

# Aqua-Master

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*"Swimming - A Life's Passion"*

## National Record for Oregon's Grand Dames



Photo by Rich Juhala

Margaret Wells (76), Pauline Stangel (81), Elfie Stevenin (81), and Eva Muller (90), set a new National Record in the 320 Age Group 800 Meter Free Relay.

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*Dr. Jim Miller, President of USMS,  
featured presenter at Open Water Clinic*



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# Chair's Corner by Jeanne Teisher

## Differences Between Pool Meet and Open Water Competitions

Looking at the title of my article this month you may be thinking "After 2 years of writing articles, the OMS chair must really be getting desperate for topics because this topic should be obvious!" To be honest there are months I am grappling for a topic to write about but this month is not one of them. This year I have been visiting with open water organizers and have found the differences between the two types of swimming competitions to be quite interesting (at least I have thought so). So, this month I am going to share what I have learned. This is, by no means, a complete list of differences because, like most pool meets, every event is different depending on the venue and the actual type of competition offered.

I have competed in swimming pool meets most of my life and have volunteered for many years at meets in a number of capacities, including meet organizer. It wasn't until 4 years ago, when my husband became hooked on open water competition (I don't swim in water where I can't see what is below me, particularly a lane line!), that I began attending and learning about these types of events. Each open water competition is unique but the time and work that goes into organizing and running the events are very similar to pool meets as well as different. Below is what I've learned.

A host team is responsible for the following:

### Venue Location

**Pool Meet:** Identifying a pool with the necessary dimensions for a meet (25 yds. vs. 25 meters), enough lanes for competition and warm-up/cool down lanes.

**OW Event:** Identifying a mass of water, usually a lake or river, large enough for approximately 100 competitors to swim at the same time for lengths ranging in distance of 1,000 meters/yards to 10 km, depending on the event; large enough shore area for a mass start; dressing and bathroom facilities; parking or transportation to/from parking areas to venue; overnight camping facilities or convenient area motels.

### Reserving Venue

**Pool Meet:** Contact the local park district or the pool supervisor to identify the dates that are available for the competition. Once both parties have confirmed a date, the date is set.

**OW Event:** Contact the Oregon Parks and Recreation Department or US Forestry Department Head Ranger/Supervisor, where the lake or river is located, for approval to use the water for a competition. Also important to learn is the depth of the water, average temperature of the water during the summer months or between June and September, the types of boats that use the water during these months and in what areas of the lake or river. If the US Forestry Department and/or Oregon Park and Recreation Department approves the use of the park, confirm a date that fits into the OW schedule. Also, group camping facilities need to be reserved at this time.

### Officials and Required Volunteers

**Pool Meet:** Recruiting 1 meet referee, 1 starter, 2-4 stroke and turn judges, 1-2 electronic timing operators, 1 head timer, 12-16 lane timers, 2+ safety marshals, lifeguards, 1 announcer, 1 HY-TEK "on deck" computer operator, 1 runner, 1+ registration/problem desk/clerk of course volunteer(s).

**OW Event:** Recruiting lifeguards, canoe rowers, speed boat operator, medical personnel, registration, number marker, timers, recorder(s), finish judge, course setters, meet announcer, electronic timing operator.

*Continued on page 3*

*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.*

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## Getting Your Times Recognized

Are you planning on attending a master's meet out of the country? Or, do you want to swim in USA Swimming meet with your kids? And, do you think you'll be swimming fast enough to set a record or make USMS Top Ten? Great, but if you want your times recognized for USMS Top Ten or get a new record recognized in your age group... there's a couple things you need to remember to do.

<u>Type of Meet-&gt;</u> <b>Type of Record &amp; Proof Req'd</b>	<b>OMS Run Meet in Oregon</b>	<b>USMS Meet Outside of Oregon LMSC</b>	<b>Master's Meet in a Foreign Country</b>	<b>USA Swim Meet</b>
<b>Top Ten Time/ Oregon or Zone Records</b> (Proof: need only official results)	OMS Top Ten and Records chairs will submit times automatically.	The local LMSC will submit your times for Top Ten, Get a copy of the official results and send to OMS Records Chair for Oregon and Zone record recognition.	Get a copy of the official meet results and send to both OMS Top Ten and OMS Records Chairs.	Get a copy of the official meet results and send to both OMS Top Ten and OMS Records Chairs.
<b>National Record</b> (Proof: must include timing system tape, heat sheet showing heat and lane, signature of meet officials and record application filled out)	The meet director will submit to National Office – but it's good to let them know you think it's a record.	The local LMSC (or meet director) will file the paperwork. Let them know. Get a copy of the paperwork submission mailed to you and send a copy to OMS Records Chair for Oregon and Zone record recognition.	They aren't tracking USA records, so take a copy of the USMS paperwork requirements with you, talk to the referee to find out who to see to get the paperwork filled out.	They aren't tracking Masters records, so take a copy of the USMS paperwork requirements with you, talk to the referee to find out who to see to get the paperwork filled out. Send copies of paperwork to OMS Top Ten and OMS Records Chairs.
<b>World Record</b> (Proof: must be filed in 60 days, must include timing system tape, heat sheet showing heat and lane, signatures of meet officials along with pool measurement and swimmer's birth certificate on file with USMS)	The meet director will submit to National Office. Again, let them know you think it's a record.	The local LMSC (or meet director) will file paperwork, but get a copy of the paperwork mailed to you and send to OMS Records Chair.	If it is a large meet, they will know how to file the paperwork. Again, have them give you a copy of the paperwork or have them mail it to you. Get the meet director's phone or address so you can contact them again if you don't get the paperwork! You should forward a copy of the paperwork you receive along with the meet results to the OMS Records and OMS Top Ten Chairs.	<b>Sorry</b> , according to FINA rules, World Masters records cannot be set at a USA Swimming meet. Save those big swims for a Masters meet!

The most common misunderstanding is not getting a copy of the "timing system tape" – a summary of your results from the computer system IS NOT enough. It needs to show the heat, lane and times of all the swimmers from that heat – whether on tape or other print-out. Feel free to contact Barb Harris for record applications or questions with this process. OMS Top Ten Chair is Barb Harris – barbara\_harris@attglobal.net (541) 317-4851  
OMS Records Chair is Bert Petersen – bert.luella@mymailstation.com (503) 252-6081

### *Chair's Corner continued from page 2*

#### Hospitality

**Pool Meet:** Providing a hospitality room for officials and timers. Food and beverage is available before, during and after the swimming competition.

**OW Event:** Providing food and beverage, which is usually available at all OW events, for volunteers, swimmers, and spectators. Often times a lunch is included in the registration fee and is available for swimmers and volunteers. Family members and spectators are welcome for a small contribution.

Some miscellaneous facts:

#### Competition Area

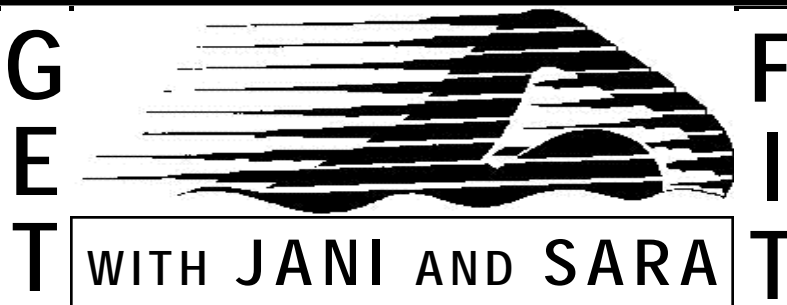
**Pool Meet:** A 25 yard, 25 meter, or 50 meter pool with lane lines separating the 6-8-10 competition lanes.

**OW Event:** A mass of water with buoys marking the starting area, course of competition, and finish area. These buoys change depending on the length and design of the course.

The one MAJOR (and most important) similarity of the pool meets and open water events is the fun everyone seems to have both in and out of the water. For some, the competition is important but, never the less, the event is still fun. If you have never attended or participated in either type of event, I hope you will seriously consider doing so in the near future.

Happy swimming. Jeanne





## Bits and Pieces - Interesting Info

### High Fat vs Low Fat

When you eat out its not where you eat but what and how much you eat. To make better choices when eating out read meal descriptions carefully and ask servers to describe the preparation.

