



Aqua Master

USMS 2004 Newsletter of the Year

Volume 33, Number 8 Published Monthly by OMS, Inc. September 2006

“Swimming for Life”

OREGON Took on the WORLD



Candid shots from the “WORLD’S”
Many photos by Ann Goodman

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**Connie Wilson and
Earl Walter - Historian**

Chair's Corner by Jody Welborn

Hi everyone:

The World Championships are complete and what a great event it was. Congratulations are offered to the organizing committee and to the weatherman-the weather couldn't have been better. The pools were fast and our swimmers did well. Dave Radcliff and Dennis Baker had particularly outstanding performances but all our swimmers should be proud. And it was fun!

In addition to the swimming, USMS put on a Sports Medicine clinic. The first of its type addressing the concerns of adult athletes in this setting. It was a great opportunity to teach and learn and to meet athletes who are excited about swimming for fitness as we are. Look for the outlines of the talks on the USMS website in the near future.

Now is the time to enjoy your time in the water and to set new goals. Sign up for a postal event, increase the number of workouts you do weekly, enter the Patriot Games, or, in the best tradition of Masters swimming, plan a party with your teammates. Most of all have fun!

And

Remember,

swimming is for life

and life matters.



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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Meet Bid Packet Now Online

Interested in hosting an OMS swim meet in 2006-07?

The meet bid packet is now online! Go to <http://www.swimoregon.org/forms/OnlineBidPacket06.pdf> to learn about hosting a meet and for the bid form and contract. The second page of the document is the Table of Contents. Click on any of the topics and you will go directly to that page. Print what you need. We will no longer be sending out bid packets, except to those few individuals who may not have access to a computer.

If you have any questions or problems in accessing the meet bid packet information, please contact me at jteisher97007@yahoo.com or (503) 574-4557. Please note that, even though the deadline for applications was August 18, we will continue to accept meet bid applications.

Thank you. Jeanne Teisher, Vice Chair



Thanks Coaches and OMS

Now that the Worlds are successfully completed, it is time for some big “THANK YOUS”. To our Coaches: Barb, Bob and Jon, it was great having you there for us. Help was always available, splits were taken, encouragement was given and shoulders to lean on were always available. Relays went smoothly and were well organized. With the hot sun, it was great having “tent city” where we could relax and hang out with our fellow Oregon swimmers.

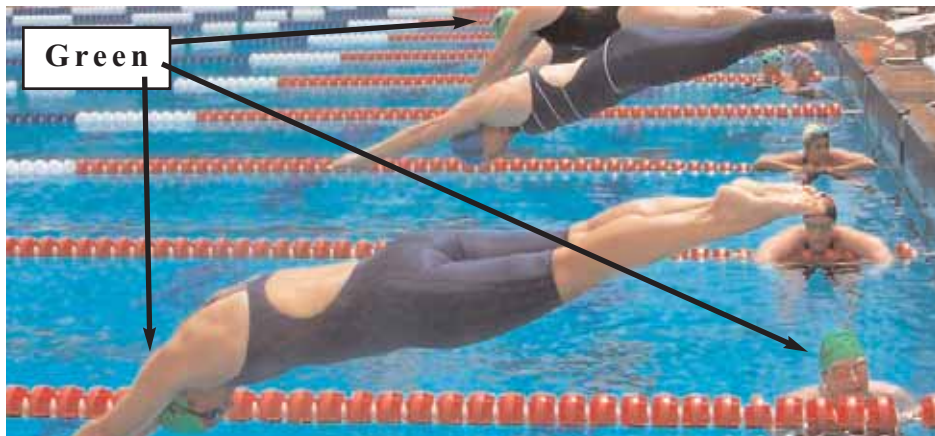
Oregon was unique in sending three coaches to care for and manage their swimmers. Thanks go to the OMS Board for giving their approval. OMS is trying hard to give back to their swimmers. This was a wonderful example.

Many thanks to Pam Himstreet, our retired Awards Chair, for the great shirts and caps. Oregon “green” was proudly worn and visible at Worlds. Pam thanks for the getting all of this organized and thanks to Tam Jenkins, our new Awards Chair for your work with the caps. It was super having them to wear and trade.

Our motto was “Oregon Takes on the World” and we did. The team swam well, we looked sharp and were well coached. Let’s keep this momentum going. In 2007, “Oregon Takes on the United States” at the short course Nationals in Federal Way, Washington. Let’s go up there with an even stronger team. Rumor has it that we will be wearing our “World” famous green caps with a USA design. Start planning to be part of the excitement, challenge and fun.



Our Coaches: Jon, Barb and Bob and Oregon wore green



F i t n e s s



By
**Jane
Higdon**
1958 - 2006



Preventing Osteoporosis through Diet and Lifestyle

Jane Higdon, Ph.D. - LPI Research Associate - Article reprinted with permission from LPI.

Osteoporosis is a condition that leads to fragile bones and increases the risk of a wrist, hip, or spine fracture.

Screening tests, which are noninvasive and painless, measure bone mineral density (BMD) of the hip, spine, wrist, or heel. The diagnosis of osteoporosis is made when a person's BMD is substantially less than the average BMD for young adults. A related condition called osteopenia, or low bone mass, is less severe but still indicates low BMD. It has been estimated that as many as 10 million Americans over the age of 50 have osteoporosis and another 34 million have osteopenia. Although commonly thought of as a problem for women, osteoporosis also affects men. Of the 10 million Americans with osteoporosis, about 2 million are men. A number of factors have been identified that contribute to an individual's risk of developing osteoporosis (see box on page 9). Some of those risk factors cannot be changed, while others, such as those that involve diet and lifestyle, are modifiable.

Physical activity

Since bone is a dynamic living tissue that gets stronger when stressed and weaker when not used, physically active people generally have higher BMD at all ages than people who are sedentary. Weight-bearing exercise and strength training are most effective at increasing or maintaining bone mass. During weight-bearing exercise like walking, running, dancing, or stair climbing, muscular and gravitational forces stress bone. Strength training increases the amount of force that muscles exert on bones. In addition to improving or maintaining BMD, strength training has been found to prevent falls—the most common cause of hip and wrist fractures—in people even in their 90s. Activities that improve coordination and balance, such as Tai Chi, may also help prevent falls. Although swimming and cycling are excellent activities for improving cardiovascular fitness, balance, and coordination, they are less effective for maintaining BMD because they are not weight-bearing. If you already have osteoporosis, consult a knowledgeable health-care provider before starting an exercise program.

