50 should be checked for prostate and colon problems. Women the same age should get breast exams. The point is that if we are sick or disabled, we have a much harder time swimming to stay fit. A recent column in the New York Times about Flo Jo references long term studies that found that people who exercise hard and regularly tend to live longer. Skeptics point to the runner Jim Fixx who died at 52. The Times article points out that his father died of a heart attack at 43. Without his running Fixx might not have lived as long as he did. The article also noted that research has found no hazardous level of exercise.

Notes from the Nike Worlds and Long Course Nationals: Several of us tried Dr. Sprint's method of elevating the legs after a race and warm down. The idea is to reduce lactic acid build-up in the legs. I added another piece to this at nationals: before I went to the pool in the morning, I took a short hot bath. First I sat in the water to soak the legs, then slid down, elevated the legs and submerged the shoulders. The result seem to be easier stretching and more flexibility. Also, I did not loose my legs in any races.

Overheard at Nike Worlds from an older guy: "I was sentenced to oxygen debtors prison".

A suggestion from one of our readers who saw it in the B.C. Masters newsletter. A fitness challenge to 100,000 and 500,000 meters of swimming. How can we add the factor of precision, or technical swimming to the mix? Swimming leisurely does not necessarily result

in fitness. Any ideas? Another reader suggested fun stuff for the year 2000, like 200,000 meters. Being a quick twitch sprinter, how about 2,000 25's or 50's?

*If you have additional ideas contact George - phone, address and email are listed on page 2.*

## Swimming the Net



By Bill Volckening  
volckening@aol.com

### "Swimming the Net"

*is a new feature devoted to reviewing Masters Swimming web sites. In this column, we will search for web sites with particular interest to visitors from other clubs. We will feature web sites with workouts, articles and excellent design, graphics and navigation features.*

**Crawfish Masters, Baton Rouge, LA**

**<http://www.crawfishmasters.com>**

BATON ROUGE-Scott Rabalais has found yet another way to demonstrate his remarkable leadership as a Masters Coach. Although it would seem to be an insurmountable project, Rabalais has produced a web site to reflect the high quality of his nationally acclaimed Masters Swimming program. The Crawfish Masters web site is an outstanding source of information for Masters Swimmers. The site is easily navigated, visually appealing and features a growing section of workouts, with at least one new workout added each week. The workouts are each 75 minutes in length and provide a wide variety of general training themes. Visitors will find everything from distance freestyle to the "Crawfish Casino" game, in which swimmers roll dice and pick cards to determine their workout sets. In addition to the useful information for Masters swimmers, the site is entertaining in its selective use of animated accents and sound clips. Check out the Crawfish Masters web site today!.

**END OF POOL - FLIP TO NEXT LANE**



## *Notes from Poolside by Coach Bob Bruce*

While lap swimming or training in a group, have you ever collided with a swimmer going against the traffic flow? Have you ever had to stop suddenly to avoid the "hair dry" breaststroker who has appeared in your fast lane? Have you ever been "cannonballed" from the side? Have you ever been run over by a teammate who has changed the send-off without telling you? Have you ever had your toes continuously tickled by the swimmer behind you? As a result of any of these or other annoying events, have you ever experienced your own "lane rage." Have you ever gotten so angry that you stopped and left the pool? You're not alone! Most of us have gathered a vivid collection of experiences with other pool inhabitants who seem oblivious to other swimmers and to common pool policy and etiquette. This month's column will deal with some action measures to help us to prevent these kinds of events from occurring, to deal with them positively when they occur, and to assist ourselves from becoming consumed by "lane rage."

**Basic statement:** Each of us must take responsibility for the success or failure of our own lap swimming and training experience, and that each of us must take ownership of our lap swimming and training environment. [If you don't agree with this basic statement, you should probably skip the rest of this article, but realize that you will probably continue experiencing events like those listed above.]

### **Improving your lap swimming environment:**

1. If your pool has no policies (or weak policies) governing lap swim behavior, speak with your Pool Manager about establishing a lap swim framework / expectation / etiquette. Approach the problem constructively from both safety and patron comfort perspectives. Establish a common basis for lap swimming, including lane speeds, circle-swim direction, use of equipment, and anything else that you think appropriate for your situation. Decide how these will be enforced. (Once established, it's a good idea to revisit and upgrade them periodically.)
2. Post these policies where they can be seen easily. Use lap speed cones or any other eye-catching means of informing swimmers of expectations.
3. Train the staff to enforce them.
4. When confronted by violations, follow these steps:
  - a. Educate! Most violations are caused by people who just don't know. Approach policy violators politely, always showing concern, using non-judgmental phrases like "Did you know that we have lanes for different speeds so that you can swim comfortably at your own speed?", or "Did you know that we direct our swim traffic like street traffic so that we won't run into each other?" Thank them for complying. This usually works.
  - b. Enforce! If you cannot convince policy violators to change behavior, or if you feel uncomfortable in approaching them, leave the water and go speak with the lifeguard. Politely but firmly demand that they enforce lap swim policy for safety's

sake and for everyone's comfort. Some lifeguards, particularly teenagers, are reluctant to intervene with adults in lap swims unless prodded.

c. Complain! If you get no results from the lifeguard, then (and only then) contact the Lifeguard Supervisor or Pool Manager. Tell the supervisor exactly what happened, including time of day and lifeguard involved, and let them work towards improving the lifeguard's performance. If you have not asked the lifeguard to enforce policy at the time, you forfeit your right to go to the supervisors; deal with the problem at the time on the spot! As a Lifeguard Supervisor myself, I am continually challenged to maintain lap swim rules, and I am confronted with patron complaints about lifeguard lapses. I get frustrated by complaints from those who do nothing when the situations occur, then complain to me. Take responsibility for your own swimming environment--no whining!

### **Improving your group practice environment:**

1. Masters swim teams are occasionally torn by a conflict inherent in masters training and racing, the conflict between the "Do your own thing" (what you do when you race) and "All for one, one for all" (the glue which binds the training groups together). When you are lap swimming yourself, you can "do your own thing", within the bounds of pool policy and etiquette. However, when training in a team (usually in tightly-limited space), you must adopt the "all for one, one for all" outlook. Almost all conflicts which occur during masters training come when this is forgotten.
  2. Work proactively towards achieving team consensus about training guidelines. Consider details like practice goals, timeliness, placement of faster and slower swimmers, standard swimming patterns & send-offs, appropriate assigned time intervals, passing procedures, common drills, safe use of equipment, medical modifications, and anything else that you want. Once established, hold to them, even if you might not agree with the team consensus. Let your coach enforce them, but follow them even when the practice is uncoached.
  3. The most important team practice guideline: Respect each other! Corollary #1: If you wish to get respect, give respect.
  4. Treat your team and teammates as the treasure that they are! All for one, one for all!
- Good luck and good swimming.

### **Quotebag**

"Athletes get to the top level by making a thousand little decisions every morning and night. If you make the right choice on each of these--decide to get up and go to practice, decide to work hard today, decide to volunteer to do an extra event to help your team--then others will say you 'have' dedication. But it is only the doing of these little things, all taken together, that makes that dedication. Great swimmers aren't made in the long run; they are made every day." -- Daniel F. Chambliss

# OPEN WATER



By Dan Gray, Open Water Chair

The '98 open water season is now complete. The events this year drew quite a few more participants than last year. The increased participation in open water events show that this is where a huge growth appears in masters swimming across the country. The participation in Oregon indicates that swimmers are interested in these events. LET'S KEEP THEM COMING!!!!!!

Congratulations to each of you for your efforts and your show of support to open water swimming around the state. David Radcliff was unable to compete at Hagg Lake due to his recent heart attack after trying to impress his new coach. He couldn't swim so he came to help. David's

zest for life is truly refreshing. David, it was so nice to see you and Nancy at Hagg Lake. An extra High Point Award was available anticipating the expected tie between David & Steve Johnson and with a unanimous vote of the swimmers the High Point Award was also awarded to David Radcliff.

These swims are made available due to some highly motivated individuals who have a huge amount of support from their local clubs. I do not like to put the spotlight on folks that stay in the background, but I will on this occasion. If there were a high point award for volunteers there would be a tie between Nancy Radcliff and Debra George. These two special ladies stepped forward and assisted event directors in almost every open water swim this summer!!!!. My personal thanks go to these special ladies that stepped forward

to help. Rumor has it that Debra was going to start swimming to avoid the event directors' wife syndrome!!!!!!

There will be a meeting in Eugene early spring to review this past open water season and to plan for future events. Any individual (or club reps) that are interested in possibly hosting an open water event are encouraged to attend. The date is still to be determined. Please call if you are interested in attending--541-944-0529.

**NEWS FROM CONVENTION:** Rogue Valley Masters were successful in the bidding for long distance events for the year 2000. The 3000/6000 yard

Postal Swim will be hosted by RVM. The club was also successful in their open water bids. RVM will host a USMS National Championship 10 K at Applegate Lake. What does this mean? Oregon swimmers will get a chance to compete locally for National Championship awards and recognition. Sorry

## HIGH POINT TOP TEN ' 98

<b>LISA GORSLINE</b> (9) 105	<b>STEVE JOHNSON</b> (9) 126
Chris Lindstrom (9) 92	Jeff Kealon (9) 102
Michelle Morrell (7) 90	David Radcliff (7) 98
Sara Quan (6) 84	Dan Gray (8) 82
Erin Holland (6) 73	Richard Juhala (6) 78
June Mather (6) 68	John Ridenour (9) 78
Laura Schob (6) 67	Michael Tennent (6) 78
Jeanne Thimm (6) 57	Greg Welch (6) 78
Debbie Gregoire (4) 56	Mike Douglas (5) 67
Pam Himstreet (4) 48	Curt LaCount (4) 56
Shauna Simpson (4) 48	

Next issue will contain top three finishers by age group.

that the distance is so long, however, that is what was available for this zone that year. We will have lots of time to think about what it takes to be successful for such a distance. There will be an educational emphasis on training, nutrition during the swim, escort etiquette, etc. Much more to come as time goes on.

So what does '99 have in store for us??