#### Items typically higher in fat:

Alfredo	Creamy	Parmigiana
Au gratin	Crispy	Prime
Batter dipped	En croute	Puffed
Bearnaise	Escalloped	Remoulade
Bechamel	Flaky	Sauteed
Beurre Blanc	Fried	Smothered
Braised	Fried & Breaded	Stewed
Buttered	Hollandaise	Stuffed
Casserole	Newburg	Stroganoff
Cheese sauce	Pan fried	Tempura

#### Typically lower in fat:

Baked	Marinara	Boiled
Poached	Broiled	Reduced sauce
Flame cooked	Roasted	Fresh
Seared	Garden fresh	Smoked
Grilled	Steamed	In its own juice

#### Typically higher in sodium:

In broth	Pickled	In cocktail sauce
Smoked	In a tomato base	

### Canned vs. Fresh

According to the American Institute for Cancer Research canned and frozen fruits and vegetables can provide more nutrients than their fresh counterparts. New techniques, such as flash-freezing, trap nutrients and phytochemicals right after harvest when fruits and vegetables are at their nutritional peak (phytochemicals act as antioxidants to protect tissue and cells). Vitamin C and folate are extremely sensitive to changes in temperature, light and atmosphere. Fresh fruits and vegetables stored at room temperature for 2 to 3 days can lose up to half of their Vitamin C and as much as 70% of their folate.



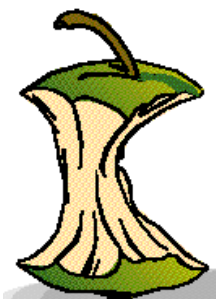
### An Apple A Day

Apples and apple juice contain phenolic compounds (phytochemicals that act as antioxidants against LDL, low density lipoproteins, the lousy, artery clogging cholesterol).

Antioxidants help reduce or prevent oxidation in certain cells in the

body and help prevent tissue and/or cell damage. Eating apples also improves the ration of helpful HDL (high density lipoproteins) to harmful LDL.

Apples are also a good source of dietary fiber which helps in digestion and can promote weight loss. Apples also contain almost no fat or cholesterol.



Pam Himstreet of Oregon Masters Swimming is the National Chairperson of the USMS Fitness Committee. This is the purpose statement of the Fitness Committee as taken from the USMS Web Site. Let her know your ideas for "Fitness".

## USMS Fitness

### *fit-ness (n.)*

- 1. The state or condition of being fit.**
- 2. Good health or physical condition, especially as the result of exercise and proper nutrition.**
- 3. SWIMMING for FITNESS; the best way to a healthy exercise routine!**

Less than one-third of USMS swimmers identify themselves as "competitors" -- but we all swim because we love swimming and want to be fit. Swimming is one of the most popular forms of aerobic exercise, and it is an excellent activity for anyone who wishes to get fit and stay fit. USMS provides resources and activities to help swimmers maintain a lifelong interest in swimming. The USMS Fitness Committee is dedicated to studying and developing fitness swimming activities for the general membership at the national level. This committee is also dedicated to providing resources to educate adults on the fitness benefits of swimming.



# LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

By the time you read this, the Oregon Summer Open Water Season will be over. The series prizes will have been awarded, the buoys deflated & stored, and the camping gear put back into the closet. Swimmers will be left with happy memories, Meet Directors will look relieved, and Jani will have stopped shivering. Look for the season summary in the next Aqua-Master.

I would like to acknowledge the contributions of the Oregon Long Distance Committee for their work in presenting a fine season of open water swims. The group members—the open water event directors and some other interested people, representing many teams and having a broad outlook—are the real workhorses behind our season. They organize and coordinate the open water season schedule. They evaluate our current processes and methods, and propose long distance policy to the OMS Board. They produce our events, each with its own different and special flavor. And—despite never (well, hardly ever) agreeing on any subject—always manage to find cooperative answers to every problem and still laugh together! Please thank them for their efforts on your behalf when you see them next.

- Dan Gray (RVM). Former OMS Long Distance Chair and Director of the Southern Oregon swims (dormant this year, a good thing since Dan has reinjured his already-fragile back).

- Pam Himstreet (COMA). OMS Vice-Chair (and as such once the defacto Long Distance Chair) and Administrative Director of the Cascade Lakes Swim Series at Elk Lake.

- Steve Johnson (EA). Director of the Cottage Grove & Dorena Lake swims and outstanding open water swimmer.

- Andrea Milano (PMS). Former Director of the Hagg Lake swims, enthusiastic raffle queen, and camp-ground croquet ace.

- Dave Radcliff (THB). Open water expert & enthusiast and OMS Newsletter Editor.

- Bob Bruce (COMA). Current OMS Long Distance Chair, OMS Coaches' Rep, and now Director of the Eel Lake

swims.

- Kristi Gustafson (MHM), Joe Oakes (THB), Frank Parisi (MACO), and Jeanne Teisher (OMS Chair) have also contributed to our deliberations in the past year.

And speaking of Joe Oakes, a relative newcomer to Oregon but well-known in Long Distance Swimming Circles as the founder of the "Escape from Alcatraz" swims in San Francisco Bay, I'll share this note from him:

"I thought that you might like to know that Gary Emich, Joe Oakes and four other stalwarts swam a relay from Tarifa Spain across the Strait of Gibraltar to Ceuta on the African side (Ceuta is a Spanish enclave surrounded by Morocco). Our time was 5:51:22. Initially it was choppy as hell, then it got worse. Four-foot rollers, followed by a strong wind from the west, often breaking in your face as you came up for air. Halfway in the Strait we had the celebratory up-close-and-personal company of a large school of dolphins. One case of seasickness, one very sore shoulder, six very happy swimmers as we finally put closed behind us the Pillars of Hercules. We pioneered a never-before-done route. (Sir Edmond Hillary, look out.) The normal crossing is straight south to the nearest point of shore. HUZAZH! Okay, what's next? Where is that polar bear? Joe Oakes"

Congratulations Joe!



**Don Soares and Kristine Lewis, winners of the 2002 Mike Morehouse Spirit Award for Positive Attitude, Dedication and Good Humor Towards Open Water Swimming**

# Results - Eugene Sports Festival July 20, 2002

## Women 30-34

100 LC Meter Freestyle			
1 Heusted, Karin	34 PNA	1:10.91	
200 LC Meter Freestyle			
1 Heusted, Karin	34 PNA	2:38.42	
400 LC Meter Freestyle			
1 Himstreet, Julianne	32 OREG	5:30.07	
100 LC Meter Backstroke			
1 Heusted, Karin	34 PNA	1:24.58	
50 LC Meter Breaststroke			
1 Heusted, Karin	34 PNA	42.72	
100 LC Meter Breaststroke			
1 Himstreet, Julianne	32 OREG	1:38.07	
200 LC Meter Breaststroke			
1 Himstreet, Julianne	32 OREG	3:26.66	
50 LC Meter Butterfly			
1 Heusted, Karin	34 PNA	33.61	

## Women 35-39

100 LC Meter Backstroke			
1 Crisp, Julie	36 OREG	1:40.88	
200 LC Meter IM			
1 Crisp, Julie	36 OREG	3:54.00	
400 LC Meter IM			
1 Crisp, Julie	36 OREG	8:21.24	

## Women 40-44

100 LC Meter Freestyle			
1 Fox, Christina	42 OREG	1:31.34	
100 LC Meter Backstroke			
1 Fox, Christina	42 OREG	1:36.66	
200 LC Meter Backstroke			
1 Fox, Christina	42 OREG	3:27.79	
100 LC Meter Breaststroke			
1 Fox, Christina	42 OREG	1:50.66	
200 LC Meter Breaststroke			
1 Fox, Christina	42 OREG	3:49.90	

## Women 45-49

400 LC Meter Freestyle			
1 Welborn, Jody	47 OREG	6:22.36	
800 LC Meter Freestyle			
1 Welborn, Jody	47 OREG	13:06.61	
200 LC Meter Breaststroke			
1 Welborn, Jody	47 OREG	3:52.06	
100 LC Meter Butterfly			
1 Welborn, Jody	47 OREG	1:58.31	

