



# Aqua Master

USMS 2004 Newsletter of the Year

Volume 32, Number 2

Published Monthly by OMS, Inc.

February 2005

“ S w i m m i n g f o r L i f e ”

## Safe and Protected Email for OMS

### Oregon Masters Swimming



### OMS Email Group Information

The OMS board would like to use email as a means of communicating OMS announcements, events and items of interest. Emails will be generated by OMS Board members only. Your email address will be stored on the secure USMS server and be protected



from distribution to anyone else. Each member will receive individual emails with only their email address listed. This list will not expose your email address to any other member on the list. In addition, there will be no advertising or commercial connections to this list.

Your email address has been added to the OMS Email group list if you entered it on your 2005 OMS / USMS Registration form. You may add or delete your address from this list at any time by contacting Mary Sweat at [marysweat@email.com](mailto:marysweat@email.com). We will be testing our group email list and process on Monday, February 28, 2005. An email will be sent to you on this day with an appropriate message.

If we receive a “delivery failure” notice, then we will try to contact you with a letter to let you know that we have an incorrect email address for you and request that you need to send us an updated one.

If you do not receive the group email on February 28, and we do not receive a “delivery failure notice”, than this might mean our emails are being blocked by a spam filter (your own or your ISP). Please notify us and we can work through this situation with you so that you will be able to receive our email.

If at any time you wish to be removed from this list, simply send an email to Mary Sweat at [marysweat@email.com](mailto:marysweat@email.com) (from the email address you would like removed!) requesting that you no longer desire to be on the list. You will be removed promptly from the list upon receipt of your request. I will also send you a note to verify this action.

There is a separate email group for those who desire to receive electronic notification when a new Aqua Master becomes available on line.



Please contact Mary with any questions you might have or if you would like to request an addition, removal, or update to your email address in our lists.

Mary Sweat

OMS Email Group Maintenance

[Marysweat@email.com](mailto:Marysweat@email.com)

### Inside For You

Chair's Corner .....	2
Last Splash .....	3
Swimming with Jon .....	4-5
Long Distance .....	6
Get Fit .....	7
Entry Blanks	
Pentathlon .....	8
Newberg .....	9
Association .....	10-11
February Fitness .....	13
Blast from the Past .....	12
2005 OMS Team Registration .....	14
2005 USMS/OMS Registration .....	15
Schedule .....	16

### Fastest Swimmer in the Water



Tom Jager to speak at Association Banquet. Tom was called the fastest swimmer in the water during his competitive career. He competed in the 1984, 1988, and 1992 Olympic games, and made it to the finals of the '96 trials as the oldest swimmer in the pool. His Olympic efforts earned him 5 Gold Medals

Hearing Tom speak is a once in a lifetime opportunity that no one will want to miss. Save the date of April 2nd, and register to attend the banquet. Banquet registration is part of the Association Entry, on page 11 in this Aqua Master.

The people behind O.M.S. Inc.

*Chairperson of the Board*

**Jody Welborn**

6687 SW Canyon Dr.  
Portland, OR 97211 - (503) 297-5889  
jodywelborn@mac.com

*Vice Chairperson - Sanctions*

**Alison Moore**

1158 SE 56th Ave  
Hillsboro, OR 97123 - 503-848-0898  
swimshark@earthlink.net

*Secretary*

**Rich Minter**

2725 NW John Olsen Ave #C32  
Hillsboro, OR 97124  
rich.minter@verizon.net

*Treasurer*

**Doug Christensen**

11700 SW Ridgecrest Dr.  
Beaverton, OR 97008 - (503) 754-2747  
dchristensen@rivermarkcu.org

*Registrar*

**Darlene Staley**

8590 SW Charlotte Drive  
Beaverton, OR 97007 - (503) 642-3586  
dstaley@pcc.edu

*Aqua-Master Editor*

**Dave Radcliff** (503) 648-7141  
dave@theradcliffs.com

*Data Manager(for swim meets)*

**Gary Whitman**

OMS Data Manage PO Box 1072  
Camas, WA 98607-1072 (360) 896-6818  
all5reds@msn.com

*Officials (for swim meets)*

**Jacki Allender** (541) 753-5681  
seewun@proaxis.com

*Host / Social*

**Ginger Pierson** (360) 253-5712  
gingerp@qwest.net

*Fitness Co-Chairs*

**Sara Quan** squan01@earthlink.net  
**Jani Sutherland** jani@athleticclubofbend.com  
(541) 389-7718

*Safety*

**TBA**

*Coaches*

**Jon Clark** (503) 614-7278  
jclark@pcc.edu

*Awards*

**Pam Himstreet** (541) 385-7770  
himstreet@bendcable.com

*Historian*

**Earl Walter**

*Records*

**Bert Petersen** (503) 252-6081  
petersen@exchangenet.net

*Membership*

**Tia Sitton** tsitton@samhealth.org  
H(541) 367-1323 W(541) 812-4127

*Long Distance*

**Bob Bruce** bobbruce13@attglobal.net  
H(541) 317-4851 W(541) 389-7665

*Web Master*

**Robbert van Andel**  
robbert@vafam.com

*Top Ten*

**Ann Goodman** (541) 298-4260  
edann@charter.net

*Short Distance*

**Robert Smith** (503) 244-3739  
dobbssmith@comcast.net

*Past Chair*

**Jeanne Teisher** (503) 574-4557  
jteisher97007@yahoo.com

## Chair s Corner by Jody Welborn

Hi!

I am Jody Welborn and welcome to my first article as Chair of Oregon Masters Swimming. I am excited, and a little anxious, to be leading a very active LMSC for the next couple of years.

For those of you who don't know me, I have participated in Masters swimming for about 7 years, returning to swimming, after a long delay, when my son started age-group swimming. (The chlorine's siren call could not be denied.) Like many of you, I am a fitness swimmer who competes in swim meets regularly and I use the competition to motivate my exercise program. I have volunteered with the Oregon LMSC for several years in various positions, including Secretary and Safety Chair and I am fortunate to have worked with some of the finest volunteers that our national organization, United States Masters Swimming, has to offer. I am active in USMS, serving on the Sports Medicine, Fitness and Safety committees and writing health related articles for the national publication.

I am also a cardiologist in private practice in Portland and I encourage all my patients to participate in an exercise program. It sets a good example when tell them that I exercise, and I love to tell them about the benefits of swimming.