- Accumulate at least 30 minutes of moderate-intensity physical activity daily, including weight-bearing exercise,

strength training (at least twice a week), and activities that improve balance to help prevent falls.

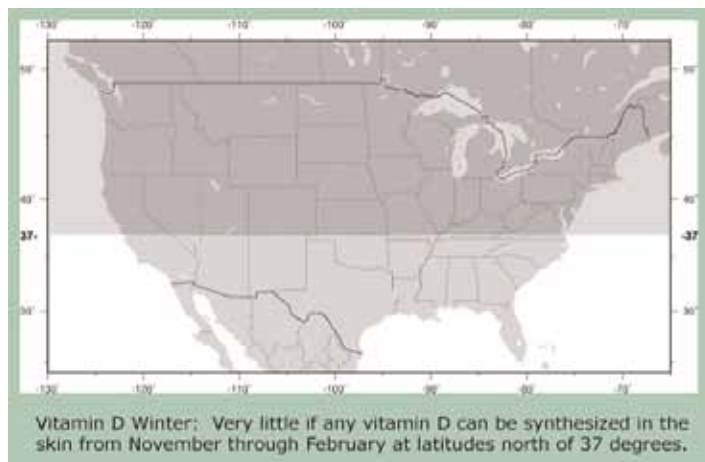
Calcium

Inadequate calcium intake during childhood and adolescence can impair bone development and may prevent the attainment of optimal peak bone mass during early adulthood. In older adults inadequate calcium intake accelerates bone loss and likely contributes to the development of osteoporosis. Although the importance of calcium to bone health is well-recognized, adequate calcium intake alone is not enough to prevent bone loss that could lead to osteoporosis and osteoporotic fracture. An 8-ounce serving of calcium-fortified orange juice or nonfat milk or yogurt provides about 300 mg of calcium. Most calcium supplements, including calcium carbonate, are best absorbed when taken with food, but calcium citrate and calcium citrate malate are also well-absorbed on an empty stomach.

- Total daily calcium intake (diet plus supplements) should add up to 1,300 mg for teenagers, 1,000 mg for adults 50 years of age or younger, or 1,200 mg for adults over the age of 50.

Vitamin D

Although it has long been known that severe vitamin D deficiency adversely affects bone health, recent research suggests that marginal vitamin D deficiency is common and increases the risk of osteoporosis. When vitamin D is metabolized to its most active form, it increases the intestinal absorption of calcium and prevents urinary calcium loss. Without sufficient vitamin D, calcium absorption is not efficient enough to satisfy the body's needs, even when calcium intake is adequate. Vitamin D is synthesized in the skin when exposed to ultraviolet-B (UVB) radiation from sunlight and can be obtained from the diet. Very little UVB radiation reaches the earth above 37 degrees of latitude from November through February, so people who live north of 37 degrees produce little if any vitamin D during late fall and winter (see map). The application of sunscreen with an SPF factor of 8 reduces skin production of vitamin D by 95% even in summer. The ability to synthesize vitamin D in the skin also decreases with age. A 70-year-old makes only 25% of the vitamin D made by a 20-year-old



exposed to the same amount of sunlight. Few foods other than fatty fish are naturally rich in vitamin D. In the U.S., milk has been fortified with vitamin D (400 IU/quart) since the 1940s, which has virtually eliminated rickets. Some brands of breakfast cereal and orange juice are also fortified with vitamin D.

- Sun exposure for 5-10 minutes on bare skin, such as the arms and legs, 2-3 times weekly improves vitamin D status with minimal risk of skin damage. Adults can increase their daily vitamin D intake by taking a supplement that contains 400 IU, the amount in most multivitamins. Older adults and those who avoid sun exposure should take extra vitamin D for a total of 800 IU/day.

Fruits and vegetables

Fruits and vegetables are rich in several nutrients that appear to play important roles in bone health, including potassium, magnesium, and vitamin K. Several epidemiological studies have found that higher intakes of fruits and vegetables, particularly those rich in potassium, are associated with higher BMD and lower risk of fracture in older adults. Fruits and vegetables are rich in precursors to bicarbonate ions, which can preserve calcium in bones by buffering organic acids consumed in the diet or generated metabolically. The Dietary Approaches to Stop Hypertension (DASH) studies have also reported that high fruit and vegetable intake may improve bone health. Originally designed to test the effect of diet on blood pressure, the DASH trial compared three diets: a control diet that provided only 3 servings of fruits or vegetables, a diet that provided about 8 servings of fruits or vegetables, and a diet that provided 8 servings of fruits or vegetables and 3 servings of low-fat dairy products (now called the DASH diet). In addition to lowering blood pressure, both fruit- and vegetable-rich diets reduced urinary calcium loss, and the DASH diet lowered biochemical markers of bone turnover, particularly bone resorption (loss). Taken together, the results of epidemiological and clinical trials suggest that a diet rich in fruits and vegetables that contains adequate calcium and vitamin D may help prevent bone loss.

- Eat a minimum of 5 servings of a variety of different colored fruits or vegetables daily. Teenage and adult women should aim for at least 7 servings, while teenage and adult men should aim for 9 servings (the equivalent of 2 1/2 cups of vegetables and 2 cups of fruit).

Protein

The role of dietary protein in bone health is complex. While high protein intakes have been found to increase urinary calcium excretion in small, short-term studies, several large population-based studies have found that low protein intakes are associated with more rapid BMD loss and increased fracture risk in older adults.

- Older adults in particular should make sure they are consuming adequate dietary protein. The recommended dietary allowance (RDA) for protein is 56 g/day for adult men and 46 g/day for adult women.

Excess salt

Higher salt intakes appear to increase urinary calcium loss, although this effect can be modified by other dietary factors. The DASH-sodium trial compared the DASH diet with a typical western diet at three levels of salt intake. Urinary calcium loss increased with dietary salt intake on both diets, but urinary calcium losses were greater at every level of salt intake in those on the typical western diet.

- Keep salt intake below 5.8 g/day (2.3 g/day of sodium).

Excess vitamin A (retinol)

The results of several epidemiological studies suggest that the long-term intake of more than 5,000 IU/day of pre-formed vitamin A (retinol) is associated with decreased BMD and increased risk of osteoporotic fracture in older men and women. Only high intakes of retinol—not beta-carotene—were associated with adverse effects on bone health. Although 5,000 IU is considerably higher than the RDA for vitamin A (3,000 IU for men and 2,333 IU for women), it is not uncommon for multivitamin supplements to contain 5,000 IU of retinol.

