



Aqua-Master



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The Chair's Corner by Suzanne Rague

Hello Friends,

The Association Championship meet is in a few days. With all the hard work and preparation that has gone into this event, all we need is your enthusiasm and energy to have a terrific meet. I look forward to seeing you there, and maybe swimming in the next lane to you during a relay!

Your Board of Directors held a five-hour Board meeting in early March. The dedication of your Board is remarkable. We covered and debated many topics -- meet contracts, budgets, open water, awards, etc. The touchstone that we hope to always keep in view is, "Does this create a better program for the swimmers?" We sure hope so!

Finally, the OMS web site has been "dormant" for several months, but we are working hard to revive it, so log onto "www.swimoregon.org" some time soon. We hope it will again be a source of timely and accessible information.

Swimmingly,

Suzanne

profile

Sue Calnek-Morris



In 1963, Sue Calnek-Morris and her husband were newlyweds and newcomers to Portland, Oregon. Sue was born and raised in Hollywood, California where home was sunshine, swimming pools, surfing, and sand. Her first swim lessons began at age six (1949) at the Hollywood Athletic Club with sister teachers, Marrian and Virginia Hopkins, National Champions.

Sue earned her W.S.I. and Life-saving certificates in 1966 from the old

continued on page 4

ol' Barnacle reviews - results - records

Ol Barn ... COMA SCY FREESTYLE PENTATHLON

With Steve Ellis, Meet Referee and Pam Himstreet, Meet Director showing the way, and a truly fine cadre of key helpers, Bend put on a very great meet, featuring the inclusion of Plunge for Distance, Goggle Toss and Water Basketball Shooting.

Everyone was happy with the inclusion of the extra events, and we are hoping that other venues will include them.

Women 19-24: Jennifer MacCollum was all by herself but put the pedal to the metal and turned in excellent times in 50, 100 and 200 Free. Welcome to OMS.

Women 25-29: Elizabeth Henderson and Shauna Simpson went head to head in every event, with Henderson winning the overall. Their

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2000 Calendar and Meet Schedule Pool

Date	Event	Location	Contact
April 7, 8, 9	SCY	OMS Association Champ Beaverton, Oregon	Ed Ramsey (503) 693-8173 (home) email - tkramsey@worldnet.att.net
May 21	*SCY	Parkrose (Portland)	Bert Petersen (503) 252-6081
July 8,9	LCM	State Games of Oregon	
July 22	LCM	Eugene	
July 29,30	LCM Zone	Mt. Hood Gresham, Oregon	Dave Radcliff (503) 648-7141 therads@home.com

Open Water

July 1	Open Water Clinic	Dorena Lake	Dan Gray (541) 944-0529
July 2	3000/1500	Dorena Lake	Steve Johnson (541) 683-5758
July 15	10,000K	Nat. Champ-Applegate Lake	Dan Gray (541) 944-0529
July 16	3000/1500	Applegate Lake	Dan Gray (541) 944-0529
Aug. 5	500/1500	Elk Lake	Matt Mercer (541)389-7665
Aug. 6	3000	Elk Lake	Matt Mercer (541)389-7665
Aug. 13	2/1 mile	OMS Association Champs Hagg Lake	Andrea Milano (503) 236-8959
Aug. 26	2/1 mile	Eel Lake	Trudi Gugliemini (541) 756-5566

* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER

Postal Championships

May 15 - Sept. 30	5/10 K Postal Swim	Jane Moore - weswim@mindspring.com
Sept. 1 - Oct. 31	3000/6000 Postal Swim	June Mather - (541) 482-0610
	RVM Ashland, Oregon	csmather@jeffnet.org

National Championships 2000

April 27-30	SCY	Indianapolis, IN	goldstein@mindspring.com
Aug. 17-20	LCM	Baltimore, MD	Barbara Protzman barb@hotmail.com

Aqua-Master Change of Address

The Aqua-Master is produced 12 times a year and is delivered free of charge to OMS Members. To request a change of address please send this completed form to:

**NOTE: THE AQUA-MASTER IS SENT VIA BULK MAIL AND
WILL NOT BE FORWARDED BY THE U.S. POSTAL SERVICE**

June Mather
OMS Registrar
1056 Hillview Dr.
Ashland, OR
97520

Change of Address

AFFIX ADDRESS LABEL HERE

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE _____ USMS # _____

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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. or Oregon Masters Swimming.

Aqua-Master is the official publication of Oregon Masters Swimming, Inc. 1211 SW Fifth Ave. Portland, OR 97204-3795. It is the only source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. Contact June Mather for membership information. A subscription is part of membership in OMS. Non-members can subscribe using the membership form and sending a check for \$12.00 payable to OMS. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming Inc.



Notes from Poolside by Coach Bob Bruce,

ASCA Certified Level 5 Coach

It's April. It's championship season in the pools. There's still snow on the ground (in the mountains at least). Yet some hardy souls are already dreaming of those refreshingly warm and beautiful Oregon lakes. As far away as summer may seem, it's time to prepare for it. On July 15th, the Rogue Valley Masters will hold the National 10-kilometer Open Water Swim in Applegate Lake, the first time that Oregon has hosted a national open water event. Will you be ready to take advantage of this rare opportunity?

A 10-k swim presents interesting challenges (which is why, I suppose, we do these things). A swim of this distance resembles a 26.2-mile marathon run both in time of exercise and in energy expenditure; it's way beyond what we swim daily. It's a strong test of open water swimming and navigational skills. It requires solid organization and teamwork with your teammates and escort. It's a test of will too. To succeed in this swim, you must prepare! Here's Bob's 12-Point Program for a successful 10-k (or longer) swim.

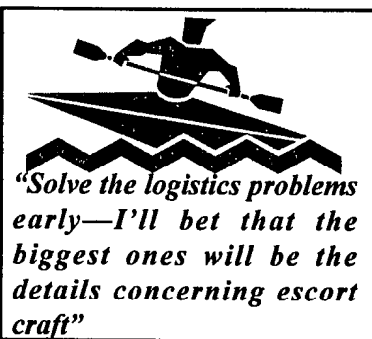
1. Establish and affirm your goals. The first step is to commit yourself to the swim, and especially to the process of preparation for the swim. Establish exactly what you wish to accomplish or gain from this experience. Then verbalize your goals, visualize yourself accomplishing them, and work towards achieving them.

2. Plan ahead. Solid preparation takes at least three to four months. Increase your yardage gradually, week by week; avoid jumping into extremely long or hard training overnight. You want to start from some training base, so skip the long break after the spring championships.

3. Become knowledgeable. Learn how to succeed in long open water swimming by reading, talking to others, and practicing the appropriate skills. Solve the logistics problems early—I'll bet that the biggest ones will be the details concerning escort craft, feeding, and camping [see Dan Gray's column in the March 2000 Aqua-Master]. Remember to meet the entry deadline.

4. Find a training partner or group with similar skills and aspirations. We all know that swimming in a group makes training more interesting, challenging, and (dare I say it?) fun; training alone is difficult for most of us. Train with others if possible. Let them pace and motivate you.

5. Review your basic freestyle swimming skills as soon as



"Solve the logistics problems early—I'll bet that the biggest ones will be the details concerning escort craft"

possible. Take this opportunity to improve your stroke efficiency, then practice fluid swimming unerringly. Water bashing is no treat, especially over distance. Attend a clinic or take lessons from a competent coach.

6. Learn your pace, and practice around it. Most of your training should be aerobic--some of it will be long swims at slower speed than your aerobic threshold, some will be short-rest repeat sets at threshold speed, and some will be maximum oxygen uptake sets stretching beyond threshold [see my articles on training, October-December 1999 Aqua-Master]. Learn your threshold speed, learn what tempo and output provides this speed, learn what this speed feels like, and train often around this speed.

7. Swim one long swim--2000 to 5000--each week. Do it in open water if you can, although this may be difficult due to distance or water temperature. Integrate the National 5-k (and even the 10-k) Postal Swim into your training plan.

8. Do plenty of kicking and some speed work. In long swims, your legs do not provide much propulsion without severe energy cost, but they do support your body in the all-important horizontal position; be certain that they can support you for the length of the swim. If you have 'heavy legs', avoid excessive use of pull-buoys! Occasional speed work prepares you for tactical swimming, such as maintaining a draft, achieving a breakaway, or sprinting gloriously at

the finish.

9. Train faithfully. Consistent preparation pays results. Measure and enjoy your increasing capacities. If you are training consistently and hard, you will have poor training days; accept these days along with the good ones. There are no short cuts.

10. Monitor your body. Avoid repetition injuries by catching them early. Maintain stretching after each practice.

11. Rest. Rest is crucial for your adaptation to training [see my article in the March 2000 Aqua-Master]. Without sufficient rest during your months of increased training, you will not adapt optimally to your training stimulus. In simple terms, you will crash sooner or later. Stay faithful to your training, but take a day off at least once each week.

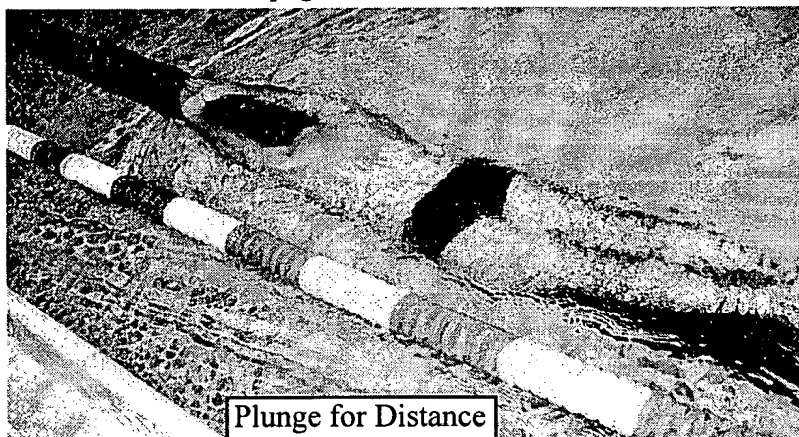
12. Relax. Keep your perspective; there is more to life than training. Remember the other important people and activities in your life.

Good luck and good swimming.

ol'Barn continued from page 1

best event was the 1000 Free, with Simpson at 12:29.47 and Henderson 12:52.01, both times will make the Oregon All Time, Simpson 7th and Henderson 9th, in the 200 they were less than a second apart.