Obviously, fitness is very important to my personal life and to my work. One of our LMSC board members, Pam Himstreet, is chair of the USMS Fitness Committee and over the past several years has really made this committee shine. Because of her leadership there are many resources available to fitness swimmers. The committee sponsors several events that focus on fitness and include the Check-Off Challenge, the Virtual Swim Series and the 30-Minute Swim. The Fitness website has many articles focusing on Fitness with a new one posted every month. The Long Distance committee also offers events that are excellent for fitness swimmers, including the One-Hour swim, the 5K/10K Postal Championship, and the 3000/6000 Postal Championship. The OMS fitness co-chairs are active members of the USMS Fitness committee and the OMS board will continue to offer resources and opportunities to those of you who consider yourself fitness swimmers, whether you compete or not. I encourage you to check out the Fitness webpage at [www.usms.org](http://www.usms.org) and, more importantly, let us know what ideas you have to encourage fitness in Oregon. You may email me at **jodywelborn@mac.com** with any suggestions.

I would also encourage any of you who are interested in contributing energy and ideas to Masters swimming to contact me at the above email. We are delighted to welcome anyone who would like to volunteer at any level and you will find that what you receive from volunteering in OMS exceeds what you put in.

Remember, swimming is for life.

Jody

*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 source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. Contact Darlene Staley or Doug Christensen 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. Information is also available on line at [www.swimmoregon.org](http://www.swimmoregon.org)*

## Last Splash - Gerald Huestis

On December 24, 2004, Gerald Huestis suffered a fatal heart attack. Several issues ago, Gerald was one of the featured members of our Greatest Generation. At that time he was recovering from a near fatal car accident. He fought back valiantly from that tragic accident. He was well on his way to recovery and was spending Christmas with his sister when he had the heart attack.

Gerald's son, Doug, and Doug's wife, Barbara Klencke, sent this message regarding a memorial service. *"We decided to postpone an event until Spring. His ashes are to be combined with his wife Alice's ashes, and scattered on Mt. Rainier. That is best done in the spring (or summer) as well. Please let everyone from the Oregon Masters know that we will let everyone know once we set a date for a Memorial. I also don't yet know if there will be a service in Waldport, in Portland, or on the slopes of Mt. Rainier - but we will let you know once plans are finalized."*

Gerald, Earl Walter, Andrew Holden, Gil Young and Allan DeLay moved Oregon Masters Swimming to the forefront in their age group. They combined for many National and World Records. Gerald will be missed but OMS was honored to have had him as a member for a number of years. (The Aqua Master will keep you informed of any Memorial Services.)



**Allan,  
Earl,  
Gerald  
and  
Andrew  
celebrate  
another  
Record**

**Earl,  
Gil,  
Andrew  
and Gerald  
celebrate  
another  
Record**





# Swimming with JON



Jon Clark, Coaches Rep

## Have New Year's Resolutions Gone Awry???

As we rang in 2005, many swimmers took the opportunity to set personal goals and / or training resolutions for the year. Approximately 60 MAC and OMS swimmers started the year off right with 105-50s on the minute on New Years day, as is tradition at the MAC. As we prepared to start the event several swimmers found time to inform me of their goals and ask me to help keep them on task as the year progresses. Fair enough... I wrote them down quickly realizing I would have some memory loss as I too was participating in the event. The following week in workout, I reminded swimmers of our goal conversations on January 1....

After a long silence one swimmer blamed a vicious hang-over and another on the flu as to their predictions.

Two weeks into January these goals are sometimes "adjusted" to fit reality or to compensate for the extra goodies consumed over the holidays. Doing the "Big Animal" at Canby may have been a reasonable goal, but by January 11 when the form was to be sent in, the "Little Animal" was much more appealing. By Super Bowl weekend goals are adjusted again for weather conditions and or depression due to your loss on the last play of the game in the office betting pool.

Now the pitch.... The February Fitness Challenge (FFC) can help get you back on track. The event is also at a per-

fect time of year if you are training for Association or Zone meets in April. Coaches love to tout base training as each season begins. No matter what your training or meet goals are, February training will be the difference when the spring events come around. Here are some ideas to help motivate your participation in the FFC.

- Challenge a teammate to meet you at each workout. Perhaps a monetary exchange or paid meal (although not sanctioned) for missing a workout between the participants.
- E-Mail a rival or friend on another OMS club daily with updates on your progress... This may include exaggeration as long as it is not on your entry form.
- Set a goal yardage and/or number of workouts attended that is a little more than in past years. Reward yourself with something nice if you reach the goal.
- Use it as a launching point to train for some open water events in the spring and summer. If you have never done an open water event, you are missing out on a great part of OMS.
- BASE TRAINING!!!! If your goal is to do well in April and May events, now is the time to train hard. It makes that two-week taper the end of March that much more fun.

Nothing like 4 x 1000 to remind you that the FFC is here... Happy New Year! (late). The FFC Entry is on page 13.

## Why I Did the February Fitness Challenge - Notes from the Pool

*Thank you for another February of teaching me stick-to-itness, great psychological benefit, it's the mind that gives up not the body. When asked the secret to success in sports, I simply reply SHOW UP. Tom Hetzel, PH.D – Masters of South Texas*

*Thanks again for sponsoring February Fitness. It helped keep me going and take my mind off the side effects of radiation treatments for breast cancer – again thanks! Pat Dempsey*

*Thanks once again for the opportunity to challenge ourselves in the cold winter months. We enjoyed it. .... I was able to convince some new people to enter the challenge. THAT is what it is all about! Linda Crowe –YWCA of Terre Haute*

*My wife and I made a goal to swim every day. The main lesson I've learned from my experience is that anyone can change their habits. Realistic goals such as swimming every day for a month helped me considerably. If I'd made a goal of simply "swimming more," my fitness level would not have changed noticeably. I also would probably have failed to*

*swim more than the previous month since the goal would have been too trivial. Setting a significant, but obtainable objective, is the key to goal setting. Hugh Moore of PNA*

*I raised over \$9,000 for the local Hospice, so I did not use any training aids or equipment. It was good to have the extra motivation. Billy Atkins*

*Keep up the February Fitness Challenge. It is a lot of fun and makes a person feel good at what they have accomplished. Anne Schmidt*

*Cold weather means nothing. Rainy days don't matter. And a February Fitness Challenge means three practices instead of one. Mike Hall: YWCA Piranhas*

*Thanks for sponsoring the February Fitness Challenge. It gives me something to stretch for. I always increase my yardage significantly during the month, however I am glad when it is over. Brad Norby - Idaho Falls Masters*

*I was grateful for the challenge and am so glad that I was able to do it .... and feel that the challenge was a great opportunity for progress. Marion Chadwick - Bellevue*

*Thanks to all for promoting the challenge. In doing this, I found that I felt healthier and stronger. It just made me realize that I should work harder each time.* Maryan Burke – PNA

Linda Bamford is a relatively new masters swimmer. She was kind enough to share with us her swimming experience and motivate the beginner or advanced swimmer to tackle any swimming goal they set before them.