- Look for multivitamin supplements that contain no more than 2,500 IU of vitamin A or multivitamin supplements that contain 5,000 IU of vitamin A, of which at least 50% comes from beta-carotene. Don't take high potency vitamin A supplements.

When lifestyle changes aren't enough

In some cases, lifestyle modification is not enough to prevent osteoporosis or, more importantly, osteoporotic fractures. Fortunately, several medications are now available for the effective treatment of osteoporosis. The National Osteoporosis Foundation Web site (nof.org) is an excellent resource for information about osteoporosis prevention and treatment as well as tips for finding a physician who is knowledgeable about the treatment of osteoporosis.

Some Risk Factors for Osteoporosis

Risk factors you can't change

- # Getting older
- # Being a woman
- # Being Caucasian or Asian
- # Having a family history of osteoporosis or fractures

Modifiable risk factors

- # Cigarette smoking
- # Excessive alcohol consumption
- # Inactive lifestyle or prolonged bed rest
- # Poor nutrition, particularly insufficient calcium and vitamin D
- # Use of certain medications like oral glucocorticoids and some anticonvulsants
- # Low estrogen levels in women or low testosterone levels in men
- # Anorexia

Source: National Institutes of Health

Long Distance Swimming



**Bob Bruce
Long Distance
Chair**



As fall approaches, our thoughts turn back to pool training and racing. For long distance swimmers, this means two things. It's the final chance to wrap up the USMS 5 & 10-km Postal Championships, and it's the first crack at the USMS 3000 & 6000-yard Postal Championships. Both sets of postal swims provide an opportunity for long aerobic swimming, a chance to practice pacing, and a measurement of conditioning. Participation is easy, cheap, and fun! Coaches love these postal swims for their aerobic fitness and training benefits.

Of course, both sets of postal swims are also competitive

team events in which Oregon has shown remarkable success in recent years. Hey, we're good at these things! The new scoring system now rewards everyone who swims, not merely the top placers in each age group. Everyone counts, so remember to enter the national events when you complete the swims. In an earlier issue of the Aqua Master, I challenged Oregon to try to win the team championship in all five USMS National Postal events. I believe that this lofty goal is still within our reach, but we've got some swimming to do to reach it!

I'll also remind our event veterans that the USMS Long Distance Committee has changed the postal swim season dates slightly from the traditional ones. The 5 & 10-km season finishes on September 15, not the on the traditional September 30. The 3000 & 6000-yard postal season now runs from September 15 through November 15, not simply during September and October. The two sets of swims overlap for one day, raising interesting possibilities for the obsessed among us. The new dates for the 3000 & 6000-yard postal swims also allows swimmers to take advantage of 2007 OMS/USMS early registration in November.

Good luck and good swimming!



Intrepid Oregon Open Water Swimmers: Jim Teisher, David Fryfield, Monica LeBarge, Charlie Swanson, Gina Dhom and Steve Johnson on the dock at Wizzard Island in Crater Lake before their swim back to the shore. Water temperture 61 degrees - Water depth 1942 feet

Applegate Lake Open Water Swim - July 15, 2006

1500-meter Results

Pl	Name	Age	Team	Time	O'all
Women					
18-24					
1	Danielle Ebnother	24	OR-som	0:23:56	8
2	Stephanie D. Flannery	27	unat	0:27:26	19
30-34					
1	Kelly Flannery	30	unat	0:37:37	38
35-39					
1	Cynthia Smidt	36	OR-coma	0:27:04	16
40-44					
1	Gillian Scott	40	OR-coma	0:27:29	20
45-49					
1	Mary Sweat 49		OR-unat	0:21:49	3
2	Patricia Rogers	46	OR-ncms	0:28:31	24
3	Jodi L. Marthaller	46	unat	0:29:21	25
50-54					
1	Elizabeth Budd	52	OR-cat	0:26:03	13
2	Calli Roberts	51	OR-coma	0:31:47	33
3	Connie Peterson	51	OR-coma	0:35:26	36
55-59					
1	Geri Mathewson	58	OR-rvm	0:26:56	15
2	Janet Gettling	58	OR-rvm	0:27:10	17
3	Diane Davis	55	DAM	0:31:17	30
4	Jani Sutherland	57	OR-coma	0:31:24	31
60-64					
1	Lynn Sacks 60		OR-rvm	0:37:48	39
Men					
30-34					
1	Michael Riccitelli	32	OR-coma	0:20:50	1
2	Todd Lantry	30	OR-rvm	0:23:02	4
35-39					
1	Nate Sanford	37	OR-rvm	0:24:38	10
40-44					
1	David Van Der Zwan	43	OR-som	0:23:46	7
2	David J. Bennett	43	unat	0:25:28	12
3	David Livengood	43	OR-ncms	0:27:18	18
4	Chris Dow	40	unat	0:29:36	26
5	Doug Stewart	42	OR-som	0:30:51	29
45-49					
1	Rob Thompson	46	OR-coma	0:25:26	11
50-54					
1	Keith C. Dow	50	OR-ncms	0:24:03	9
2	Daniel Greenblatt	51	OR-rvm	0:28:14	23
3	John P. Ridenour	50	OR-ncms	0:33:31	34
55-59					
1	Steve Johnson	58	OR-ea	0:21:01	2
2	Bob Bruce	58	OR-coma	0:23:42	6
3	Michael P. Carew	56	OR-coma	0:27:41	21
4	Will Davis	55	DAM	0:30:39	27
5	Richard Smith	57	OR-rvm	0:30:48	28
6	Dennis Gallagher	56	OR-coma	0:34:19	35
60-64					
1	Ralph Mohr 64		OR-coma	0:26:49	14
2	Frank Phillips	63	OR-rvm	0:27:43	22