## Women 50-54

800 LC Meter Freestyle			
1 Gettling, Janet	54 OREG	12:51.64	
50 LC Meter Backstroke			
1 Gettling, Janet	54 OREG	43.70	
200 LC Meter Butterfly			
1 Gettling, Janet	54 OREG	3:39.37	
200 LC Meter IM			
1 Gettling, Janet	54 OREG	3:22.87	

## Women 55-59

800 LC Meter Freestyle			
1 Himstreet, Pam	59 OREG	14:38.02	
50 LC Meter Breaststroke			
1 Pierson, Ginger	56 MACO	43.99	
2 Himstreet, Pam	59 OREG	51.18	
100 LC Meter Breaststroke			
1 Pierson, Ginger	56 MACO	1:37.16	
2 Himstreet, Pam	59 OREG	1:53.56	
200 LC Meter Breaststroke			
1 Pierson, Ginger	56 MACO	3:33.40	
100 LC Meter Butterfly			
1 Pierson, Ginger	56 MACO	1:37.38	
2 Himstreet, Pam	59 OREG	1:59.09	
200 LC Meter Butterfly			
1 Pierson, Ginger	56 MACO	3:27.87	
2 Himstreet, Pam	59 OREG	4:27.31	

## Women 65-69

100 LC Meter Freestyle			
1 Dods, Jane	67 UNAT	2:17.30	

200 LC Meter Freestyle			
1 Dods, Jane	67 UNAT	5:15.76	
800 LC Meter Freestyle			
1 Dods, Jane	67 UNAT	22:22.74	

## Women 75-79

100 LC Meter Freestyle			
1 Wells, Margaret	76 OREG	2:18.17	
100 LC Meter Backstroke			
1 Wells, Margaret	76 OREG	2:27.46	
100 LC Meter Breaststroke			
1 Wells, Margaret	76 OREG	2:55.66	
100 LC Meter Butterfly			
1 Wells, Margaret	76 OREG	2:58.01	
200 LC Meter IM			
1 Wells, Margaret	76 OREG	5:20.38	

## Women 80-84

50 LC Meter Freestyle			
1 Stangel, Pauline	81 OREG	1:03.79	
100 LC Meter Freestyle			
1 Stangel, Pauline	81 OREG	2:17.75	
200 LC Meter Freestyle			
1 Stevenin, Elfie	81 OREG	7:31.56	
400 LC Meter Freestyle			
1 Stevenin, Elfie	81 OREG	15:05.93	
50 LC Meter Backstroke			
1 Stangel, Pauline	81 OREG	1:19.27	
100 LC Meter Backstroke			
1 Stangel, Pauline	81 OREG	2:51.97	
50 LC Meter Butterfly			
1 Stevenin, Elfie	81 OREG	2:11.88	
100 LC Meter Butterfly			
1 Stevenin, Elfie	81 OREG	5:17.95	
200 LC Meter IM			
1 Stevenin, Elfie	81 OREG	9:03.63	

## Women 90-94

200 LC Meter Freestyle			
1 Muller, Eva	90 OREG	5:36.74	
50 LC Meter Backstroke			
1 Muller, Eva	90 OREG	1:24.44	
100 LC Meter Backstroke			
1 Muller, Eva	90 OREG	2:58.31	
200 LC Meter Backstroke			
1 Muller, Eva	90 OREG	6:37.18	
200 LC Meter Breaststroke			
1 Muller, Eva	90 OREG	8:30.18	

## Men 35-39

800 LC Meter Freestyle			
1 Volckening, Bill	36 NEM	10:14.81	
50 LC Meter Backstroke			
1 Volckening, Bill	36 NEM	34.75	
100 LC Meter Breaststroke			
1 Volckening, Bill	36 NEM	36.71	
50 LC Meter Butterfly			
1 Volckening, Bill	36 NEM	31.74	

## Men 40-44

50 LC Meter Freestyle			
1 Bragg III, Robin	42 OREG	41.97	
100 LC Meter Freestyle			
1 Bragg III, Robin	42 OREG	1:33.47	
200 LC Meter Freestyle			
1 Bragg III, Robin	42 OREG	3:23.77	
400 LC Meter Freestyle			
1 Bragg III, Robin	42 OREG	7:15.15	
800 LC Meter Freestyle			
1 Bragg III, Robin	42 OREG	14:45.36	

## Men 45-49

50 LC Meter Freestyle			
1 Darnell, Stephen	48 OREG	33.67	
100 LC Meter Freestyle			
1 Kevan, Stephen	48 OREG	1:04.24	
200 LC Meter Freestyle			
1 Kevan, Stephen	48 OREG	2:23.52	
400 LC Meter Freestyle			
1 Kevan, Stephen	48 OREG	5:07.78	

50 LC Meter Backstroke			
1 Darnell, Stephen	48 OREG	41.99	
50 LC Meter Breaststroke			
1 Darnell, Stephen	48 OREG	46.79	
100 LC Meter Breaststroke			
1 Darnell, Stephen	48 OREG	1:44.07	
50 LC Meter Butterfly			
1 Darnell, Stephen	48 OREG	42.54	

## Men 50-54

50 LC Meter Freestyle			
1 Wilkander, Carroll	51 OREG	32.18	
100 LC Meter Freestyle			
1 Wilkander, Carroll	51 OREG	1:13.52	
50 LC Meter Breaststroke			
1 Wilkander, Carroll	51 OREG	39.81	

## Men 55-59

100 LC Meter Freestyle			
1 Juhala, Richard	59 OREG	1:35.77	
200 LC Meter Freestyle			
1 Juhala, Richard	59 OREG	3:23.77	
100 LC Meter Backstroke			
1 Juhala, Richard	59 OREG	1:54.27	
200 LC Meter Backstroke			
1 Juhala, Richard	59 OREG	4:05.48	
200 LC Meter IM			
1 Juhala, Richard	59 OREG	3:52.34	

## Men 60-64

50 LC Meter Freestyle			
1 Keudell, David	62 OREG	40.78	
400 LC Meter Freestyle			
1 Lake, Brent	64 OREG	6:37.70	
2 Keudell, David	62 OREG	7:24.93	
800 LC Meter Freestyle			
1 Lake, Brent	64 OREG	12:47.49	
2 Beggs, James	63 OREG	16:18.77	
50 LC Meter Backstroke			
1 Lake, Brent	64 OREG	41.31	
100 LC Meter Backstroke			
1 Lake, Brent	64 OREG	1:34.12	
50 LC Meter Breaststroke			
1 Keudell, David	62 OREG	44.56	
2 Beggs, James	63 OREG	56.92	
100 LC Meter Breaststroke			
1 Keudell, David	62 OREG	1:42.78	
2 Beggs, James	63 OREG	2:14.15	
200 LC Meter Breaststroke			
1 Keudell, David	62 OREG	3:45.29	
2 Beggs, James	63 OREG	4:41.70	

## Men 70-74

50 LC Meter Breaststroke			
1 Don, Vanrossen	73 UNAT	46.01	
100 LC Meter Breaststroke			
1 Don, Vanrossen	73 UNAT	1:46.27	

## Men 75-79

50 LC Meter Freestyle			
1 Hersey, Cal	75 UNAT	52.52	
50 LC Meter Backstroke			
1 Hersey, Cal	75 UNAT	1:08.14	
50 LC Meter Breaststroke			
1 Hersey, Cal	75 UNAT	1:29.34	
200 LC Meter Butterfly			
1 Eckhardt, Fred	76 OREG	5:30.88	
400 LC Meter IM			
1 Eckhardt, Fred	76 OREG	10:43.68	

