



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

Volume 34, Number 10

Published Monthly by OMS, Inc.

Nov. / Dec. 2007

“Swimming for Life”

Two Impressive Swims



Michelle Macy



Photo by Emma Garrard for the Sierra Sun

Karen Gaffney and Uncle Bill

On September 22, OMS swimmer Michelle Macy swam the English Channel in 10 hours and 2 minutes. Here in her own words is the summary of the swim.

“It has been just over a week since I swam the English Channel. In some ways it seems like it was just a dream. I don’t have any bruises, scars, etc that leave a permanent mark of the event. I still have to pinch myself to remember that it did really happen. Here’s what I remember.

Friday night I ate my weight in pasta with red sauce, rashers and mushrooms. I thought that I was going to explode or at least sink when I entered the water the next morning. My crew just kept ensuring that I wouldn’t and that I would need the energy. Then it was a normal night, I read my book and went to bed. Surprisingly my nerves were not getting the best of me.

Saturday morning we drove down to Folkestone Harbor

Continued on page 7

Chalk up another first for OMS swimmer, Karen Gaffney, who on Sept. 25 became the first swimmer with Down syndrome to make it across Lake Tahoe. Karen, 29, covered the nine-mile distance in six hours, 20 minutes.

She shivered in the 38-degree morning before hopping off a power boat into 59-degree water at Deadman Point, near Glenbrook, Nev., before 6 a.m. With a glow stick illuminating her Multnomah Athletic Club swim cap, she quickly got into a steady rhythm. Shortly after noon, she reached the beach -- and a symphony of welcoming air horns -- at Homewood, on the Sierra Nevada lake’s California side.

The swim is the latest in Gaffney’s string of remarkable open-water endeavors. Six years ago she swam the English Channel as part of a relay team, which included other OMS swimmers. Always an avid swimmer, Gaffney has a long list of other swimming *Continued on page 6*

Inside For You

Chair’s Corner	2
Editorial	3
Meet Schedule	4
MAC Entry	5

Karen Gaffney	6
Michelle Macy	7-8
Fitness	9
Long Distance	10
Shake and Swim with Bake....	11
WOWs	12

TopTen	13-16
Time is Now, Swim Bits, Waikiki Swim, WOW	16-18
Entries	19-21
Registration	22-23
Schedule of Event	Back cover

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
Wes Edwards
 (360) 896-8806
 wesnad@comcast.net

Secretary
Tam Jenkins
 (503) 422-0747
 tjenkins@ebizjournals.com

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

Registrar
Darlene Staley
 17720 NW Autumn Ridge Dr.
 Beaverton, OR 97006 (503) 629-4937
 Darlene@AvalarRealty.com

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@comcast.net

Officials (for swim meets)
Jacki Allender (541) 753-5681
 seewun@proaxis.com

Host / Social
Ginger Pierson (360) 253-5712
 gingerp@qwest.net

Fitness Chair
To Be Filled

Safety
Joy Ward (503) 777-5514
 silenteclipse1210@hotmail.com

Coaches
Dennis Baker (503) 679 4601
 bakeswim@yahoo.com

Awards
Rich Juhala (503) 659-3143
 senzriich@q.com

Records
Stephen Darnell (360) 834-6020
 financialwizard2@comcast.net

Membership
Tia Sitton H(541) 367-1323
 sweethomebuilder@centurytel.net

Long Distance
Bob Bruce coachbob@bendbroadband.com
 H(541) 317-4851 W(541) 389-7665

Web Master
Robbert van Andel (503) 428-1753
 robbert@vafam.com

Top Ten & OMS email Group Maintenance
Mary Sweat (541) 504-5338
 Personal msweat@bendcable.com
 Email omsemail@swimoregon.org
 Top Ten topten@swimoregon.org

Sunshine
Sue Calnek (971) 533-3531
 squeebug60@yahoo.com

Short Distance
Robert Smith (503) 244-3739
 dobbsmith@comcast.net

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

Founders of OMS
Connie Wilson and
Earl Walter - Historian

Chair's Corner by Jody Welborn

Evolution-Of a Masters Swimmer

I have mentioned before that a perk of writing this column is the opportunity to talk about my family, particularly my children. My children have been the focus of my life as they grew from adorable, little ones to capable and truly remarkable adults. Swimming was part of my childhood and I made sure that swimming was part of theirs.