3	Dan Gray 61		OR-rvm	0:31:25	32
4	Richard Juhala	63	OR-ncms	0:37:19	37
70-74					
1	David A. Radcliff	72	OR-thb	0:23:19	5
80-84					
1	Raymond Allen	80	OR-som	0:44:19	40
3000-meter Results					
Women					
18-24					
1	Danielle Ebnother	24	OR-som	0:48:28	10
2	Hillary Madson	22	OR-coma	0:55:09	25
35-39					
1	Hailey Kuhn	36	OR-rvm	0:46:20	6
2	Cynthia Smidt	36	OR-coma	0:54:18	22
40-44					
1	Gillian Scott	40	OR-coma	0:56:51	28
45-49					
1	Mary Sweat	49	OR-unat	0:43:16	3
2	Laura Schob	47	OR-coma	0:51:32	15
3	Marlys Cappaert	48	OR-cbat	0:54:44	23
4	Sandra Clark	45	OR-rvm	0:55:47	26
5	Patricia Rogers	46	OR-ncms	0:57:27	30
50-54					
1	Elizabeth Budd	52	OR-cat	0:53:39	19
2	Tish Harlow	53	OR-rvm	1:30:56	39
55-59					
1	Geri Mathewson	58	OR-rvm	0:53:51	20
2	Diane Davis 55		DAM	1:01:39	34
3	Carolyn Layton	57	OR-rvm	1:30:01	38
Men					
30-34					
1	Michael Riccitelli	32	OR-coma	0:41:54	1
2	Todd Lantry	30	OR-rvm	0:46:23	7
40-44					
1	Rob Higley	41	OR-coma	0:45:21	4
2	Doug Stewart	42	OR-som	0:46:17	5
3	David Van Der Zwan	43	OR-som	0:48:58	12
4	Jay Powell	42	OR-rvm	0:50:27	13
5	Tom Shellhammer	42	OR-cbat	0:51:24	14
6	John Gabriel	41	OR-cbat	0:52:15	16
7	David J. Bennett	43	unat	0:53:29	17
8	David Livengood	43	OR-ncms	0:54:46	24
45-49					
1	Rob Thompson	46	OR-coma	0:56:53	27
50-54					
1	Keith C. Dow	50	OR-ncms	0:48:47	11
2	Daniel Greenblatt	51	OR-rvm	0:58:18	31
3	John P. Ridenour	50	OR-ncms	1:03:56	35
55-59					
1	Steve Johnson	58	OR-ea	0:42:29	2
2	Bob Bruce 58		OR-coma	0:48:20	9
3	Michael P. Carew	56	OR-coma	0:54:11	21
4	Will Davis	55	DAM	1:00:43	32
5	Carlyle Stout	57	unat	1:07:29	36
60-64					

1	Ralph Mohr 64	OR-coma	0:53:34	18	70-74	1				
2	Frank Philips	63 OR-rvm	0:57:04	29	David A. Radcliff	72	OR-thb	0:46:56	8	
3	Dan Gray	61 OR-rvm	1:01:36	33	80-84					
4	Richard Juhala	63 OR-ncms	1:14:14	37	1 Raymond Allen	80	OR-som	1:44:19	40	



Greg Frownfelter calls for the start at Applegate

Michael Riccitelli winner of both 1500 and 3000

GAY GAMES and OUTGAMES - 2006

W = Breaks listed W'd Record, N = Breaks listed Nat. Record, Z = Zone Record, O = Oregon Record,

Gay Games VII (SCM); Chicago, IL; July 15-22, 2006

Ed Green, 54:

- 1500 meter freestyle - 28:14.46 (16th)
- Jon "JP" Palanuk, 46:
- 100 meter freestyle - 1:04.07 (12th)
- 50 meter butterfly - :32.42 (10th)
- 50 meter backstroke - :37.12 (6th)
- 100 meter backstroke - 1:21.04 (9th)
- 100 meter IM - 1:19.14 (10th)

1st World Outgames (LCM); Montreal, Quebec, Canada; July 29 - August 5, 2006

Chris Cox, 45:

- 50 meter butterfly - :36.06 (14th)
- 100 meter freestyle - 1:15.53 (DQ)
- 200 meter IM - 3:11.73 (12th)
- 50 meter breaststroke - :45.33 (26th)
- 100 meter butterfly - 1:25.65 (5th)
- 50 meter freestyle - :33.45 (25th)

Richard Flores, 33:

- 100 meter freestyle - 1:13.26 (19th)

- 50 meter breaststroke - :45.29 (25th)
- 50 meter freestyle - :32.66 (21st)
- 200 meter freestyle - 2:54.17 (11)
- 100 meter breaststroke - 1:40.66 (16th)

Chris Gaarder, 41:

- 400 meter freestyle - 5:21.87 (8th)
- 200 meter breaststroke - 3:02.05 (4th)
- 200 meter IM - 2:47.20 (10th)
- 50 meter breaststroke - :35.93 (5th out of 61)
- 100 meter breaststroke - 1:19.82 (3rd)

Jon "JP" Palanuk, 46:

- 50 meter butterfly - :33.98 (9th)
- 100 meter freestyle - 1:06.21 (5th)
- 100 meter backstroke - 1:24.56 (6th)
- 50 meter freestyle - :30.26 (11th)
- 50 meter backstroke - :38.41 (5th)

Relays (160-199 age group):

- 4x50 Men's Freestyle - 2:02.83 (8th)
- 4x50 Men's Medley - 2:21.65 (5th)

4x100 Men's Freestyle - 4:41.49 (5th) Zone Record

- Chris G. 1:05.63, Chris C. 1:14.37,**
- Richard F. 1:14.11, Jon P. 1:07.38**

FINA Worlds - August 4-11, 2006

W = Breaks listed W'd Record, N = Breaks listed Nat. Record, Z = Zone Record, O = Oregon Record,