## Relays

### Women 320-359 800 LC Meter Free Relay

1 OREG	22:14.28
1) Stevenin, E. 81	2) Muller, E. 90
3) Wells, M. 76	4) Stangel, P. 81

### Women 320-359 400 LC Meter Medley Relay

1 OREG	12:53.50
1) Stevenin, E. 81	2) Muller, E. 90
3) Wells, M. 76	4) Stangel, P. 81



# Elk Lake - Cascade Lake Swim Series

Pl.	Name	Age	Club	Team	Time	Finish
<b>500 Results</b>						
<b>Wet Suit - Women</b>						
<b>30-34</b>						
1	O'Connell Mary	33	UNAT		7:28	2
<b>40-44</b>						
1	Moreno Marla Jo	43	OREG	EA	7:24	1
<b>45-49</b>						
1	Gregoire Debbie J	47	OREG	COMA	7:49	3
<b>Wet Suit - Men</b>						
<b>35-39</b>						
1	Lasala Matthew	35	UNAT		8:32	3
<b>45-49</b>						
1	Morrell LeRoy	45	UNAT		7:14	1
2	Erwert Patrick C	48	UNAT		7:30	2
<b>Women</b>						
<b>17-18</b>						
1	Adams Capi	18	USA	USABend	6:30	1
2	Allender Megan	17	USA	USACAT	7:48	12
<b>19-24</b>						
1	Holmberg Kelsey G	20	OREG	COMA	6:48	2
2	Burley Jessica	20	UNAT		6:51	4
3	Dhom Gina	24	OREG	EA	6:57	5
4	Personius Jill Lorraine	22	UNAT		7:16	7
5	Ebnother Danielle	20	OREG	SOM	7:41	10
<b>25-29</b>						
1	Quan Sara	29	OREG	COMA	6:48	2
2	Bryce Katy	29	OREG	COMA	8:42	19
3	Gabbard Erika	27	OREG	COMA	9:11	21
4	Law Heather	28	OREG	PMS	9:23	24
<b>30-34</b>						
1	Milano Andrea R	34	OREG	PMS	8:00	13
2	Simpson Shauna	30	UNAT		8:01	14
3	Smidt Cynthia M32	32	OREG	COMA	8:32	17
4	Lewis Kristine P	32	OREG	THB	8:35	18
5	Halpern-Collins Melinda	34	UNAT		10:06	29
6	Moose Anita	33	UNAT		11:02	34
<b>35-39</b>						
1	Allen Karen K	38	OREG	COMA	7:38	8
2	Brooks Kristin R	37	OREG	COMA	8:24	16
3	Villano Tracy	39	UNAT		9:22	23
4	Gebstadt Beth	35	UNAT		9:31	27
5	Lasala Kristin	37	UNAT		10:08	30
<b>40-44</b>						
1	Young Joni D	41	OREG	SCC	7:38	8
2	Schob Laura K	43	OREG	COMA	7:46	11
3	Cappaert Marlys	44	OREG	CBAT	8:09	15
<b>45-49</b>						
1	Sweat Mary H	45	OREG	COMA	7:04	6
2	Cheney Liz	45	OREG	FISH	9:26	25
3	Peterson Connie L	47	OREG	COMA	10:12	31

4	Roberts Calli	47	OREG	COMA	10:29	32
<b>50-54</b>						
1	SutherlandJani A	53	OREG	COMA	9:10	20
2	Thomas Anne R	51	UNAT		9:17	22
3	ShoemakerCynthia A	50	OREG	COMA	9:26	25
4	Riddle Kristi P	53	OREG	THB	10:39	33
<b>55-59</b>						
1	Himstreet Pam J	58	OREG	COMA	9:50	28
<b>Men</b>						
<b>10-12</b>						
1	Bragg Andrew	10	UNAT		15:37	44
<b>13-14</b>						
1	Cardot Dustin	13	UNAT-USA		11:14	40
<b>15-16</b>						
1	Hickerson Carl A	16	USA	USA-CAT	6:45	3
<b>25-29</b>						
1	Nishimura Takeo	29	OREG	COMA	7:33	18
2	Hoffman Christopher	28	UNAT		13:20	41
<b>30-34</b>						
1	Cooper Gary	34	MACO	MACO	6:53	5
2	Reget Phil	33	OREG	COMA	7:04	8
<b>35-39</b>						
1	Nelson Timothy D	36	OREG	COMA	6:33	2
2	King Phillip	35	UNAT		6:56	6
3	Higley Robert E	37	OREG	COMA	7:17	11
4	Miller Eric	39	OREG	SCC	7:20	12
5	Stewart Doug K	39	OREG	SOM	7:21	13
6	Van Der Zwan,David	39	OREG	SOM	7:26	15
7	Morescalchi,Marco	35	UNAT		8:33	31
8	Fairlee Brian	36	UNAT		9:33	34
9	Sloop Steve	37	OREG	COMA	10:48	38
<b>40-44</b>						
1	Allender Pat	43	OREG	CAT	6:32	1
2	Fairlee Mark E	44	OREG	COMA	7:14	10
3	Marshall Mike	41	UNAT		7:41	20
4	Douglas Michael J	44	OREG	COMA	7:42	21
5	Soares Donald E	42	OREG	RVM	8:03	26
6	ThompsonRon J	42	OREG	COMA	8:24	30
7	Bragg III Robin	42	OREG	NCMS	15:11	43
<b>45-49</b>						
1	Hickerson Jess W	49	OREG	CAT	7:00	7
2	Tennant Michael J	49	OREG	COMA	7:31	17
3	Dow Keith	46	OREG	NCMS	7:50	22
4	Audas Lachlan	45	OREG	COMA	8:00	25
5	Miller Scot	45	UNAT		8:10	28
6	Conner Michael	46	UNAT		9:14	33
7	Ridenour John P	46	OREG	UNAT	13:35	42
<b>50-54</b>						
1	Johnson Steve M	54	OREG	EA	6:47	4
2	Teisher Jim	52	OREG	THB	7:23	14

continued on page 8



Mike Conner



Pam Himstreet

**Elk Lake Results continued from page 7**

3	Swanson	Charlie	50	OREG	EA	7:26	15
4	Bruce	Robert A	54	OREG	COMA	7:50	22
5	Oberst	Byron	53	OREG	COMA	8:05	27
6	Carew	Mike	52	OREG	COMA	9:37	35
7	Gallagher	Dennis L	52	UNAT		11:02	39

**55-59**

1	Livoni	Donn	55	OREG	COMA	7:38	19
2	Juhala	Richard H	59	OREG	NCMS	10:16	36

**60-64**

1	Landis	Tom	60	OREG	COMA	7:06	9
2	Kanner	Bert	62	OREG	SCC	8:20	29
3	Lake	Brent L	64	OREG	COMA	8:37	32
4	Beggs	James A	62	OREG	COMA	10:20	37

**65-69**

1	Radcliff	David A	68	OREG	THB	7:54	24
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**1500 Results - Association Championship****Wet Suit - Women****17-18**

1	Allender	Megan	17	USA	USACAT	24:02:	1
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**25-29**

1	Barnholdt	Erin	25	OREG	NCMS	29:58:	4
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**30-34**

1	Engel	Cynthia	32	UNAT		29:56:	3
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**35-39**

1	Lasala	Kristin	37	UNAT		30:40:	5
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**40-44**

1	Reese	Mary	41	UNAT		29:20:	2
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**Wet Suit - Men****35-39**

1	Lasala	Matthew	35	UNAT		29:17:	4
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**40-44**

2	Fairlee	Brian	36	UNAT		30:45:	5
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**45-49**

1	McNamara	Joel	43	UNAT		28:04:	3
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**50-54**

1	Morrell	LeRoy	45	UNAT		23:26:	1
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**55-59**

2	Erwert	Patrick C	48	UNAT		25:00:	2
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**60-64**

1	Hollander	Lew	72	UNAT		34:03:	6
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**Women****17-18**

1	Adams	Capi	18	USA	USABend	20:03:	1
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**19-24**

1	Holmberg	Kelsey G	20	OREG	COMA	20:08:	3
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**25-29**

2	Burley	Jessica	20	UNAT		21:28:	6
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**30-34**

3	Dhom	Gina	24	OREG	EA	22:06:	7
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**35-39**

4	Ebnother	Danielle	20	OREG	SOM	24:30:	12
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**40-44**

1	Quan	Sara	29	OREG	COMA	20:04:	2
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**45-49**

2	Bryce	Katy	29	OREG	COMA	27:19:	26
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**50-54**

3	Law	Heather	28	OREG	PMS	28:57:	30
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**55-59**

4	Gabbard	Erika	27	OREG	COMA	29:12:	33
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**60-64**

5	Lembke	Daisy	28	OREG	THB	31:49:	37
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**65-69**

30-34							
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1	Topp	Suzanne	34	OREG	CAT	24:23:	10
2	Simpson	Shauna	30	UNAT		24:31:	13
3	O'Connell	Mary	33	UNAT		25:17:	16
4	Milano	Andrea R	34	OREG	PMS	25:24:	18
5	Fitzsimmons,	Amber	32	OREG	COMA	25:27:	20
6	Lewis	Kristine P	32	OREG	THB	25:52:	21
7	Smidt	Cynthia M	32	OREG	COMA	26:33:	24
8	Knox	Suzanne	31	OREG	COMA	31:00:	35
9	Halpern-Collins,	Melinda	34	UNAT		31:25:	36
10	Lembke	Mary	30	UNAT		31:50:	38
11	Moose	Anita	33	UNAT		36:34:	42