*From 0 – 270,615 yards in Two Years or less...*

*In March of 2002 I made my first adventurous attempt to lap swimming. I did the crawl for about 10 yards and used some childish rendition of the breast stroke to limp to the other end of the pool. There I paused and wondered how in the world I would ever get back to my towel. I did not know how to breathe. I did not know how to kick. I had some vague notion of what other swimmers did but after one lap I was totally mystified how anyone continued lap after lap after lap. This was hard work.*

*I went to the gym on a regular basis and considered myself fit. I was comfortable in the water. I had taken many lessons at drowning while aggressively involved in water skiing and was a seasoned scuba diver experienced in diving with sharks, large mammals and surging currents, but I found lap swimming a mesmerizing mystery and a challenge of both mind and body.*

*In my first attempt to conquer the 25 yard pool, I spent at least 3 days a week for well over a month with the solitary goal to swim a single length of the pool without stopping. Every day I left the pool in a perplexed and saddened state yet stubbornly I continued to return. Then one day while paging through the records of a friend involved with Master swimming, I came across the results of the annual One Hour Swim. I saw the name Luella Tyra 90 years old, distance 975 yards. Luella, you became my role model. Surely if a 90 year old could swim 975 yards, a 49 year old should be able to swim at least that far. Luella, thank you for hanging in there. Thank you for making your One Hour Swim and thank you for giving inspiration and hope to a new swimmer.*

*In early 2003 I had been invited to join VCM and went to a couple of workouts but chose to watch from deck. Each time I left the workout I felt like I had been sucker punched. I was totally overwhelmed, sick to my stomach and depressed beyond words that I would never be able to come close to participating in a group that seemed so willing to have me join.*

*Slowly but surely I continued to work on my own and in March of 2003 I joined VCM. In addition to limited swimming ability I had zero swim vocabulary and no idea how to use a pace clock. Vocabulary ignorance and misconceptions continue to haunt me to this day. I was in constant awe at the lanes full of swimmers I shared the water with. Swimmers, you are such amazing athletes and your abilities are simply astounding.*

*By February of 2004 I had swam a 3K, a One Hour Swim, participated in my first meet and was enjoying my coached workouts. I was not a great swimmer or a strong swimmer*

*but I continued to push on. (She was ready for FFC)*

*By this time I had met a great buoy friend. His first name was Pull. Pull Buoy became my constant companion through the entire month of February, and I do mean constant. On February 1st I made the longest swim to date. I swam 8,500 meters. I was overjoyed and scared to death at the same time wondering if I would be able to get out of bed the next day. I did get out of bed but decided to take it easy and the next day Pull Buoy and I swam a partial workout of 2,800 yards. The next few days I pushed a little farther but tried hard not to overdo. I had grand hopes of swimming 100,000 yards for the month and did not want to strain any muscles so early in the game; however I experienced no significant pain and continued to inch up my daily yardage. Swimming with friends and spending extraordinarily long hours in the pool, I accomplished that goal by the end of the second week; 105,415 yards. I was now inspired. If I could possibly duplicate what I did the first 2 weeks I could surpass 100 miles, so I listed the individual yardage for the first 14 days and told myself each day I must choose a previously swam distance. If I could swim beyond this distance I could save the extra yardage in hopes of banking enough yards to eliminate an entire day's swim. I was now swimming slower and spending even more time in the water. On the 26th I crossed 220,000 yards /125 miles. Now I had a decision to make on how I would spend the next four days. I could coast and take it easy or I could shoot for 150 miles. In order to make 150 miles I needed at least one 20,000 yard day. I saw no sense in waiting till the last day to be disappointed. If I was going to attempt this feat I decided I must try it the very next day. I took the day off work and headed for the pool. I spent 7 hours & 40 minutes in the water - I never got out of the water, I took no significant breaks. The important thing I learned during this day was to find a comfortable pace no matter how slow and just keep going. I traded off between fins and a pull buoy to get the job done.*

*My proudest day was the last, February 29th, when I swam 1 hour and 40 minutes straight with energy to spare. Perhaps because it was the last day I ended the swim, swimming harder and faster than any other time during the month. I was giddy with glee for days. It was so much fun!*

*There are no goals on this page I expected to accomplish, I just kept swimming. Perhaps because this swim evolved rather than being a forced and structured event it was mentally easier on me. This was not something I expected to do. It is something I will always be very proud of.*

*Thank you Barracudas for sponsoring an event that inspired me to swim far beyond anything I would have attempted to do as an individual. I may never be a great swimmer, but I do enjoy the sensation of moving through the water. Master swimmers, have patience with your newbie swimmers. You have no idea how much we don't know. Someday we might make you proud, but regardless, know that we will be forever grateful you were there to help.*

*A special thanks to all my team mates & Kind regards to all, Linda A. Bamford*





# LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

The highest distinction for a Masters long distance swimmer is to be named to the USMS Long Distance All-Star Team. To be considered for this honor, swimmers must participate in at least three of the ten National Long Distance Championship events, including at least one open water and one postal event. Points are tabulated on their placement in each event, much like our system of scoring the Oregon Open Water or Postal Series. The top point-scorer in the nation in each age group—and only one from each age group—is named to the All-Star Team. Two Oregonians, Steve Johnson and Ray Allen, join 19 other outstanding swimmers in the nation in earning that honor in 2004!

Steve Johnson (Emerald Aquatics, Men's 55-59 age group) returns to the All-Star team that he also made in 2001. He has been a driving force in long distance swimming for a long time, having served as organizer for numerous open water swims and triathlons in the Eugene area. Last year, Steve swam in six long distance national championship events, winning the 3.5-km. open water swim at Applegate Lake and every postal swim except the one-hour, where he placed second. He broke the Oregon Record in both the One-Hour and the 5-km. swims, and now holds every Oregon Long Distance Record in his age group. Along with Bob Bruce, Tom Landis, and Dave Radcliff, he also holds a portion of all of the National Long Distance Relay Records in his age group except the One-Hour Swim,

which the team missed by only five yards last January. In 2004, Steve also placed an extremely close second—within a body length—in the 3-km. open water race at the FINA World Masters Championships in Riccione, Italy.

Ray Allen (Southern Oregon Masters, Men's 75-79 age group) is well known among Oregon open water aficionados as the "Old Man in the Lake", having been the oldest entrant in every Oregon swim that he entered this year. Ray is a testament to persistence, and we love his steady smile and hearty laugh! Last year, Ray won the 3.5-km. Applegate swim and the 6000-yard postal championship, placed second in the postal 3000-yard, and tenth in the One-Hour. He also added a little maturity to the Oregon Men's 65+ 3 x 6000-yard relay, also including Brent Lake and Dave Radcliff, which set a new National Record. Ray now holds three Oregon Records in his age group; we haven't persuaded Ray to take on the challenge of the long course postal swims yet!

