



# AQUA-MASTER

Vol. 12 No. 9 OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE SEPT. 85

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10230 SW Parkway  
Portland, OR 97225  
(503) 292-3379

The Oregon Masters Potluck  
(bring a lucky pot)

# Picnic



at

## Champoeg State Park



Sunday, September 15, 10am → 6pm

(Off I-5, Exit 278 - Donald/Aurora - Follow Signs)

Bring baseballs, mits, bats, water balloons,  
assorted recreation accessories...



... and be sure to look just like this ↑



# MEET SCHEDULE 1985-1986

=====

| DATE<br>=====                                | HOST/CONTACT<br>=====                                                  | FORMAT<br>=====                        |
|----------------------------------------------|------------------------------------------------------------------------|----------------------------------------|
| Sat, October 12                              | Corvallis / Mark Worden                                                | One day/No distance                    |
| Sat, November 9 or<br>Sun, November 10       | Unknown as yet ... PCC<br>or Lewis & Clark                             | ?                                      |
| Sun, December 8                              | Mt. Hood Community College/<br>Bert Petersen                           | "Animal Meet"<br>(200 fly/400 IM/1650) |
| Sat, January 11                              | Bend / JoAn Mann                                                       | One day/No distance                    |
| Sat, February 1                              | Tualatin Hills Rec. Center/<br>Barbara Frid                            | Pentathlon                             |
| Sat, March 1                                 | Newberg / Jim McMasters                                                | One day/No distance                    |
| Fri, April 4<br>Sat, April 5<br>Sun, April 6 | Association Championships/<br>Southern Oregon College<br>Bret DeForest | Three day format                       |
| Fri, May 2<br>Sat, May 3<br>Sun, May 4       | Regionals / Oregon - Tualatin<br>Hills Rec. Center<br>Darlene Pohl     | Three day format                       |
| May 15,16,17,18                              | Nationals / Ft. Pierce,<br>Florida                                     | Four day format                        |
| June 7 or 8                                  | ?                                                                      | ?                                      |
| July 12 or 13                                | ?                                                                      | ?                                      |
| August 1,2,3                                 | Regionals / Spokane, WA                                                | Three day format                       |
| August 21,22,23,24                           | NATIONALS / OREGON<br>Mt. Hood Community College                       | Four day format                        |

*entry enclosed - due Oct 3*

\*\*\*\*\* A finalized schedule of meets, order of events, \*\*\*\*\*  
and entry deadlines shall be published in the  
next Aquamaster.

25 METER SHORT COURSE SWIMMING MEET

USMS & PNA MASTERS SANCTIONED

DATE: Saturday, October 19, 1985 WARMUP 8:00am MEET 9:00am  
PLACE: UPS Wallace Pool MEET DIRECTOR: Van Victor  
1500 No. Warner 802 S. Winnifred  
Tacoma, Wa. 98416 Tacoma, Wa. 98465  
PHONE: 756-3145 (206) 752-9679

HOSTED BY: Tacoma Swim Club  
DEADLINE: ENTRY MUST BY POSTMARKED BY OCT. 10, 1985

NOTE: This is a 25 METER Pool. For time estimates use yard times plus 10%.

DIRECTIONS: I-5 North or South take 38th Street - Bremerton Exit to Union off ramp. Keep Right on Union past So 12th and 6th Avenue until you come to No. 11th. Turn Right on 11th and turn Left onto Lawrence to 13th. Pool is on University of Puget Sound Campus.

NAME \_\_\_\_\_ M \_\_\_ or F \_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_

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

TELEPHONE \_\_\_\_\_ USMS # \_\_\_\_\_ TEAM \_\_\_\_\_ OR UNATTACHED \_\_\_\_\_

AGE GROUP: (Circle one) 20-24 25-29 30-34 35-39 40-44 45-49 50-54  
55-59 60-64 65-69 70-74 75-79 80-84 85-89 90+

Entries limited to 5 events plus relays, Circle the events you wish to enter and fill in the best or estimated time. Meet will be seeded slow heat first. Your age at the meet is determined by your age on the last day of the meet. Enter relays at meet.