**35-39**

1	Allen	Karen K	38	OREG	COMA	22:47:	8
2	Matschner	Sue	36	UNAT		25:04:	15
3	Brooks	Kristin R	37	OREG	COMA	25:23:	17
4	Gebstadt	Beth	35	UNAT		25:25:	19

**40-44**

1	Roussain	Kerri	43	OREG	PMS	21:25:	5
2	Young	Joni D	41	OREG	SCC	24:22:	9
3	Schob	Laura K	43	OREG	COMA	24:24:	11
4	Cappaert	Marlys	44	OREG	CBAT	26:07:	22
5	Moreno	Marla Jo	43	OREG	EA	26:23:	23

**45-49**

1	Sweat	Mary H	45	OREG	COMA	20:28:	4
2	Gregoire	Debbie J	47	OREG	COMA	24:54:	14
3	Welborn	Jody	47	OREG	CWY	27:03:	25
4	Cheney	Liz	45	OREG	FISH	28:39:	29
5	Peterson	Connie L	47	OREG	COMA	30:33:	34
6	Roberts	Calli	47	OREG	COMA	32:38:	39

**50-54**

1	Thomas	Anne R	51	UNAT		28:04:	27
2	Sutherland	Jani A	53	OREG	COMA	28:16:	28
3	Shoemaker	Cynthia A	50	OREG	COMA	29:04:	32
4	Riddle	Kristi P	53	OREG	THB	33:05:	40

**55-59**

1	Himstreet	Pam J	58	OREG	COMA	28:59:	31
2	Whiter	Peggy S	58	OREG	COMA	34:23:	41

**Men****15-16**

1	Hickerson	Carl A	16	USA	USA-CAT	22:23:	11
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**25-29**

1	Nishimura	Takeo	29	OREG	COMA	25:42:	29
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**30-34**

1	Reget	Phil	33	OREG	COMA	22:50:	16
2	Cooper	Gary	34	MACO	MACO	23:49:	17

**35-39**

1	Nelson	Timothy D	36	OREG	COMA	20:07:	1
2	Volckening,	Bill	36	NEM		20:47:	4
3	King	Phillip	35	UNAT		20:50:	5
4	Miller	Eric	39	OREG	SCC	22:09:	7
5	Higley	Robert E	37	OREG	COMA	22:20:	8
6	Stewart	Doug K	39	OREG	SOM	22:22:	10
7	Hanson	Steve P	39	OREG	CAT	24:18:	20
8	Van Der Zwan,	David	39	OREG	SOM	24:48:	22



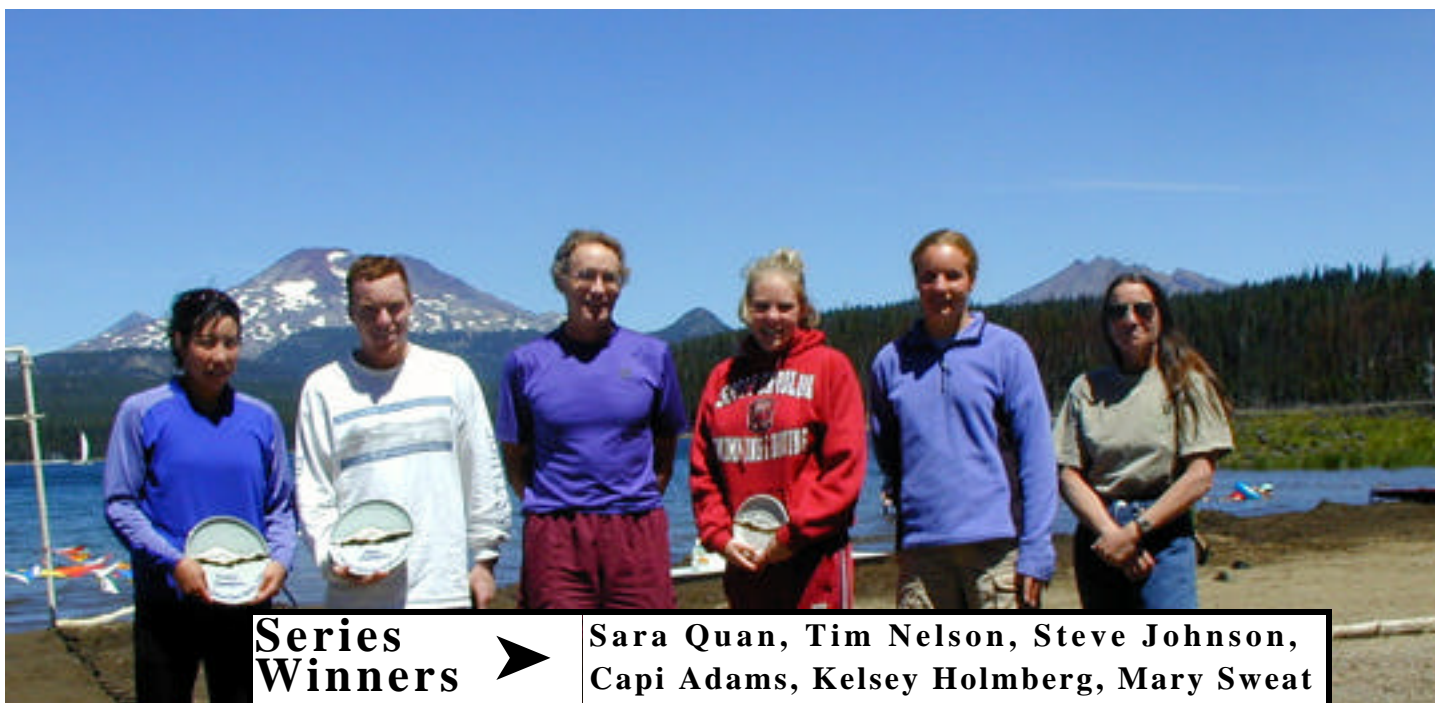
**5 K Finishers - "We did it!"**



9	Morescalchi, Marco	35	UNAT	26:00:	31
10	Lembke Franz	35	UNAT	31:49:	39
11	Sloop Steve	37	OREG COMA	35:01:	44
<b>40-44</b>					
1	Allender Pat	43	OREG CAT	20:09:	2
2	Douglas Michael J	44	OREG COMA	22:45:	13
3	Fairlee Mark E	44	OREG COMA	22:46:	14
4	Johnson Mike	42	UNAT	24:52:	23
5	Marshall Mike	41	UNAT	25:14:	25
6	Soares Donald E	42	OREG RVM	25:16:	26
7	Thompson Ron J	42	OREG COMA	26:04:	32
8	Bragg III Robin	42	OREG NCMS	29:08:	36
<b>45-49</b>					
1	Tennant Michael J	49	OREG COMA	22:21:	9
2	Hickerson Jess W	49	OREG CAT	22:48:	15
3	Dow Keith	46	OREG NCMS	24:55:	24
4	Miller Scot	45	UNAT	25:31:	28
5	Audas Lachlan	45	OREG COMA	25:50:	30
6	Ridenour John P	46	OREG UNAT	29:24:	37
7	Conner Michael	46	UNAT	32:59:	41
<b>50-54</b>					
1	Johnson Steve M	54	OREG EA	20:21:	3
2	Swanson Charlie	50	OREG EA	22:26:	12
3	Teisher Jim	52	OREG THB	24:02:	19
4	Oberst Byron	53	OREG COMA	25:21:	27
5	Lutz Bert	51	UNAT	28:45:	35
6	Carew Mike	52	OREG COMA	30:58:	38
7	Gallagher Dennis L	52	UNAT	33:35:	42
<b>55-59</b>					
1	Livoni Donn	55	OREG COMA	23:56:	18
2	Juhala Richard H	59	OREG NCMS	32:23:	40
<b>60-64</b>					
1	Landis Tom	60	OREG COMA	21:21:	6
2	Kanner Bert	62	OREG SCC	26:13:	33
3	Lake Brent L	64	OREG COMA	26:53:	34
4	Beggs James A	62	OREG COMA	34:10:	43
<b>65-69</b>					
1	Radcliff David A	68	OREG THB	24:19:	21
<b>5000 Results</b>					
<b>Wet Suit - Women</b>					
<b>25-29</b>					
1	Bryce Katy	29	OREG COMA	1:42	1
2	Wilson Sarah	29	OREG THB	1:44	2
<b>40-44</b>					
1	Robson Nancy	40	UNAT	1:44	3
<b>Wet Suit - Men</b>					
<b>30-34</b>					
1	McMillan Scott	30	UNAT	1:18	3
<b>35-39</b>					
1	Fairlee Brian	36	UNAT	1:51	6
<b>40-44</b>					