Plunge For Distance: This event is being run by other Masters groups across the country, Coach Bob Bruce includes it in his practices, saying the streamlining emphasis, improves your "off the wall" performances. This was an Official Olympic event through the 1904 Games. It was dropped in 1906, due to the fact that the US was the only country with competitors. In the 1904 Games, W E Dickey, the Gold at 62'6", E H Adams, Silver with 57'6", and L B Goodwin, Bronze with 54'(All USA). It is important to realize that they started from the pool edge, and not from starting blocks.



Plunge for Distance

Phil Regent picked off the Gold with a plunge of 67' 10", Steve Mann the Silver 58' 6" and Charlie Helm the Bronze with 48' 9".

For the Gals: Sandi Rousseau won at 46' 1", Liz continued on page 7

profile continued from page 1

Shattuck Hall pool at Portland State, when eight months pregnant. In 1972, her husband was hit by a train and has been in a nursing home ever since---a major life change.

Sue's first race was the State Games in 1984. Alice Zabudsky told her about the Masters and the meet. It would be several years before she would compete again.

In 1989, she was hired by the Boeing Co. as a rigging and overhead material handling inspector and load test person.

Finally, a new period in her life began and she swam once again. In the 1992 State Games, Sue swam the LCM 100 free in 1:25.85. Now, eight years later, it is 1:22.63. A turning point is remembered at a SCY meet at Lewis & Clark College pool in 1993 where she won a ribbon! She doesn't remember the color, but there were few entries; she says that even if she had floated, she would have placed! Winning a ribbon was a thrill and a hook: she felt good about herself.

Sue's first long-distance race was in Bend on March 19, 1994. After finally overcoming nausea and learning flip turns, she swam the 1650 free in 25:14.19. On May 15, 1999 at the Nationals in Santa Clara, she did the 1650 free in 24:10.40.

When Sue joined the Masters, she was given a swimmer's time book. She is glad that her entries have been maintained since it helps one to realize their accomplishments and efforts, and helps to focus on goals. One of her personal swimming goals is to beat just one, any one, of Lavelle's records. But as Sue says, "Alas, Coyote wants to catch up with Roadrunner too!" Harder workouts, new plans, and renewed enthusiasm are her goals. Whatever it takes to inspire a swimmer. At the same time, she tries to maintain a focus on health-fitness and benefit from the fun and friendships in Masters swimming.

Sue is thankful to Parkrose Pool management for truly

having a "Community Pool and maintaining flexible user-friendly lap times. "On Saturday mornings Bert coaches the workouts and always has his logic lesson. The latest logic is 'if you think you can't, you won't. If you think you can, you might.' Sue commented "that must be how Bert, Joy Ward, Bob Smith, and I broke the National Record for the 200 medley relay in Federal Way last year. We thought we could."

Sue's favorite part of a swim meet is watching the gentlemen of the 'Famous Foursome' in their 320+ relays: "The one at M.A.C. a year ago was spectacular. They are truly inspirational (Andrew Holden, 80-84, swims the 50 free faster than I can). I hope to watch their relays for years to come."

For hobbies, Sue enjoys road and mountain biking, reading, playing music, doing artwork, and above all, spoiling her grandchildren. She also spent three weeks in Spain and Portugal this past fall, visiting the Prado and Reina Sophia museums, Toledo, the Escorial and the Alhambria, and studied the area's artwork.

Sue's main goal is to seize an opportunity to help promote swimming through more school pools and more lessons made available to young children. "Basketball and football are great," she says, "and for many kids they find heroes. I wish to see our high school, College, Master, and Olympic swimmers become more publicly recognized and be the new heroes and heroines for our youth.

She would also like us to help our new Masters members, and one another, to celebrate a swimmers' first ribbons in whatever Club or State. Clubs could offer swim tips, with members encouraging one another unconditionally to "get fit and get wet."

Sue reminds us to go out and apply Bert's logic this season: If you think you can --- you might!"

Submitted by Anne K. Schmidt, Parkrose team rep.

OPEN WATER SWIMMING



LONG DISTANCE SWIMMING

By Dan Gray, Open Water/Long Distance Swimming Chair

ESCORT SERVICE WANTED

Hopefully you are now aware of the upcoming USMS National Open Water Championship on July 15. Due to the length, each swimmer is required to have an escort in a non-motorized craft. It is the **swimmers responsibility** to provide their escort. As race organizer, I am willing to compile a list of volunteers from our LMSC who would be willing to paddle for the 10K. If you are available to help a swimmer, please call me at (541) 944-0529. I will arrange for a swimmer in need to contact you. There are NO boat rentals at the lake, once again, this is the **swimmers responsibility**.

Presented below is a description of the open water series for this summer. Please read carefully so as to avoid any misunderstandings during the summer. If you have any additional questions please feel free to ask or call me. (541) 944-0529

OPEN WATER SERIES 2000

The series consists of OMS sanctioned open water swims with a minimum distance of 1500 meters. All swims meeting this criteria are counted towards the overall series.

Schedule: Provided in the AquaMaster

Eligibility: Each swimmer must be a registered USMS member.

Tabulation: Series Coordinator (Long Distance Chair) will tabulate points from each set of race results and will maintain up to date tabulation of series point totals.

Individual scoring: For each swim, swimmers will be assigned points relative to their finish place within their respective age groups: 14-11-9-7-6-5-4-3-2-1. Age on the day of the swim determines the category, If a swimmer ages up during the season, all accrued points will "move" with them.

Wet suit: Swimmers wearing wet suits are considered to be in separate category for results and awards purposes. Wetsuit awards are a race organizers discretion. For series consideration, points will be assigned as follows: wetsuit swimmers time will be compared with non-wetsuit swimmers and time will determine placing (for series points only). Wetsuit swimmer will then have a 3 point deduction. The intent of this policy is to prohibit a slower wetsuit swimmer from gaining more points than faster non-wetsuit swimmer

Awards: Series:

Outstanding Swimmer Award: Top Male and Female determined by tabulating the best nine (9) swims and the point totals for each swimmer

Age Group Recognition: First - third in each sex/age group. Swimmer must participate at three swim venues.

All Venue Recognition: Swimmers participating at all venues will receive special recognition

Association Championships:

Individual: First - fifth place each sex / age category finishers will receive awards

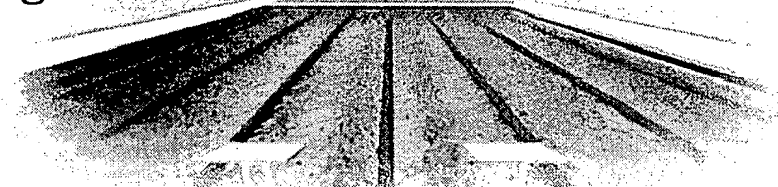
Team: First place - (two categories) Large and Small

Second place and Third place - (two categories) Large and Small

Team Scoring: Points from top six finishers in each sex / age category will be tabulated to determine team results. Point assignment: 12 - 9 - 7 - 5 - 4 - 3 - 2 - 1

If 150 or more swimmers participate, the scores will be tabulated for the top eight

A Big OMS Welcome to New Swimmers



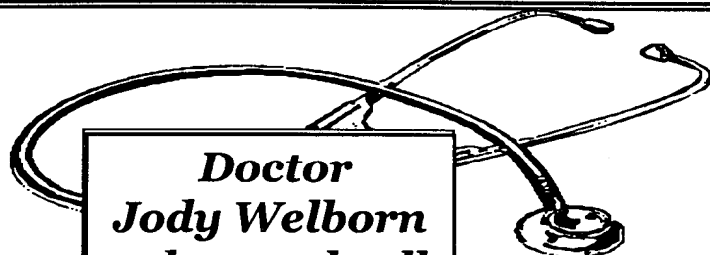
We have a lane reserved for you in 2000

Name	Local Team		
Max J. Bacon	HMST	Mike H. Drew	THB
Theo W. Dreher	CAT	Tonie L. Drew	THB
		Kathy M. Gregory	PEND
		Amy B. Halligan	COMA
		John Holm	THB
		Christa Joder	
		Amber E. Marra	PMS
		Elizabeth A. Moorhead	PMSC
		Steve J. Muller	PEND
		Lynee H. Pestka	THB
		Amy L. Phillips	NCAP
		Earl R. Showerman	MOFIA
		Nancy W. Sorlie	COMA
		Tomaz S. Sousa	CAT
		Tania C. Wildbill	PEND
		Aimee A. Wilson	THB
		Sonjia M. Wilson	PMS

The Fitness Lane



George Thayer, the Fitness Chair and his Fitness Committee begin a new feature this month. They will be inviting Doctors, who are Master Swimmers, to write articles for the Aqua Masters. These articles under the heading of "The Doctor makes Pool Calls", will appear every few months. The first article is from Dr. Jody Welborn. Dr. Jody Welborn is a cardiologist who lives in Portland and swims for the Tualatin Hills Barracudas. She holds a B.A. from the Univ. of Oregon, and completed her M.D. at O.H.S.U. After doing an internal medicine residency at Univ. of Texas, San Antonio, she proceeded to the University of Alabama at Birmingham for a fellowship in Cardiology. Dr. Welborn practices at the Oregon Clinic and also serves as the Secretary of the Oregon LMSC.



**Doctor
Jody Welborn
makes pool calls**

EXERCISE IS STRONG MEDICINE- CAN IT HELP MY BLOOD PRESSURE?

Hypertension, or high blood pressure, is a common health problem affecting approximately 25% of Americans. In your practice lane, at least 1 swimmer is being evaluated or treated for hypertension. Hypertension is an important factor in the development of coronary heart disease, stroke and congestive heart failure. A blood pressure reading where the top number

(systolic blood pressure) is above 150 (mm Hg) almost doubles a person's risk of developing heart disease when compared to someone with normal blood pressure (120/80). It is now evident that treating even a moderate increase in blood pressure can help prevent heart attacks or strokes. It is also known that exercise can help lower blood pressure.

A blood pressure measurement is typically part of a routine doctor's visit. What does it mean when he says your blood pressure is high?

Every beat of your heart pushes a wave of blood through your blood vessels. This raises the pressure inside of the arteries and is represented by the top number in a blood pressure reading (systolic blood pressure). The pressure between the heartbeats (diastolic pressure) is lower and is represented by the bottom number.

A normal reading for an adult is 120/80 mm Hg. However, several factors can affect blood pressure readings including just being in the doctor's office (white coat hypertension). If one blood pressure reading is elevated it does not mean you have high blood

pressure. But if repeated readings are over 140/90 mm Hg you will be diagnosed with hypertension.