Cottage grove will host the Association Open Water Championships in August. There are talks of some longer swims so that swimmers can prepare for the 10K in 2000. Don't let fear control your emotions---if you prepare for a long swim you will be successful. Remember that it is the process of preparation that will challenge you. The swim itself will be your reward for accepting the challenge!!!!!!

**"NATURE CANNOT BE TRICKED OR CHEATED. SHE WILL GIVE UP TO YOU THE OBJECT OF YOUR STRUGGLES ONLY AFTER YOU HAVE PAID HER PRICE."** NAPOLEON HILL

*Let's start that struggle now. Start planning on being part of the 1999 Open Water Season. That way you'll be ready for Oregon's first National Open Water Championship in the Year 2000*

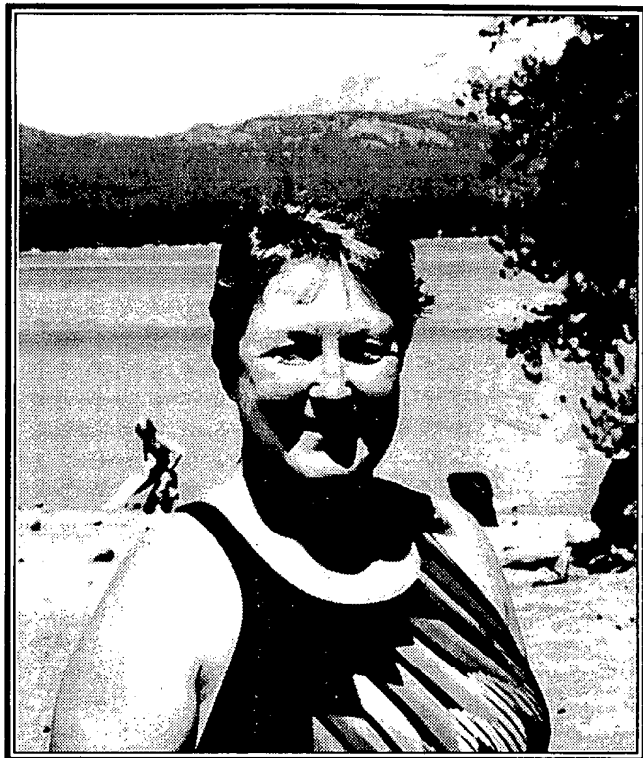
**HAGG LAKE OPEN WATER SWIM RESULTS**

	time	place		time	place
<b>Women's 2 mile</b>			Sarah Masterson	40:41 (tie)	39
Under 15			Caitin O'Brady	40:41 (tie)	39
Brianna Hoffmann	1:10:07	26	20 - 24		
20 - 24			Lisa Gorsline	28:12	15
Lisa Gosline	1:00:55	15	25 - 29		
25 - 29			Shauna Simpson	26:13	6
Shauna Simpson	55:18	8	Chris Lindstrom	28:49	16
Chris Lindstrom	58:07	14	Kristine Lewis	28:52	17
Meredith Ybarra	1:04:09	18	Annie Groeninger	47:05	43
30 - 34			30 - 34		
Erin Holland	1:04:45	21	Cathy Law	29:42	21
35 - 39			Michele McClure	29:52	22
Holly Vaughn Edmonds	50:54	5	Erin Holland	33:32 (wet)	30
Kerri Culbertson	51:31	6	35 - 39		
Maureen Hosty	56:13	11	Ellen Ferguson	25:07	2
Jeanne Thimm	1:06:33	23	Holly Vaughn Edmonds	25:13	4
45 - 49			Michelle Morrell	25:28	5
Darlene Staley	1:04:32	19	Naomi Steinberg	30:37	25
<b>Men's 2 mile</b>			Ann Thomas	32:42	27
15 - 19			Kelly Anderson	34:50	33
Tucker Cunningham	50:49	3	45 - 49		
Nathan Muti	53:44	7	Linda Coffeen	45:46	42
25 - 29			<b>Men's 1 mile</b>		
Dimitar Petrov	46:01	1	15 - 19		
Bill Zolna	47:06	2	Tucker Cunningham	27:07	11
Robert Harvey	55:39	10	25 - 29		
Rob Wolf	1:02:14	16	Bill Zolna	22:33	1
30 - 34			30 - 34		
Jeff Kaelon	55:32	9	Chris Page	26:29	7
Bill Volckening	1:03:38	17	Jeff Kaelon	27:31	12
35 - 39			David Sanders	34:39	31
Jim Goddard	57:13	12	35 - 39		
40 - 44			Don Reed	26:38	8
John Coffey	57:18	13	Bruce Gray	26:54	10
John Ridenour	1:06:45	24	Robin Bragg	38:34	37
Dieter Hoffman	1:10:06	25	40 - 44		
45 - 49			Peter Metzger	27:32	13
Bill Andrews	1:05:27	22	Patrick Erwert	28:57 (wet)	18
Rich Minter	1:34:18	29	John Ridenour	34:53	34
50 - 54			Mark Neubert	35:34	35
Steve Johnson	50:50	4	Charles Helm	35:50	36
Dan Gray	1:04:43	20	45 - 49		
William Heerdt	1:24:02	28	Adrian Kalil	26:51 (wet)	9
55 - 59			Bill Andrews	33:30	29
Richard Juhala	1:18:47	27	50 - 54		
<b>Women's 1 mile</b>			Steve Johnson	25:10	3
15 - 19			Terry Olson	30:02	23
Rachel Pound	28:02	14	Dan Gray	34:45	32
Mandy Achterman	29:25	19	55 - 59		
Wendy Dixon	29:36	20	Richard Juhala	41:01	41
Myra Will	30:36	24	Carlos Wickliff	49:41	44
Raquel Brunson	30:39	26	65 - 69		
Elizabeth Decker	33:00	28	William Holman	39:31	38

*profile continued from page 1*

observed by Peggy. Soon Peggy could swim two strokes.

After moving to Los Angeles with her husband, Steve, Peggy practiced nursing at a psychiatric hospital at UCLA. She thought she'd "die at thirty," so at twenty-nine she took and passed a Red Cross Lifesaving course, swimming the breaststroke for the distance requirement.



**Peggy Whiter at the Elk Lake Swim**

As a mother, Peggy took her two children to the "Mommy and Me" classes at a Y.M.C.A in Los Angeles. At the "Y", she enjoyed the support of other adults and fitness swam for two years. One man, a swimmer about Peggy's pace, bragged about swimming the Hermosa Beach to Manhattan Beach swim. Peggy took the challenge and trained for the race at SCAQ (a huge L.A club) under the guidance of a knowledgeable open water coach. While swimming for SCAQ, she met Jerry Rodriques, a coach who cur-

rently works with open water champ, Michael Collins. Rodriques sent Peggy an envelope for a competition with "Do It" written boldly across it. Impressed to the bones by his summons, Peggy began the pool phase of her swimming career.

In Los Angeles, Peggy enjoyed the organized, well-attended programs. She competed in both pool and ocean swims. Peggy swam the Dwight Crumb pier to pier event four times - a 2.5 mile event attracting five hundred plus swimmers. The first year, she finished in one hour twenty-eight minutes without the assistance of a paddler. She laughed telling how the lifeguard stopped her during the race and asked, "Do you know how far off course you are?" The next year, Peggy found a paddler to support her and chanted "an hour ten, an hour ten" with each stroke. It was thrilling for her to finish in an hour seven and win her age group at 47.

After hearing about the beauty of Bend, the Whiters bought property in Bend in 1978. They had family back East, but wanted to avoid the "gray, gruesome" New England winters. Raising teenagers in L.A. was not an appealing idea for Peggy and Steve, either, so the Whiters eventually moved to Bend in 1992.

Peggy has struggled with the developing Master's program in Bend, as she misses her Los Angeles days of swimming six to a lane: "We swam like happy little lemmings or sardines." The low-key approach to Master's competitions attracts her, along with "making new friends all over Oregon." She's emulated the great Petey Smith over the years and likes the idea of having a swimming hero.

Peggy and I ended our breakfast and interview with Peggy's eyes brightening about a "Swim for the Cure" she dreams of organizing. She'd model her event after the running races for "the cure" (cancer). At the restaurant's cash register, she bought me breakfast and we hugged. This, I thought, is what Peggy's all about - a loving, generous person who happens to be a fine swimmer, too.

*Article by Laura Schob of COMA*

**IT'S TIME TO REREGISTER: YOUR CURRENT 1998 USMS REGISTRATION IS GOOD FOR THE SCM ZONE MEET AND THE LINCOLN CITY MEET. YOU MUST HAVE A 1999 USMS REGISTRATION CARD FOR THE JANUARY PARKROSE MEET. PLEASE REREGISTER!**



*ol'Barn continued from page 1*

OB Note: If I get through this article with a minimum of mistakes, your reporter will feel very fortunate.

Women 25-29: Lindsay Sovde a Gold in the 200 Free. Teresa Macaluso a Gold in the 800 Free., and a Bronze in the 200 Free. H McClellan found Silver in the 100 Free. and Christy Grafton definitely looks like a comer.

Women 30-34: LISA HJERPE was outstanding with 4 Golds and a Silver, the 4 Golds were all for OMS records: 200 Back-2:38.35(TT4), 100 Breast-1:22.74 (TT4) was Ferguson '95, 200 IM-2:35.54(TT1) (WMGR) was Mills'90, 400 IM-5:35.06(TT1) was Devine 95, her Silver 200 Free-2:18.51(TT4) Martina Ralle has all the looks of a comer, her 400 IM 6:07.85 could well be TT8, she picked a Bronze in the 50 Back and Silvers for the 100&200. Sandi Bahler swam for a Bronze in the 200 IM.