1	Thompson Ron J	42	OREG COMA	1:18	4
<b>45-49</b>					
1	Erwert Patrick C	48	UNAT	1:30	5
<b>50-54</b>					
1	Oberst Byron	53	OREG COMA	1:14	1
<b>65-69</b>					
1	Radcliff David A	68	OREG THB	1:18	2
<b>Women</b>					
<b>17-18</b>					
1	Adams Capi	18	USA USABend	1:09	1
<b>19-24</b>					
1	Holmberg Kelsey G	20	OREG COMA	1:09	3
2	Burley Jessica	20	UNAT	1:16	5
3	Dhom Gina	24	OREG EA	1:17	6
<b>25-29</b>					
1	Quan Sara	29	OREG COMA	1:09	2
<b>30-34</b>					
1	Milano Andrea R	34	OREG PMS	1:30	11
2	Lewis Kristine P	32	OREG THB	1:31	12
3	O'Connell Mary	33	UNAT	1:35	15
4	Vintrova Renata	30	OREG PMS	1:42	16
<b>35-39</b>					
1	Allen Karen K	38	OREG COMA	1:25	9
2	Brooks Kristin R	37	OREG COMA	1:25	10
<b>40-44</b>					
1	Young Joni D	41	OREG SCC	1:23	7
2	Schob Laura K	43	OREG COMA	1:25	8
3	Moreno Marla Jo	43	OREG EA	1:32	14
<b>45-49</b>					
1	Sweat Mary H	45	OREG COMA	1:14	4
2	Gregoire Debbie J	47	OREG COMA	1:31	13
3	Cheney Liz	45	OREG FISH	1:43	17
4	Peterson Connie L	47	OREG COMA	1:51	20
<b>50-54</b>					
1	Shoemaker Cynthia A	50	OREG COMA	1:46	19
<b>55-59</b>					
1	Himstreet Pam J	58	OREG COMA	1:45	18
<b>Men</b>					
<b>25-29</b>					
1	Nishimura Takeo	29	OREG COMA	1:30	14
<b>30-34</b>					
1	Kavan Pat	31	UNAT	1:11	3
2	Reget Phil	33	OREG COMA	1:26	12
<b>35-39</b>					
1	Nelson Timothy	36	OREG COMA	1:10	1
2	Higley Robert E	37	OREG COMA	1:17	6
3	McKnight Walter	35	UNAT	1:25	11
<b>40-44</b>					
1	Douglas Michael J	44	OREG COMA	1:19	7
2	Fairlee Mark E	44	OREG COMA	1:19	9

continued on page 10

Series  
WinnersSara Quan, Tim Nelson, Steve Johnson,  
Capi Adams, Kelsey Holmberg, Mary Sweat

**Elk Lake Results continued from page 9**

3	Soares	Donald E	42	OREG	RVM	1:32	15
4	Bragg III	Robin	42	OREG	NCMS	1:55	23

**45-49**

1	Tennant	Michael J	49	OREG	COMA	1:19	8
2	Dow	Keith	46	OREG	NCMS	1:28	13
3	Moneta	Michael	46	UNAT	UNAT	1:34	16
4	Greenblatt	Daniel S	47	OREG	RVM	1:37	18
5	Ridenour	John P	46	OREG	UNAT	1:48	21

**50-54**

1	Johnson	Steve M	54	OREG	EA	1:11	2
2	Swanson	Charlie	50	OREG	EA	1:17	5
3	Teisher	Jim	52	OREG	THB	1:21	10
4	Lutz	Bert	51	UNAT		1:47	20
5	Carew	Mike	52	OREG	COMA	1:49	22

**55-59**

1	Juhala	Richard H	59	OREG	NCMS	1:57	24
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**60-64**

1	Landis	Tom	60	OREG	COMA	1:17	4
2	Kanner	Bert	62	OREG	SCC	1:36	17
3	Lake	Brent L	64	OREG	COMA	1:40	19
4	Beggs	James A	62	OREG	COMA	2:08	25

**Series Results**

Pl.	Name	Age	Club	Team	Finish
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**Women****17-18**

1	Adams	Capi	18	USA	USABend	1
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**19-24**

1	Holmberg	Kelsey G	20	OREG	COMA	3
2	Burley	Jessica	20	UNAT		5
3	Dhom	Gina	24	OREG	EA	6

**25-29**

1	Quan	Sara	29	OREG	COMA	2
2	Bryce	Katy	29	OREG	COMA	16

**30-34**

1	Milano	Andrea R	34	OREG	PMS	11
2	O'Connell	Mary	33	UNAT		12
3	Lewis	Kristine P	32	OREG	THB	15

**35-39**

1	Allen	Karen K	38	OREG	COMA	8
2	Brooks	Kristin R	37	OREG	COMA	12

**40-44**

1	Young	Joni D	41	OREG	SCC	7
2	Schob	Laura K	43	OREG	COMA	9
3	Moreno	Marla Jo	43	OREG	EA	14

**45-49**

1	Sweat	Mary H	45	OREG	COMA	4
2	Gregoire	Debbie J	47	OREG	COMA	10
3	Cheney	Liz	45	OREG	FISH	17
4	Peterson	Connie L	47	OREG	COMA	20

**50-54**

1	Shoemaker	Cynthia A	50	OREG	COMA	18
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**55-59**

1	Himstreet	Pam J	58	OREG	COMA	19
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**Men****25-29**

1	Nishimura	Takeo	29	OREG	COMA	14
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**30-34**

1	Reget	Phil	33	OREG	COMA	8
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**35-39**

1	Nelson	Timothy D	36	OREG	COMA	1
2	Higley	Robert E	37	OREG	COMA	4
3	Fairlee	Brian	36	UNAT		15

**40-44**

1	Fairlee	Mark E	44	OREG	COMA	6
2	Douglas	Michael J	44	OREG	COMA	10
3	Soares	Donald E	42	OREG	RVM	17
4	Thompson	Ron J	42	OREG	COMA	18
5	Bragg III	Robin	42	OREG	NCMS	24

**45-49**

1	Tennant	Michael J	49	OREG	COMA	7
2	Dow	Keith	46	OREG	NCMS	13
3	Erwert	Patrick C	48	UNAT		9
4	Ridenour	John P	46	OREG	UNAT	22

**50-54**

1	Johnson	Steve M	54	OREG	EA	2
2	Swanson	Charlie	50	OREG	EA	5
3	Teisher	Jim	52	OREG	THB	11
4	Oberst	Byron	53	OREG	COMA	15
5	Carew	Mike	52	OREG	COMA	21

**55-59**

1	Juhala	Richard H	59	OREG	NCMS	22
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**60-64**

1	Landis	Tom	60	OREG	COMA	3
2	Kanner	Bert	62	OREG	SCC	19
3	Lake	Brent L	64	OREG	COMA	20
4	Beggs	James A	62	OREG	COMA	25

**65-69**

1	Radcliff	David A	68	OREG	THB	12
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**Team Results****Large team:**

1. Central Oregon Masters Aquatics	157 pts
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**Small team:**

1. Corvallis Aquatic Team	22 pts
2. Emerald Aquatics	20
3. Tualatin Hills Barracudas	18
4t. Portland Masters	15
4t. Salem Courthouse Crew	15
6. North Clackamas Masters	10
7. Multnomah Athletic Club	6
8t. Columbia Willamette YMCA	4
8t. Southern Oregon Masters	4