High blood pressure can be treated with medication; however, non-drug therapies, such as diet and exercise, are often tried first. It is known that a regular exercise program lowers blood pressure in people with hypertension, although, just like treatment with medicines, it does not lower or normalize the blood pressure in everyone. Blood pressure decreases produced by exercise are not related to the intensity of exercise and the amount of exercise necessary to lower blood pressure is not known. However, for some, a lower blood pressure has occurred after just several weeks of an exercise program. Just like with medications, blood pressure remains low only as long as the exercise program continues. The previous high level will return within weeks of resuming a less active lifestyle.

Hypertension is often associated with other risk factors for cardiovascular disease such as increased cholesterol, obesity and high blood sugar. Exercise can help these risk factors as well.

Most people would prefer to control their blood pressure without drugs and, for those with mild hypertension, exercise might serve as an effective non-drug therapy. If this is not possible, what are the best blood pressure medications for the active individual?

There are many effective drugs for the treatment of hypertension. However, the most commonly prescribed medications may not be best for the active patient.

Diuretics ("water pills") are widely used and act to increase urination, which results in excretion of salt and water. Although they have the advantage of being cheap, diuretics may not be the best choice for the exercising patient due to side effects of dehydration and loss of electrolytes, such as potassium, which may result in muscle weakness, cramping or an irregular heart rhythm. Importantly, all diuretics are banned by the International Olympic Committee and the National Collegiate Athletic Association because of their use as urinary masking agents to hide the use of banned drugs like anabolic steroids. *continued on page 7*

Masters

United States
Masters
Swimming

Swimming
for life

ol'Barn continued from page 4

Henderson, second at 45 7" and Ellen Brondo, 3rd with 41' 4". They had 7 Gals in the contest and 10 men.

Women 30-34: Amy Halligan all the Golds and Ellen Broido, the Silvers, Elizabeth Handerson shows promise. Amy Halligans times were excellent, her effort in the 1000 12:19.84 deserves special mention.

Women 35-39: Jeanne Thimm was all alone and swam well in her three events.

Women 40-44: Barbara Harris just turning 40, swept all 5 evnts, with OTT ratings of 3 and higher. Barbara's 50/100, were just shy of OMS Records(27.73 vs 27.31/1:00.47 vs 1:00.08). Watch for her at Associations. Laura Schob will do well also, she is looking good. It is great to see Susan Albright back in the swim.

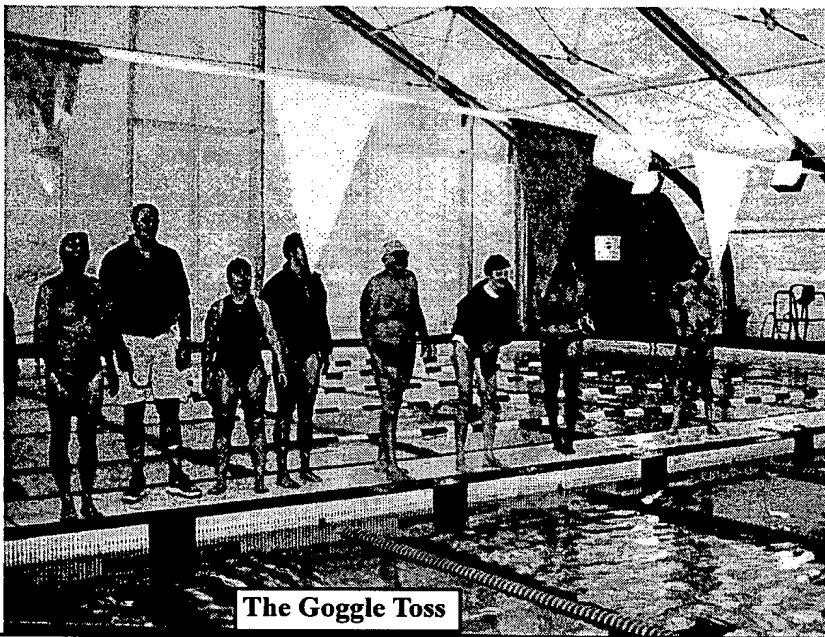
Women 45-49: June Mather, our Registrar, was also a loner, gathering wins in all 4 of her events.

Women 50-54: Although basically not a freestyler, Sandi turned in OTT times in all events. Jani Sutherland gave Sandi competition, in the 500 and then turned in a 16:10.94 (OTT7) for the 1000. This newcomer will bear some watching.

Women 55-59: Pam Himstreet swam OTT times in the first four events, then turned in a TT10 for

the 1000, she will be watched at Associations. Peggy Hodge is looking good and should fair well at Associations.

The Goggle Toss: Had 10 Contestants with David Winters the only successful tosser, and of course the winner. Swimmers often use this activity to delay water entry at practice. Each athlete gets 3 attempts, standing at the start-
continued on page 8



The Goggle Toss

Exercise is Strong Medicine continued from page 6

Beta-blockers are another commonly prescribed medicine for high blood pressure. These medications act to lower blood pressure by decreasing the amount of blood that the heart pumps with each heartbeat. Unfortunately, for the endurance athlete, these medicines have side effects that may

impair athletic performance. Beta-blockers can cause significant decreases in heart rate, which may shorten the duration and limit the intensity of exercise sessions. Beta-blockers may cause problems with how the body handles heat during hot weather activities and may worsen or unmask exercise-induced asthma. Typically, these medicines are best for the non-endurance athlete or the athlete with coronary artery disease.

The medications most commonly prescribed for the active patient with high blood pressure are ACE (angiotensin converting enzyme) inhibitors and calcium channel blockers.

ACE inhibitors act to widen the blood vessels (vasodilation) and are very effective in lowering blood pressure. They are well tolerated and do not appear to have a negative effect on exercise. The most common side effect is cough which occurs in about 10-15% of those taking the drug. Typically a blood test is done after these medicines are started to check blood electrolytes and kidney function.

ACE inhibitors are contraindicated in pregnancy.

Calcium channel blockers also lower blood pressure by relaxing the blood vessels. There are several classes of calcium channel blockers, which differ slightly in their effects. The classes represented by diltiazem and verapamil can lower the maximum heart rate reached with exercise, which may worsen exercise tolerance for some, although studies have not shown this. The class of calcium channel blockers represented by amlodipine and nifedipine do not lower heart rate and may be a better choice for the athletic patient. Side effects of these medications include constipation, swelling of the legs, heartburn, and dizziness with change in position.

Although these are the most common medicines prescribed, there are many other medications used for treating high blood pressure. It is important to consult with your personal physician about which medication is best for you. Be sure to keep her informed about your activity level and goals in order to ensure the best treatment for your blood pressure.

It is also important to remember that, even if medications are required, exercise can complement drugs and allow for a reduction in the dose of blood pressure medication.

Although exercise is not a cure all it can help you feel fit and healthy as well as providing a safe way to lower your blood pressure.

Mt. Hood Masters First Christmas Swim

On November 6, 1999, I posted an invitation to the local Cresham, Oregon Masters. It read as follows...

100 X 100 yards

2nd Annual Christmas Swim

December 18th 7:30am - 11:30am

Pool will open at 7:00am for warm-up

Continental breakfast will be served during your swim.

Come out swim as much as you can or just cheer on the group.

So my alarm clock went off at 5:30am, and what did I want to do? That's right - go back to sleep! "They are never early to Saturday morning practice", I thought. I showed up about 7:00 AM and to my surprise there was at least 10 people waiting at the pool doors in the dark cold morning, ready to SWIM. The first group started at 7:15 AM. I didn't even have the muffins and juice out on deck. By 7:30 AM, I had 16 swimmers in the pool started on their way to the goals they set. Throughout the morning we had 3 more join us in the pool and 1 to cheer from the bleachers. It was a better turn out then I could have ever imagined. Each swimmer had set a goal before the swimming began. I think the excitement of the big turn out seemed to push them farther along. We had some bring out

2 power drink bottles, written out pace goals, counting sheets, cheery smiling faces, lots of laughs, and even toys to play with. They showed great support for each other and everyone stayed around to see the end (except one who had a golf game to get to). The last swimmer touched the wall at 11:28am. Photos were taken, the hot tub set finished the morning at the pool and then they went to breakfast (which is a part of all our all Saturday morning practices).

The grand finishers with 10,000 yards: Bob Bergstrom 43 yrs., Linda Bley 45 yrs., Mike Conrath 35 yrs., Ann Goodman 40 yrs., Eric Guest 70 yrs., Patty Kiligore, Nancy Milner 48 yrs., and Diane Valles 37 yrs.

The honorable mention list: Buz Carriker 52 yrs./18500yds., Joe Mallon 78yrs./5300yds., Kathy Starman 31 yrs /5200yds., Lisa Ford 33 yrs./5000yds., Phil King 33Vrs.15000yds., Ron Nakata 60 yrs. /3800yds., Carol Miles 44yrs./3500yds., Sandra Hyde 31 yrs./3000yds., Cliff Starman 31 yrs. /3000yds. and Pam Baker 51 yrs./2600yds.

I would like to congratulate everyone who came out. You should give yourself another pat on the back for your own accomplishments and the support you showed to all that swam. See you all again next year!

Theresa Sparks, Mt. Hood Masters coach

ol' Barn continued from page 7

ing end, tosses the goggles downpool, attempting to catch them on the backstroke flags. This came about in the early 1970's when small goggles were introduced.

Men 30-34: Phil Reget touched out Bill Zolna in the 50 (23.19 vs 23.98) that 23.19 isa OTT 8. Phil also touched out Zolna in the 100, 52.24 vs 52.41, Phil King in at 53.92. In the 200, Zolna got even with a 1:58.21 vs Phil King at 1:58.54, Reget was close at 2:00.29. Zolna picked off the 500 in 5:18.44. Then in the 1000 we had a dilly-with Zolna and King going stroke for stroke- Bill in at 11:01.24 and King with 11:02.16 (OTT 6 and almost TT)

Men 35-39: Rob Arp, a new comer won all 5 events, he and Van Der Zwan had the spectators watching in the 500 and the 1000, Arp in at 6:02.57 Van Der Zwan 6:05.99, then Arp at 12:42.89 and Van Der Zwan 12:49.30.

Men 40-44: Eric Steinhauft, a new face taking all 5 events over Charlie Helm. Let's watch Eric at Associations.

Men 45-49: Steve Mann looks like he might be ready for the BIG ONE in early April. He is basically a Backstroker and should do well. Welcome to Dallas Figley, who bettered all of his entry times.