Berlin, Noel A	M27	100 Back 1:14.59 4	200 Free 2:39.35 38	50 Breast 43.88 8
100 Breast 1:13.42 9		50 Back 33.98 2	50 Breast 44.99 47	200 Fly 3:40.09 4
50 Breast 32.35 10 O		Split 50 Back 33.34 Z	400 Free 5:35.00 27	Goodman, Ann R F47
200 Breast 2:42.34 8 O	Austin, Connie E F38	400 IM 6:36.56 28	Christensen, Douglas A M43	200 Back 3:04.55 34
Foley, Sharon E F46		200 IM 3:04.31 39	200 Free 2:22.48 67	400 IM 6:56.57 30
100 Free 1:09.34 28		200 Breast 3:24.94 23	50 Fly 27.96 20	200 IM 3:09.65 36
100 Breast 1:37.92 37		400 Free 5:39.59 29	200 IM 2:33.87 32	100 Back 1:23.78 26
50 Fly 33.78 21	Baker, Dennis G M45		100 Fly 1:05.17 29	50 Back 38.59 26
50 Free 31.22 24		400 IM 4:50.73 1 W	Daniels, Joseph D M32	Gray, Daniel R M61
100 Fly 1:21.53 20		200 IM 2:16.12 1 W	100 Breast 1:22.41 44	800 Free 13:29.18 43
Miesen, Lee J M79		200 Fly 2:06.94 1 W	50 Breast 35.17 32	400 Free 6:31.25 28
100 Breast 2:06.57 20		400 Free 4:15.16 1 W	Delmage, Arlene F44	Harris, Barb P F46
50 Breast 52.08 15		Split 200 free 2:05.59 Z	400 IM 5:51.98 13 O	400 Free 6:14.49 36
100 Back 2:02.18 10		Split 100 Fly 1:00.65 Z	50 Fly 31.02 9 O	Harsey, Laura E F48
50 Back 56.21 11	Bogue, John M66		100 Fly 1:08.48 3 O	100 Free 1:07.73 22
Munro, Stuart A M49		100 Breast 1:47.03 24	200 Fly 2:34.48 2 O	50 Free 30.39 14
200 Breast 3:17.71 35		50 Breast 48.04 29	400 Free 4:59.24 10 O	200 IM 2:58.07 22
200 Fly 3:04.52 18	Bruce, Bob A M58	800 Free 10:45.36 15	Edwards, Wes M53	100 Back 1:17.12 12
400 Free 5:26.43 43		200 Back 2:55.11 15	200 Back 2:34.13 6 Z	50 Back 35.78 14
Oliva, Tomas M44		400 IM 6:19.65 17	50 Free 27.25 19	Hendryx, Teri L F53
100 Breast NS 0		400 Free 5:10.19 16	100 Back 1:09.00 6 O	200 Back 3:08.51 14 O
200 Free 2:14.51 37	Buck, Donna F47		50 Back 31.68 7	100 Breast 1:38.34 30
200 IM 2:33.50 30		100 Free 1:09.99 31	Elliott, Scot J M32	200 Breast 3:34.86 23
50 Breast 36.96 58		50 Fly 34.52 25	800 Free 10:34.86 17	100 Back 1:27.62 12 O
Pierson, Ginger L F60		50 Free 30.92 21	100 Breast 1:18.31 26	Split 50 Back :39.19 O
100 Breast 1:35.87 4 Z		50 Breast 40.92 15	100 Fly 1:05.36 28	Hodge, Peggie H F66
100 Fly 1:39.14 6		50 Back 39.09 28	Fitzpatrick, William J M33	400 IM 9:09.95 7
50 Breast 42.56 2 Z	Budd, Elizabeth F52		200 Back 2:32.56 19	50 Fly 52.24 12
200 Breast 3:35.99 6 Z		800 Free 12:12.01 25	100 Free 59.30 41	200 IM 4:17.47 18
200 Fly 3:33.79 5 Z		200 Free 2:49.20 23	50 Free 26.15 26	100 Fly 2:06.62 9 O
Thompson, Rob M47		50 Fly 41.73 40	100 Back 1:06.32 16	Hoeptner, Herb W
50 Free 31.41 116		200 IM 3:15.14 14	200 Breast 3:47.51 33	800 Free 17:47.62 5
Tyrrell, Laura L F39	Buel, Hilda G F92	400 Free 5:54.61 16	100 Back 1:33.36 40	100 Free 1:46.03 8
800 Free 10:33.65 14			Frid, Barbara F64	200 Free 3:56.34 6
400 IM 6:05.11 19 Z		100 Back 4:57.01 3	100 Free 1:24.33 10	50 Free 47.83 13
200 Free 2:25.62 21		50 Back 2:06.36 2	100 Breast 1:49.97 16	Imwalle, Catherine J
50 Free 30.34 18		Butcher, Gano M42	50 Fly 40.15 6	100 Breast 1:31.32 2 Z
Allender, Pat M48		100 Free 1:01.00 63	100 Back 1:43.10 10	400 IM 6:31.98 3 O
100 Breast 1:13.53 5		100 Breast 1:21.84 51	50 Back 45.85 8	200 IM 3:00.27 3 O
200 IM 2:27.28 13		50 Fly 29.19 57	100 Free 1:35.78 9	50 Breast 42.19 3
100 Fly 1:06.59 20		200 IM 2:34.39 36	Gettling, Janet F58	200 Breast 3:19.68 2 Z
200 Breast 2:41.33 4		50 Breast 35.48 47	100 Breast 1:38.94 13	Ivelich, Jim A M44
400 Free 4:41.80 14	Chesler, Laurie K F43		50 Fly 38.42 11	100 Free 1:03.79 102
Andrus-Hughes, Karen		800 Free 11:45.07 32	100 Fly 1:35.78 9	50 Fly 31.91 97
200 Back 2:44.91 8 O		100 Breast 1:42.79 61		50 Free 27.85 65
200 Free 2:24.46 10			Jenkins, Valerie G F43	
200 IM 2:48.69 10			200 Back 2:41.29 7 O	