**COMA - Large Team Winners**



# Dorena Lake - National One Mile Championships

Pl. Name Club Time Finish Age

## Women

### 19 - 24

1	Kelsey Holmberg	COMA	21.47	6	20
2	Gina Dhom	EA	23.24	17	24
3	Panielle Ebnother	SOM	25.27	37	20
4	Janet McIntosh	UNATT	34.08	101	23

### 25 - 29

1	Sara Quan	COMA	20.59	4	29
2	Jennifer Korfiatis	WA	26.54	51	29
3	Heather Law	PMS	30.15	86	28

### 30 - 34

1	Julie Himstreet	EA	24.06	23	31
2	Suzanne Topp	CAT	24.56	31	34
3	Shauna Simpson	MAC	24.59	33	30
4	Andrea Milano	PMS	26.24	45	34
5	Kristine Lewis	THB	26.34	47	32
6	Cynthia Smidt	COMA	29.06	74	32

### 35 - 39

1	Arlene Delmage	TX	22.29	10	39
2	Kristin Brooks	COMA	25.33	39	37
3	Cynthia Phillips	UTAH	27.03	52	39
4	Lynn Shanks	MY	29.28	75	37
5	Gayle Orner	CBAT	35.33	105	39
6	Kimberly Crouch	UNATT	41.31	110	38
DNF	jean McKenzie	EA			39

### 40 - 44

1	Kerri Roussani	PMS	22.58	15	43
2	Sarah Hoagland	MACO	23.45	20	40
3	Karen Andrus-Hughes	Owet	24.57	32	44
4	Joni Young	SCC	25.13	34	41
5	Laura Schob	COMA	25.32	38	43
6	Melora Park	CBAT	27.26	60	42
7	Marla Moreno	EA	28.02	70	43
8	Diane Lamear-Tucker	FISH	30.05	84	44

### 45 - 49

1	Mary Sweat	COMA	23.13	16	45
2	Deb Gregoire	COMA	27.07	54	47
3	Jody Welborn	OREG	27.19	59	45
4	Jill Anderson	UNATT	28.02	69	46
5	Susan Albright	THB	29.31	76	47
6	Liz Cheney	fish	29.35	77	45
7	Connie Peterson	COMA	32.1	93	47

8	June Mather	RVM	33.26	98	49
9	Karin A. Clancey	Owet	35.53	106	48

### 50 - 54

1	Regina Brittingham		26.15	43	51
2	Darline Staley	OMS	26.4	48	52
3	Nancy Miller	VMST	27.5	68	52
4	Jani Sutherland	COMA	30.02	82	53
5	Jill Wright	ID	30.05	83	51
6	Cynthia A. Shoemaker	COMA	31.59	92	50
7	Tam Jenkins	Owet	32.15	94	54
8	Kristina M. Riddle	THB	35.3	104	53
9	Jane A Moore	PNA	37.09	108	51

### 55 - 59

1	Sally A. Dillon	PNA	27.11	56	55
2	Joy Ward	North C Masters	29.57	80	59
3	Pam Himstreet	COMA	30.33	88	58

### 60 - 64

1	Susan L. Munn	DAM	31.02	91	63
2	Peggie Hodge	COMA	36.57	107	62
3	Joanne JT Tatum	MHM	43	111	63

### 65 - 69

1	Betsy T. Jordan	sds	29.52	79	65
2	Adrienne Pipes	sds	33.19	97	68

### 70 - 74

1	Joyce E. Bahler	maco	43.43	112	72
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### 80 - 84

1	Marion Chadwick	PNA	67.17	114	80
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## Men

### 13 - 14

1	Joshua H. Friedman	LOSC	33.28	99	13
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### 25 - 29

1	Josh Knight	OREG	22.44	11	25
2	Takeo Nishimura	COMA	27.32	65	29
3	Mathys Walmg	THB	30.48	89	28

### 30 - 34

1	Jason Klugman	FINS	22.57	14	31
2	Phil Reget	COMA	24.02	22	33
3	Steve Brown	UNATT	24.13	24	33
4	Matt Purdy	sawtooth	24.46	29	33
5	Steve Griffin	THB	27.4	66	33
6	Carl Jaynes	THB	27.45	67	33

continued on page 12



**USMS National One Mile  
Open Water Champions 2002**



## National 1 Mile Championships results continued from page 11

## 35 - 39

1	Jeff Erwin	Sawtooth	19.41	1	38
2	Geoffrey S. Claser	UNATT	20.33	2	37
3	Tim Nelson	COMA	20.48	3	36
4	James D. Barkman	AK	21	5	39
5	Perry Bishop	UNATT	22.2	8	37
6	Bill Volckening	NEM	22.22	9	36
7	Rob Higley	COMA	22.55	13	37
8	Doug K. Stewart	SOM	23.41	18	39
9	David Van Der Zwan	SOM	24.55	30	39
10	Bob Krams	UNATT	26.29	46	38

## 40 - 44

1	Mike Marshall	UNATT	25.42	41	41
2	Ron Thompson	COMA	27.09	55	42
3	Donald Soares	RVM	27.13	57	42
4	Mike Dowd	maco	27.26	61	43
5	Kevin Sligar		30.18	87	41
6	Robin Bragg III	ncms	30.57	90	42

## 45 - 49

1	Michael Douglas	COMA	24.2	26	45
2	Keith C Dow	NCM	25.39	40	47
3	Mark Becker	THB	26.19	44	47
4	Michael Dean Moneta	UNATT	26.44	49	46
5	Hugh Moore	PNA	27.06	53	48
6	Jack Istok CBAT		27.16	58	46
7	Daniel Greenblaff	RUM	27.3	63	47
8	Jimmy Unger	ea	29.48	78	48
9	Mark Newman	OREG	29.58	81	48
10	Keith M. Friedman	FISH	43.53	113	46

## 50 - 54

1	Steve Johnson	EA	22.14	7	54
2	Bob Bruce	COMA	23.59	21	54
3	Charlie Swanson	EA	24.17	25	50
4	Jim Teisher	THB	24.22	27	52
5	Jed P. Cronin	THB	24.29	28	53
6	Michael P Carew	COMA	32.19	95	52
7	Dan O'Neil	RAD	33.51	100	53
8	Richard Minter	THB	38.09	109	50

## 55 - 59



1	James T. McCleery	PNA	23.43	19	56
2	Donn Livoni	COMA	25.24	36	55
3	Earl Showerman	SOM	27.32	64	58
4	Robert S Smith	FISH	28.18	71	59
5	Frank Philipps	RVM	30.09	85	59
6	Richard Juhala	ncms	32.57	96	59

## 60 - 64

1	Tom Landis	COMA	22.52	12	60
2	Robert R Williams	SDSM	25.55	42	60
3	Vinus Van Baalen	UNATT	26.48	50	60
4	Brent LakeCOMA		27.3	62	64
5	Ralph Mdhrr	COMA	28.41	73	60
6	James Beggs	COMA	34.3	102	62

## 65 - 69

1	David A. Radcliff	THB	25.22	35	68
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## 70 - 74

1	Robert E. Beach	FL	28.29	72	72
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## 80 - 84

1	Gilbert Young	OREG	35.28	103	80
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## 800 Meter Cable Swim

## Women

## 19 - 24

1	Gina Dhom	EA	11.34	12	24
2	Panielle Ebnother	SOM	12.2	21	20

## 25 - 29

1	Heather Law	PMS	14.34	45	28
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## 30 - 34

1	Shauna Simpson	MAC	11.54	16	30
2	Andrea Milano	PMS	12.44	29	34
3	Cynthia Smidt	COMA	14.06	41	32

## 35 - 39

1	Cynthia Phillips	UTAH	12.39	28	39
2	Kristin Brooks	COMA	12.59	34	37
3	Jean McKenzie	EA	15.28	53	39

## 40 - 44

1	Kerri Roussani	PMS	10.29	3	43
2	Sarah Hoagland	MACO	11.24	11	40
3	Joni Young	SCC	11.4	13	41
4	Karen Andrus-Hughs	Owet	11.53	15	44



Jeff Erwin led the way in the National One Mile Championship with a first place overall finish. Marion Chadwick, at 80 years of age led the way in spirit with a determined finish. Both are outstanding Masters.