Women 35-39: H VAUGHAN-EDMONDS, really came to swim-a Gold in the 400 Free (TT9) new Zone record of 4:51.70(WMGR), was Goddard '95, a second Gold and Zone record 800 Free(TT7) 9:56.66 (WMGR) was Culbertson '97. Donna Ryan took home 2 Silvers - 50 Back and 200 IM. Darlene Hill picked up a Silver in the 200 Back and Jeanne Thimm Bronzed the 50 and 100 Free. Women 40-44: LAURA WORDEN, gets 3 OMS Records-Gold in the 100 Fly 1:17.05(TT9) was hers, 4th in the 200 IM 2:56.61(TT8) was Bullock from '94, Bronze for the 400 IM 6:13.79(TT4) was Bullock from '94. A Bronze in the 800 and Silver 200 Fly 2:57.13(TT6). Liz Cheney gathers Bronze in the 50/100 Free, plus a Bronze in the 200 Back. Robin Young gets a Silver 200 Free, and a Silver 100 Fly.

Women 45-49: KATHI BULLOCK says goodbye to OMS and hello Texas, we will miss this stellar performer, KATHI swims for 4 Zone Records: Silver 400 Free 5:16.66(TT5) was Stoinoff '82, Gold 200 Back 2:57.13 (TT4) (WMGR) was Pierson '91, Gold 200 Fly 3:05.09 (TT3) (WMGR) was Pierson '91, Silver 400 IM 6:09.84(TT3) was Pierson '91. CHRISTY HARTMAN new Zone and Gold in the 50 Breast 39.63(TT3) was Pierson '91, Silver 50 Back 40.49(TT10), Silver 100 Breast 1:31.84(TT6) and a Silver 100 Back 1:28.56. TERI HENDRYX (MAC) new OMS best 100Back 1:25.05(TT8) (WMGR) was Pierson '91, add Silver 200 Back 3:06.30(TT6), Bronze 100Breast 1:33.00(TT7), Silver 200Breast 3:22.91 (TT5) and a Bronze in the 200 IM, OB thinks that Teri likes being 45. Susanne Rague picked off heavy metal with Bronze 200 Fly 3:34.69(TT10) and in the 400 IM. A bit of history-Kathi Bullock's new Zone 200 Back was held by the great Juanita Correa(PNA) from 1982. It appears that Ginger took a few hits also.

Women 50-54: Our SANDI ROUSSEAU picked off a new Zone and a Gold in the 50 Fly 36.59(TT2) was Pierson '97,

add a Gold 100 Fly 1:32.86(TT3), a Bronze 400 Free, plus TT times in the 50/100Free. Ginger Pierson(MAC) picked off 4 Golds-50 Breast 40.96(TT1) (WMGR), 100 Breast 1:34.33(TT3), 200 Breast 3:31.88 (TT4), 200 Fly 3:26.63(TT4). Monika Hunscher turned 50 with a purpose-Bronze 100 Free 1:19.50(TT8), Bronze 200 Free 2:56.60(TT8), Silver 100 Back 1:34.23(TT5), Bronze 200 Back 3:20.39 (TT6) plus a TT5 for the 50 Free. Christine Clum picked up a Bronze 50 Breast, Silver 100 Breast, and Silver 200 Breast all in TT time, welcome Jackie Quattro with Bronze awards in the 100/200Breast. Alice Zabudsky goes Gold in the 400 IM at 7:10 for TT5 and Silver 200IM, plus Silvers for the 50 and 200 Fly (TT5 and TT7).

Women 55-59: PAMELA HIMSTREET showing off from the "high desert", Set a new OMS standard in the 200 Fly 3:59.68(TT4) for the Gold. This was Wells from '83. Pam added a Bronze in the 400 IM 7:48.45(TT4) and a Silver for the 800 Free 13:27.39(TT8) in addition Pam swam for TT times in the 200 Breast and 200 IM.. How about Sue Calnek-Lillestr with Bronze medals for the 100 Free, 400 and 800 Free, in TT times. It was good to see Evelyn Sinai(MAC) return to the paddling, and Peggy Whiter gave a very good account for herself.

Women 60-64: Susanne Schumann shows off her freestyle with a Gold in the 100 (1:26.55) TT5 and a Bronze in the 50. She also picked up a Bronze in the 100 Breast (TT7) and 4ths 50/200 TT7 and 6. Kaleo Schroder garnered 4ths in the 50 and 100 Back.

Women 65-69: LAVELLE STOINOFF(MAC) runs away with 5 Golds, 2 for World Records plus 3 Zones (OB Note, when the smoke clears we should have 4 World Records (200, 400, 800 and 1500) Let's take this meet on its own first : Luvey(this nick name came from Fred Sprenger) goes 6:03.44 and 12:23.90 for Worlds in the 400 and 800 Free, then 2:56.06 (WMGR) 3:19.93 (WMGR) and 3:56.17 for new Zones in the 200 Free, 200 Back and 200 Breast. OB Note-It is getting to be time for US Masters to show the true merit of this gal, and nominate her for the Swimming Hall of Fame.

JOYCE BAHLEH(MAC) Gets a Bronze and Zone best in the 100 Breast 2:01.46(TT9) was Stangel '88, Silver in the 50 Breast 54.17(TT6), Bronze in the 200 Breast, Bronze in the 200 IM and Gold in the 400 IM, TT10 and TT9. Big OMS welcome to Jane Huntley (65), this gal is a swimmer, let's get her into things full time.

Women 70-74: LOUISE HEPNER returns to OMS with all the bells and whistles-Zone Records:50/100 Breast 55.68/2:08.58 TT5/6, then a OMS best for the 200 Breast 4:43.33(TT6) all were Stangel from '95 and '92, good for a Bronze and 2 Silvers. Louise then added the 50/100 Free-2

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Silvers and TT8's. MARGARET WELLS -Zone Rec 200 Fly 5:38.47 and 400 IM 10:31.36 (TT7/9) plus a Bronze in the 200 Breast and Silver for the 200 IM. Kathy Hughes plucked a Gold in the 50 Fly, plus Bronzes in the 200 Free and 50 Breast. Betsy Austen(MAC) Golden 400/800 Free, while Mary Anne Wolfe (MAC) did a Gold in the 200 Free, Silver 800 and Bronze in the 400 Free.

Women 75-79: PAULINE STANGEL gets OMS Bests in the 100/200 Breast 2:28.59(TT5) 5:21.62 (TT4), good for the Silver in the 200, then added Bronzes in the 50/100 Free. Elfie Stevenin handled the 200 Back for the Gold, then added Silvers for the 800 Free, 100/200 Fly, and 400 IM. Judy Melcher got her Gold in the 50 Fly, plus Silver 200 IM. Lois Allen swims for the Silver in the 50 Back. The return of Muriel Flynn(PNA) did not help our stalwarts one wit.

Women 80-84: LEOLA BAUMGARTNER breaks the OMS 50 Free with a 1:08.66, was Keller from '81, then wins Gold in the 50 Back 1:30.52 (WMGR) and Silver for the 200 Back. The happiest camper of all that your correspondent could find was Ada Hebert, sitting quietly after the meet with 9 pieces of heavy metal draped around her neck, the picture will definitely make the archives. Ada won Gold in the 100 Back, 3:16.86 (WMGR) with Silver for the 50 and Bronze for the 200. Add to this a Bronze and Silver for the 50 and 100 Free. Helena Hoffman grabbed the Bronze in the 100 Free and the 50 Back.

Men 25-29: DIMITAR PETROV : Gold and OMS Record 800 Free 8:49.44(TT2) (WMGR) was Petrov '97, Gold-400 Free 4:19.83(TT2) (WMGR) Silver 200 Free 2:03.94(TT3). William Zolna-how about 3 Golds:200 Fly-2:11.33(TT1)(WMGR), 200 IM/400 IM 2:17.41(TT3) & 4:54.67(TT2)(WMGR), add 2 Silvers-100 Fly 58.99 (TT2) 400 Free 4:23.04(TT3) Kyle Kimball 2 Silvers and a Bronze : 100 Fly 1:00.57(TT3), 200 Fly 2:13.46(TT2) and 200 IM 2:17.66(TT4) All 3 of these races were just outstanding. Stephen Stoneham a Silver in the 800m Free 9:36.20(TT4) add a 4th in the 200/400 Free.

Men 30-34: ROBERT KABACY(MAC) Zone best 100 Free 55.34(TT3) was Dasch '80, OMS best 50 Fly 26.85(TT2) was LaCount '92 also the 50 Free 25.26(TT3) was Dasch '80, add a Silver in the 50 Back DOUG STEWART Zone 800 Free 9:15.86(TT3)was Stewart '95, OMS 400 IM 5:04.49(TT3) was Stewart '95, add Bronze 200 FLY 2:21.72(TT6) Check the Back:50 Horst Niehaus Gold 29.93(TT3)Kabacy-Silver 30.22(TT5),100 DARREN DUTTO GOLD and with a Zone Rec 1:03.80(TT1) was LaCount '93, Neihaus Silver at 1:04.40(TT2)-200 HORST NEIHAUS Zone best 2:22.34(TT2) was Marlin '86. Matt Roth picked up a Bronze in the 400 IM and another Bronze for 3rd in the 200 Free. Big OMS welcome to Mike Perry

from Salem-2 Golds 100 Breast 1:15.00(TT5) and the 200 Breast 2:42.22(TT1) We all hope to see more of Mike during the upcoming SCY season. What a strong age group : 100 Free - 2, 4, 5 and 7 Kabacy, Rice, Roth and Perry, 200 Free - 2nd, 3rd, 4th & 5th : Dutto, Roth, Perry and Rice, 200 IM-3rd, 4th & 5th-Dutto, Stewart and Niehaus-Why Perry did not swim the 200 IM OB will never know. More Dutto heroics-Silver 200 Free, Bronze 200 IM.

Men 35-39: STEVE GEORGE tops OMS 50 Free at 25.75(TT5) was George '97, plus 100 Free 57.36, add 100 Back 1:03.62(TT2) for Silver, 200 Back 2:19.61 TT1 for Gold, cap these 4 OMS Records with a Zone in the 200 IM 2:22.88 (TT3) OB Note : 4 OMS and 1 Zone Record in 5 swims, and at 39, the top of his age group! MARK NELSON back in the swim with a Zone for the 50 Breast - Clark '89 - 33.57 vs 33.58 WOW! For the Silver, add Silvers for the 100 & 200 Breast. DOUG CHRISTENSEN best OMS 50Fly 27.71, was LaCount '98(Bronze) add a Silver 100 Fly 1:02.76 and a Bronze in the 200 IM. Christopher Roth - Gold 400 IM, Gold 200 Fly, Bronze 100 Fly, plus a Silver in the 800 Free. Patrick Herrera returned to the fray with Silver 50 Back and the 200 Back, good to see you, try SCY this year.