More candid shots from Worlds





200 Free 2:22.85 13 O	Law, Cathy F39	Ralle, Martina F41	200 IM 3:12.40 41
200 IM 2:43.07 14 O	100 Free 1:15.57 60	200 Back 3:01.74 29	50 Breast 46.21 45
100 Back 1:15.70 12	100 Breast 1:36.13 37	400 IM 6:28.14 22	Stark, Allen L M57
50 Back 32.41 1 Z	50 Free 33.06 50	100 Back 1:23.86 25	100 Breast 1:17.08 1 Z
Johnson, Steve M M58	50 Breast 43.06 35	200 Fly 3:06.23 11	50 Breast 35.08 4
400 Free 4:55.77 6 Z	Lewis, Robin L F39	Rice, David S M39	200 Breast 2:52.11 2 Z
Juhala, Richard H M63	200 Free 2:45.59 46	100 Free 1:02.04 73	200 Fly 3:04.03 15
100 Breast 1:49.27 44	200 IM 3:15.03 49	50 Free 26.85 52	Stewart, Doug D M42
50 Breast 46.22 46	200 Breast 3:38.62 34	50 Breast 36.28 31	400 IM 5:03.80 6
Kabel, Douglas A M41	Lussier, Hardy C M41	Roberts, Calli F52	200 Free 2:06.94 16
100 Free 1:00.38 54	800 Free 9:33.13 12	200 Back 3:53.11 35	200 IM 2:24.95 12
200 Free 2:15.89 47	100 Free 59.56 48	Roussain, Kerri C F47	200 Fly 2:18.60 4
50 Fly 28.84 42	200 Free 2:08.70 18	800 Free 10:29.99 12 O	400 Free 4:26.61 5
200 IM 2:39.40 48	200 IM 2:25.01 13	100 Free 1:07.12 17	Sweat, Mary F49
100 Fly 1:05.23 30	Macaulay, Thomas M	200 Free 2:27.33 14	800 Free 10:32.39 14
Karyukin, Andrei M41	800 Free 11:33.54 29	200 IM 2:56.54 18	400 Free 5:09.22 9
100 Free 1:08.23 152	200 Free 2:34.18 30	400 Free 5:01.49 7 O	Tennant, Mike J M53
50 Fly 30.98 93	50 Fly 36.43 53	Rudolph, Roger A M63	800 Free 10:28.62 25
100 Fly 1:17.92 60	200 IM 2:59.53 20	50 Free 37.21 81	100 Free 59.28 13
50 Breast 38.68 70	Markus, Laurie A F49	Sacks, Lynn S F61	200 Free 2:16.34 18
Kawabata, Geraldine L	100 Breast 1:52.94 68	800 Free 17:16.42 30	50 Free 26.48 7
100 Free 1:50.69 19	Marsh, Kathy B F39	Schumann, Susanne F69	200 IM 2:41.57 19
50 Fly 1:09.85 18	100 Breast 1:39.64 47	800 Free 14:23.67 10	Thayer, George D M70
50 Free 49.13 18	50 Free 34.83 60	50 Free 40.39 12	200 Back 3:28.69 9
100 Back 2:17.51 19	50 Breast 44.21 40	Shellhammer, Thomas H M42	100 Free 1:23.01 20
50 Back 1:04.99 24	200 Breast 3:37.53 32	100 Free 1:04.57 114	50 Free 33.88 11
Kevan, Stephen D M52	Mathewson, Geri H F58	100 Breast 1:23.21 56	100 Back 1:31.82 7
400 IM 5:54.56 16	800 Free 13:12.19 22	Sitton, Tia F44	50 Back 42.54 7
50 Fly 30.42 32	200 Free 3:04.43 25	100 Free 1:17.87 77	Van Anandel, Robbert
200 IM 2:38.31 15	50 Free 36.61 33	50 Free 35.30 86	800 Free 9:37.91 8
100 Fly 1:14.10 27	McCarthy, Darren M M40	50 Breast 46.35 54	100 Breast 1:16.60 23
King, Bill M73	200 Back 2:37.20 31	Sivertson, Kevin M M31	400 IM 5:08.93 8
800 Free 14:43.53 17	100 Breast 1:18.00 32	100 Free 1:00.65 55	200 IM 2:28.11 19
100 Free 1:20.90 15	400 IM 5:43.32 31	200 Free 2:15.89 42	Vincent, Nancy C F47
200 Free 3:06.23 13	50 Breast 34.66 41	50 Fly 28.26 36	100 Free 1:12.43 40
50 Free 35.62 18	200 Breast 2:50.76 13	200 IM 2:31.39 22	100 Breast 1:32.22 20
Lake, Brent L M68	Nelson, Timothy D	100 Fly 1:05.15 27	50 Free 32.72 46
800 Free 13:10.61 14	800 Free 9:32.07 11 O	Skoss, Rachel F38	50 Breast 41.65 20
200 Back 3:17.97 9	200 Back 2:40.81 36	800 Free 12:15.45 43	200 Breast 3:22.08 14
100 Back 1:31.24 11	100 Free 1:01.72 74	100 Free 1:12.66 48	Weeks, Nicole L F34
50 Back 42.47 17	200 Free 2:11.70 32	200 Free 2:42.34 42	100 Free 1:04.44 10
400 Free 6:27.32 17	Philipps, Frank J M64	50 Free 33.76 56	100 Breast 1:25.17 16
Lantry, Todd M31	100 Free 1:15.26 54	Smith, Robert S M63	50 Fly 31.94 8
800 Free 11:01.66 21	50 Free 32.45 53	50 Fly 32.02 12	50 Free 29.28 10
100 Free 1:04.71 91	50 Breast 44.59 37	50 Free 27.81 6	50 Breast 38.29 13 O
100 Breast 1:23.29 45	Radcliff, David A M72	200 IM 2:55.65 13	Whiter, Peggy S F63
200 Free 2:22.80 53	800 Free 10:49.02 1 Z	100 Back 1:17.05 6 O	800 Free 15:45.92 23
Larsen, Jon-Erik M39	100 Free 1:06.63 2	50 Back 33.87 5	100 Back 2:03.17 23
50 Fly 29.93 52	200 Free 2:27.27 1 W	Snider, Pam J F45	400 Free 7:48.17 26
50 Free 27.39 65	50 Free 30.69 3	100 Breast 1:37.57 36	Williams, Stephen J M40
50 Breast 35.54 26	400 Free 5:22.23 1	400 IM 6:59.37 31	100 Breast 1:16.10 20