Steve and Ray join a distinguished group of Oregonians who have been named previously to the USMS Long Distance All-Star Team, an elite list that includes are Lavelle Stoinoff (1995), Pam Himstreet (2001), Sara Quan (2001), Gina Dhom (2002), and Mary Sweat (2003). Congratulations to Steve and Ray for their outstanding achievement!

Good luck and good swimming!



Steve Johnson, with former winner Mary Sweat



Ray Allen, "Old Man in the Lake"



# GET FIT

## WITH JANI AND SARA



### Hydration Revisited

In 2004 the Food and Nutrition Board of the Institute of Medicine released new Dietary Reference Intakes for water, sodium and other electrolytes. The recommendations are for the average adult, who could be sedentary or just mildly active. For athletes training regularly it may be necessary to modify these guidelines.

The Institute of Medicine recommends that adult males consume 3.7 liters of fluid daily, while female adults should consume 2.7 liters. The Institute of Medicine advises that fluid intake be driven by thirst and by consuming beverages at mealtimes. This recommendation does not benefit athletes who should rely on more than thirst to maintain adequate hydration. Body fluid levels are already low when you feel thirsty.

Sodium recommendation focuses on the prevention of high blood pressure, with sodium intake being limited to 1500 mg daily. Research indicates that reducing sodium intake along with a high potassium intake can help prevent the increase in blood pressure that comes with aging.

As an athlete, hydrating before training and rehydrating

after training is a top nutritional priority. Make it a daily habit to carry a water bottle to encourage steady fluid intake. Remember that juices, milk, yogurt and fresh fruit are hydrating. Clear urine during the day is a sign of adequate hydration (urine is more concentrated in the morning so check it during the day).



The Institute of Medicine acknowledges that it's sodium guidelines cannot be applied to most athletes. Daily sodium loss through urine is about 25 mg daily in a sedentary person but can range from 460-1800 mg in an active person. How much sodium an individual loses is a product of your sweat rate and sodium loss. Sodium can be replaced with a sports drink containing sodium or with the sodium in your daily diet. You do not need to replace all the sodium you lose during

training; consume just enough to prevent sodium levels from dropping too low. If you are being treated for hypertension check with your doctor regarding sodium intake.

And don't just take that water bottle to practice!! Keep it full and with you all day long.

### COMA hosts the 2005 USMS Virtual Swim Series

January 1 begins the Virtual Swim Series for 2005. Start logging your practice and meet yardage and see how far you swim during the year. Mary Sweat of COMA has created three types of computerized logs to transpose your distances into Virtual Swims. Each swim now has a graph that you can see your daily progress converted instantly into miles as you enter your data. Find the swims and logs in the Fitness Section of the USMS website. If you are lazy like I am, you can jot down your yards or meters in a notebook and put it in the logs as you have time. The logs are really fun. Check them out!

We are also looking for swimmers to create new Virtual Swims. They can now be any body of water in the world and a new logo will soon be on the web announcing this fact. Did you swim in some exotic water this year or just dream of going to that special place? Write up a virtual swim about it. Distances should be anywhere from 10 to 200 miles. Need help? email Pam Himstreet [himstreet@bendcable.com](mailto:himstreet@bendcable.com)



# Tualatin Hills Pentathlon

## OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

*"One of the most fun, highly competitive and best attended meets in the OMS schedule year!"*

Eligibility: Currently registered USMS swimmers, 18 years and older.

Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #375-02

Place: Tualatin Hills Aquatic Center Pool

15707 SW Walker Rd.

Beaverton, Oregon

6-8 lanes competition-electronic timing

Separate continuous warm-up/down lanes

Hosted by the Tualatin Hills Barracudas

Meet director: Rachel Skoss • 503-644-2622 • skossr@yahoo.com.au

**Date: Saturday, February 19, 2005**

Warm-ups: 8AM  
Meet Starts: 9AM

Directions to the pool: Hwy 26 west to Cornell Road exit. Turn left and cross over the Hwy heading south. Turn left again at signal light and travel south on 158th Ave. Pool will be on your left.

**All entrants must submit a photocopy of their current 2005 registration card or the 2005 registration form and fee with this entry.**

**ENTRY DEADLINE: POSTMARK NO LATER THAN FEBRUARY 4, 2005**

*✂* FILL IN LOWER PORTION COMPLETELY ☐ RETURN LOWER PORTION ☐ FILL IN LOWER PORTION COMPLETELY *✂*

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

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

PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

2005 USMS # \_\_\_\_\_

USMS CLUB (OREG, MACO, PNA, ETC) \_\_\_\_\_

IS THIS YOUR FIRST OREGON MASTERS MEET? ☐ YES ☐ NO

*"Enter as many as five events. If you choose to not enter all 5 events in either the sprint or mid distance category, you will not be scored as a pentathlon."*

**Sprint**

Feb. 19, 2005

**Mid Distance**

**50 FLY (1)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FLY (2)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BACK (3)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BACK (4)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**Break**

**50 BREAST (5)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

**50 FREE (7)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

**Break**

**100 I.M. (9)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 I.M. (10)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* PLEASE ENTER YOUR BEST TIME OR ESTIMATED TIME. DO NOT USE NT (NO TIME). ENTERING "SANDBAGGED" TIMES TO GET ADDED REST TIME BETWEEN EVENTS OR CALM WATER IS DISCOURAGED. PLEASE BE FAIR TO ALL... THANKS

**RULES: A 10 SECOND PENALTY WILL BE ADDED TO YOUR TIME FOR ANY STROKE/TURN INFRACTION. A FALSE START ELIMINATES YOU FROM THE FIVE EVENT COMPETITION, BUT NOT FROM SWIMMING ANY OTHER RACES. YOUR TOTAL TIME FOR THE FIVE EVENTS**

**DETERMINES YOUR FINAL PLACING.**

"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 & competition), including possible permanent disability or death, and agree to assume all 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, HOSTS FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

MEET ENTRY FEE: \$15.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.  
MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072



# Chehalem Short Course Yards Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #375-03

Eligibility: Currently registered USMS swimmers, 18 years and older.

Unregistered swimmers must submit a 2005 registration form and fee with this form.

Hosted by: Chehalem Swim Team

Location: Chehalem Aquatic Center  
1802 Haworth  
Newberg, OR 97132

25 yards ~ 6 lanes competition-electronic timing  
separate warm-up/down area

DATE: Saturday and Sunday March 5-6, 2005

**WARM-UPS: 9AM**  
**MEET STARTS: 10AM**  
(BOTH DAYS)

Meet Director: Carlea Ladrini • Phone 971-506-4873 • e-mail cladrini@yahoo.com

**Directions to Pool: I-5 north or south, take exit 289 (99W or Pacific Hwy). Go west on 99W until you reach Newberg. In Newberg, turn Right on Villa Rd. (Walgreens will be on your left). Turn Right on Haworth and the pool is on the right.**

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT 2005 USMS REGISTRATION CARD WITH THIS ENTRY.

**ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY FEBRUARY 18, 2005**



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY



NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

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

PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

2005 USMS # \_\_\_\_\_

USMS CLUB (OREG, MACO, PNA, ETC) \_\_\_\_\_

IS THIS YOUR FIRST MASTERS MEET? \_\_\_\_\_ Yes \_\_\_\_\_ No

AGE GROUPS: 19-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 19+, 25+, 35+, 45+, 55+, 65+, 75+, ETC. **YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS, NO MORE THAN 5 PER DAY, PLUS UNLIMITED RELAYS. ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200Y, 400Y OR 800Y (800Y FOR FREE RELAYS ONLY). THE 500, 1000 & 1650 FREESTYLES & 400 IM WILL BE DECK SEEDED. CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM. ALL EVENTS WILL BE SEEDS SLOW TO FAST.**

## SATURDAY, MARCH 5

**1000 FREE** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**\* break- 20 min. warm-up\*** (event 2 will start no earlier than 11am)

**50 FLY** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BACK** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FREE** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 IM** (5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**\* break\***

## FREE RELAYS (6-11)

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

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

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

## MIXED MEDLEY RELAYS (15-16)

**\* break\***

**500 FREE** (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

## SUNDAY, MARCH 6

**400 IM** (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FREE** (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BREAST** (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

**\* break\***

## MIXED FREE RELAYS (22-24)

**200 IM** (25) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BREAST** (26) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FREE** (27) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BACK** (28) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

## MEDLEY RELAYS (29-32)

**\* break\***

**1650 FREE** (33) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

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

**MEET ENTRY FEE: \$15.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.**  
**SEND FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072**

# OMS Association Championship

April 1-3, 2005

## OFFICIAL RULES AND GUIDELINES

### DISTANCE EVENTS CHECK- IN DEADLINES/TIME PERIODS

Friday, April 1, **1000 Free** – 3:00 p.m., **1650 Free** – 4:30 p.m.

Saturday, April 2, **400 IM**– Between the start of the 50 Breast and the start of the 200 Breast

Sunday, April 3, **500 Free** - 8:30 a.m.

### RELAYENTRIES DEADLINES

Saturday, April 2, **Mixed Free Relay** – 9:15 a.m.

**Medley Relay** - By the end of the 100 Free

Sunday, April 3, **Mixed Medley Relay** – By the end of the 100 Breast

**Free Relay** - By the end of the 100 Fly

**SEEDING FOR DISTANCE AND RELAY EVENTS WILL BEGIN PROMPTLY.**

**AT THE TIMES LISTED ABOVE, THE EVENT WILL BE OFFICIALLY CLOSED.**

**THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.**

**TEAM SCORING:** There will be three team categories (Small, Medium, and Large) based on the number of "entered" swimmers from a team. **Only teams registered by March 11, 2005, will be able to score points.** There will be a meeting of all the team representatives on Saturday morning at 8:45 a.m. to vote on the breakdown of the teams into three categories. At this meeting we announce the number of swimmers entered per team and look for the "natural breaks" in those numbers. For example, in the past we have used as a guideline the groupings of 1-9, 10-19, and 20 or more swimmers, but this can vary from year to year. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the team competition. Team names and abbreviations are listed on the 2005 OMS registration form in this issue of the Aquamaster. Someone from your team must register the team for 2005.

**The team registration form is included in this issue. Please make sure your team is registered.**

**As of January 4, there are 11 teams registered. They are:**

Central Oregon Masters Aquatics COMA  
Circumnavigating Beavers Aquatics Team CBAT  
Columbia Gorge Masters CGM  
Grass Valley Masters GVM  
Mount Hood Masters MHM  
Mountain Park Masters MPM

Multnomah Athletic Club MACO  
Oregon Wetmasters OWET  
Rogue Valley Masters RVM  
Salem YMCA SYM  
Tualatin Hills Barracudas THB

What you write down on your entry form is your team designation for the meet and no exceptions will be allowed. If you leave this Local Team space blank you will be entered as the team listed on your 2005 USMS card for scoring purposes.

**TEAM AWARDS:** Awards for First, Second, and Third Place will be awarded for each team category

**IF YOU HAVE ANY QUESTIONS ABOUT THE RULES AND GUIDELINES FOR THIS MEET  
PLEASE CONTACT Alison Moore, [swimshark@earthlink.net](mailto:swimshark@earthlink.net) 503-848-0898**

# OREGON MASTERS SWIMMING ASSOCIATION SHORT COURSE YARDS CHAMPIONSHIPS

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #375-04

Eligibility: Currently registered USMS swimmers, 18 years and older. Unregistered swimmers must submit a 2005 registration form and fee with this form.

Location: Canby Municipal Pool

1150 S Ivy

Canby, Oregon 97013

5 lanes competition-electronic timing

1 lane continuous warm-up/down lanes

**DATE: Fri., Sat. & Sun.-April 1-3, 2005**

**FRIDAY: WARM-UPS: 3PM • MEET STARTS: 3:30PM**

**SATURDAY: WARM-UPS: 8AM • MEET STARTS: 9AM**

**SUNDAY: WARM-UPS: 8AM • MEET STARTS: 9AM**

Hosted by: Canby Swim Club "The GATORS"

Meet director: Kenneth Schuh • Phone: 503-266-1345 • E-mail kdschuhmeister@aol.com

Directions to the pool: **Southbound-** I-205 South to Exit 9 (99E, Oregon City, Gladstone), turn left onto HWY 99E (Oregon City, Canby). continue south on 99E, turn left on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center • **Northbound-** I-5 North to Exit 278 (Aurora), turn right on Ehlen Rd and follow into Aurora, turn left onto 99E, drive North into Canby, turn right on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center

OMS souvenir/participation award for all entrants

**ENTRY DEADLINE: POSTMARK NO LATER THAN MARCH 11, 2005**

FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

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

PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

2005 USMS # \_\_\_\_\_

LOCAL TEAM (SEE LISTINGS ON 2005 GUIDELINES FORM) \_\_\_\_\_

USMS CLUB (OREG, MACO, PNA, ETC) \_\_\_\_\_

IS THIS YOUR FIRST MASTERS MEET? \_\_\_\_\_ YES \_\_\_\_\_ NO

AGE GROUPS: 19-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 19+, 25+, 35+, 45+, 55+, 65+ AND 75+. YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS PLUS 4 RELAYS WITH NO MORE THAN 4 INDIVIDUAL EVENTS PER DAY. ENTER RELAYS AT THE MEET. ONLY 200 YARD RELAYS WILL BE CONTESTED AND COUNTED FOR TEAM POINTS. \*YOU MAY ENTER EITHER THE 1000 FREE OR THE 1650, BUT NOT BOTH. THE 400IM, 500, 1000 & 1650 FREESTYLES WILL BE DECK SEEDED. SEE GUIDELINES PAGE REGARDING CHECK-IN CLOSING TIMES FOR THESE EVENTS AND FOR RELAYS. ALL EVENTS WILL BE SEEDED SLOW TO FAST. SEE GUIDELINES PAGE FOR MORE INFORMATION. YOUR TEAM MUST BE REGISTERED FOR 2005 IN ORDER TO SCORE POINTS.