Men 40-44: JAMES SORENSEN : Gold and new OMS 50 Free at 24.98(TT2) (WMGR) was Von Tagen '84, also the 100 in 54.65(TT1) (WMGR)Von Tagen '84, Zone Rec for the 200 Free 2:02.45 (TT2) (WMGR), was Drake '94, HOW ABOUT A NEW WORLD in the 200 IM at 2:15.53 was 2:17.64 for the Gold, and a Bronze in the 50 Fly. CURT LACOUNT - Silver in the 200 Free 2:09.10(TT7), Gold and a new Zone Rec 100 Back 1:03.88(TT2) (WMGR)was Burleson '98, Zone Rec 50 Fly 26.67(TT1) was Dirksen '92, another Zone Rec for the 100 Fly 1:00.26(TT2)(WMGR) was Warner '88,DAVE BURLESON (MAC) gave us a Zone Rec 200 Back in 2:24.28(TT2) (WMGR) and a Gold, add Gold and OMS top 800 Free 9:45.58(TT8) (WMGR)was Johnson '92, Dave also a Bronze in the 50 Back and OMS best, 30.74(TT4) was Smith '86, Silver 100 Back 1:05.76(TT4), Bronze and OMS Rec 400 IM 5:15.60(TT4) was Boyd '87. PAT ALLENDER - OMS record 50 Breast 32.80 (TT6) was Stark '92, add a Silver in the 100 Breast 1:12.22(TT4), another OMS Best 200 Breast 2:36.21(TT1) was Dirksen '92-for the Silver. Add a Silver in the 200 IM 2:23.14(TT4) Scott Findorff - Bronze 50 Free 25.97(TT8), Bronze 100 Free 57.85(TT7). Doug Goodman - Bronze 400 Free and Silver 800 Free, David Holland - Bronze 50 Breast, Bronze 100 Breast, and a Bronze in the 200 Breast, plus a Bronze in the 200 IM. This group tallied 13 records, one of which was a WORLD, and 25 pcs of heavy metal, WOW!

Men 45-49 : Allen Stark tied for the Gold in the 100 Breast  
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at 1:16.60, (TT4), (WMGR) Silver in the 50 Breast 34.48(TT6), and Bronze for the 200 Breast 2:51.04(TT5), Interesting to OB all of Allen's times were faster in his 49th year than he managed to record in 1997. Mark Worden and Robert Maestre(MAC) were knocking on the door and swam well.

Men 50-54: STEVE JOHNSON was after speed, and got the Zone best in the 200 Free 2:19.72(TT6) and the Silver, was Boyd '95, Steve had another Zone in the 800 Free 10:20.89(TT3) Silver, was Boyd '93, add a Silver in the 400 Free 4:58.37(TT2), missed the record of 4:57.74, wound up with a Bronze in the 100 Fly 1:12.51(TT7). Jon Stout picked off 2 Bronzes for the 50/100 Back. DOUG PRENTICE went after his old coach in the 100 Breast, tallying an OMS tops 1:25.98, was Van Rossen '82, Doug gathered in a Bronze in the 100 Free 1:03.00, just missing the record of 1:02.45.

Men 55-59: ROBERT SMITH looking just GREAT at a new 55, WORLD records-50/100 Back 31.72/ 1:11.75. Robert set these at Zone Champs and then bettered the 100, the effort got him 2 Golds. Rapid Robert, a new Zone for the 50 Free 27.14 and Silver, also Zone for the 50 Fly 29.84 a Silver- in these 50's, our Robert tangled with Keefe Ludwig of Nebraska, who broke the World's in both the 50 Free and 50 Fly. KARL VON TAGEN(MAC) a new 55'er, had his best meet in a long time : Bronze in the 50 Free 28.29, Bronze for the 100 Free 1:04.84, TT's 5&7, then a ZONE 2:25.74 for the 200 Free, was Sprenger '86, OMS Rec and Silver in the 400 Free 5:19.29, was Sprenger '86, and tied Ron Nakata in the 50 Fly at 31.50 for the Bronze, Ron Nakata went higher for the Silver in the 200 IM. OB has got to mention the efforts of Richard Juhala, who continues to improve! A parting comment - Ludwig broke 4 World Records, so our guys, did some pushing!, and a bit of history, OB won his first National in 1976, at the tender age of 55, the time 1:25 plus (100 Back) also #1 in the Top Ten that year, also #1 in the 50 at 37 Plus, almost 6 seconds slower than Robert, WOW and WOW!

Men 60-64: BERT PETERSEN, a WORLD in the 100 Fly, Bert has talked and talked about turning 60, OB is no longer wondering, a 1:14.25 breaks the old time of Dobler from '94, and also a Zone in the 50 Fly at 30.85 (WMGR) for the Gold. DAVID RADCLIFF broke 3 Zones (HIS) 100-1:05.03, 200 -2:27.02, 400-5:16.33 and a Silver 800 in 11:08.61. Our Dave tangled with Jeff Farrell WR 50/100/200 and was FINA'd in the 400 and 800. DICK SLAWSON, a OMS Rec of 3:34.94 in the 200 Breast for the Bronze, and a ZONE tops in the 400 IM 6:59.28, his from '96. Missed the 200 Fly zone by .14, OB says you had better get that one, it has whiskers from '81. George Thayer picked up a Bronze in the 100 Back. Jim Bigler of

MAC, just missed the OMS 100 Breast 1:39.74 vs 1:38.46. Men 65-69: ERIC GUEST (69) he's almost 70!, Bronzed the 50 Fly behind Ron Johnson and Parry O'Brien, this guy is HUGE, then Chair got a Silver in the 100 Fly, ahead of Parry. Just a point of info-Ron Johnson's new WR in the 100 at 67 years young-1:16.85. Art Welch gobbled the Gold in the 200 Back and plucked the Bronze in the 100 Back. OB comment on Art, here is one little guy, who is all guts and a mile wide. Bill Holman continues to swim faster, each and every meet.

Men 70-74: The improvement of Mike Popovich is uncanny, there has got to be a connection, OB thinks it is a very fine lady, who is hying Mike back to Chicago for the Winter. Michael picks up heavy metal: Gold-50/100 Free, then Silver-200/400 Free, finishing touch a Bronze in the 50 Back. Clark Austen(MAC) Bronze in the 100/400 Free plus a Silver in the 800 and 50 Fly. Betsy has to share some wall space at home.

Men 75-79: GIL YOUNG, a new Zone for the 400 Free and the Silver, was his. Gil also had Silvers in the 100/200/800. Gil performed all free swims in TOP 5 times, and was faster than '97! Earl Walter, gathered 3 Bronze for the 50/100/200 Back, then a Silver in the 200 IM, and a Gold in the 100 Fly 2:03.73 (WMGR) OB says thanks for the yelling, I heard, worked in the 100 Fly, but I did not shift gears in the 200 IM. Zyg Kasner gained a Silver in the 50 Free and continues to look better and better, OB saw him getting some hints from Woody Bowersock, WR free sprinter. Khosrow Shadbeh garnered 2 Silvers in the 50 and 100 Breast.

## RELAYS :

Womens Free: 100+ Silver and a time of 2:13.80 Lindsay Sovde, Cathy Law, Emilie Torretta, Christy Grafton

Womens Medley: 100+ Silver and a time of 2:32.56 (TT8) Heather McClellan, Sandi Bahler, Cathy Law, Christy Grafton

Womens Free: 120 + Silver with a time of 2:13.88 Jeanne Thimm, Liz Cheney, Dion Patterson, Martina Ralle

Womens Medley: 120+ Gold and a OMS best 2:19.41 (TT 5) was from 1995 (Hecksel, Heim, Ryan and Goddard) MARTINA RALLE, CHRISTY HARTMAN, JEANNE THIMM, AND LISA HJERPE. Zone is 2:19.14

Womens Free: 160+ Bronze with a time of 2:18.52 (TT10) Kathi Bullock, Christine, Clum, Robin Young, Christy Hartman

Womens Medley: 160+ Bronze at 2:39.73 (TT8) Liz Cheney, Pam Himstreet, Rebecca Perry, Donna Ryan

Womens Free: 200+ Gold in 2:22.64 (TT 3) Rec is 2:22.29 Monika Hunscher, Jackie Quattro, Alice Zabudsky, Sandi Rousseau

Womens Medley: 200+ Gold in 2:43.60 (New Zone 2:43.60 (TT4)

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(From '86 – Roach, Hepner, Whisman, Stoinoff) MONIKA HUNSCHER, JACKIE QUATTRO, ALICE ZABUDSKY, and SANDI ROUSSEAU

Womens Free: 240+ Silver in 3:29.01 (TT 6) Peggy Whiter, Connie Quist, Judy Melcher, Pam Himstreet

Womens Free: 280+ Gold in 3:04.01 (TT-1) New Zone Record (WMGR) (was '92-Stevenin, Melcher, McKeon, Stangel) LOISE HEPNER, MARGARET WELLS, PAULINE STANGEL, SUSANNE SCHUMANN. Silver : 4:28.49 Elfie Stevenin, Ada Hebert, Kathy Hughes and Penny Deiro

Womens Medley: 280+ Gold in 4:06.79 (TT 2) New OMS Record (was '92-McKeon, Melcher, Stevenin, Stangel) PAULINE STANGEL, LOUISE HEPNER, MARGARET WELLS, KATHY HUGHES

Silver: 5:35.83 Ada Hebert, Nancy Milner, Elfie Stevenin and Leola Baumgartner

Mens Free: 120+ Silver in 1:43.23 (TT2) Darren Dutto, Steve George, Matt Roth, Loren Chin