Justin, my son, is leaving this week, starting his freshman year of college. I am so torn seeing my youngest leave home. My thoughts center around his calm maturity mixed with his fun personality and finely honed sense of humor. And, of course, I think of swimming.

Neither of my children volunteered for swimming lessons. When Justin was little, getting his face wet was not voluntary whether in the bath, shower or the swimming pool. But, almost overnight, a wet face was okay and swimming was "FUN." There were lessons and summer league, then swim team and dryland. There were small meets and small pools and big meets and big pools. There were big successes and small failures. And eventually there were other things, school projects, non-swimming friends and dating. It goes so fast. Throughout swimings' lessons of responsibility, and hard work, how to win well and how to lose well have helped Justin become an awesome person.

Now he swims to keep in shape, to make new friends, to make Mom happy. He is a USMS member now and I know, that where ever he goes, all he needs to do is find a team, and he will have friends and family. A new generation of USMS members is beginning and that delights me to no end.

Remember,

**Swimming is for Life
 and Life Matters.**



(c)swimgraphics.com

The Countdown For LCM Nationals

287 Days

and counting from November 1, 2007

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 Tia Sitton 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.swimoregon.org



Off the Block

The Editorial Lane

Brandon Drawz, Director of Aquatics and Recreation at Mt. Hood Community College, takes the dive off the block and is our Guest Editorial writer for this issue. Brandon is the reason for Nationals coming to Mt. Hood. Thank you Brandon for all your work on the great pool remodel at the College and your successful effort in bringing the Long Course Nationals back to Oregon.



This summer the Nation's masters swimming community will descend upon Oregon for what I know will be one of the best swimming experiences of their lives. Oregon Masters Swimming and Mt. Hood Community College is extremely proud to be hosting next summer's USMS National Long Course Swimming Championships. In addition, we are very excited to show off Mt. Hood's "new" and extremely fast pool to the nation.



Led by swimming Guru Dennis Baker, we have an extraordinary, creative and professional organizing committee that is proving to be a pleasure to work with. That being said-we could always use your help and input. In addition to fast swimming, we will be hosting a fun yet relaxing social at the McMenamins Edgefield Winery. Let's make OMS proud by hosting the best Nationals ever! Stay tuned as we count down to next summer's swimming extravaganza...



Your Meet Schedule for December 2007 and 2008

by

Wes Edwards - OMS Vice Chair (Meet Sanctions)

I hope this issue finds everyone in good health and training hard, laying a good foundation for the upcoming season. I wanted you all to know about the racing opportunities available to you in the months ahead.

OMS meet scheduling has been a bit unusual this year, with lots of last-minute negotiations, frantic phone calls and emails. But the schedule is finally taking shape, albeit a lopsided one. There will be no local meets this fall. The Zone SCM Meet was awarded to Alaska. That means we all have one more solid month of training before the next meet, a SCM meet at the MAC club on December 9th. The MAC pool is fast (my lifetime best 100 Back last year) and worth your serious consideration. They are including a more complete event line-up this year, including 200s for all strokes. *(The MAC entry is on the next page)*

Due to pool scheduling difficulties at local venues, we have some months with lots going on and some months with nothing at all. January will be a very busy month. We have the one-hour postal swim during the entire month. According to Bob Bruce, we had 127 one-hour swimmers last year from Oregon. I encourage you to participate in the event – do it as a team. Last year, GVAM recorded nearly 100% team participation and it really helped bring them together.

January 13th will be a SCM meet at Oregon City, complete with relays and a 1500 Free for you distance swimmers. The Animal Meet is just two weeks later, on January 26th in Canby. You IM lovers, Flyers, and distance folks will love this one.