## Friday, April 1, 2005

**1000 FREE\*** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**Break- 15 minute warm-up**

**1650 FREE\*** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* You may enter the 1000 or 1650 but not both

## Saturday, April 2, 2005

**200 IM** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BACK** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FLY** (5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

\* break\*

**200 MIXED FREE RELAYS (7)**

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

**200 BREAST** (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FLY** (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

**200 MEDLEY RELAYS (11-12)**

**400 IM** (13) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**ASSOCIATION/AWARDS BANQUET - 6PM, CLACKAMAS COUNTY FAIRGROUNDS**

"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 & 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, HOSTS 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 \_\_\_\_\_

Association/Awards Banquet • Saturday Evening \$15.00 (all ages) \_\_\_\_\_ each @ \$15.00

T-Shirts \$15.00 ea. (circle size) S M L XL XXL (\$17) 3XL (\$18) 4XL (\$19) 5XL (\$20)

## Sunday, April 3, 2005

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

**Break- 20 minute warm-up, event 15 will not start before 10 am**

**100 BREAST** (15) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

**50 BACK** (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

**200 MIXED MEDLEY RELAYS (18)**

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

**200 BACK** (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FREE** (21) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 IM** (22) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FREE RELAYS (23-24)**

Please plan  
to attend the OMS Annual Meeting on Saturday  
at 5pm - Clackamas County Fairgrounds and be a  
part of this great organization and stay to hear Tom  
Jager speak!

DATE \_\_\_\_\_

**AWARDS BANQUET** \_\_\_\_\_

**T-SHIRTS** \_\_\_\_\_ X \$ = \_\_\_\_\_

**MEET ENTRY FEE** **22.00**

**TOTAL ENCLOSED** \_\_\_\_\_

**MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.**

**SEND FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO BOX 1072, CAMAS, WA 98607-1072**



## Our Blast from the Past Continues with articles from the December 1983 Aqua Master **“How to Swim Your Best 400 IM and 1650 Free Event”**

by Robert Smith

These events are the best and purest forms of evaluating your aerobic conditioning. A swimmer in an aerobic event gains their energy from the air breathed, blood pumped and delivered to the local muscles during the event. The 400 IM requires about 75% energy from aerobic/cardiovascular abilities. The other 25% comes from energy stored in your body before the event and repaying the energy debt after you finish. The 1650 freestyle requires 95% aerobic energy.

Measuring yourself aerobically is important since life and therefore health is mostly an aerobic event. Even sprinters should enter these events. I have optimized my body and training regime to hold national records in the 50 free and 100 IM sprint events but this helps me little in aerobic events. Evidently conditioning and not technique is more important since I've been trying vainly for 10 years to get in the top 10 in the 400 IM. Nevertheless I'll keep trying for a personal record and I'll record my times in my diary for comparison in later life. *(21 plus years after writing this article the Aqua Master checked the Top Ten Times for 60-64 year old swimmers. We are happy to report that the aerobic training these past years has paid off. Robert Smith had an 8th place ranking in the 1000 SCY Free. In the 400 IM SCM he was ranked 5th.. Way to go Dr. Sprint.)*

In general, aerobic training involves multiple swim sets of at least 10 minutes duration, each repeat should be 1/4 to 1/2 the race distance with rest periods never exceeding 60

seconds, heart rates and swim speeds of at least 80% of maximum or race time for the distance with major emphasis on the average time for the repeat set. This usually means longer yardage with swim times perhaps 5 to 10 times longer than rest times.

**400 IM Techniques** - The best IM swimmers will consider it a stroke in itself with their total workout yardage fairly evenly divided among the 4 strokes. Your training should be 75% aerobic with many stroke changes. In a race never totally exhaust yourself in one stroke but always push your weak strokes and ease off in your best strokes. In general start slow and build up throughout the race until the final 50 all out sprint. Warmup very well emphasizing the breast-stroke rhythm since this is a key stroke. Always concentrate on your stroke transitions and establish yourself quickly in the new stroke.

**1650 Free Techniques** - The best distance swimmers are masters of pacing themselves. They can judge pace to within .5 seconds per 100 split. World records are broken by pacing workouts and planning splits well in advance. Your training should be 95% aerobic with emphasis on pacing. slowdown/speedup splits are very energy wasteful, always stay at your maximum constant velocity throughout the race till the final sprint. Stroke emphasis is on the pull with a rather long circuitous pattern with de-emphasis on leg kick using perhaps 1 kick per arm stroke.

---

## (and) **“Never in the Right Place at the Right Time - Until Now”**

In 1954 a young man asked the coach of a Canadian Age Group Swim team if he could try out for the team. He was turned down. The coach was George Gates, later to be Canada's Olympic Coach and the swimmer was Bert Petersen, now age 45 and swimming for Mt. Hood Masters. With perserverance and the help of another Master, Jerry MacNamee. Bert was able to try-out; gasping through a 100 yard freestyle, the farthest he had ever swum until then.

Seven months later the young Canadian from Ocean Falls, BC broke his first of many Canadian records in butterfly - the 40 yard. Four months later he became the first Canadian to ever break a minute in the 100 yards fly. In 1956, he went to Long Beach City College and established National J.C. records in the 100 and 200 fly as well as breaking Joe Verdeur's long held 200 fly AA.U.- USA record.

1957-58 found Bert at Ohio State where he swam for Coach Mike Peppe - in the shadow of world record holder Al Wiggins. Coming back to Canada in 1959, Bert never really swam seriously again - a short “out of shape” season in 1960 for the University of British Columbia and then . . .

oblivion, for 23 years.

Now - to explain our title. In 1954, the British Empire Games were unknown to the young non-swimmer and in 1955 the Pan American Games required a 200 meter man - not 40 yards. By 1956, the Olympic team from Canada would have welcomed the 6th fastest butterflyer in the world but he was surfen' USA and did not attend the finals. Finally ready for international competition, Bert saw 1957 come and go with no major meets abroad. In 1958, he attended the Canadian British Empire Games trials as a winner. Unfortunately, the team could only afford one swimmer per event and once again the boat was missed.

1984 could be the year of the comeback for Bert. He is only 1.6 seconds away from the National Record in the 50 fly and 4.4 seconds away in the 100. He should be ranked in the top 3 in the USA in these events this year.

Isn't it great that in Masters Swimming, one never has to say “it's now or never!”