|   | <u>EVENTS</u>               | <u>BEST TIME</u> |    | <u>EVENTS</u>                 | <u>BEST TIME</u> |
|---|-----------------------------|------------------|----|-------------------------------|------------------|
| 1 | 50 Freestyle                | _____            | 10 | 100 Butterfly                 | _____            |
| 2 | 100 Breaststroke            | _____            | 11 | 200 Freestyle                 | _____            |
| 3 | 200 Backstroke              | _____            | 12 | 50 Breaststroke               | _____            |
| 4 | 50 Butterfly                | _____            | 13 | 100 Backstroke                | _____            |
| 5 | 200 I.M.                    | _____            | 14 | 200 Butterfly                 | _____            |
| 6 | <u>XXX</u> *200 Free Relay* | <u>XXXXX</u>     | 15 | 100 I.M.                      | _____            |
| 7 | 100 Freestyle               | _____            | 16 | <u>XXX</u> *200 Medley Relay* | <u>XXXXX</u>     |
| 8 | 200 Breaststroke            | _____            | 17 | 400 Freestyle                 | _____            |
| 9 | 50 Backstroke               | _____            |    |                               |                  |

\*RELAYS MAY BE MIXED, MEN'S OR WOMEN'S\*

ENTRY FEE: Surcharge per swimmer \$5.00 CHECK PAYABLE TO: PNA MASTERS SWIMMERS  
SEND ENTRY AND PAYMENT TO: Van Victor

802 So. Winnifred  
Tacoma, Wa. 98465

ELIGIBILITY: Open to all USMS (United States Masters Swimming, Inc.) registered swimmers, 20 years of age or older, as of last day of the meet.

NOTE: Age group 20-24 may permanently jeopardize their options to swim USS open by competing at a Masters Meet!

RULES: Current USMS (United States Masters Swimming, Inc.) rules will govern.

STATEMENT OF RELEASE

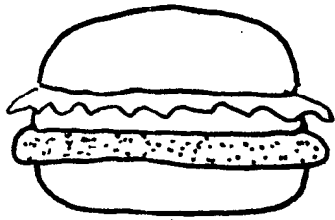
In consideration of your accepting this entry, I for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against University of Puget Sound, Tacoma Swim Club, PNA Masters and any other sponsors, for all claims of damages, demands, actions whatsoever in any manner as a result of my participation in this PNA Masters meet. I attest and verify that I am physically fit and have sufficiently trained for the swimming of these events.