Men 50-54: Robert the Bruce, is intent on showing his swimmers how it is done. Bruce improved on all of his times with the exception of the 50, so let's keep an eye on this Bend Master at Tualatin Hills, an outstanding performance. Dan Grey had a rough meet, looks like the travel

did not agree.

Water Basketball Shooting: 3 Free Throws from 15 Feet, thereafter eliminating the missers. We had 3 women with Shauna Simpson the winner, and 8 men with Eric Steinhauft the winner. The report from Bend is that swimmers liked these extra events, it is hoped that other venues include them in the future.

Men 55-59: Tom Landis was all alone here and won each event in creditable time, look for Tom at Associations he should swim up a storm.

Men 60-64: George Thayer touched out Tom Levak in the 50, then Levak won the 100/200. This was a good group with all 3 contestants showing times worthy of inclusion in Oregon Top Ten. Welcome Brent Lake, who made the All Time ORE TT in two events. George Thayer was strong in the 1000, with a 15:43.36 vs Lake's 15:46.11.

Men 65-69: DAVID RADCLIFF brought home 2 OMS Records- the 200 Free was Eric Guest at 2:37.77 now is 2:36.08 as well the 500, was Art Welch in 7:09.76, now 6:52.21, just missed the 1000 14:21.81 vs Welch record 14:20.00. David had a fine meet and should be ready for Associations.

Men 75-79: Khosrow Shadbeh won the 50, 100 and 200 Free

RELAYS : OB has got to check this again, it appears that we swam 5 relays and set records in all 5 :

continued on page 9

ol'Barn continued from page 8

Women 400 Free 25+ New Zone of 4:16.48 was 4:25.27 (IEM)

ELIZABETH HENDERSON, LAURA SCHOB, AMY HARRIGAN, BARBARA HARRIS

Women 800 Free 45+ New Zone of 12:51.64 was 14:36.52 (IEM)

PEGGY WHITER, PAM HIMSTREET, JANI SUTHERLAND, PEGGY HODGE

Men 400 Free 35+ New OMS of 3:55.40 was 3:57.07

ERIC STEINHAUFF, ROBERT BRUCE, TOM LANDIS, STEVE MANN

MXD 400 Free 35+ New Zone of 4:11.74 was 4:23.07 (IEM)

BARBARA HARRIS, LAURA SCHOB, ERIC STEINHAUFF, STEVE MANN

MXD 400 Free 45+ New Zone of 4:58.95 was 6:08.94 (IEM)

GEORGE THAYER, PAM HIMSTREET, JANI SUTHERLAND, ROBERT BRUCE

OB Comment: 5 for 5 not too shabby !!! A really fine meet with many outstanding times, good warm up for Associations at Tualatin Hills, we will see you there.

Oregon Masters Loses a Friend, Worker and Swimmer

We learned of Bob Kims passing, and though we all realized it was inevitable, it was still shocking and saddening. Bob died of leukemia on Feb 19th.

He was born Jan 1st 1934 in Stepniak, Kazakhstan. He came to the USA in 1938, living in New York City. Dr Kim graduated from Union College in New York, and the University of Rochester Medical School. He served in the US Air Force. In 1969 he moved to Portland and was a neurologist in the US Veterans Medical Center. Went on to Hudson's Bay Medical Group in Vancouver, WA, and in 1980 formed his own group, he retired in 1996.

Dr Bob is survived by his wife, two daughters, one son and

his mother.

Bob joined Masters in 1986-87, OB remembers the early days, we were fairly even in our strokes, and we spent many a meet side by side, with Bob slowly but surely getting faster and faster, finally leaving the old man in his wake.

Bob was a member of the Multnomah Club, and was a definite builder of the Masters group there. His contributions were much more than swimming, he was constantly in the forefront helping with functions and meets, in fact he was scheduled to Co-Chair the SCM Zone Championships, until his health made it impossible.

Masters Swimming came into the picture on Jan 10th 1987, a SCY meet at Newberg. Bob set a new OMS record in the 100 Fly at 1:22.23 for the 50-54 men. In mid 1987 Bob brought this record down to 1:14.42. He was also an excellent breast stroke swimmer.

Check the Oregon All Time listings, and you will find Bob Kim's name sprinkled quite liberally through the pages.

His many friends will miss him, Oregon and Masters in general will miss his contributions and his swimming. Bob Kim, a really top drawer guy, who always was a help to his friends.

Oregon Masters Loses a Friend

Pauline Stangel's husband Louis died on Jan 26, he had been ill for a long time.

Louis was born in Wilsonville, graduated from Benson High and the University of Portland, he served in the U S Army Air Corps during WW II. He was a teacher in his earlier years and then spent 18 years as a tax appraiser for Multnomah County, he also was a commercial fisherman out of Depoe Bay.

If you followed Pauline Stangel's swimming you had to notice Louis, always by her side, and watching her swim from the pool deck, cheering her on.

We have missed Pauline's swimming, as she was with Louis. We now will miss Louis Stangel.

Let the Sunshine in OMS

Let's start the New Year out with some Sunshine for our members. We can always use more sunshine in Oregon. You don't have to wait for the weather man. We have Luella Petersen, the OMS Sunshine Chair. She is waiting for your calls so she can send flowers and cards on behalf of OMS. When one of your fellow Masters is ill or has passed away please let Luella know so that flowers and/or cards can be sent. OMS wants to help celebrate the joyous occasions as well as the sad ones. You can never have too much Sunshine. Weddings and births or special anniversaries are appropriate. Please give Luella a call with the information.



Luella Petersen - (503) 252-6081

Luella works during the day but you can call and leave a message on "box 1" of their answering service.

So remember - "You are my Sunshine, my only Sunshine". It's up to you, so start making those calls to Luella so she can spread some Sunshine.

(Luella reports that there has been an increase in the number of Sunshine calls that she has received. That is great news. Let's continue to call her and let our fellow swimmers know that we care about them. Please only calls about sending cards or flowers.

COMA SCY Freestyle Pentathlon March 4, 2000

Name	Age Team	Time	Points
Women 19-24			
50 Yard Freestyle			
1 MACCOLLUM, JENNIFER	24 OR	28.33	20
100 Yard Freestyle			
1 MACCOLLUM, JENNIFER	24 OR	1:03.74	20
200 Yard Freestyle			
1 MACCOLLUM, JENNIFER	24 OR	2:27.28	20
Women 25-29			
50 Yard Freestyle			
1 HENDERSON, ELIZABETH	29 OR	28.06	20
2 SIMPSON, SHAUNA	28 OR	28.81	17
3 HEIM, THERESA	27 OR	32.66	16
100 Yard Freestyle			
1 HENDERSON, ELIZABETH	29 OR	1:00.06	20
2 SIMPSON, SHAUNA	28 OR	1:01.37	17
3 HEIM, THERESA	27 OR	1:14.06	16
200 Yard Freestyle			
1 SIMPSON, SHAUNA	28 OR	2:14.45	20
2 HENDERSON, ELIZABETH	29 OR	2:14.94	17
500 Yard Freestyle			
1 HENDERSON, ELIZABETH	29 OR	6:09.62	20
2 SIMPSON, SHAUNA	28 OR	6:49.49	17
— HEIM, THERESA	27 OR	DQ	
1000 Yard Freestyle			
1 SIMPSON, SHAUNA	28 OR	12:29.47	20
2 HENDERSON, ELIZABETH	29 OR	12:52.01	17
Women 30-34			
50 Yard Freestyle			
1 HALLIGAN, AMY	33 OR	29.30	20
2 BROIDO, ELLEN	34 OR	31.24	17
3 MOOREHEAD, ELIZABETH	31 OR	31.85	16
100 Yard Freestyle			
1 HALLIGAN, AMY	33 OR	1:03.01	20
2 BROIDO, ELLEN	34 OR	1:08.27	17
3 MOOREHEAD, ELIZABETH	31 OR	1:10.83	16
200 Yard Freestyle			
1 HALLIGAN, AMY	33 OR	2:19.15	20
2 BROIDO, ELLEN	34 OR	2:39.19	17
3 MOOREHEAD, ELIZABETH	31 OR	2:47.82	16
500 Yard Freestyle			
1 HALLIGAN, AMY	33 OR	6:04.38	20
2 BROIDO, ELLEN	34 OR	7:12.02	17
3 MOOREHEAD, ELIZABETH	31 OR	8:05.84	16
1000 Yard Freestyle			
1 HALLIGAN, AMY	33 OR	12:19.84	20
2 BROIDO, ELLEN	34 OR	15:03.41	17
3 MOOREHEAD, ELIZABETH	31 OR	16:00.14	16
Women 35-39			
50 Yard Freestyle			
1 THIMM, JEANNE	36 OR	29.77	20
100 Yard Freestyle			
1 THIMM, JEANNE	36 OR	1:06.72	20
200 Yard Freestyle			
1 THIMM, JEANNE	36 OR	2:44.64	20
Women 40-44			
50 Yard Freestyle			
1 HARRIS, BARBARA	40 OR	27.73	20
2 SCHOB, LAURA	41 OR	30.01	17
3 ALBRIGHT, SUSAN	44 OR	32.44	16
4 WELBORN, JODY	44 OR	34.01	15
5 PETERSON, CONNIE	44 OR	42.73	14
100 Yard Freestyle			
1 HARRIS, BARBARA	40 OR	1:00.47	20
2 SCHOB, LAURA	41 OR	1:05.95	17
3 ALBRIGHT, SUSAN	44 OR	1:10.71	16
4 WELBORN, JODY	44 OR	1:17.35	15
5 PETERSON, CONNIE	44 OR	1:31.57	14
200 Yard Freestyle			
1 HARRIS, BARBARA	40 OR	2:19.37	20
2 SCHOB, LAURA	41 OR	2:30.42	17
3 ALBRIGHT, SUSAN	44 OR	2:39.89	16
4 PETERSON, CONNIE	44 OR	3:21.42	15
500 Yard Freestyle			
1 HARRIS, BARBARA	40 OR	6:14.98	20
2 SCHOB, LAURA	41 OR	7:03.70	17
3 ALBRIGHT, SUSAN	44 OR	7:13.17	16

4 PETERSON, CONNIE	44 OR	8:51.47	15
1000 Yard Freestyle			
1 HARRIS, BARBARA	40 OR	13:00.56	20
2 SCHOB, LAURA	41 OR	14:23.40	17
3 ALBRIGHT, SUSAN	44 OR	14:45.14	16
4 PETERSON, CONNIE	44 OR	18:04.57	15

Women 45-49			
100 Yard Freestyle			
1 MATHER, JUNE	47 OR	1:29.00	20
200 Yard Freestyle			
1 MATHER, JUNE	47 OR	3:16.18	20
500 Yard Freestyle			
1 MATHER, JUNE	47 OR	8:31.54	20
1000 Yard Freestyle			
1 MATHER, JUNE	47 OR	17:14.80	20

Women 50-54			
50 Yard Freestyle			
1 ROUSSEAU, SANDI	52 OR	32.42	20
2 SUTHERLAND, JANI	50 OR	34.49	17
100 Yard Freestyle			
1 ROUSSEAU, SANDI	52 OR	1:11.10	20
2 SUTHERLAND, JANI	50 OR	1:19.29	17



Sandi Rousseau had four first plus a 46 foot Dive/Glide to win 1st in the ladies competition.