*(USMS records for 1993 to 2002 show Bert with 19 All American swims in the 50 and 100 Fly)*



# February Fitness Challenge 2005

**Host:** Tualatin Hills Barracudas, Beaverton, Oregon

**Purpose:** To promote fitness through aquatics by encouraging participants to visit the pool regularly and to track results over a monthly period.

**Rules & Eligibility:** Use of training aids and equipment IS permitted. You must be at least 18 years of age.

**Three Challenges:** We have three challenges: 1) count your yardage; 2) count your days; and 3) count the number of people in your group.

**Group Participation:** To be eligible for one of the top Group Participation Awards, groups must send entries together, in one packet. Groups may consist of individuals who do either challenge. Please specify the group name and contact person. There is no additional fee.

**Recording Results:** Beginning February 1, 2005, record on the form below: either the number of yards completed each day (for lap swim, jog-a-lap, etc.), AND/OR the number of days you visit the pool for an aquatic fitness activity (e.g. water aerobics, etc.). PLEASE BE AS ACCURATE AS POSSIBLE!

**Conversions:** To convert meters to yards for yardage counting, add 10% to the meter distance to obtain the yard distance.

**Monthly Totals:** At month's end, add daily results to obtain monthly total.

**Caution:** Use caution when attempting to improve fitness level. Increases in activity should be gradual over an extended period. If you have any questions or concerns, please consult your physician.

**Age Groups:** 18-24, 25-29, 30-34....etc., (in five-year increments). Age is determined by your age on February 28, 2005.

**Awards & Results:** All participants receive final results and an achievement certificate. Three female and three male swimmers in each age group with the highest monthly yardage totals receive awards. A special FFC pin will be given to every swimmer who swims each day. Please allow at least 30 days after deadline for mailing of results and awards.

**Group Awards:** The top three groups with the largest number of participants will receive special awards. The group with the top total yardage will receive a special award.

**Entry Fee:** \$8.00 for one individual challenge. Select either "Counting Yardage" or "Counting Days" on the form (below). If you would like to do both individual challenges, select "Both" and add \$4 to your entry fee. All fees payable to **Tualatin Hills Barracudas**.

**T-Shirts & Caps:** \$14.00 for short sleeve, 100% cotton T-shirts, with the 2005 Fitness Frog. Custom Latex swim caps with frog logo available for \$4.00.

**Entry Deadline:** Entries must be RECEIVED by March 11, 2005. Late entries will not be accepted.

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

February Fitness Challenge  
16055 SW Walker Road #126  
Beaverton, Oregon 97006

**e-mail:** FebFitness@swimoregon.org

**web page:** <http://www.barracudas.org>

**International Entries:** \$8.00 additional postage fee required; mail early to ensure arrival by entry deadline.

**Workout/Fitness Brochure:** Check the Barracuda Web Page for a special February Fitness Challenge Workout Brochure. (Can be down loaded as a pdf file) **web page:** <http://www.barracudas.org>

\*\*\*\*\*

## February Fitness Challenge 2005: Entry Form (please Print)

**NAME:** \_\_\_\_\_ **AGE(as of 2/28/05):** \_\_\_\_\_ **SEX:** \_\_\_\_\_

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

**ZIP:** \_\_\_\_\_ **COUNTRY:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**E-MAIL:** \_\_\_\_\_ **NAME OF GROUP:** \_\_\_\_\_

**RESULTS** ☐ Electronic results via email address listed above ☐ Paper results via US Postal

**Select Your Challenge(s) (please check one):** 1) Counting Yardage \_\_\_\_\_ 2) Counting Days \_\_\_\_\_ 3) Both \_\_\_\_\_

Yards/Days		Yards/Days		Yards/Days		Yard/Days	
Tues Feb 1	_____	Fri Feb 11	_____	Mon Feb 21	_____	Fri Feb 25	_____
Wed Feb 2	_____	Sat Feb 12	_____	Tues Feb 22	_____	Sat Feb 26	_____
Thu Feb 3	_____	Sun Feb 13	_____	Wed Feb 23	_____	Sun Feb 27	_____
Fri Feb 4	_____	Mon Feb 14	_____	Thu Feb 24	_____	Mon Feb 28	_____
Sat Feb 5	_____	Tues Feb 15	_____				
Sun Feb 6	_____	Wed Feb 16	_____				
Mon Feb 7	_____	Thu Feb 17	_____				
Tues Feb 8	_____	Fri Feb 18	_____				
Wed Feb 9	_____	Sat Feb 19	_____				
Thu Feb 10	_____	Sun Feb 20	_____				

**MONTHLY TOTALS** = \_\_\_\_\_ **YDS** \_\_\_\_\_ **DAYS**

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

(I attest that the above results are accurate and true)

**Fees:** Entry Fee \$ 8.00 \_\_\_\_\_(required)

2nd Challenge \$ 4.00 \_\_\_\_\_(optional)

T-Shirt \_\_\_\_ x \$14.00 \_\_\_\_\_(optional)

\*Circle T-shirt size (s): S M L XL XXL

Swim Cap \_\_\_\_ x \$ 4.00 \_\_\_\_\_(optional)

International Fee \$ 8.00 \_\_\_\_\_(outside US)

Total: \_\_\_\_\_ (US funds only)

(please make checks payable to **Tualatin Hills Barracudas**)



# Local Team Registration

This form must be postmarked by the entry deadlines of the 2005 OMS Association Championship and the 2005 OMS Open Water Championships, in order for a team to compete as a "local team" at those events.

**TEAM NAME** \_\_\_\_\_ **ABBREVIATION** \_\_\_\_\_

## TEAM REPRESENTATIVE INFORMATION (must be an OMS member)

**Rep. Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone 1** \_\_\_\_\_ **Phone 2** \_\_\_\_\_

**Email** \_\_\_\_\_

## TEAM INFORMATION

**Number of swimmers on team** \_\_\_\_\_

**Workout Schedule** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## COACH INFORMATION

**Coach Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone 1** \_\_\_\_\_ **Phone 2** \_\_\_\_\_

**Email** \_\_\_\_\_

## POOL INFORMATION

**Pool Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Mail to:** Tia Sitton, Membership Chair, 42455 N River Dr. Sweet Home, OR 97386  
email - [tsitton@samhealth.org](mailto:tsitton@samhealth.org)





**OREGON MASTERS SWIMMING  
UNITED STATES MASTERS SWIMMING  
YEAR 2005 REGISTRATION**

☐ Renewal - 2004 USMS #

☐ New Member

<b>Last Name:</b> (Please register with the name you will use for competition.)	<b>First Name:</b>	<b>M.I.:</b>
--	--------------------	--------------