50 Fly 28.40 31	Goodman, Ann R F47	Smith, Robert S M63
50 Breast 33.67 25	Allender, Pat M48	Allender, Pat M48
Worden, Laura A F49	Kabel, Douglas A M41	Kevan, Stephen D M52
400 IM 6:27.07 20	Vincent, Nancy C F47	
50 Fly 33.78 21	Mixed 200 Medley Relay	Men 200 Free Relay
200 IM 3:00.90 26	2:18.01 40	1:45.30 17
100 Fly 1:16.72 9	Hendryx, Teri L F53	Christensen, Douglas A M43
200 Fly 2:58.14 11	McCarthy, Darren M M40	Larsen, Jon-Erik M39
Worden, Mark F M55	Kevan, Stephen D M52	Williams, Stephen J M40
400 IM 6:00.76 7 Z	Marsh, Kathy B F39	Lussier, Hardy C M41
200 Free 2:26.92 19	Men 200 Medley Relay	Men 200 Free Relay
200 IM 2:49.07 10 Z	2:37.03 5	1:46.37 28
100 Fly 1:15.80 18	Lake, Brent L M68	Sivertson, Kevin M M31
200 Fly 3:00.00 10 O	Thayer, George D M70	Ivelich, Jim A M44
Yensen, Kermit D M53	Radcliff, David A M72	Fitzpatrick, William J M33
100 Free 1:06.11 58	King, Bill M73	Elliott, Scot J M32
200 Free 2:32.82 48	Men 200 Medley Relay	Men 200 Free Relay
50 Fly 33.31 61	1:59.20 19	1:48.30 29
50 Free 30.07 69	Fitzpatrick, William J M33	Butcher, Gano M42
Young, Susie S F37	Daniels, Joseph D M32	Stewart, Doug D M42
800 Free 10:37.71 18	Elliott, Scot J M32	Kabel, Douglas A M41
200 IM 2:57.82 31	Sivertson, Kevin M M31	McCarthy, Darren M M40
100 Fly 1:19.60 24	Men 200 Medley Relay	Women 200 Free Relay
200 Fly 3:03.33 14	1:57.45 16	1:58.72 8 Z
400 Free 5:14.21 16	Butcher, Gano M42	Jenkins, Valerie G F43
Mixed 200 Medley Relay	Williams, Stephen J M40	Roussain, Kerri C F47
2:03.59 7 Z	Christensen, Douglas A M43	Buck, Donna F47
Jenkins, Valerie G F43	Lussier, Hardy C M41	Andrus-Hughes, Karen F49
Williams, Stephen J M40	Men 200 Medley Relay	Women 200 Free Relay
Christensen, Douglas A M43	1:59.49 6 Z	2:17.52 2 Z
Buck, Donna F47	Edwards, Wes M53	Frid, Barbara F64
Mixed 200 Medley Relay	Allender, Pat M48	Ward, Joy F64
2:03.69 1 Z	Kevan, Stephen D M52	Gettling, Janet F58
Andrus-Hughes, Karen F49	Tennant, Mike J M53	Imwalle, Catherine J F56
Stark, Allen L M57	Men 200 Medley Relay	Women 200 Free Relay
Delmage, Arlene F44	2:00.06 24	2:08.99 17
Tennant, Mike J M53	Stewart, Doug D M42	Young, Susie S F37
Mixed 200 Medley Relay	McCarthy, Darren M M40	Lewis, Robin L F39
2:22.84 4 Z	Kabel, Douglas A M41	Austin, Connie E F38
Smith, Robert S M63	Larsen, Jon-Erik M39	Chesler, Laurie K F43
Imwalle, Catherine J F56	Women 200 Medley Relay	Women 200 Free Relay
Ward, Joy F64	2:35.88 2 Z	2:10.37 22
Bruce, Bob A M58	Frid, Barbara F64	Vincent, Nancy C F47
Mixed 200 Medley Relay	Imwalle, Catherine J F56	Harris, Barb P F46
2:15.56 25	Ward, Joy F64	Goodman, Ann R F47
Harris, Barb P F46	Gettling, Janet F58	Ralle, Martina F41
Daniels, Joseph D M32	Women 200 Medley Relay	Women 200 Free Relay
Sivertson, Kevin M M31	2:32.24 11	2:17.59 30
Young, Susie S F37	Lewis, Robin L F39	Marsh, Kathy B F39
Mixed 200 Medley Relay	Austin, Connie E F38	Raach, Bridget F43
2:12.40 22	Young, Susie S F37	Budd, Elizabeth F52
	Skoss, Rachel F38	Skoss, Rachel F38
	Men 200 Free Relay	
	1:48.96 12 O	
	Edwards, Wes M53	
	Women 200 Medley Relay	
	2:15.75 5 O	
	Jenkins, Valerie G F43	
	Vincent, Nancy C F47	
	Delmage, Arlene F44	
	Buck, Donna F47	
	Women 200 Medley Relay	
	2:32.92 25	
	Goodman, Ann R F47	
	Chesler, Laurie K F43	
	Ralle, Martina F41	
	Marsh, Kathy B F39	
	Mixed 200 Free Relay	
	1:57.86 23	
	Fitzpatrick, William J M33	
	Lewis, Robin L F39	
	Austin, Connie E F38	
	Elliott, Scot J M32	
	Mixed 200 Free Relay	
	1:54.42 14	
	Larsen, Jon-Erik M39	
	Chesler, Laurie K F43	
	Delmage, Arlene F44	
	Lussier, Hardy C M41	
	Mixed 200 Free Relay	
	1:51.44 6 O	
	Edwards, Wes M53	
	Roussain, Kerri C F47	
	Andrus-Hughes, Karen F49	
	Tennant, Mike J M53	
	Mixed 200 Free Relay	
	2:05.91 5 Z	
	Frid, Barbara F64	
	Gettling, Janet F58	
	Bruce, Bob A M58	
	Smith, Robert S M63	
	Mixed 200 Free Relay	
	1:59.91 30	
	Butcher, Gano M42	
	Skoss, Rachel F38	
	Ralle, Martina F41	
	Stewart, Doug D M42	
	Men 200 Free Relay	
	2:15.55 4 Z	
	Thayer, George D M70	
	Lake, Brent L M68	
	King, Bill M73	
	Radcliff, David A M72	
	Men 200 Free Relay	
	1:48.96 12 O	
	Edwards, Wes M53	

Orcas Open Water Challenge
 Saturday & Sunday, September 9-10, 2006
 Hosted by Island Athletic Events and FINS of the San Juans
 Sanctioned by PNA for USMS # 060W3602

NAME: _____ USMS # _____ - _____
 Address: _____ City: _____ State: _____ Zip: _____
 Date of Birth: _____ Age (on race day): _____ Gender (circle): M F
 Email address: _____
 Emergency contact & phone: _____

Indicate event choice (circle): .5-mile, 1-mile, 3-mile, 4 X .5-mile relay
 Wetsuit / Non-wetsuit (circle one)

Entry fee: \$30, each additional event: \$5
 Canadian fee: \$33
 Race Day Entry fee: \$35 (\$35 CAN)
 One-event USMS fee: \$10
 T-shirt size (circle) S M L XL
 For more information and updates go to:
www.islandathlethevents.com

Enter online at www.active.com or
 Make checks payable and mail to:
 Island Athletic Events
 Paul Hopkins
 PO Box 1184
 Friday Harbor, WA 98250
phopkins@rockisland.com

Eligibility: USMS or Canadian Masters registered swimmers 18 years of age and older as of September 9, 2006 are eligible to compete. Competitors without a USMS or Canadian Masters registration must pay a \$10 one-event USMS registration fee at check-in. Non-PNA swimmers must submit a copy of their current registration card with their entry.

Rules: Current USMS rules will govern this event. The use of neoprene wetsuits is allowed.

Liability Release: "I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Must be signed and dated for acceptance.