200 Yard Freestyle			
1 ROUSSEAU, SANDI	52 OR	2:43.50	20
2 SUTHERLAND, JANI	50 OR	3:18.51	17
500 Yard Freestyle			
1 ROUSSEAU, SANDI	52 OR	7:36.97	20
2 SUTHERLAND, JANI	50 OR	7:58.18	17
1000 Yard Freestyle			
1 SUTHERLAND, JANI	50 OR	16:10.94	20

Women 55-59			
50 Yard Freestyle			
1 HIMSTREET, PAMELA	56 OR	36.41	20
2 HODGE, PEGGY	59 OR	40.12	17
100 Yard Freestyle			
1 HIMSTREET, PAMELA	56 OR	1:18.94	20
2 HODGE, PEGGY	59 OR	1:31.11	17
200 Yard Freestyle			
1 HIMSTREET, PAMELA	56 OR	2:58.54	20
2 HODGE, PEGGY	59 OR	3:31.02	17
500 Yard Freestyle			
1 HIMSTREET, PAMELA	56 OR	7:47.87	20
2 HODGE, PEGGY	59 OR	9:21.59	17
1000 Yard Freestyle			
1 HIMSTREET, PAMELA	56 OR	15:44.22	20
2 HODGE, PEGGY	59 OR	18:26.88	17

Men 30-34			
50 Yard Freestyle			
1 REGET, PHIL	30 OR	23.19	20
2 ZOLNA, BILL	30 MAC	23.98	17
3 KING, PHIL	33 OR	24.71	16
4 HIGLEY, ROBERT	34 OR	29.14	15
100 Yard Freestyle			
1 REGET, PHIL	30 OR	52.24	20
2 ZOLNA, BILL	30 MAC	52.41	17

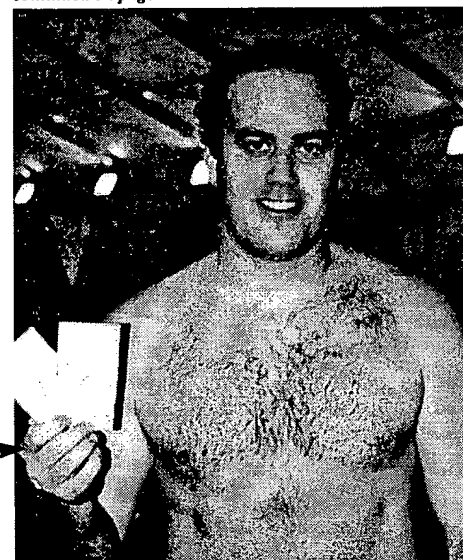
3 KING, PHIL	33 OR	53.92	16
4 HIGLEY, ROBERT	34 OR	1:01.55	15
200 Yard Freestyle			
1 ZOLNA, BILL	30 MAC	1:58.21	20
2 KING, PHIL	33 OR	1:58.54	17
3 REGET, PHIL	30 OR	2:00.29	16
4 HIGLEY, ROBERT	34 OR	2:14.70	15
500 Yard Freestyle			
1 ZOLNA, BILL	30 MAC	5:18.44	20
2 KING, PHIL	33 OR	5:25.66	17
3 REGET, PHIL	30 OR	5:45.26	16
4 HIGLEY, ROBERT	34 OR	5:55.42	15
1000 Yard Freestyle			
1 ZOLNA, BILL	30 MAC	11:01.24	20
2 KING, PHIL	33 OR	11:02.16	17
3 HIGLEY, ROBERT	34 OR	12:03.17	16
4 REGET, PHIL	30 OR	12:12.43	15

Men 35-39			
50 Yard Freestyle			
1 ARP, ROB	36 Unat	24.75	20
2 WINTERS, DAVID	39 OR	26.02	17
3 VAN DER ZWAN, DAVID	37 OR	27.86	16

100 Yard Freestyle			
1 ARP, ROB	36 Unat	53.78	20
2 WINTERS, DAVID	39 OR	58.27	17
3 VAN DER ZWAN, DAVID	37 OR	1:01.01	16
200 Yard Freestyle			
1 ARP, ROB	36 Unat	2:05.13	20
2 VAN DER ZWAN, DAVID	37 OR	2:16.13	17
3 WINTERS, DAVID	39 OR	2:19.65	16
500 Yard Freestyle			
1 ARP, ROB	36 Unat	6:02.57	20
2 VAN DER ZWAN, DAVID	37 OR	6:05.99	17
3 WINTERS, DAVID	39 OR	6:56.18	16
1000 Yard Freestyle			
1 ARP, ROB	36 Unat	12:42.89	20
2 VAN DER ZWAN, DAVID	37 OR	12:49.30	17
3 WINTERS, DAVID	39 OR	14:45.60	16

Men 40-44			
50 Yard Freestyle			
1 STEINHAUFF, ERIC	40 OR	26.12	20
2 HELM, CHARLES	43 OR	31.28	17
100 Yard Freestyle			
1 STEINHAUFF, ERIC	40 OR	56.52	20
2 HELM, CHARLES	43 OR	1:12.71	17
200 Yard Freestyle			
1 STEINHAUFF, ERIC	40 OR	2:03.86	20
2 HELM, CHARLES	43 OR	2:57.42	17
500 Yard Freestyle			
1 STEINHAUFF, ERIC	40 OR	5:48.12	20
2 HELM, CHARLES	43 OR	8:16.74	17

continued on page 11



Phil Reget won the 50 and 100 free and also won the dive/glide with a great effort of 67 feet

Bend Results continued from page 10

1000 Yard Freestyle			
1 STEINHAUFF, ERIC	40 OR	11:56.59	20
2 HELM, CHARLES	43 OR	16:58.68	17

Men 45-49

50 Yard Freestyle			
1 MANN, STEVE	47 OR	25.26	20
2 FIGLEY, DALLAS	47 OR	34.94	17
100 Yard Freestyle			
1 MANN, STEVE	47 OR	54.94	20
2 FIGLEY, DALLAS	47 OR	1:14.73	17
200 Yard Freestyle			
1 MANN, STEVE	47 OR	2:08.17	20
2 FIGLEY, DALLAS	47 OR	2:46.96	17
500 Yard Freestyle			
1 MANN, STEVE	47 OR	6:27.34	20
2 FIGLEY, DALLAS	47 OR	7:22.35	17
1000 Yard Freestyle			
1 MANN, STEVE	47 OR	13:49.44	20
2 FIGLEY, DALLAS	47 OR	15:10.51	17

Men 50-54

50 Yard Freestyle			
1 BRUCE, ROBERT	51 OR	26.30	20
2 GRAY, DANIEL	54 OR	38.24	17
100 Yard Freestyle			
1 BRUCE, ROBERT	51 OR	58.86	20
2 GRAY, DANIEL	54 OR	1:22.51	17
200 Yard Freestyle			
1 BRUCE, ROBERT	51 OR	2:12.60	20
2 GRAY, DANIEL	54 OR	2:42.12	17
500 Yard Freestyle			
1 BRUCE, ROBERT	51 OR	6:15.66	20
2 GRAY, DANIEL	54 OR	7:22.86	17
1000 Yard Freestyle			
1 BRUCE, ROBERT	51 OR	13:15.79	20
2 GRAY, DANIEL	54 OR	15:06.05	17

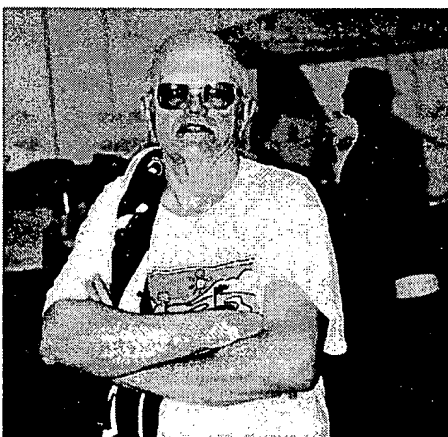
Men 55-59

50 Yard Freestyle			
1 LANDIS, TOM	57 OR	25.67	20
100 Yard Freestyle			
1 LANDIS, TOM	57 OR	57.60	20
200 Yard Freestyle			
1 LANDIS, TOM	57 OR	2:13.51	20

500 Yard Freestyle			
1 LANDIS, TOM	57 OR	6:01.02	20
1000 Yard Freestyle			
1 LANDIS, TOM	57 OR	13:22.04	20

Men 60-64

50 Yard Freestyle			
1 THAYER, GEORGE	64 OR	28.27	20
2 LEVAK, TOM	61 MAC	28.68	17
3 LAKE, BRENT	61 OR	35.68	16
100 Yard Freestyle			
1 LEVAK, TOM	61 MAC	1:04.02	20
2 THAYER, GEORGE	64 OR	1:08.42	17
3 LAKE, BRENT	61 OR	1:19.74	16
200 Yard Freestyle			
1 LEVAK, TOM	61 MAC	2:33.90	20
2 THAYER, GEORGE	64 OR	2:43.74	17
3 LAKE, BRENT	61 OR	3:00.86	16
500 Yard Freestyle			



Brent Lake swam as a teenager for the legendary El Segundo Team and now swims for COMA

1 LAKE, BRENT	61 OR	7:44.39	20
2 THAYER, GEORGE	64 OR	7:53.96	17
1000 Yard Freestyle			
1 THAYER, GEORGE	64 OR	15:43.36	20