Just one week later, Chehalem Masters will be hosting a SCY meet in Newberg on February 2nd. Last year, this meet was held on Superbowl Sunday. This year it's on Saturday, the day before the Superbowl, so no excuses football fans!

For those of you looking for a breakout SCM performance, the Bellevue, WA swim club is hosting a meet on Feb 17th. Bert Peterson and I will be there hunting world records. It's a great meet in a first-class facility (espresso bars in the locker

rooms!).

After that flurry of activity, it's back to the drawing board with a two-month block of solid training in preparation for another team assault at the Association Meet April 4-6. It's going to be a little different this year, however. The meet will be held at Tualatin Hills in a LCM format. That's right, Long Course Meters. There's a possibility that the relays will be 400s instead of 200s, so we're going to need all the preparation we can get. It will be a good yardstick to measure yourself against in preparation for LCM Nationals at Mt. Hood CC in August.

Do yourself a big favor right now. Put these events on a calendar, decide which ones are important to you as an individual or as a team, and make a plan. There are some great breakout opportunities in this schedule, but you will need to plan carefully to make the best of them.

The Association Meet is just the beginning of another fast and furious period of racing. The very next weekend is the Zone SCY Championships in Federal Way April 12-13. The National Championships were held in this pool last year - it's very fast, and a great opportunity for personal best times.

For you world travelers, the World LCM Championships in Perth, Australia begin the very next weekend, April 19-24. And at the end of the following week is the National SCY Championships May 1-4 in Austin, TX.

Because they are hosting the Association Meet this year, Tualatin Hills will not be hosting a SCY Pentathlon in the spring or the Sizzling Summer LCM meet in June.

However, Hood River will be hosting a SCM meet on May 18th. Then, it's time to switch into high gear for the State Games in July and, finally, the LCM Nationals at Mt Hood CC Aug 14-17.

Do yourself a big favor right now. Put these events on a calendar, decide which ones are important to you as an individual or as a team, and make a plan. There are some great breakout opportunities in this schedule, but you will need to plan carefully to make the best of them. Watch the OMS website and the AquaMaster for meet entry forms to be posted soon.



Multnomah Athletic Club Short Course Meters Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #377-08

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

Unregistered swimmers must submit a 2007 registration form and fee with this form.

Hosted by: Multnomah Athletic Club, West Pool

Location: 1849 Salmon Street
Portland, OR

25 meters ~ 8 lanes competition-electronic timing
separate warm-up/down area

DATE: Sunday December 9, 2007

WARM-UPS: 7AM
MEET STARTS: 8AM

Meet Director: Sharon Foley • 503-203-8760 • sfenrich@att.net

Directions to the pool: SOUTHBOUND - Take I-5 to I-405 South. Take the Burnside exit, go straight on that street (15th) to Salmon, turn right, go through stop light at 18th, MAC club is on the right, and parking garage is on the left. NORTHBOUND - Take I-5 to I-405 North, Take the Salmon St. Exit. Merge onto 14th St. Go one block and turn left onto Taylor. Turn left onto 17th. Proceed on 17th to Salmon. Turn right onto Salmon.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2007 REGISTRATION FORM WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY NOVEMBER 23, 2007

FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY

NAME
ADDRESS
CITY
STATE ZIP
PHONE
E-MAIL

BIRTHDATE AGE SEX
2007 OR 2008 USMS #
USMS CLUB (OREG, MACO, PNA, ETC)
IS THIS YOUR FIRST MASTERS MEET? YES NO

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319 AND 320-359 ETC. YOUR COMPETITION AGE IS THE AGE YOU WILL BE AS OF DEC 31, 2007. YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS PLUS THE RELAY. THE 800 FREESTYLE WILL BE DECK SEEDED. CHECK IN FOR THAT EVENT WILL CLOSE AT 7:30AM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

SUNDAY, December 9

- 800 FREE (1) : .
* break- 20 min. warm-up* (event 2 will start no earlier than 10am)
50 FREE (2) : .
200 BACK (3) : .
100 FLY (4) : .
100 IM (5) : .
50 BACK (6) : .
* break*
200 FREE (7) : .
100 BREAST (8) : .
50 FLY (9) : .
200 BREAST (10) : .
* break*
200 IM (11) : .
100 FREE (12) : .
50 BREAST (13) : .
200 FLY (14) : .
100 BACK (15) : .