Signed: _____ Date: _____

Location: Cascade Lake is located in beautiful Moran State Park on Orcas Island, WA. Water temp is approximately 70 degrees. Camping is available in four different camping areas, and the closest to the start is the Northend campground. For reservations visit <http://www.parks.wa.gov>. Lodging is also available at nearby Rosario Resort, <http://rosario.rockresorts.com>, which is a .25-mile hike to the start area. More lodging information is available at the race website. Hiking, biking, running trails, swim area, paddleboat rental, fishing, picnic areas, and a play area for the family are available. Restrooms are located at the start/finish area. Showers are available in the nearby campground.

Events: The .5-mile and 4 person X .5-mile relay swims will be conducted along a buoyed line. The 1-mile swim will be on a triangular course, and the 3-mile swim on a trapezoidal course. All races will start in the water and finish on shore. *Swimmers must check in for all events.*

Schedule:
 Saturday: 1:00pm – 1:45pm Check-in for all swimmers
 1:45pm Pre-race briefing
 2:00pm 1-mile start
 3:00pm 4 X .5-mile relay start

Sunday: 8:30 – 9:15 a.m. Check-in for all swimmers
 9:15 a.m. Pre-race briefing
 9:30 a.m. .5-mile start
 10:30 a.m. 3-mile start

Entry Fee: The \$30 (\$33 CAN) entry fee includes a t-shirt and swim cap. Each additional race will cost \$5.

Entry deadline: Entry must be received by: 08/26/06. You may register race day for an additional \$5 but **t-shirts will only be available as supplies last.**

Safety: Lifeguards and safety boats will monitor the entire racecourse. Swimmers *must wear the swim cap provided* during the swim and their race number on their upper arm, leg, or hand.

Results: Results will be posted after each event and be available on the PNA web site and at www.islandathlethevents.com shortly after the event. There will be both wetsuit and non-wetsuit divisions.

Awards: Ribbons will be awarded for first, second & third place finishes.

Directions: Take I-5 to the Hwy 20/ Burlington exit. Following the signs to the Anacortes ferry landing and take the ferry to Orcas Island. After disembarking the ferry follow the signs to Moran State Park. The race venue will be located at the Cascade Lake picnic area across from the Northend campground. Your link to ferry info is <http://www.wsdot.wa.gov/ferries/>. A shuttle will be available for walk-ons. Contact Paul Hopkins at (360-472-0908/ phopkins@rockisland.com) for information.

Looking Ahead to Perth by Rachel Skoss

After the great performances down in Stanford, it is time to look to the future – how about a repeat in sunny Perth? (That is Perth, Australia, not Scotland). I'm assuming (and hoping) you all know where Australia is. Perth is over on the western side – and in spite of, or because of it being the most isolated city on earth, Perth is a fine place to visit. As the “girl on the ground”, over the next year or so you will be reading about Perth in this fabulous publication. The editor is even going to take one for the team and have a trial visit, acting as a guinea pig at a number of tourist ventures. This is all for you, gentle reader, so that when you come to Perth for Worlds in 2008, your visit is full of fast times (of the swimming variety), and maximal fun. So a little about Perth – it is located in the south western corner of Australia, at a latitude 31 degrees 57 min South, longitude 115 degrees 51 min East. As of the last census (2001), the population is just over 1.4 million in the metro area, with a state total of just over 1.9 million in just under million square miles. Don't think you are going to see everything in a week.

Perth has a Mediterranean climate, and averages 8 hours of sun per day. In April, the average maximum and minimum temperatures are 79 and 57 respectively. You may get a little rain but I wouldn't expect much.

What can you do when you're not swimming up a storm? This month I will focus on things to do in the Perth area (within an hour's drive). In the future I will focus on different regions so you can plan your time accordingly.

As you are all swimmers, first up are the beaches. We have white sand beaches as far as the eye can see, and not many people on them. The water is warm



enough to swim sans wetsuit all year round, and will be a must for those of you making the trip out. Practice for the open water swim!

After the great performances down in Stanford, it is time to look to the future – how about a repeat in sunny Perth?

Kings Park is about 1000 acres of parkland and gardens in the city, and gives an unsurpassed view over the Swan River and city center. Nature trails and pathways will give you an idea of what the Australian bush is like – and you'll see how very different it is to the Oregon forest. Take a walk on the Federation walkway through the treetops above the city.



Head down to Fremantle to see the oldest part of the city, or out to the Swan Valley for some wine-tasting, aboriginal art galleries and bush tucker. Take a ferry to Rottnest Island (our version of a Greek island), not forgetting a stop at the renowned “Rotto bakery” and the “Quokka Arms”. Check out some of the natives (not the sort that you find in bars late at night). Swim with the dolphins, meet the penguins, or paddle a sea kayak amongst sea lions down in

Rockingham. Ride a horse or camel on the beach up in Yanchep. Pet a kangaroo or hold a koala at Whiteman Park. (Go play a round of golf on many of the courses and you can curse the kangaroos as they hop across the fairway). For exercise alternatives to swimming, cycle on the bike paths around the river, or take a mountain bike down the Munda Biddi trail out in the hills. Hike the Bibbulmun track. Try some twilight sailing on the Swan River. Play beach cricket.

For culture, listen to some “Aussie” music. Check out a game of football – Aussie rules of course (or rugby union, rugby league or soccer). Fit in with the locals by eating a meat pie with sauce (ketchup), the food of champions! Follow it up with a pint of one of the local brews, or sit for a while at one of the café strips enjoying your coffee, (sorry, no 24oz serves here).

Plan ahead! 20 months until Worlds...save \$100/month and you're good to go! Any (reasonable) questions regarding Perth can be forwarded to Dave Radcliff who will pass them on to me. See you there! Cheers, Rachel

2006 Meet SCHEDULE

Date	Event	Location	Contact
Pool Meets			
Sept. 9	SCM Patriot Games	Camas, WA	Bert Petersen petersen@exchangenet.net
Nov. 18-19	Zone SCM	Federal Way, WA	
Open Water			
*Sept. 9-10	.5, 1, & 3 mile	Orcas Island, WA	Paul Hopkins phopkins@rockisland.com
Postal Championships 2006			
May 15 - Sept. 15	5K & 10K	USMS	www.usms.org
Sept. 15 - Nov. 15	3000/6000	USMS	www.usms.org
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER			

Board Meetings All Board Meetings are open. OMS members are encouraged to attend. Contact Jody Welborn, OMS Chair, for details	Sept. 29-30 Board Retreat TBA
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Aqua Master
September 2006

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 5832 SE Woll Pond Way
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Inside: Results -Applegate Lake and FINA Worlds