5	Marla Moreno	EA	12.55	31	43
6	Melora Park	CBAT	12.56	32	42
<b>45 - 49</b>					
1	Mary Sweat	COMA	10.27	2	45
2	Susan Albright	THB	14.35	46	47
3	Connie Peterson	COMA	16.01	56	47
<b>50 - 54</b>					
1	Regina Brittingham		12.36	27	51
2	Jani Sutherland	COMA	14.12	42	53
3	Jill Wright	ID	14.58	48	51
4	Cynthia A. Shoemaker	COMA	15.23	51	50
5	Kristina M. Riddle	THB	16.23	59	53
<b>55 - 59</b>					
1	Joy Ward North C Masters		14.24	44	59
2	Pam Himstreet	COMA	15.14	50	58
<b>60 - 64</b>					
1	Susan L. Munn	DAM	15.29	54	63
2	Peggie Hodge	COMA	17.18	61	62
3	Joanne JT Tatum	MHM	22.31	64	63
<b>65 - 69</b>					
1	Betsy T. Jordan	sds	14.12	42	65
2	Adrienne Pipes	sds	16.19	58	68
<b>70 - 74</b>					
1	Joyce E. Bahler	maco	21.04	63	72
<b>Men</b>					
<b>10 &amp; U</b>					
1	Jonathan M. Friedman	LOSC	17.13	60	9
<b>25 - 29</b>					
1	Josh Knight	OREG	10.58	6	25
2	Takeo Nishimura	COMA	12.26	24	29
<b>30 - 34</b>					
1	Phil Reget	COMA	11.21	9	33
2	Matt Purdy	sawtooth	12	18	33
3	Steve Griffin	THB	13.03	35	33
<b>35 - 39</b>					
1	Jeff Erwin	Sawtooth	9.24	1	38
2	Rob Higley	COMA	11.03	7	37
3	David Van Der Zwan	SOM	11.56	17	39
<b>40 - 44</b>					
1	Donald Soares	RVM	12.23	22	42
2	Mike Dowd	maco	12.58	33	43
3	Ron Thompson	COMA	13.15	37	42
4	Kevin Sligar		14.41	47	41
5	Robin Bragg III	ncms	15.11	49	42
<b>45 - 49</b>					
1	Keith C Dow	NCM	12.1	19	47
2	Mark Becker	THB	12.24	23	47
3	Jack Istok	CBAT	12.29	26	46
4	Michael Dean Moneta	UNATT	12.52	30	46
5	Daniel Greenblaff	RUM	13.24	39	47
<b>50 - 54</b>					
1	Steve Johnson	EA	10.43	4	54
2	Bob Bruce	COMA	11.2	8	54
3	Jim Teisher	THB	11.21	9	52
4	Jed P. Cronin	THB	12.27	25	53
5	Michael P Carew	COMA	15.26	52	52
6	Bruce Andrus-Hughes	Owet	24.31	65	50
<b>55 - 59</b>					
1	Donn Livoni	COMA	11.46	14	55
2	Robert S Smith	FISH	13.21	38	59
3	Richard Juhala	ncms	15.43	55	59
<b>60 - 64</b>					
1	Tom Landis	COMA	10.43	4	60
2	Brent Lake	COMA	13.13	36	64
3	Ralph Mdhr	COMA	13.44	40	60
4	James Beggs	COMA	16.07	57	62
<b>65 - 69</b>					
1	David A. Radcliff	THB	12.18	20	68
<b>80 - 84</b>					
1	Gilbert Young	OREG	17.28	62	80



**"Hey Dad - Are you loose yet" Tony Moneta helps his Dad, Mickey, stretch before the 1 mile Championship race.**



**Happy Anniversary - Karen and Bruce Andrus-Hughes celebrated number 23 at the race. She was number 67, he was number 12, which totaled 79 the year they were married. It was fate.**



## Cable Racing is fast and exciting

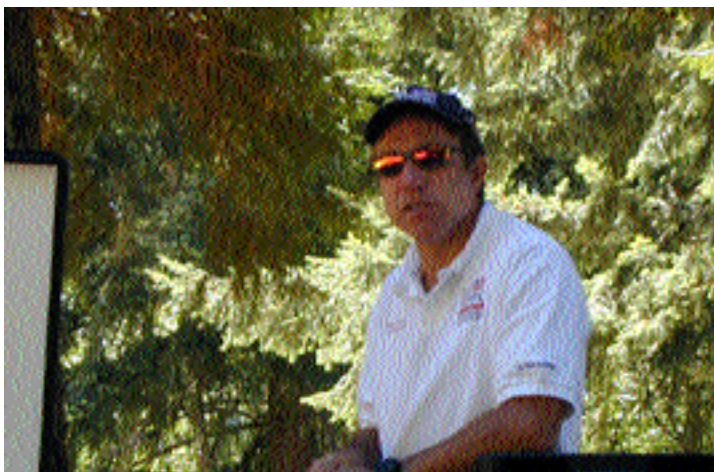


Exciting competition highlighted the first cable race in Oregon. Top picture was a photo finish between Steve Johnson, race director for the Swim and World Record holder Tom Landis. Bottom picture was a close finish between Mike Dowd and Kristin Brooks.





# Clinic Highlights



Dr. Jim Miller, President of USMS and Bob Bruce, Chair of Oregon Long Distance Swimming did a superb job at the Open Water Clinic held in conjunction with the 1 Mile National Open Water Championship.

Dr. Miller began with the topic, "Nutrition - Fuel for Success or Failure".

## Training Table

- The American diet emphasizes too much fat, preservatives, dyes, and sodium.
- The American diet possesses too little fiber and water.
- Junk food is appropriately named. (It is junk!)
- Americans are among the heaviest in any society and are among the least healthy regardless of the efforts of the health care industry.
- Americans consume a higher cost per year in health care needs than almost any other society, yet are not the healthiest.
- The last two facts are linked.

## Pre-Race Diet

- No new foods.
- Fluids in balance based upon the race at hand.
- Diuretics are bad
- Liquids are much better tolerated the closer you get to the race.
- Get your system accustomed to drinking before, during and after by training to take in food/fluids.
- Steak and eggs are bad 1 hour before the race!

## Race Diet

- Race distance determines whether this applies. Swims of greater than 2 hours must offer feeding stations or have escort craft.
- Try what you are going to use and modify as necessary. Nothing New!
- Practice your technique of feeding during a race.



## Post Race Diet

Refuel!!!!!!!!!!!!!!

- Water
- Electrolytes
- Simple carbohydrates within the 2 hour window
- Sleep!!!!!!!!!!!!!!

Bob Bruce then took over and covered these skills of Open Water Swimming.

- Breathing on both sides
- Swimming straight
- Swimming closely with others
- Drafting
- Handling waves
- Rounding buoys
- Racing
- Mental agility
- Starting/finishing on land

Dr. Miller returned with the Medical Aspects of Open Water Swimming.

With the greater distances involved he stressed the topic of Overuse Injuries, dealing especially with the shoulder. 85% of Masters will have shoulder problems at some time. The treatment includes:

- Avoidance of the overuse syndrome by improved stroke technique and varied workouts.
- Avoidance of unnecessary stressors such as paddles and kickboards.
- Ice early and be wary of medication.
- Work core stability.
- Work the opposing muscle groups to swimming to maintain the muscle in balance.
- Physical medicine has a strong application here.

## 2002/2003 Calendar and Meet Schedule

### Pool Meets

Date	Event	Location	Contact
Sept. 28	SCM	Pentathlon Oak Harbor, WA	Sally Dillon salswmr@earthlink.net
Oct. 19	SCY	Bainbridge Island, WA	Lynn Wells swimlynn@usms.org

### National Championships 2003

May 15-18	SCY	Tempe, AZ	www.usms.org
Aug. 14-17	LCM	Rutgers Univ. NJ	www.usms.org

### Open Water

Date	Distance	Location	Contact
July 27	5K Nat. Champ	Elk Lake, OR	Pam Himstreet himstreet@bendcable.com

### Postal Championships 2002

May 15-Sept. 30	5K / 10K Postal	Jill Wright	swimjmw@aol.com
Sept. 1-Oct 31	3000 / 6000	Marty Hamburger	3000-6000@dynamomasters.com
Jan. 2003	1 Hour Swim	Kristine Lewis	onehour@swimoregon.org

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

**Aqua-Master**  
*September 2002*

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**Inside: Results - Elk Lake, Dorena Lake & Eugene**