"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

Gaffney continued from page 1

accomplishments. She swam from Alcatraz Island to the mainland seven times to prepare for the 1.5 mile "Escape From Alcatraz" competition. She completed a four-mile swim nicknamed "Round the Rock" in two hours and 15 minutes. In August 2007, Karen swam the length of Donner Lake, a 2.7- mile swim sponsored by the Sierra Nevada Masters swimming organization.

In a recent interview in Portland, Gaffney said she wanted to attempt Tahoe's width "to prove to people that I can do it. We are trying to show that people with Down Syndrome are more like everyone else, rather than different from everyone else. In the swim Karen "put her heart" to a worthwhile cause; raising funds for the National Down Syndrome Congress. "I am doing this swim because I can!" said Gaffney.



Karen and OMS Swimmers before the Channel Swim



But her swim across Lake Tahoe proved that she is most certainly not like everyone else. At the very least she proved that people with Down Syndrome can surpass challenges that people without the genetic disorder wouldn't dream of taking on. Parts of this article are taken from the Oregonian, The Karen Gaffney Web Site and other Internet Sites that covered this great swim.



2 Photos by Will Schermerhorn

Macy continued from page 1

to meet with Reg and Ray (Boat Captain and crew). After parking, we quickly met Mikey the CSA (Channel Swim Association) observer assigned for the swim. He was a very jovial fellow who was quick with a joke and a laugh. I remember one of his first questions being "Is this a drunken bet or a lifelong dream? Nope I explained that I was completely sober when the decision was made and still completely nuts!

We took off from Folkestone around 7am just as the sun was beginning to rise. At 7:30ish am we arrived at the take off point of Samphire Hoe. I began my swim into Samphire Hoe. As soon as I arrived on the rocky beach, I made sure my toes were out of the water and I turned back to the boat. I remember just waiting for the horn signaling the start of the swim. On the horizon at the start we could see at least 4 other boats that were escorting swimmers (Note: I was eventually told that there were 9 boats out that day with swimmers per Mikey). My mom's first note on the white board was Living the Dream.

The first hour into swimming and I felt really good. The sun was further up in the sky and I was beginning to feel the warmth it was providing. I had seen some jellyfish, but they were way beneath me.

The second hour came. Unfortunately in the second hour, I took an odd stroke and my neck popped. I promptly started getting a headache. This made me a tad more than crabby especially since I was coming up to my dreaded 3rd hour. Now my mantra in my head was "Ignore the headache. It will go away". This was also followed by my traditional "1-2-3-breathe. 1-2-3-breathe."

The feedings were now coming at 30 minute intervals and always included a liquid mixture with the option of some solids, either peaches or Clif Shot Bloks. Hours 4-8 are pretty much where the fog starts to occur. I know that I was counting jellyfish. I saw 8 and had a 2 close encounters when I stopped counting. From the white board I remember seeing the following comments:

- . Just keep swimming.
- . Comfortably Numb
- . Thumbs up!
- . You're faster than me - there was a fish accompanying this one.
- . Anyone for Frogger
- . Stroke rate 64-66
- . Another one bites the dust
- . Roadkill

Apparently, the last two comments were in regards to me passing the other swimmers that were out that day. During one feeding, I received a comment "You are just about to pass another one". At this time, I wasn't really concerned about other swimmers. It wasn't a race, I just wanted to finish.

It was during the 5th hour that I became aware that I may swim faster than expected. I thought I was halfway, but was told that I wasn't.