Men Medley: 120+ Bronze in 1:59.40 (TT 5) Horst Niehaus, David Ross, Kyle Kimball, Matt Roth

4th-2:00.60 (TT 6) Stewart, Perry, Chin, Christensen 5th-2:01.64 (TT 8) MAC – Burleson, Campbell, Moore, Kabacy

Mens Free: 160+ Gold in 1:41.13 (TT 1) New Zone Record (WMGR) (was '86-Smith, Von Tagen, Dasch, Stout) SCOTT FINDORFF, CURT LACOUNT, JAMES SORENSEN, and DAVID HOLLAND

Silver: MAC : 1:45.86 (TT4) also broke the record Dave Burleson, Robert Moore, Karl Von Tagen, Robert Kabacy 4th-1:48.45 (TT6) Allender, Roth, Voll, Metzger

Mens Medley: 160+ Gold in 1:53.92 (TT 1) New Zone Record (WMGR) Was '92-Zell, Stark, Pendleton, Dasch) CURT LACOUNT, DAVID HOLLAND, JAMES SORENSEN, and SCOTT FINDORFF- WR & NR stands at 1:53.79

Silver: 1:57.87 (TT3) Peter Metzger, Pat Allender, Christopher Roth, Steve George

Mens Free: 200+ Silver 1:55.62 (TT5) Doug Prentice, Dan Gray, Jed Cronin, Jon Stout

Mens Medley: 200+ Gold 2:07.51 (TT4) New Zone Record (WMGR) Was : '92 Smith, Boyd, Petersen, Thayer) JON STOUT, ALLEN STARK, JED CRONIN, DOUG PRENTICE

Bronze: 2:28.66 Dick Slawson, Gary Wallis, Robert Voll, Mike Popovich

Mens Free: 240+ Gold 1:56.05 (TT 1) New Zone Record (WMGR) GEORGE THAYER, BERT PETERSEN, ROBERT SMITH and DAVID RADCLIFF (Note : OC had a time of 1:54.45 – 6/29/97

Mens Medley: 240+ Gold 2:17.22 (TT 1) New World Record ROBERT SMITH, GEORGE THAYER, RON

NAKATA, and DAVID RADCLIFF (Note: OC had a 2:17.51 6/29/97)

Mens Free: 280 + Gold 2:23.22 (TT 1) (WMGR) Gil Young, Eric Guest, Earl Walter, Ron Nakata

Silver: 3:10.83 (TT 7) Charles Bushey, Mike Popovich, David Bernstein, Dick Slawson

Mens Medley : 280 + Gold 2:44.96 (TT 1) (WMGR) Earl Walter, Eric Guest, Bert Petersen, Gil Young

MXD Free: 100+ Silver 1:58.13 Doug Christiansen, Heather McClellan, Lindsay Sovde, Kyle Kimball

MXD Medley: 100+ Silver 2:13.78 (TT 4) Kyle Kimball, William Zolna, Jeanne Thimm, Teresa Macaluso

Bronze: 2:16.64 (TT 6) Darren Dutto, Stephen Stoneham, Rebecca Perry, Emilie Torretta

MXD Free : 120+ Bronze 1:54.11 (TT 4) Horst Niehaus, Christy Grafton, Cathy Law, David Rice

MXD Medley : 120+ Gold 2:04.71 (TT 3) Rec is 2:04.04 Steve George, Pat Allender, Laura Worden, Lisa Hjerpe 4th - 2:10.25 (TT 8) Martha Ralle, James Sorensen, Matt Roth, Lindsay Sovde

MXD Free: 160+ Bronze 1:57.36 James Sorensen, Liz Cheney, Christy Hartman, Scott Findorff

MXD Medley: 160 +Bronze 2:11.41 (TT 8) Rec is 2:10.50 Peter Metzger, Christy Hartman, Christopher Roth, Liz Cheney

MXD Free: 200+ Gold 2:03.48 (TT4) New Zone Record (WMGR) Was : '95 Smith, Gettling, Rousseau, Nakata DOUG PRENTICE, JACKIE QUATTRO, ROBERT SMITH And SANDI ROUSSEAU

Silver: 2:04:30 (TT5) MAC Karl Von Tagen, Ginger Pierson, Teri Hendryx, Robert Maestre

MXD Medley : 200+ Silver 2:19.00 (TT 4) New Zone Record Was : '87 Frid, Pierson, Petersen, Richards ROBERT SMITH, DOUG PRENTICE, SANDI ROUSSEAU, and JACKIE QUATTRO

Bronze: 2:20.64 (TT 6) MAC Teri Hendryx, Ginger Pierson, Karl Von Tagen, Robert Maestre

4th: 2:25.48 (TT 8) Monika Hunscher, Allen Stark, Bert Petersen, Christine Clum

5th : 2:26.10 (TT 10) MAC Dave Burleson, Evelyn Sinai, Robert Moore, Lavelle Stoinoff

MXD Free: 240+ Gold 2:16.57 (TT2) (WMGR) OMS Record is 2:15.97 George Thayer, Pam Himstreet, Susanne Schumann, David Radcliff

Bronze: 2:24.93 (TT 7) Eric Guest, Calnek-Lillestrand, Peggy Whiter, Dick Slawson

MXD Medley: 240+ Silver 2:48.33 (TT 10) Kaleo Schroder, George Thayer, Alice Zabudsky, David Radcliff

MXD Free: 280+ Silver 2:51.11 (TT 3) Earl Walter, Louise Hepner, Pauline Stangel, Gil Young

Bronze 3:19.92 (TT 6) Ada Hebert, Mike Popovich, *contin;ued on page 13*

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Margaret Wells, Bert Petersen

MXD Medley: 280+ Silver 3:11.63 (TT 1) Gil Young, Louise Hepner, Earl Walter, Calnek-Lillestrand

Bronze: 3:42.81 (TT 6) Margaret Wells, Leon Garrison, Eric Guest, Kathy Hughes 4th : 4:32.67 (TT 8) Judy

Melcher, Khosrow Shadbeh, Dick Slawson, Elfie Stevenin

That's it for the 1998 NIKE World Masters Games, the Oregons did well, and we can hold our head high, way up high.

See you all in the pool for Short Course Yards !

*The race continued from page 3*

During the first length the sun cooperated, now in the second length, it was my nemesis. All I saw was a ball of fire and some random splashes coming from his lane. Were they from his legs or arms? I was completely lost.

The sun hurt my eyes even through my dark goggles. I guess this is the pain I must endure since 99.9% of my lifetime swimming has been spent in indoor 25 yard pools. But I still had some secret weapons. It was silly to try to look at him so I withdrew within myself. I imagined myself ahead of him with him gaining on me. I pictured myself with perfect technique repeating the Fishstick team mantra over and over again: "Arms of steel and legs of titanium". We've been working on this positive mental state mantra for a month in the Fishstick team practices. My brain was rallying the troops and hiding the pain while my eyes desperately scanned for the backstroke flags. As I passed under them, everything went quiet. I knew what arm would



touch the wall and how much stretch was needed in that arm. It was over before it was over.

I had pre-programmed myself to touch the wall and then look at the scoreboard but for some reason my programming failed and I looked at Jo'zsef first. He was looking at me! I wondered had he been waiting long for me to finish? We learned the facts and quickly got out in a daze. I couldn't linger enjoying the post-event satisfaction since my next event was in 30 minutes. I had to endure the long shaky walk to the indoor cool-down pool or else the lactic acid would turn my body into stone.

I was much faster than imagined and I would surely make the U.S. Top 10 list. When Jo'zsef jumped in to the cool down pool, we instinctively hugged each other. The mutual relief was obvious. We'll both ponder this race and its preparation for years to come.

*Editor's Comment: Robert won the event in a New World Record of 1:11.75 and Jo'szef was 1:11.88.*

*The chair's Corner continued from page 1*

per" and happy he got on the list. In the great shape that swimming got him in, I am sure he will come through this ordeal with flying colors. Meantime, take it easy Roy. On behalf of all your swimming mates, we wish you a very fast return to your good health and recovery.

I want to welcome Bob Bruce, our new Coaches Chair. He attended our August meeting and presented interesting programs that he intends to institute. So all you coaches out there, your co-operation is requested. He plans to contact all of you. September was convention month. We will be well represented, but the delegation missed both Dave and Roy. They passed on this one due to the above mentioned reasons. This will be the first trip for June Mather, our

Registrar. She will, undoubtedly return with much knowledge.

It is election time again. Positions open are - Board Chairman and Secretary. Sharon has agreed to run again. She has done a wonderful job in the past. She will be contacting you so please send in your nominations.

As mentioned in previous editions of this publication, and thanks to the hard work of Pam Himstreet, we have an exciting year of meets ahead of us. It will be our opportunity to gauge our progress throughout the year.

I will close, wishing all of you a great year in the water and a very healthy life. Remember that you are in good shape through swimming...so stay with it. God Bless.

United States Masters Swimming and NIKE  
present  
**The NIKE Champions Clinic**



Hosted by the Tualatin Hills Barracudas and Oregon Masters Swimming  
Sanctioned by Oregon LMSC for USMS, Inc. Sanction# 378-08

## *Featuring Olympic Gold Medalist Anita Nall*

**WHO:** Swimmers of all ages and abilities.  
**WHAT:** Motivational discussion with drill workshop.  
**WHEN:** Sunday, December 13, 1998, from 10am-2pm  
**WHERE:** Tualatin Hills Recreation Center, Beaverton, Oregon  
**WHY:** An opportunity to learn from an Olympic Champion.  
**HOW:** Complete the Registration Form and mail payment:  
**COST:** \$20 for Oregon Masters (OMS) registered swimmers.  
\$35 for all other USMS and USS registered swimmers.  
OMS swimmers will be given priority until November 23rd.  
(Coaches willing to assist in the on-deck workshop will be admitted free of charge.)

*All participants must be members of United States Masters Swimming (USMS) or USA Swimming (USS) with registration current as of December 13, 1998.*

The clinic will focus on motivational discussion and swimming demonstration and workshop. There will be a strong emphasis on Anita's specialty, the breaststroke. Anita will share her swimming expertise and Olympic experience with the participants in this educational and memorable clinic.