SIGNED \_\_\_\_\_ //

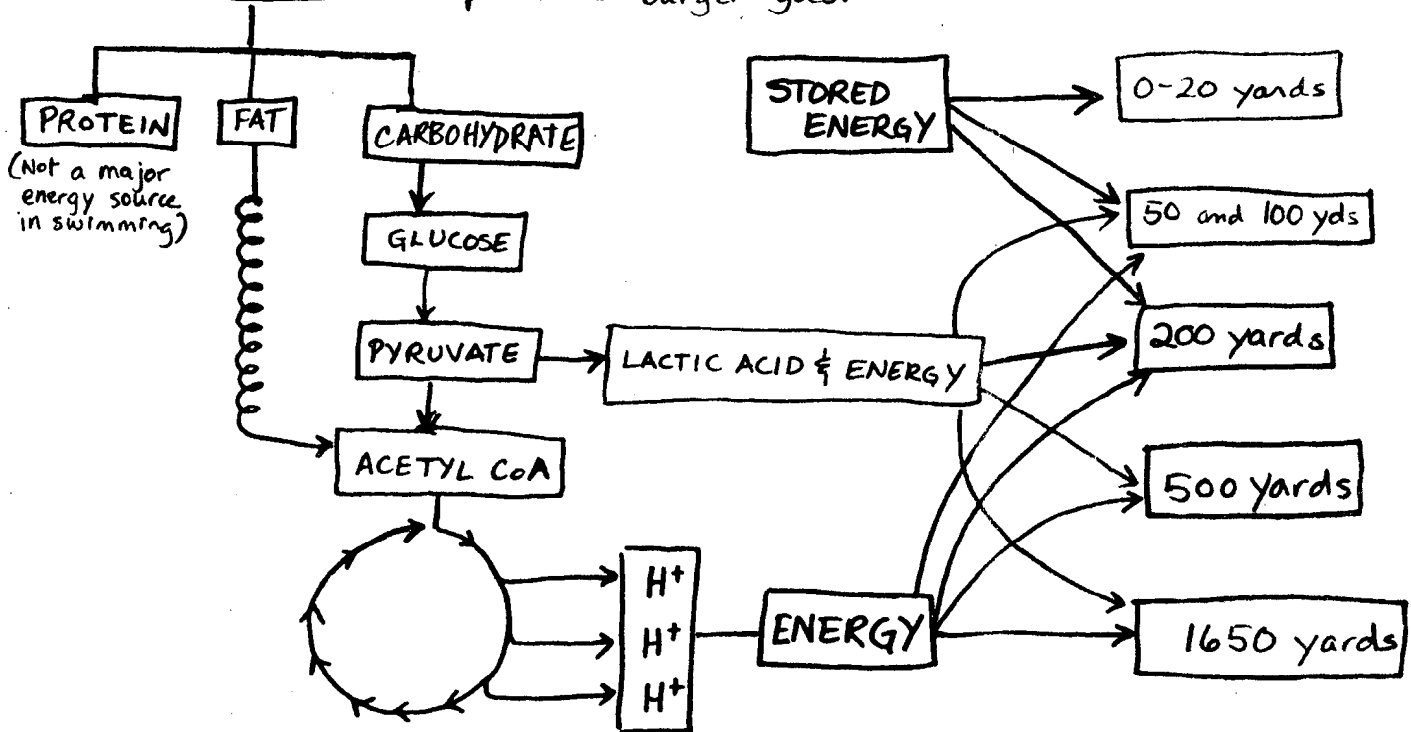
SEPTEMBER BIRTHDAYS

|                         |    |                    |    |
|-------------------------|----|--------------------|----|
| Chere Benson            | 2  | Jack Hoey          | 19 |
| Georgia Ryan            | 4  | Donald VanRossen   | 19 |
| Jean Kinzey-Lee         | 8  | Laura Schob        | 20 |
| Philip Miller           | 8  | Jayne Chastain     | 22 |
| Dana Horstmann          | 9  | Eric Soder         | 22 |
| Michael Stockton        | 9  | John Pospisil      | 25 |
| Cathy Zagunis           | 9  | Alan Cardwell      | 26 |
| Chuck Howark            | 10 | Alice Berntson     | 27 |
| Al Lien                 | 11 | Kathleen Buck      | 27 |
| Michael Bettancourt     | 14 | Ted Gilbert        | 27 |
| Scott Steingraber       | 15 | Catherine Homenyk  | 27 |
| Greg Frownfelter        | 17 | Beverly Underwood  | 27 |
| Doug Hanson             | 17 | William T. Clayson | 29 |
| Eric G.P.Q.R.S.T. Guest | 18 | Nancy Ross         | 29 |
|                         |    | Michael Treend     | 29 |

# happy birthday



This is a hamburger. I re-drew this from a photocopy of a chart I found in a box in my closet. I sure wish I had the article that went with it but I don't so just look at the chart and figure out where that pre-race burger goes.



By the way, they note that the ideal training food for the 100 free is 2 burgers, fries & a chocolate shake.

Your response has been good, so Oregon Swimmers,

CONTINUE TO...

CONTRIBUTE TO YOUR  
NEWSLETTER



mail to Andree Devine, address on the cover

A large, empty rectangular box with a black border, intended for a mailing address.

## FLASH!

Watch for information about some new sweats for Oregon/USA Masters Swimmers. These will be showing up at meets and could be a good investment for you prior to the 1986 Nationals. More information plus an order form will be in the next Aquamaster and at future meets.

### BETWEEN THE LANE LINES

1985-86 Registration forms will be both in the next issue of the Aqua-Master and in the mail to you. If you know of someone who is interested in registering with Oregon Masters Swimming, send their name and address to Pat Caudill, our registration chairman, 13365 N.W. Glenridge Dr., Portland, OR 97229.

\*\*\*\*\*

The next Oregon Masters Board meeting will be on Tuesday, Sept. 17, at 7:30p.m. at the Tualatin Hills Swim Center meeting room (or in the vicinity of the meeting room). By the way, this is the new date for the meeting as the date was changed to protect the innocent.

\*\*\*\*\*

The deadline for submitting material for the October Aqua-Master, which will go to print the first week of October, will be Sept. 25.

\*\*\*\*\*

In order for any out-of-state swims to be considered for Oregon's Top Five, you need to send your times to Robert Smith, 18476 Timbergrove Ct., Lake Oswego, OR 97034.

\*\*\*\*\*

Japan Meet - I wrote to the Japan Masters Swimming Association and received some information which I have included in this issue. Joyce Wydrzynski is putting together travel information for this meet. To get on the list to receive this information, which should be out sometime in September, call Joyce's friend and teammate Bert Petersen at (503)252-6081.

\*\*\*\*\*

Did you hear the one about the mermaid and the breaststroker...

\*\*\*\*\*

I was just checking to see if I had your attention. Charitable contributions to Oregon Masters Swimming are encouraged and welcomed. Please support your organization by mailing your tax-deductible contributions to: Oregon Masters Swimming c/o 448 S.W. 121st Place, Portland, OR 97225.