Continued on page 8



Macy continued from page 7

This was pretty disheartening since I was told I was on track for time. At the next feeding, I turned to Ray who was on deck and asked "Am I really not halfway yet?" I was whining and knew it, but I so needed to hear that I was over halfway as I knew I had already made it through the first shipping lane. Ray looked at me and thankfully said "You are over halfway love" OH JOY OF JOYS!!!!

Between hours 6 and 7, I had a small detour during the swim. We had apparently reached the other shipping lane and a tanker was not responding to calls. We were heading into it's path or it was heading into ours. I don't exactly know who has the right of way. In my mind, BIG tanker wins. Apparently Reg tried to radio the tanker and Ray set of flares, but they weren't receiving any response. This required us to do a large circle. We turned back towards England and then circled back towards France. All the while I was in the middle of the large circle. Reg was trying to protect me from the waves and the wake. We successfully avoided the tanker and got some pretty good pictures of it as well. The swim was back on course.

At my 8 hour feeding, I finally asked how far away was France. I received the response 3.5 miles. And then Mikey said "Look it is right there". OH CRAP! I had been doing my best to avoid looking at the French coastline as I didn't want to experience the mental challenge of seeing it for the next 6+ hours and not getting any closer. Jane replied "You'll get there. OK this is the hard part Kiddo. You are tired, you hurt and this is the tough part. Just keep with Reg and you'll get there. He wants you close because of the tides." I put my head down and the mantra soon became "Keep with Reg" breathe "Keep with Reg" breathe. It was also at this time that I began to sprint. My stroke rate jumped to 68 per minute and held steady. I knew that this was where I had to power through the tide that was pushing me away from the beaches of France. After 30 minutes, I received the response that I was doing well and to keep it up. Again I was back to sprinting and my mantra. It was also at this time that I received tons of feedback on the white board from all of your comments on the blog. The comments were coming so fast that my mom actually couldn't keep up and I couldn't read them fast enough. One hour of sprinting had passed and I was hitting the wall. I couldn't keep up anymore. Jane quickly yelled "5 more minutes until a feeding" In my mind I thought "OK 5 more minutes of sprinting and then we need to talk".

Off I began to swim again.

At this feeding the conversation went something like this:

Jane - "You're golden. 1 mile to go"

Me - "Really one mile?"

Jane - "Yes, one mile."

Me - "Can I stop sprinting now?"

Jane - "Oops, yeah you can stop sprinting"

Me - "OK, one mile"

I returned to my stroke rate of 64-65 and I stopped powering through as hard. I began to relax. The messages on the white board kept coming and some of them were making me cry. I knew that I was going to do it. And it was only 1 mile. I had done plenty of those in competition, what was one more. I began to see Ray getting the dingy ready to guide me in. As I began to swim away from the boat with Ray guiding me in the dingy, I really knew that this was it. I had accomplished my goal. My dream was coming true. I began to see the ripples of the sand beneath me and then I began to feel it beneath my hands and feet. In true open water swimming style, I waited until I was grabbing and pulling myself along the bottom before I stood up. I grabbed a small shell in the process. Then I stood up and started to run! YES RUN! I was going to finish this thing in style. I ran all the way in laughing, crying and laughing some more. I was running as fast as I could towards the beach and the French people on the beach. I began to also think I better run faster so they don't touch me before I exit the water. They were clapping the whole time. Once my toes passed the water, I turned and waved to the boat and then I heard the most beautiful sound...the boat horn. 🌊



F i t n e s s



**Rachel
Skoss**



Weight problems – part 3: What to do if you are underweight?

What is the problem with being underweight? Undernourished people are at greater risk of infection. Being too lean can suppress your immune system – those colds and viruses that may take others a day or two to recover from can tend to hang around. Maintenance of a healthy immune system requires a steady intake of all the necessary vitamins and minerals, an inclusion of the essential fats into the diet (such as omega 3 fatty acids from fish, nuts, etc...)