**Address:**

City:	State:	Zip:
-------	--------	------

Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: ☐ M ☐ F

E-mail Address: _____		Do you coach a Masters Team	Yes <input type="checkbox"/>	No <input type="checkbox"/>
<input type="checkbox"/>	Electronic Delivery ( <i>I prefer to receive the Aqua Master electronically</i> )			

Club: OMS is comprised of two clubs or you may register unattached. ☐ OREG ☐ MACO ☐ UNATTACHED  
(Unattached members cannot swim in relays)

Local Team: Choose name and abbreviation from list below (Name) \_\_\_\_\_ (Abbreviation) \_\_\_\_\_

<b><u>REGISTERED FOR 2005</u></b>					
<b>Central Oregon Masters</b>	<b>COMA</b>	<b>Rogue Valley Masters</b>	<b>RVM</b>	<b>Mittleman Jewish C.C.</b>	<b>MJCC</b>
<b>Circumnavigating Beavers</b>	<b>CBAT</b>	<b>Salem YMCA Masters</b>	<b>SYM</b>	<b>Mountain Park Masters</b>	<b>MPM</b>
<b>Columbia Gorge Masters</b>	<b>CBAT</b>	<b>Tualatin Hills Barracudas</b>	<b>THB</b>	<b>Parkrose Masters Swim Team</b>	<b>PMST</b>
<b>Emerald Aquatics</b>	<b>CGM</b>	<b><u>NOT REGISTERED FOR 2005</u></b>		<b>Pendleton Masters</b>	<b>PEND</b>
<b>Grass Valley Masters</b>	<b>EA</b>	<b>Albany Masters</b>	<b>ALB</b>	<b>Portland Aquatic Club</b>	<b>PAC</b>
<b>Mt. Hood Masters</b>	<b>GVAM</b>	<b>Columbia-Willamette YMCA</b>	<b>CWY</b>	<b>Portland Upstream</b>	<b>PUPS</b>
<b>Multnomah Athletic Club</b>	<b>MHM</b>	<b>Corvallis Aquatic Masters</b>	<b>CAT</b>	<b>Salem Courthouse Crew</b>	<b>SCC</b>
<b>Nike Masters</b>	<b>MACO</b>	<b>Downtown Athletic Club</b>	<b>DAC</b>	<b>Southern Oregon Masters</b>	<b>SOM</b>
<b>North Clackamas Masters</b>	<b>NIKE</b>	<b>Eugene Nomads</b>	<b>EN</b>	<b>Steelheads</b>	<b>STHD</b>
<b>Oregon Wetmasters</b>	<b>NCMS</b>	<b>Fishstick Masters</b>	<b>FISH</b>	<b>Umpqua Valley Masters</b>	<b>UVM</b>
	<b>OWET</b>	<b>Lincoln City Masters</b>	<b>LCM</b>	<b>Yawama Masters Swim Club</b>	<b>YSC</b>

**\$38.00 Single Registration: Valid November 1, 2004 to December 31, 2005. Make checks payable to OMS, Inc.**

**(Fee breakdown: USMS = \$20.00, (Includes \$8.00 for USMS Swimmer Magazine), OMS = \$18.00)**

**\$66.00 Joint registration: Two members at one address/One Aqua-Master. One Registration Form per member please.**

**\$28.00 Senior Registration (65 Years or older): Valid November 1, 2004 to December 31, 2005.**

**\$46.00 Two Seniors (65 years or older) at one address/One Aqua-Master. One Registration Form per member please.**

**Registering at the same time you're entering a meet? Send BOTH forms to the meet entry address.**

☐ **I have added a contribution of \$\_\_\_\_\_ for Oregon Masters Swimming. We value your support!**

☐ I have added a contribution of \$50 as a Gold Medal Sponsor of Oregon Masters Swimming.

**I have added a contribution of \$1.00 (or \$\_\_\_\_\_ ) to the United States Masters Swimming Foundation.**

“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:** \_\_\_\_\_

**MAIL TO: DARLENE STALEY, OMS REGISTRAR, 8590 SW CHARLOTTE DRIVE, BEAVERTON, OR 97007**

**This form is available on the OMS website: [www.swimoregon.org](http://www.swimoregon.org)**

# 2005 Meet SCHEDULE

Date	Event	Location	Contact
<b>Pool Meets</b>			
*Feb. 19	SCY - Pentathlon	Beaverton - T Hills	Rachel Skoss skossr@yahoo.com.au
*Mar. 5-6	SCY	Newberg, OR	Carlea Ladrini cladrini@yahoo.com
*April 1-3	SCY - Assn. Champs	Canby, OR	Ken Schuh kdschuhmeister@aol.com
April 8-10	SCY - Zone Champs	Federal Way, WA	Hugh Moore swimmoore@comcast.net
April 30	SCY - (afternoon)	Hood River, OR	Shelly Rawding hrvt_coach@hotmail.com
June 4	LCM	Beaverton, OR	Rachel Skoss skossr@yahoo.com.au
July 9-10	LCM - St. Games	Mt. Hood C.C.	Colette Crabbe colettecabbe@hotmail.com
Sept. 11 Patriot Games	SCM Pentathlon + Relay	Camas, WA	Bert Petersen petersen@exchangenet.net
<b>National Championships</b>			
May 19-22	SCY Nationals	Ft. Lauderdale, FL	www.usms.org
July 30	1 Mile Open Water	Elk Lake, Oregon	Bob Bruce bobbruce13@attglobal.net
Aug. 10-14	LCM Nationals	Mission Viejo, CA	www.usms.org
<b>Postal Championships2005</b>			
May 15-Sept. 30	5K/10K Postal Championship	Christine Swanson	ctswanson@yahoo.com
Sept. 1-Oct. 31	3000/6000 Postal Championship	Riley Stevens	rileyrst@aol.com
<b>International Championships</b>			
World Masters Games - July 22 - 31, 2005		Edmonton, Canada	http://www.2005worldmasters.com/
FINA World Masters Championship - August 2006			Stanford, California
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER			

<b>Board Meetings</b>			June 1	7 PM	NIKE
All Board Meetings are open. OMS members are encouraged to attend.			July 10	10:00 AM	MHCC (State Games)
Contact Jody Welborn, OMS Chair, for details			Aug. 24	7 PM	NIKE
Feb. 19 (30 min. after the last event) Beaverton (Pentathlon)			Sept. 28	7 PM	NIKE
Apr. 1 5:00 PM (approx.) Canby / Association Meet / General			Oct. 7	7:00 PM	Portland (Board Meeting)
Membership Mtg.			Oct. 8	9:00 AM	Portland (Board Retreat)
Apr. 27	7 PM	NIKE	Oct. 26	7 PM	NIKE

**Aqua Master**  
February 2005

Oregon Masters Swimming, Inc.  
5832 SE Woll Pond Way  
Hillsboro, OR 97123-6970

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

**Inside: Association Entry Blank**