2 LAKE, BRENT	61 OR	15:46.11	17
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Men 65-69

50 Yard Freestyle			
1 RADCLIFF, DAVID	65 OR	28.42	20
100 Yard Freestyle			
1 RADCLIFF, DAVID	65 OR	1:03.15	20
200 Yard Freestyle			
1 RADCLIFF, DAVID	65 OR	2:36.08	20
500 Yard Freestyle			
1 RADCLIFF, DAVID	65 OR	6:52.21	20
1000 Yard Freestyle			
1 RADCLIFF, DAVID	65 OR	14:21.81	20

Men 75-79

50 Yard Freestyle			
1 KHOSROW, SHADBEH	78 OR	49.79	20
100 Yard Freestyle			
1 KHOSROW, SHADBEH	78 OR	1:53.70	20
200 Yard Freestyle			
1 KHOSROW, SHADBEH	78 OR	4:09.86	20

Women 25+ 400 Yard Freestyle Relay

1 OR 'A'	4:16.48	40
1) HENDERSON, ELIZABETH 29 2) SCHOB, LAURA 41		
3) HALLIGAN, AMY 33 4) HARRIS, BARBARA 40		

Men 35+ 400 Yard Freestyle Relay

1 OR 'A'	3:55.40	40
1) STEINHAUFF, ERIC 40 2) BRUCE, ROBERT 51		
3) LANDIS, TOM 57 4) MANN, STEVE 47		

Mixed 35+ 400 Yard Freestyle Relay

1 OR 'A'	4:11.74	40
1) HARRIS, BARBARA 40 2) SCHOB, LAURA 41		
3) STEINHAUFF, ERIC 40 4) MANN, STEVE 47		

Mixed 45+ 400 Yard Freestyle Relay

1 OR 'B'	4:58.95	40
1) THAYER, GEORGE 64 2) HIMSTREET, PAMELA 56		
3) SUTHERLAND, JANI 50 4) BRUCE, ROBERT 51		

Women 45+ 800 Yard Freestyle Relay

1 OR 'A'	12:51.64	
1) PEGGY WHITER, 2) PAM HIMSTREET, 3) JANI SUTHERLAND, 4) PEGGY HODGE		

A GENEROUS DONATION FROM ?????? PROVIDED FOR THE MAILING OF THIS AQUA-MASTER

Would you like to help Oregon Masters Swimming and promote your own Business, Product or Philosophy at the same time. 1/3 page space is being made available monthly for an Ad. The donation will be \$100 which will cover the cost of mailing the Aqua-Master. This will free up \$1200 a year to use for equipment, clinics and the good of all OMS swimmers.

OMS is a non-profit organization so your donation will be tax deductible. It is a win/win situation. Think about it - we need your help which you provide with your Donation and in return you get to tell other Master Swimmers about your Business. If you are interested please contact:

Dave Radcliff, Aqua Master Editor
5832 SE Woll Pond Way - Hillsboro, OR
(503) 648 7141 or email therads@home.com

Parkrose Short Course Yards Swim Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #370-4

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

Unregistered swimmers must submit a 2000 registration form and fee with this form.

Parkrose "Spring Fling" Meet

DATE: Sunday, May 21, 2000

Place: Parkrose Community Pool

WARMUPS: Sunday 9:00 AM

MEET STARTS: Sunday 10:00 AM

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 122nd St. exit. Turn right (north) on 122nd 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 181st to Halsey. Turn right and take Halsey to 122nd St. Turn right and go up to Shaver. Turn left and go to end of high school.

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

ENTRY DEADLINE: POSTMARKED NO LATER THAN May 5, 2000

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

NAME _____ (for office use) _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ 2000 USMS# 370- _____ BIRTHDATE _____ AGE _____

SEX _____ Your e-mail _____ 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 relays. A person may swim the 200y, 400y, and 800y distance of each relay event once. The 400 and 800 relays will be seeded in heats after the 200 relays of the same event. The 500 Freestyle will be deck seeded. Check in will open one hour before and close 30 min. before the event is to be swum. All events will be seeded SLOW TO FAST.

Sunday, May 21st

400 I.M. (1) _____:_____._____

FREE RELAYS (2-7) XXXXXXXXX

200 FREE (8) _____:_____._____

100 BREAST (9) _____:_____._____

50 FLY (10) _____:_____._____

200 I.M. (11) _____:_____._____

BREAK BREAK BREAK

MXD FREE RELAYS (12-14) XXXX

200 BACK (15) _____:_____._____

50 FREE (16) _____:_____._____

100 FLY (17) _____:_____._____

200 BREAST (18) _____:_____._____

100 FREE (19) _____:_____._____

50 BACK (20) _____:_____._____

BREAK BREAK BREAK

MED RELAY (21/24) XXXXXXXXX

200 FLY (25) _____:_____._____

100 BACK (26) _____:_____._____

50 BREAST (27) _____:_____._____

BREAK BREAK BREAK

MXD MED RELAY (28-29) XXXXX

100 I.M. (30) _____:_____._____

500 FREE (31) _____:_____._____

"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. 170th Place, Beaverton, OR 97006

History-Oregon Masters Swimming-Chapter 9-1983 Continued**JUNE-REGION XII RESULTS...**

Results from Lauderdale were in-Robert Smith set FOUR National Records, picked up 4 Golds-50 Free/22.55, 100 IM/56.73, 50 Back/25.93 and 100 Back/57.80 add a 3rd in the 50 Breast/30.40 and a 2nd in the 50 Fly/25.80, Lauri Harpool of THB also swam at Lauderdale and did well, as did Don Stevenson. USMS was now fully aware of a swimmer named Robert Smith.

Harry Wedler of Salem sent in the Olympic Creed:"The most important thing in the Olympic Games, is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well" - OB NOTE: Harry was with us too short a time, great person and wonderful for the sport.

Regional SCY Champs were held at TH, PNA showed up with 106 swimmers, we had a total of 260 overall, after a really great meet-OMS had 3597 1/2 vs PNA with 3396, and IEM tallying 546 1/2, SRA 159. The organization abilities of Walt Reid and Kiko Kimura just about pulled off the upset of the century, the Oregons kept wondering where all the PNA relays were coming from, they just kept putting them together and piling up the points. It was the best Regionals ever, with Pat Caudill as Meet Director.

The IEM swimmers averaged 36 points per swimmer, they just swam and swam right over the dam.

OMS' program had arrived, 2 National Relay Records - 200 Medley(35+)Frid, Pierson, Whitmeyer, Rousseau - NR at 2:03.75. 200 MXD Medley(35+)Smith, Pierson, Rousseau, Wright, they told Ralph Wright, to get the record, he had to swim a low 22 anchor, a 4 lap warm up and not in shape-lo 22 - ZING, Ralph was one H--- of a swimmer.

Regional Records-(ORE)Tanya Mansigh, Sandi Rousseau, Barb Frid, Sue Rittenhouse, Louise Hepner, Mary Anne Wolfe, Rick Abbott, Roy Abramowitz, Even Evensen, Fred Sprenger, Bob Miller, Lee Miesen, Gil Young, OB, and Don Stevenson. From those days: People still holding ORE Records: Denise Stuntzner, Marcia Morey, Lori Willamont, Adele Pierce, Cathy Imwalle, Ginger Pierson, Lavelle Stoinoff, Louise Hepner, Martha Keller, Rick Abbott, Roy Clark, Robert Smith, Don Van Rossen and Collie Wheeler. OB will never forget that meet, it was well run, it had all the competition possible and records by the zillions.

Regional Long Course Champs were announced for IEM, to be held at in the 50m Outdoor pool near Gonzaga, for Aug 6th and 7th. Albany was announced as host for an LCM Meet to be swum July 10th.

June'83 issue of A/M's front page told us that the scene of LC Regionals had to be changed to South Kitsap, Spokane was having trouble with their pool.

Dave Bernstein did a study on 1982 LC Top Tens and came up with some interesting figures. Overall, Oregon took

LCM at Corvallis was a great meet, however we only had 60 swimmers. Martha Keller, the Little Swiss Miss set a new National in the 200 Fly 12:57.46, when you are in your 80's and you swim the 200 Fly, that shows some TRUE GRIT. Elfie Stevenin in her low 60's posted a 2:04.24 for the 100 Back, 37 seconds faster than her old time. Barb Frid improved her 100 Back by a full second with a new REG 1:23.97 (TT1). Hazel Bressie in her 70's a new REG 200 Back 6:56.19. Lavelle posted a new 400 NAT of 5:43.88, this broke the old record by 8 secs. David Frid(20-24) new REG 20 Back 2:51.18. Bert Petersen posted 2 REG 50/100 Fly 30.14/1:13.75(40-44). A listing of new swimmers under scrutiny shows only Buz Carriker as still with us. Tried to start people talking about their PR's, Khosrow Shadbeh and Joe Mallon came right up to OB and let him have it. How about some more Trivia - during the LC Nationals in 1982, 1/3 of our swimmers broke 54% of the Oregon Records, in the Relays we broke 100%. The best part was that except for a handful all the record breaking was accomplished by our REGULARS, not just the stars.Only 4 UGLIES broke records at Corvallis while the LOVELIES were represented by 10. OB told about the great pool at South Kitsap. OMS did well: Tanya Mansigh 4 Golds, Ginger P 5 Golds, Sandi R 4 Golds, Bert Petersen 2 Golds and 2 Silvers, Ardis Ross 4 Golds and a Silver, Nadine Whitehall 4 Golds, Lavelle 3 Golds, 2 Reg and 1 NATL Record, OB picked up 4 Golds and Herb E also brought home 4 Golds. Ginger reminded everyone about getting their entries in for Nationals at Indianapolis, deadline was July 25th.

The Hague Lake Triathlon was talked about. OMS's FIRST annual PICNIC was coming up, August 13th. Sue Snyder had a bike accident, 12 stiches above the right eye and a purple face, luckily no broken bones, however it is only 6 weeks to the wedding, Mother Elfie Stevinin is recovering slowly. It was interesting to OB that we had the directions to So Kitsap, where to stay, Banquet Reservations, AND the Results in the same issue of A/M. Now Mr Editor Dave, can we do that in this day and age? Last but not least the ENTRY was also in the same issue.

THE ANNUAL PICNIC made the front page of the July issue of A/M, it was to be at Champoeg Park, Aug 13th, Rain or Shine. Nancy McKenzie our membership chair, came out with a pin up poster featuring Louise Hepner, every pool was aschedule to have one. Had a great pic of Dale Vaughan, looking rugged as usual, with a push for the Hague Lake Triathlon, Dale by the way became one of the BEST over the years.