Some women are at risk of the “female athlete triad”, where three inter-related problems of poor nutrition (perhaps through eating disorder), menstrual disorders and weak bones can result in life-long problems. For women prior to menopause (without the triad), being too lean can interrupt reproductive function.

Inadequate energy intake relative to expenditure will compromise your athletic performance – fat and lean tissue mass will be used by the body for fuel. Losing the muscle mass with impact strength and endurance further. Insufficient micronutrient intake can result in increased likelihood of osteoporosis (for both men and women).

Why are some people underweight? This may be due to the training load they are undertaking, together with work and life pressures which do not allow sufficient opportunity to eat enough. Psychological conditions (depression, anxiety) or extreme stress can impact on the desire to eat. Underlying serious medical conditions can affect metabolism, as can some medications. Genetic factors strongly influence a person’s build, and some people find it very difficult to put on weight. Substance abuse and poor knowledge of nutrition can also result in weight loss.

How do you put on weight? It is important to assess whether there is an underlying medical reason for being underweight (so consult your doctor and/or nutritionist). If there is no underlying cause, then gaining weight requires an energy intake exceeding your energy usage. However, it is preferable to gain lean muscle mass rather than fat, so gaining weight is a slow process over a period of months or years.

A nutritionist can give advice on how many kJ (kJ is kilojoules - about 4 of them to the Calorie) you need to add to your diet in order to achieve a slow, healthy weight gain. Some simple tips are to eat more often – 6 or more small meals and snacks throughout the day can boost the appetite. You are more likely to eat your favourite foods (as long as they are healthy!), and in a favourite routine. Try to eat the full-fat versions of food (such as for milk), rather than the low- or non-fat versions. It is best NOT to rely on protein powders (so often used by those trying to put on muscle mass), as too much protein in the diet can put pressure on your kidneys. Avoid high-fat (low nutrition) junk foods, and work out which high-fat natural foods (eg. avocado, nuts) that you like. The ideal diet for energy will consist of 10-15% energy from protein, 20-30% energy from fat, and 55-70% from carbohydrate (preferably of the complex variety).

If you’ve time to add anything into your workout schedule, then resistance training is a good addition as it will promote muscle growth. Resistance training that is higher intensity, with lower repetitions and higher weights will promote muscle hypertrophy (although it is important, if you haven’t done weight training before or recently, to start with lower weight, higher repetition endurance resistance training). It is very important not to overdo it – your body needs to recover, and it is good thing to maintain some of your cardiovascular workout (such as your swimming training!) It is a good idea to get advice from your coach (and/or an exercise physiologist/gym instructor/personal trainer) if you need it, as it likely to increase your gains and reduce the risk of injury. You may need to be prepared to eat when you are not hungry. However, by making your snacks as appealing as possible, you’ll have less of a problem. Before and after resistance training, eat small snacks that are high in protein to promote muscle growth. Be consistent with your diet – it may be useful to write up meal plans and track progress. Remember to keep your goals realistic.

The following is an energy drink from Australian nutritionist Rosemary Stanton.

- 2.5 cups milk
- 200g (small tub) of yoghurt
- 2 scoops ice-cream
- 2 tablespoons malted milk powder
- 3 eggs
- 1 tablespoon honey
- Few drops of vanilla.

Combine in a blender, and store in a refrigerator. Makes approximately 3 serves.



Long Distance Swimming



**Bob
Bruce**



The Oregon Club had another good showing in the USMS 5 & 10-km Postal swims in 2007. Here's a summary:

5-km: 15 swimmers from Oregon (6 women & 9 men) entered the event, a participation number down slightly from last year (more about this later...). Mary Sweat, Tom Landis, and Dave Radcliff—have we ever heard of these folks before?—won national individual titles in their age groups, and two Oregon Relay teams won their events. The Men's 65+ 3 x 5000 relay team demolished the old National Record by about 45 minutes! In the team scoring, Oregon placed fourth in the Combined category, down one spot from last year.