\*\*\*\*\*

Are you in need of lodging when you travel out-of-town to a swim meet? Contact a H.O.S.T. (House Our Swimmers Tonight) Chairperson:

Oregon Masters - Ginger Pierson, (206)254-2536  
PNA Masters - Kiko Kimura, H-(206)525-9687, W-(206)526-2183  
IEA Masters - Mariah Clarke, (206)926-2597  
Snake River Masters - Janet Wood, H-208)345-8843, W-(208)338-7229

\*\*\*\*\*

Speaking of out-of-town meets, there will be one (25meter pool) in Tacoma, WA on October 19. The entry is enclosed.





Andree Brown - Aquamaster,  
7800 SW

Baffle  
your  
friends!

Sage + #23

**CONTRIBUTE TO  
YOUR NEWSLETTER!**

Amaze  
your  
family!

1 Mile

Tualatin, OR  
97062

**FILL IN THE BLANK SPACE.**

(Utilizing the space below), draw or write something  
that you think would be of interest to your fellow  
swimmers, then return to Aquamaster Headquarters.

**YOUR NAME:** Ralph Mohr

**YOUR TEAM OR CITY:** Coos Bay

The Pleasures of Swimming a 10 K, Part 2

Last year at this time, I was preparing to swim another 10K on Labor Day. The previous year I had tried my first one and did very well, placing in the Top Ten and going 2:42.34. In 1984 I was ready to break 2:40, and all of my training was dedicated to that goal time. That was my first mistake.

Sunday of Labor Day weekend arrive, and I checked all of my equipment - goggles, orange juice, vaseline, and a clock visible from the water. My counters and timers were there. I was ready.

That first 500 felt great. Easy, smooth, fast. That was my second mistake. I went out a full minute under pace for the first 1500 meters. I was a minute and a half ahead at 3000. I was feeling so good I skipped my orange juice break at 3000 and didn't take any fluid until 4000 meters. That was my last mistake.

I was still over a minute ahead of my planned pace at 5000, but obviously to others (but not to me) I was starting to suffer from the early speed. In the next 1000 I self-destructed. I knew I was hurting, but I thought it was normal. I was past the halfway point and just had to hang on. Then I lost track of where I was.

I yelled at my counters at the turn, "How far?" They dutifully told me on the next turn at that end. A hundred later I had already forgotten what they had told me, and we repeated the same silly routine. After three or four times of this, it finally penetrated to my over-stressed mind what was happening. I was beginning to hallucinate, I could not concentrate at all, and my body as well as my head was in complete revolt. I stopped.

So what did I learn? First, don't plan a goal time. Just swim, and make the first 1500 easy. I know I will have a goal time of some sorts, but I know now I am better off early to be slow than way ahead of the projected pace.

Second, I think drinking fluids is more important that most swimmers realize. On my completed 10K two years ago, I lost five pounds, most of which I regained just by drinking water. We do not realize how much we sweat in a pool, and for a swim over two hours, the amount of sweat lost must be considerable. I know it sounds funny, "Sweat, while you swim?" but if one remembers that the water is at least 80 degrees and what it is like to run or workout in 80 degree air, then sweating in a pool makes sense.

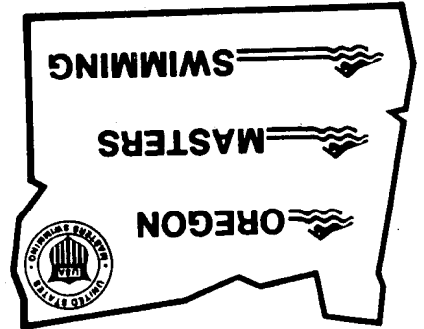
Yes, this year I will try another 10K. I will try and be smarter this time. I plan to swim it later in the fall than Labor Day so I can be in better shape than last year. I have already jumped my workouts up in both daily yardage and longer swims during workouts. Most important, however, is that I plan on going out slowly, I will take fluids every 2000 meters, and the goal is to finish. The time will be significant after the swim when I can smile in the pain of completion.

What I need now is more yardage, more workouts, and an entry blank. If someone, please, would send me a copy of the National 10K mail competition entry blank, I will write "Part 3" of "The Pleasures of Swimming a 10K" for Aquamaster this fall.

Ralph Mohr  
Box 186  
Coos Bay, OR 97420

# first class mail

Andree Devine  
7800 SW Sagerst #23  
Tualatin, OR 97062



This issue of your AQUAMASTER was donated through  
the courtesy of sometime swimmer Jim Snow and

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A special thanks to Robert Smith and  
his computer for giving us the meet results.