OB heard that everyone says I have a "swell" head, and think that everyone reads OB's Intervals, OB asked his kind readers to call EG(where in the H--- is Corbett?) and tell him.

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Starter and Referee Janey Jacobs was thanked profusely for a great meet. Don't think we could get away with that today (what do you think Sandi?) It was a fun meet, after which we had a buffet at the Swept Wing Restaurant, after watching Dave Addleman of PNA put away three platefuls, OB decided to change some of his training habits.

Many thanks to PNA we had 12 gals and 6 guys from up North. OB aschedule a very charming official to be at the buffet, she said YES, guess what a NO SHOW, guess it was the start of "The Last Hurrah". Well getting to results, the gals did it again, everytime I thought the guys were making a run, the gals shot us down in flames. Lavelle, Dawn Musselman and Martha all had National Records, Martha had TWO, Guess what events, the 100 Fly and the 400 IM (5:52.89-16:24.89) Dawn did the 50 Breast in 1:01.47, and Lavelle swam a beautiful 400 Free 5:41.83 against the old standard of 5:51.08. Chris Hughes, Howard Ronkin, Mark Worden, David Frid, Men 20 Plus 200m Medley, new REG 2:06.87. Eric Gust a new OMS 50 Free(50-54):30.81.Jim Bigler (45-49) two new REG 200 Fly, 400 IM- 3:49.20/7:09.64, OB kinda remembers JIM B not looking all that sharp after those two. Bert P (40-44) 50/100 Fly REG's 29.91 and 1:12.92. OB's comment, "In looking over this "masterpiece" find that for once, the men set just as many records as the women-WONDERS - will never cease (OB conveniently forgot who set all the NATIONAL standards)

A TIP O'HAT was mentioned for Dave Bernstein and his work on OMS' performance at Nationals (82), The Oregon Assn with 3.6% of the total of USMS swimmers, accounted for 9.5% of the awards.

JULY...PICNIC/ALBANY RESULTS

The results at Albany - Andrea-Marie Devine, 3 lsts in the 20-24. Constance Correia garnered 4 Golds. Ann Bowling 50 Fly/200 IM 35.17/3:10.92 (25-29). Kathie Crandell and Julie Corman just about swept the 30-34, thanks to Judy Belford and Sue Snyder OMS' honor was somewhat.. Women 35-39: Sandi R and Ginger P had to contend with Cookie Justesen, Ginger and Sandy prevailed. Barb Frid took all 5 contested events in the 40-44 The W 45-49 was something to see, with Donna Phelan(PNA) Bev Underwood, Joan Whisman, Connie Wilson, and Nadine Whitehall, this was a real "boondogel" W 50-54-In spite of Lavelle's 4 Golds, PNA's Cynthia Rosik was a force. W 55-59 - Thanks to Maggie Wells we swept this one. W 60-64 - We split this one, Muriel Flynn(PNA) 4 Golds and Elfie picked up 4 Golds. W 70-74 Dawn Musselman swam only two events, while Hazel Bressie swam 5, advantage OMS . W 80-84-Thanx to Martha K we picked up 4 Golds. Interestingly, we had an EXHIBITION by Kay Christopher(19) 50 Free 36.14, 200 Fr ee 3:03.51. David Frid smoked the 20-24 Age Group. Howard Ronkin and

Jim Prince split the 25-29, 2 events. Men 30-34: David Fields of PNA was a REAL factor, Mark Worden and Chris Hughes responded for OMS, it probably was the best fought age group in the history of NW REG Swimming to that date. Men 35-39: Doug Livermore and Jim McCleery almost had this all to themselves, those PNA guys were pesky. Men 40-44: Bert Petersen, Ed Urbanski, and Ralph Mohr just were overpowering here. Walt Reid gained 5 Golds for PNA. Men 45-49: David Addleman and Kirk Adams just kept Jim Bigler and Joe Gamblin very busy. Men 50-54: Eric Guest and Fred Sprenger brought all the points home to OMS in this age group. Men 55-59: John Koruga won 2 Golds for PNA. Men 60-64: Gil Young, Khosrow Shadbeh, Joe Mallon, David Bernstein and OB swept this age group, we had 5 swimmers, PNA zip. Men 65-69: Art Brugger picked up 4 Golds for OMS. Men 70-74: Syd Hendy brought home 5 Golds. Men 75-79: Herb E also 5 Golds! OB realizes PNA was a long way from home, but sometimes they were "talking", and sometimes when we were up there, we would do the talking, anyway - IT WAS FUN !

SEPTEMBER...LCM NAT RESULTS

Report from INDIANAPOLIS - Ginger P - 3 National Records, LCM 50/100/200 Breast 37.04/1:24.02/3:05.72, we added 2 Golds in the Women's Relays, plus a 2nd in the 50 Back and a 4th in the 400 IM and a 5th in the 200 IM. It was one of the greatest seasons for an individual in Masters Swimming. Barb Frid: Gold in the 50 Back, Silvers in the 50 Fly and 100 Back, Bronze in the 200 Back with 4ths in the 200/400 IM and 2 Golds in the Relays. Susan Rittenhouse: 2 Golds in Relays, Silvers in the 100/200 Fly plus 200 IM, then add Bronzes in the 50 Fly and 400 IM. Tanya Manisgh: 3 Silvers 50/100/200 Back plus a 4th in the 200 IM. Sandi Rousseau: 2 Golds in Relays, cap that with PR's in everything she swam, Silvers in the 50 Fly, Bronzes in the 100/220 Fly. Overall Team Performance: 5 Oregons are 5th in Team

THE HENRY HAGG LAKE: Darlene Pohl, Dale Vaughn, Ali Savage, Bob Kaire, Jim Bigler, Joan Whisman, Carl Yates, a 2 KM lake swim, 40 KM bike ride and a 15 KM run, all on one of the hottest days of the year. A brutal physical test, and how !!! Sue Snyder finally took the step and is now Sue Case, the new Mr and Mrs honeymooned in the San Juan Islands

The First Annual Picnic was a BLAST - water baloon tossing, baseball game, etc-Robert Smith was trying to figure out what was shorter: 1st to 2nd, 3rd to 2nd, my these computer guys are in a different world. Susan R was the wine taster, Brian F the catcher, of what?, El Chaitrman, Art S refed at 3rd, why, you don't need a ref at 3rd. Anyhoo, a great time for all, it will be reschedule for next year. Bob and Jan Miller put on a clinic at Lake Oswego High School

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on Sept 24, 1983. At the luncheon, Robert Smith was the speaker (The Mental Side of Swimming) Up until then I never even thought of the mental side of swimming.

A/M October 1983, the whole front page was covered with meets-we had our pick of NINE SCY meets, and 5 LCM swims, WOW !!! The Vancouver Old Timers announced a meet to "end" all meets. Possible WORLD RECORDS in the wildest events...Inner Tube Relay, Swim Suit Relay, etc, ending with a CARBO loading relay.

Questionnaire Results were listed, with 10% of the memberships responding: Meets(Good/Excellent) 79% said YES, Conduct of Meets-60% said all was OKAY, Clinic Participation-YES 89%, Additional Social Events(after meets) 48% wanted MORE. Our representatives at the National Convention received new assignments: Bert Petersen National Chair for TOP 20 RELAYS, OB volunteered to keep track of National Championship Meet Records, the last day was 12 1/2 Hours.

1983 LC Regionals (RECORDS):

Tanya Mansigh, Sandi R, Ginger P, Barb Frid, Sue Rittenhouse, Margie Wells, Elfie Stevenin, DAVID CLARKE, how did we ever lose that good looking guy, he just seemed to fade into the "gutters", Gil Young climaxed a fine season with a 1500 in 25:57.58. GOLDS were - Six for Martha and OB, 5 Each for Tanya, Sandi, Barb, Nadine, Elfie, Hazel and Bert. New face: Andree Devine, Ruth Moreland, Nancy McKenzie, Nona Hanan, Ken Eagon, Tom Herber, and Joe Ruddley.

NOV A/M..announces 3rd Annual Pentathlon... A party following the PENTATHLON, had the right price tag \$2.50 per person (1983 yet) The Annual General Meeting was announced, it will follow the PENTATHLON. VP and Treasurer were up for election. The Blue Lake mini triathlon was reported: Joan Whisman 2nd 40-49, Tom Herber (30-39) was 5th, Bob Miller won the 50-59 while Adrian Kalil placed 8th in the 20-29. A NEW Masters Team was announced, Metro YMCA, claiming 24 members and a coach, Kenna Jones, welcome aboard. Bert Petersen was excited about Buz Carriker's progress, took him to a swimming meet, and Buz(35-39) came away with 2 PR's 50 Breast-37.77, 100 Breast 1:23.41, Coach Bert (40-44)also did well-50/100/200 Fly and 200 Breast-27.00/1:02.27/2:38.28/2:54.51.

USMS SCY NAT announced for Industry Hills in City of Industry, entry form was enclosed. A great schedule for 1983-84 was announced, included was the New Zealand World Championships in Christchurch. Board Meeting announced for TH Rec Center Nov 29th, the Annual General Meeting was announced for Dec 3rd at TH Rec Center, following the PENTATHLON.

DECEMBER-MASTERS CHAMPS IN NZ...

Heather Eagan was announced as official Travel Agent, we were warned to get our reservations as the flight to NZ was originating in LA. PASSPORTS WERE HIGH PRIORITY. The meet was to be held at the Queen Elizabeth II Pool in Christchurch, April 24 thru 28th. The "Hold a World Record Meet" went off as expected with the VOT's doing a great job of shepherding some "crazies" around. Dale V and Vern D were into it as usual, fun and games, Greg Tyree filled in for a no show, wound up swimming the FLY, our reporter admits to not realizing that if you drank all the water in front of you, it makes the recovery on each stroke that much easier. Bobby Moss swam in 26 ? relays, having entered his wife, who backed out, Bobby had to fill in. A WORLD was established for swimming the most laps with suit down around the ankles. Poor Louise Hepner was accused of taking derrier inventory. MOONING was very evident. In the "stubby relay" our reporter was waiting on the blocks and suddenly realized she was against Vern Dasch, she out touched Vern for the win. There may never be another meet like this (there wasn't) since the certification committee in Humtulis, WA, said that we went too far, really everyting was OK until Art Smith flip turned, that apparently broke all the rules.