**ANITA'S ACCOMPLISHMENTS:** In 1992, a 14 year-old Anita Nall set the swimming world on fire by shattering the world record in the 200 meter breaststroke at the United States Olympic Trials. She returned home from Barcelona with three medals, including a gold medal for the 400 meter medley relay. Anita still holds the American Record (2:25.35) in the long course women's 200 meter breaststroke.

**BENEFITS:** Swimmers of all ages will learn about the experiences of an elite level Olympic competitor. We will see video footage, and hear directly from the athlete about some of the most memorable swimming races in history. Swimmers will also be able to ask questions. During the in-pool workshop session, swimmers will see a world class drill demonstration and have the opportunity to try the drills.

**CLINIC FORMAT:** The first half of the clinic is devoted to discussion. Anita will begin with a discussion about her swimming background and accomplishments, followed by a question and answer session. During the discussion we will watch her world record breaking swims and her Olympic performances. A question and answer session will follow. Light refreshments will be available during the classroom session. The second half of the clinic features a drill demonstration and workshop for swimmers. Coaches are invited to participate in the on-deck instruction as Anita demonstrates the drills in the water.

**DIRECTIONS:** The Tualatin Hills Recreation Center is located in Beaverton, Oregon, on 158th Street and Walker Road. From Portland, take Highway 26 west toward the ocean beaches. Exit at Cornell Road. When exiting, stay to the left. 158th Street will be the second left (the first left will take you back to 26 east). Turn left on 158th, stay in the left lane and go to the fourth traffic light. Turn left in to the Tualatin Hills Recreation Complex. The pool is located in the first large building at the top of the hill. Parking is free.

## Nike Champions Clinic Registration Form

NIKE Champions Clinic

c/o Tualatin Hills Barracudas  
Clinic Director, Bill Volckening  
370 NW Island Circle, #B-5  
Beaverton, Oregon 97006

??QUESTIONS??

Telephone: (503) 533-5567  
e-mail: Volckening@aol.com

Date  
**Sunday, December 13, 1998**

Time **10-2pm**      Price  
**\$20 (OMS)**  
**\$35 (all others)**

Method of Payment

☐ Cash

☐ Check

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Age \_\_\_\_\_

☐ As a condition of my participation, I agree to sign the USMS liability release waiver upon my arrival at the clinic.

USMS or USS # \_\_\_\_\_

Exp. Date \_\_\_\_\_

Signature (Signature of parent or legal guardian if under 18) \_\_\_\_\_

## Ol Barn ... 1997-98 USMS SCY ALL AMERICANS

LAVELLE STOINOFF (MAC)(65-69) With 11 First places in the current Top Ten, Lavelle continues to influence OB to write and talk of ISHOF, and The Swimming Hall of Fame. For this great showing, she should receive USMS All Star status.

	2nd Pl Time	Men TT
50 Free:	:32.86	:33.71
100 Free:	1:10.90	1:15.06
200 Free:	2:32.93 NR	2:51.19
500 Free:	6:45.03 NR	7:33.26
1000 Free:	13:54.83 NR	15:56.73
1650 Free:	23:09.53 NR	26:33.78
50 Back:	:40.79	:43.27
100 Back:	1:25.86	1:33.28
200 Back:	2:58.14 NR	3:20.26
200 Breast:	3:20.79	3:21.18
100 I M :	1:26.31	1:30.34



Have wanted to show these comparisons for years. In addition to the above Lavelle received rankings for the: 50 Breast: # 6 at:45.54 & 50 Fly : # 6 at:44.89

GINGER PIERSON (MAC) (50-54) All America in 3 events: 50 Breast -:36.44, 100 Breast - 1:19.21, 200 Breast - 2:56.64 Add: 50 Back-8th:36.48, 50 Fly-8th:33.27, 100 Fly-7th: 1:20.23 100 IM-3rd: 1:14.92, 200IM-6th: 2:51.91

EVA MULLER (85-89) All America in 4 Events: 500 Free-12:30.55, 100 Back-2:12.42, 200 Back-4:50.05, 200 IM-5:21.65 (The 200IM time is a new National Record) add: 3rd-100 Free-2:03.51, 2nd-200 Free 4:33.66, 2nd-100 Breast-2:55.86 and 2nd-100 IM-2:32.65

ANDREW HOLDEN (75-79) All America: 100 Fly - 1:26.85 (2nd Place: 1:48.04) add: 2nd 50 Free 30.59, 3rd 100 Free 1:10.37, 2nd 50 Back 39.78 2nd 100 Back 1:27.20, 9th 50 Breast 45.66, 2nd 50 Fly 34.58, 2nd 100 IM 1:25.01.

OB Note: Wally got caught by a couple of swimmers who just turned 75, Holden is pushing 79!

## FINA WORLD CHAMPIONSHIPS

by Steve Johnson - 1998 Oregon Open Water  
Champion

This was the seventh FINA world masters championships and there were over 2,500 swimmers, divers, water polo players and synchronize swimmers in attendance. The meet was very poorly organized, although the Moroccan organizers tried very hard and made continual improvements during the meet. As an example, they were never able to make heat sheets for the 400 or the 800 and officials were telling swimmers one story about when they would swim, while someone else was deck seeding the heats on a completely different schedule - usually hours different in when you would swim. Needless to say, you have never seen so many angry swimmers. The pool was very good, but the locker rooms (especially the toilets) were not for description in so sensitive a publication as the Aqua Master. As for myself, unfortunately I got quite sick the evening after my second swim and did not recover until after I left Morocco.

My results were as follows:

5000 M Open water (2nd); 800 M free: 10:13.92 (3rd); 400 M free: 4:53.92 (3rd); 200 M free: 2:20.40 (5th); 50 M fly: 32.0 (tie for 7th); 100 M fly: 1:13.48 (6th). Except for the 50 fly and the 400 all of these swims were done while so sick I would have been in bed if at home. As it was I tried to time my trips to the toilet carefully so as avoid an 'accident' on the blocks or in the water.

After the meet Debra and I toured Portugal and the Azores for 3 weeks. In the Azores I trained in a salt-water pool that was filtered ocean water and was not heated (temp 68 degrees).

*We're glad you're back and healthy!*

**LIFE DOESN'T REQUIRE  
THAT WE BE THE BEST,  
ONLY THAT WE TRY  
OUR BEST.**



# Oregon Masters Swimming Short Course METERS Meet

Sanctioned by Oregon LMSC for USMS, Inc. Sanction #378-07

Eligibility: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 1998 or 1999 registration form and fee with this form.

## LINCOLN CITY HOLIDAY MEET

Place: Lincoln City Pool, 2150 NE Oar Place

Lincoln City, Oregon

5 lanes competition - electronic timing / 1 lane continuous warm up/down

Meet Director: Lissa Parker, 541-994-3264 (home) 541-996-7399 (work)

E-Mail - allpark@wcn.net

**Directions to pool:** Coming into Lincoln City on HWY 22, head

south on HWY 101. At 22nd Street traffic light (Dairy Queen) turn left (east). Make a quick right onto Oar Street (right before the Elks Club). Pool Phone 541-994-5208.

**DATES: DEC. 4 AND 5, 1998**

**WARM-UPS: FRI. 5:30 PM**

**MEET STARTS: FRI. 6:30 PM**

**WARM-UPS: SAT. 8:00 PM**

**MEET STARTS: SAT. 9:00 PM**

*All entrants MUST submit a PHOTOCOPY  
OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY*

**ENTRY DEADLINE: POSTMARKED NO LATER THAN - NOV. 20, 1998**

*Fill in completely-----return lower portion-----fill in completely*

NAME \_\_\_\_\_ 1998 or 99 USMS# \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
USMS CLUB \_\_\_\_\_ (OREG, MACO, PNA, etc.)

Age Groups: 19-24, 25-29, 30-34 etc. up to 100+. Relay age groups: 79-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, AND 320-359. **You may enter a maximum of 6 individual events plus 4 relays. You may enter no more than 5 individual events per day.** Enter relays at the meet. In each relay event, relay teams may swim either 200m, 400m, or 800m, (800m for Free relays only) The 400m and 800m relays will be seeded in heats following the 200m relays of the same type. The 400 I.M., 400, and 800 Freestyles will be deck seeded. Check in for these events will close 30 min. before event is to be swum. All events will be seeded SLOW TO FAST..

## **FRIDAY DEC. 4**

**400 IM** (1) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

**800 FREE** (2) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

## **SATURDAY, DEC. 5**

**400 FREE** (3) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

2<sup>nd</sup> Warmup. Event 4 will not start before 10:30. Relay cards due by 10 AM.

**FREE RELAY** (4/5) XXXXXXXX

**50 BREAST** (6) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

**100 FLY** (7) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

**200 FREE** (8) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

**50 BACK** (9) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

**100 IM** (10) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

**MIXED FREE RLY(11)XXXXXXXX**

**BREAK BREAK BREAK**

**100 BREAST** (12) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

**50 FLY** (13) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

**100 FREE** (14) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

**200 BACK** (15) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

**MEDLAY RELAY(16/17)XXXXXXXX**

**BREAK BREAK BREAK**

**200 BREAST** (18) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

**200 FLY** (19) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

**50 FREE** (20) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

**100 BACK** (21) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

**200 I.M.** (22) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

**MIXED MED RLY (23) XXXXXXXX**

\* 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 FOLLOWING: 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. In addition, I agree to abide by and be governed by the rules of USMS.

**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

**MEET ENTRY FEE: \$13.00** Make checks payable to Oregon Masters Swimming

**Send form(s) and fee (s) c/o Suzanne Rague 935 N.W. 170th Place Beaverton, OR 97006**



# 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 1999 USMS registration form by placing it on the line labeled "Local Team." If you do not belong to a team, leave this area 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 MEMBERSHIP CHAIR: Phillip King at 503-667-7246.

This is also a list of the current TEAM CONTACT/REPRESENTATIVE for each registered team. Any changes in team contact/ reps should be made with Eric Guest or Phillip King.

**A Team Contact/Representative should be a current member of Oregon Masters Swimming to have a vote in OMS elections or at the annual OMS Board Meeting.**

Organization Name	Area	Abbreviation	Contact	Phone
Albany Masters	Albany	ALB	Pauline Stangel	(503) 926-0468
Bay Area Masters		BAM		
Blue Marlin Masters	Sandy	BMM	Robyn Stowers	(503) 668-4400
Corvallis Aquatic Masters	Corvallis	CAT	Mark Worden	(541) 753-5726
Chehalem Masters		CMST		
Central Oregon Masters	Bend	COMA	Bob Bruce	(541) 317-4851
Cental Oregon Masters	Redmond	COMA	Frank Comerford	(541) 548-6066
Downtown Athletic Club		DAC		
Emerald Aquatics	Eugene	EA	Stephen Johnson	(541) 683-5758
Eugene YMCA	Eugene	EY	Dick Moody	(541) 485-1275
Forest Grove Dragon Masters	Forest Grove	FGDM	Chandra Haislet	(503) 641-7338
Fish Stick Masters	Lake Oswego	FISH	Robert Smith	(503) 639-4505
Guinness Aquatic Club	Portland	GA C		
Grants Pass Family YMCA	Grants Pass	GPY	Ron Jersey	(541) 479-2263
Heart Of The Valley Master	Corvallis	HOTV		
Hood River Bald Eagles	Hood River	HRBE	Micheal Pendleton	(503) 386-5421
Klamath Falls Masters	Klamath Falls	KLF	Bev L'esperance	(541) 884-9093
Lincoln City Masters	Lincoln City	LCM	Gail Kimberling	(541) 994-7595
Multnomah Athletic Club	Portland	MACO	Ginger Pierson	(360) 253-5712
Mt. Hood Masters	Gresham	MHM	Phillip King	(503) 667-7246
Mittleman Jewish Comm. Ctr.	Portland	MJCC	Aquatic Dep't	(503) 244-0111
Medford Old Folks in Action	Medford	MOFIA		
Mountain Park Masters	Lake Oswego	MPM	Dana Walling	(503) 635-3561
Mid Willamette Valley Masters	Salem	MWVM	Matt Boles	(503) 371-7869
Metro YMCA	Portland	MY	Aquatic Dep't	(503) 294-3366
North Clackamas Aquatic Park	Milwaukie	NCAP	Jeff Kaelon	(503) 794-8080
N. Coast Swim Club	Astoria	NCSC	Stephen Warner	(503) 738-6661
Newport-Yaquina Bay Y	Newport	NEWP		
Princeton Athletic Club	Portland	PAC	Mark Williams	(503) 294-1426
Portland Community Col.	Portland	PCC		
Portland Masters Swimming	Portland	PMS	Brian Wannamaker	(503) 284-5119
Parkrose Masters	Portland	PKRS	Bert Peterson	(503) 252-6081
Pride of Oregon		PRID		
Riverplace Athletic Club	Portland	RAC	Aquatic Dep't	(503) 221-1212
Rogue Valley Masters	Ashland	RVM	June Mather	(541) 482-0610
Sloth Masters		SLO		
Tualitan Hills Barracudas	Beaverton	THB	Jeanne Teisher	(503) 649-4719
Team Portland Aquatic Club	Portland	TPAC		
Univ. of Oregon Masters	Eugene	UOM		
Umpqua Valley Masters	Roseberg	UVM	Terry McCurdy	(541) 440-9296
Vancouver Old Timers	Vancouver	VOT	Andy Schrag	(360) 546-0079
Willamette H2O Masters	Salem	WH2O	John Dejarnett	(503) 588-2060

1998 USMS NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIPS  
NOVEMBER 14-15, 1998

OAK HARBOR, WASHINGTON / JOHN VANDERZICHT MEMORIAL POOL  
Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. Sanction #983607  
Hosted by the North Whidbey Masters

ORDER OF EVENTS  
Seeding: slow to fast

#	EVENT
<b>SATURDAY, November 14</b>	
1	400m IM
	BREAK
2	50m Free
3	200m Fly
4	100m Back
5	200m/400m/800m Mixed Free Relay
	BREAK
6	100m Free
7	50m Back
8	200m Breast
	BREAK
9	200m/400m Medley Relay
10	400m Free
<b>SUNDAY, November 15</b>	
11	200m IM
12	200m Back
13	50m Breast
14*	100m Fly
15	200m/400m/800m Free Relay
	BREAK
16	100m IM
17	200m Free
18	100m Breast
19	50m Fly
20	200m/400m Mixed Medley Relay
	BREAK
21/22	800m/1500m Free

TIMES: Saturday - Warm-up: 8:00am / Event #1 Starts: 9:00am /  
Event #2 will not start before 10:00 a.m.  
Sunday - Warm-up: 8:00am / Meet Starts: 9:00am

PLACE: John Vanderzicht Memorial Pool  
85 SE Jerome St. Oak Harbor WA 98277  
(360) 675-POOL

DIRECTIONS: Take WA20 to Oak Harbor. Turn East onto Whidbey Avenue.  
Proceed 1/4 mile to SE Jerome Street. Turn right onto Jerome - the pool will be on  
the right. Look for signs directing you to the pool.

FACILITY: Six lane x 25m course. No separate warm-up area. Lane 6 will be  
a continuous warm-up/warm-down area. Lanes 1-5 will be used for competition.  
Electronic timing will be used. Two hot tubs and a sauna are also available.

MEET DIRECTOR: Dan Frost (360) 675-5751 / frosty@usms.org

ELIGIBILITY: All 1998 or 1999 registered Masters swimmers age 19 and over  
as of November 15, 1998 are welcome to participate.

RULES: Current USMS rules will govern the meet.

MEET FORMAT

SEEDING: Slow to fast. The 800m Free, 1500m Free, and all relays will be  
deck seeded. All other events will be pre-seeded.

DISTANCE EVENTS: Swimmers may enter either the 800m Free or the 1500m  
Free, but not both. Swimmers in the 1500m Free will have their 800m splits  
automatically recorded.

RELAYS: In each relay event, relay teams can elect to swim either 200m, 400m,  
or 800m (800m for Free relays only). Each swimmer shall be allowed to swim  
only once in each relay event. Relays will be conducted in heats based on the  
distance to be swum, starting with 200m heats, followed by 400m heats, and then  
800m heats. Deck enter relays at the meet.

ZONE CHAMPS SOCIAL: Swimmers, friends, and families are invited to a  
social on Saturday evening. Details will be given at the meet.

ACCOMMODATIONS: The Coachman Inn (800-635-0043), Best Western (800-528-1234), and Auld Holland Inn  
(800-228-0148) are AAA 3-diamond facilities within a mile of the pool. For information on Whidbey's numerous  
B&Bs, contact the Chamber of Commerce (360-675-3535).

WEBSITE: For more information, visit the PNA website at <http://www.whidbeynet.net/frosty/pna/pna.htm>

SAFETY FIRST! NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.  
PLEASE OBEY THE DIRECTIONS OF OUR SAFETY MARSHALS. THANK YOU!

1998 USMS NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIPS  
OAK HARBOR, WASHINGTON / NOVEMBER 14-15, 1998

Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. Sanction #983607  
Hosted by the North Whidbey Masters

ENTRIES MUST BE POSTMARKED BY OCTOBER 30<sup>TH</sup> OR RECEIVED BY NOVEMBER 7<sup>TH</sup>

NAME: \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE/PROVINCE: \_\_\_\_\_ POSTAL/ZIP CODE: \_\_\_\_\_

PHONE: ( ) \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_ AGE (as of 11/15/98) \_\_\_\_\_

CLUB/TEAM (or Unattached): \_\_\_\_\_ \*LMSC: \_\_\_\_\_

\*USMS or MSC registration number: \_\_\_\_\_ \*All swimmers who are not registered through  
the Pacific Northwest LMSC MUST attach a photocopy of their current USMS or MSC registration card.

AGE GROUP (CIRCLE ONE / determined by your age as of 11/15/98):  
19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59  
60-64 65-69 70-74 75-79 80-84 85-89 90-94

ENTRY LIMIT: Six individual events total, plus relays. Maximum five individual events per day.

EVENT NUMBER	EVENT NAME	SEED TIME (short course meters)

ENTRY FEES: \$ 13.00 Surcharge (includes \$1 Northwest Zone surcharge)

\$ \_\_\_\_\_ Individual events: \$1 per event for swimmers under 65.

No charge for swimmers 65 or over. No charge for relays.

TOTAL \$ \_\_\_\_\_ MAKE CHECKS PAYABLE TO NWAC. Canadian Funds X 1.40

MAIL THIS FORM. ENTRY FEES, (\*AND COPY OF MASTERS REGISTRATION CARD) TO:

DAN FROST  
1121 SW BARRINGTON DR #4  
OAK HARBOR WA 98277-4585

Liability Release: 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 FOLLOWING: 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. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

**Oregon Masters Swimming Short Course Yards Meet**

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #379-01

Eligibility: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a **NEW 1999** registration form and fee with this form.**Parkrose "Resolution" Meet**

Place: Parkrose Community Pool

12003 NE Shaver, Portland, OR 97220

6 lanes competition - electronic timing

1 lane continuous warm up/down area, 1 buffer lane

Meet Director: Bert Petersen 503-252-6081 (home), 503-408-2699 (work)

Directions to Parkrose Pool: Going East from Portland on I-84, take the 122<sup>nd</sup> St. exit. Turn right (north) on 122<sup>nd</sup> St. Turn left at second light (Shaver). Go to end of high school and turn right into pool parking lot. Coming into Portland from the east on I-84 take the 181st. exit. Go south on 181<sup>st</sup> to Halsey. Turn right and take Halsey to 122<sup>nd</sup> St. Turn right and go up to Shaver. Turn left and go end of high school.