All OB knows was that his Sally said "I don't think I want you at a meet like that", she really didn't, she thought it was funnier than H---. Next meet up, was a serious one, GAD yes, a combo of the 1650 and 400 IM to be at Lake Oswego on Jan 7th. Best news was there would be a party after at Sue Rittenhouse's house. Guess what in the same issue, Robert Smith came out with an article on how to swim the 1650 and the 400 IM. That was a departure by the "Sprint King". The Lewis and Clark SCY meet was announced for early January 1984. National Postal Iron Person Triathlon, OMS was represented by: Women Age 45-49 Nadine Whitehall a 1st, Nonan Hanan a 4th. (55-59) Maggie Wells 7th, (60-64) Elfie Stevenin 3rd, (70-74) Hazel Bressie 4th, and now GUYS, we had ONE, only one entrant, Thank Goodness for Ralph Mohr (40-44) Ralph got a 4th.

There was a nifty article on Joe Bilbao, one of the greatest, Joe contracted polio at age 17, He was a constant point of pride for all of us, he and his wife, two of the finest to ever grace our swimming meets, OB has missed Joe for many a year he was truly a GREAT ONE. We were reminded to get our \$ 100.00 deposit in for the NZ Trip.

From Bert Petersen -Some Advantages of Swimming:

1. The athletes' foot on my left foot, now has company, my right.
2. If my hands get dirty, I don't have to wash-goin' swimming later, anyway.
3. The house hot water bill has decreased, for some reason.

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4. Pimples do not thrive on chlorinated skin.
5. Hair messy ? Hey, I was just swimming, what do you expect?
6. Sorry honey, can't cut the lawn right now - you know, I always go swimming at this time.
7. Ear infections are easier to treat, than sedentary heart attacks - so they say.
8. Now, if I say I have a headache or am too tired, it's true.

Our Collie appeared on P.M. Magazine (TV)

OMS announced a Downhill/Crosscountry ski weekend, for some reason this just kept cropping up and so did the injuries.

OB kept asking for people's reports on their PR's, this program never got off the ground, MASTERS "never" want to talk about their swimming, O YEAH, tell me another one.

There was a great story about the Aquatic History of Bert

Petersen, will abbreviate - In 1954 he asked the coach of a Canadian age group team for a try out, he was turned down. The Coach was later the Canadian Olympic Coach. About a year later the young man from Ocean Falls, BC, became the first Canadian to break a minute in the 100 Yd Fly. In 1956 he went to Long Beach City College and broke all the National JC Records for Fly, he also broke, Joe Verdeur's AAU 200 Fly record. Swam at Ohio State, but in the shadow of Al Wiggins, world record holder. Our Bert just constantly was not around in a timely fashion, finally in 1958 he won at the Canadian Trials, however, they could only afford to send one flyer, out again. Anyhoo, in 1984, our Bert began to make his move, and has been a factor in the Fly on the National and World scene, ever since.

Isn't it great, that in Masters Swimming, one never has to say, "It's now, or never".

That's it for 1983, Chapter 10 will be coming soon.

History is written by Earl Walter AKA ol'Barn.

ARE YOU A SWIMMING APRIL FOOL NERD?

By Wayne Mc. Cauley

Add 4 points if you have pockets of air in the top of your cap

Add 4 points if you think the decal/name should face forward

Add 3 points each for earplugs or nose clip

Add 1 point if you put conditioner on hair before swimming

Add 5 points if you bought the "foamiest" goggles possible

Add 1 point for every 200 yards you swim with goggles fogged during workout

Add 3 points if you wear a watch during workout

Add another 3 if you don't know how to use your watch to tell your swim times

Add another 3 points if your watch alarm goes off once a day and you can't change it

Subtract 1 point every time you got your time in your workout (-10 max.)

Add 10 to your score if you didn't get your time even once

Add 5 points if you look at the clock but lie about speed or fake that you got the time to your fellow swimmers/coach

Add 10 points if you don't know your 100 free time

Subtract 5 points for each stroke, other than freestyle, in which you have swam 200 yards continuously or more in the last week (-15 points max.)

Add 10 points if you counted sidestroke or elementary back stroke in the previous question

Add 5 points if you don't know what an I.M. is

Add 5 points if your string sticks up out of suit (male only)

Add 20 points if your string sticks out below suit

Add 1 point for every inch of width of the side panel of your suit (Male only)

Add 1 point for every inch of material below the hip bone

(female only)

Add 1 point for every \$10 that your equipment cost (including your swim bag and towel)

Add 5 points if you bring your water bottle

Add 3 points if you have a "Power drink" in the water bottle
Subtract 5 if you have Pina Colada, Margarita in the water bottle and can still make your normal intervals.

Add 2 points if you prefer to swim on your own

Add another 2 points if others prefer you to swim on your own

Subtract 5 points every time you get your heart rate 4 X above your resting rate in workout.

Add a point for every 10% of your workout that you wear

Zoomers

Add 3 points if you use any "glove" hand paddles

Add 2 points if you use the ladders, stairs or ramps to exit the pool

Add 1 point for every stroke you take in a 25 yard pool

Over 110 Points: Always swim with a lifeguard on duty

90- 110 Points: Stay in the shallow end

70 - 90 Points: Keep trying. Did you sign the Release of Liability?

50 - 70 Points: Sign up for clinics, don't expect much but thanks for trying.

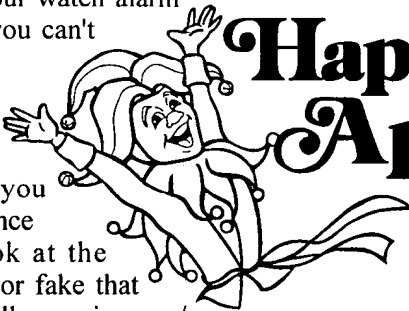
30 - 50 Points: There's hope. Perhaps try an ocean swim with a buoyant wetsuit.

10 - 30 Points: You're ready for an International Meet Under 0: Sushi material. How would you like to coach a clinic.

Bonus Points: Add 10 points if you took this questionnaire seriously.

Xtra Bonus: Add 10 points if you added your score

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TEAMS TEAMS

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) 284-8946.**

This is also a list of the current TEAM REPRESENTATIVE for each registered team. **Any changes in team reps should be made with Phillip King. A Team Representative should be a current member of Oregon Masters Swimming to have a vote in OMS elections or at the annual OMS Board Meeting.**

<u>Local Team Name</u>	<u>Abbrev.</u>	<u>Team Rep</u>	<u>HomePhone</u>	<u>EmailAddress</u>
Central Oregon Masters - Redmond	COMA	Bob Bruce	5413174851	bharri7@ibm.net
Central Oregon Masters Aquatics	COMA	Bob Bruce	5413174851	bharri7@ibm.net
Chehalam Masters Swim Team	CMST	Susan Crisman	5035385260	slcrisman@2integrityonline.com
Circumnavigating Beavers Aquatic Team	CBAT	Jack Istok	5417376838	istokj@cyclops.ce.orst.edu
Club Northwest Aquatics	CAN	Daniel Vaughn	5414794572	
Corvallis Aquatic Tema	CAT	Mark Worden	5417535726	worden@proaxis.com
Courthouse Crew (Mid-Willamette Valley Masters)	CC	Alex Shaevitz		timmycat@ncn.com
Emerald Aquatics	EA	Steve Johnson	5416835758	johnsons@oregon.uoregon.edu
Emerald Aquatics	EA	Eric Camus	5416840996	eacoach@pond.net
Fishsticks	FISH	Jackie Quatro	5036242697	cjq@juno.com
Grants Pass YMCA	GPY	John R. Kirschner	5414742483	
Hillsboro Masters Swim Team	HMST	April Davis	5038461804	
Klamath Falls Masters	KLF	Beverly L'Esperance	5418849093	glesper@aol.com
Lincoln City Masters	LCM	Lori Hollingsworth	5039943328	
Medford Old Folks in Action	MOFIA	Phil Krueger	5418995565	jtnewman@cadsnet.net
Metro YMCA	MY	Maureen Hosty	5032330798	
Mittleman Jewish Community Center	MJCC	Ron Cobb	5036697824	poolrat@jps.net
Mt Hood Masters	MHM	Phillip King	5032848946	
Mt. Park Masters	MPM	Beth Beadling	5036351232	
Multnomah Athletic Club	MACO	Ginger Pierson	3602535712	gpierson@teleport.com
North Clackamas Aquatic Park	NCAP	Jeff Kaelon	5307948080	Jeffk@co.clackamas.or.us
North Coast Swim Club	NCSC	Steve Warner	5037386661	
Parkrose Masters	PMSC	Anne Schmidt	5032616081	
Pendleton Masters Swim Club	PEND	Tania Wildbill	5032764923	wildbill@vcinet.com
Portland Masters Swimming	PMS	Brian Wannamaker	5032871991	IWannaBG@aol.com
Riverplace Athletic Club	RAC	Jayne Chastain	5036267015	Swimceller@jps.net
Rogue Valley Masters	RVM	June Mather	5414820610	csmather@jefknet.org
South Coast Aquatic Team	SCAT	Gertrude Gugliemini	5417565566	
South Columbia County Masters	SCCM	Robbert van Andel	5033976107	Robbertv@crud.net
Steelheads	STHD	Martinez Rulle	5036358529	
Tigard Tualatin Swim Club	TTSC	Rose Gertsmar	5036203871	gienngers.com@aol
Tualatin Hills Barracudas	THB	Bill Volckening	5035335567	billvolckening@usms.org
Umpqua Valley Masters	UVM	Terry McCurdy	5414409296	TJMccurrey@Mesi.net
Willamette Athletic Club	WAC	Tom Kelley	5032813338	
Woodburn Barracuda Masters	WBM	Cindy Morrison	5038734083	

Teams Not Registered for 2000

Albany Masters - ALB
 Blue Marlin Masters - BMM
 Chehalam Masters - CMST
 DAC - Downtown Athletic Club
 Eugene YMCA - EY
 Guinness Aquatic Club - GAC
 Heart of the Valley Master - HOTV

Hood River Bald Eagles - HRBE
 Junction City Swim Team - JCST
 Mid-Willamette Valley Masters - MWVM
 Newport - Yaquina Bay Y - NEWP
 North Coast Swim Club - NCSC
 Princeton Athletic Club - PAC
 Team Portland Aquatic Club - PAC
 Vancouver Old Timers - VOT
 WH20 Masters - WH20

Teams not Registered can still register for 2000. Check any Aqua Master from the last six months for a Registration Form or contact Phil King at (503) 284-8946.



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