**WARMUPS: Sunday 9:00 AM****MEET STARTS: Sunday 10:00 AM**

**All entrants MUST submit a PHOTOCOPY  
OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY**

**ENTRY DEADLINE: POSTMARKED NO LATER THAN December 26, 1998**

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

NAME \_\_\_\_\_ 1999 USMS# \_\_\_\_\_

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

PHONE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_

SEX \_\_\_\_\_ USMS CLUB \_\_\_\_\_ (OREG, MACO, PNA, etc)

Age Groups: 19-24, 25-29, 30-34 etc. up to 100+. Relay age groups: 19+, 25+, 35+.45+, 55+, 65+, 75+. You may enter a maximum of 5 individual events plus 4 relays. Enter relays at the meet. In each relay event, relay teams may swim either 200y, 400y, or 800y, (800y for Free relays only). The 400 and 800 relays will be seeded in heats following the 200y relays of the same type. The 400 I.M., and 500, Freestyle will be deck seeded. Check in for these events will close 30 min. before event is to be swum. All events will be seeded SLOW TO FAST.

**Sunday, January 10**

400 I.M. (1) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

FREE RELAY (2 /3) XXXXXXXXX

50 FREE (4) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

100 BREAST (5) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

200 BACK (6) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

50 FLY (7) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

200 I.M. (8) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

MXD FREE RELAY(9) XXXXXXXX

BREAK BREAK BREAK

100 FREE (10) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

200 BREAST (11) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

50 BACK (12) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

100 FLY (13) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

MED RELAY (14/15)XXXXXXXXXX

BREAK BREAK BREAK

200 FREE (16) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

50 BREAST (17) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

100 BACK (18) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

200 FLY (19) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

100 I.M. (20) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

MXD MED RELAY (21) XXXXXXXXX

500 FREE (22) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

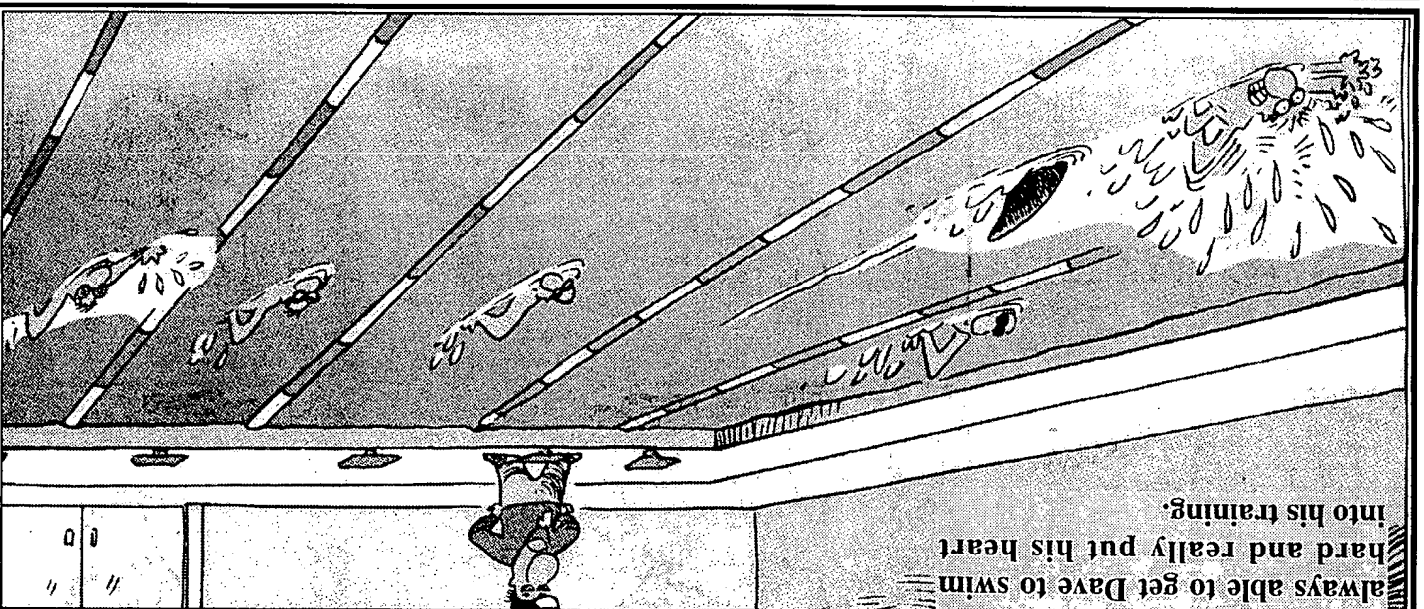
"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability 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 FOLLOWING: 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. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**MEET ENTRY FREE: \$11.00 Make checks payable to Oregon Masters Swimming  
Mail form(s) and fee(s) to: Suzanne Rague 935 N.W. 170<sup>th</sup> Place Beaverton, OR 97006**

If you are registering for 1999 at the same time you are entering this meet, you **MUST** include the Registration form with this meet entry form and mail both forms to Suzanne Rague. **DO NOT** mail the Registration Form to the OMS Registrar.

Bill is a tough Coach and he is always able to get Dave to swim hard and really put his heart into his training.



Dear Fellow OMS Swimmers,

I just want to thank you from the bottom of my "heart" for all the thoughtful cards, calls, emails, visits, prayers and gifts that were sent. Did swimming cause the heart attack? NO! Did swimming and being in shape save me? YES! Don't let what happened to me scare any of you away from the pool. Instead just make it increase your resolve to stay in shape and healthy. I don't remember much from the first few hours in the hospital except for once when the Nurse came in and told me that they were calling me the "Miracle of St. Vincent". I give credit for that miracle to God, great medical care and to the fact that I was in shape and able to "fight back".

Right now I am just taking it day by day. For the first week and a half I walked twice daily. When I was able to return to the pool for easy swimming. It was great getting back into the water. It will be several months till we know the full extent of permanent damage to my heart. Even if there is some damage I figure that I will still be ahead of a "couch potato". About the only change that they are planning in my life style is to have me take an aspirin a day for the rest of my life. I think that is a good hint to pass on to you.

It was a special day when I returned to a Baracuda workout for a visit. At that visit I was given the "Bounce Back Award" from Ellen Ferguson of E & C and the Stag Lake Swim. I was also presented with the Open Water Swimming Champion Sweatshirt. While I didn't hang easily with the sweatshirt, I will wear it with more pride because it came from my peers. Thank you Dan Gray and all open water swimmers.

I plan to stay very involved in Masters Swimming. In fact on my third day home from the hospital I spent an hour on the computer doing some preliminary work on the November Aqua-Master. When and at what level I will return to competition is not clear at this point. What is very clear in my mind is that I will be back. I will be back to enjoy your friendship, your teasing, your company and your friendly competition and encouragement.

Take care and may God bless you just like he has me. I hope to be with you soon.

Dave

# **1999 REGISTRATION FORM - OREGON MASTERS SWIMMING**

☐ RENEWAL. My 1998 USMS # is: 378-\_\_\_\_\_
 ☐ NEW Registration

**PLEASE PRINT** (Your 1999 USMS registration card is valid from Nov. 1, 1998 - Dec. 31, 1999)

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

**Please register with the same name you will use for competition.**

ADDRESS \_\_\_\_\_

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

( ) \_\_\_\_\_ - \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
 Your Phone Number Birth Date Age Sex

**Club:** OREG MACO UNATT\*\*  
 (you must circle one)

☐ Check box if you are a Masters Coach

**\*\*OREG and MACO are the two official USMS Clubs. for OR and SW WA. This is NOT your Local Team. Unatt. keeps you off relays - not recommended.**

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 FOLLOWING: 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. In addition, I agree to abide by and be governed by the rules of USMS."

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

\_\_\_\_\_ I wish to contribute \$1.00 (or \$ \_\_\_\_\_) to the International Swimming Hall of Fame Foundation.

\_\_\_\_\_ I wish to contribute \$1.00 (or \$ \_\_\_\_\_) to the United States Masters Swimming Foundation.

I have added this amount to my 1999 registration fees.

----- CUT HERE ----- RETURN ONLY THE UPPER PORTION ----- CUT HERE -----

\*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.

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

## OFFICIAL OREGON MASTERS LOCAL TEAM ABBREVIATIONS.

ALB - Albany Masters	KLF - Klamath Falls Masters	PMSC - Parkrose Masters
BAM - Bay Area Masters	LCM - Lincoln City Masters	PRID - Pride of Oregon
BMM - Blue Marlin Masters	MACO - Multnomah Athletic Club	RAC - RiverPlace Athletic Club
CAT - Corvallis Aquatic Masters	MHM - Mt. Hood Masters	RVM - Rogue Valley Masters
CMST - Chehalem Masters	MJCC - Mittleman Jewish Cm. Ctr	SLO - Sloth Masters
COMA - Central Oregon Master	MOFIA - Medford Old Folks in Action	THB - Tualatin Hills Barracuda
DAC - Downtown Athletic Club	MPM - Mt. Park Masters (L Oswego)	TPAC - Team Portland Aquatic Club
EA - Emerald Aquatics (Eugene)	MWVM - Mid-Will. V. M. (Salem)	UOM - Univ. of Oregon Masters
EY - Eugene Family YMCA	MY - Metro YMCA	UVM - Umpqua Valley Masters
FGDM - Forest Grove Dragon M.	NCAP - N. Clackamas Aq Park	VOT - Vancouver Old Timers
FISH - Fish Stick Masters (L Oswego)	NCSC - North Coast Swim Club	WH20 - WH20 Masters (Salem)
GAC - Guinness Aquatic Club	NEWP - Newport - Yaquina Bay Y	UNATT - Unattached - If you are not a
GPY - Grants Pass Fam. YMCA	PAC - Princeton Athletic Club	member of a Local Team this is where
HOTV - Heart of the Valley Master	PCC - Portland Community College	you would use UNATT. on the Local
HRBE - Hood River Bald Eagles	PMS - Portland Masters Swim (Portland Parks)	Team fill in line

# Aqua-Master

NOVEMBER 1998

Aqua-Master  
5832 SE Woll Pond Way  
Hillsboro, OR 97123

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**In this issue: NIKE CHAMPIONS CLINIC REGISTRATION FORM**

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