10-km: Only 6 Oregon swimmers (3 women & 3 men) entered this longer distance event, the same number as last year. Although we had no individual winners—the first time in a few years that we have been shut out in this event—two of the Oregon relay teams won their age group. Oregon slipped to seventh place in the Combined team standings, falling from second one year ago. Congratulations to...

- Our 3 individual National Champions (USMS Long Distance All-Americans!);
- Our 4 relay team National Champions (USMS Long Distance Relay All-Americans);
- Our 5 Oregon Individual Record breakers—Arlene Delmage, Mary Sweat, Rob Higley, Doug Asbury, and Tom Landis;
- Our National Record Relay team—Brent Lake, Dave Radcliff, and Tom Landis;
- Our 6 Oregon Relay Record teams;

- Our three top scorers in the Quality Point system in the 5-km swim—Tom Landis (965), Mary Sweat (961), and Dave Radcliff (952)—very close indeed;
- Our three top scorers in the Quality Point system in the 10-km swim—Mary Sweat (910), Arlene Delmage (865), and Eric Steinhaff (852);
- Everyone who participated, particularly the six swimmers that swam in both events!

See the full Oregon results in this Aqua Master.

The recent club scoring change has added interest across the nation in these events. Club point scoring is now based on "Quality Points", the ratio of each individual time to the USMS Record for the gender & age group. For example, a swimmer who ties the National Record scores 1000 points, a swimmer whose time is 10% slower than the Record scores 900 points, etc. This ratio is expressed as a three-digit number in the results. Obviously, the faster the swim the more Quality Points a swimmer earns. Club totals are now the sum of the quality points of its swimmers (everyone scores, much like the current One-Hour Swim scoring), rather than the place totals of the top ten swimmers in each age group (which is more like pool meet scoring). And it is a very cool method of comparing individual swims across age groups—this system is ready-made for side wagers!

Since every swimmer receives quality points, every swimmer counts! Again—every swimmer counts! A quick look at the Oregon scoring shows that we were only two good swims away from winning the 5-km Team National Championship! This is why I was very disappointed to see our participation drop from 18 swimmers last year to 15 swimmers this year—this was truly a National Team Championship that got away! And we were only two good swims short of jumping from seventh to second in the 10-km Team standings. Let's see if we can't win these things next year, especially since COMA will host and I will be Event Director!

For the record, the same club scoring system is in place for the USMS 3000 & 6000-yard Postal Championships as well. You need to complete your swims in these events on or before November 15. Note that this year swims from 25-meter pools are accepted as well as the usual swims in 25-yard pools. What are you waiting for?

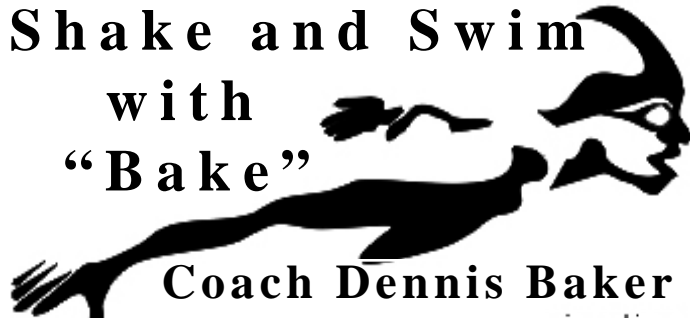
Good luck and good swimming!



What Are You Waiting For?

Two opportunities have been added to help you swim the 1 Hour Postal Swim in January. The "Snowball" Meet in Oregon City and the Animal Meet in Canby have both agreed to make their pools available for any OMS swimming wishing to do the 1 Hour Postal. There will be room for 12 swimmers at each pool. You must sign up for the swim when you check in at the Registration Desk. Also you must provide you own timer/counter. So what are you waiting for?

Shake and Swim with "Bake"



Coach Dennis Baker

Swim for Your Life!

First I would like to congratulate Dave Radcliff and staff (which is his beautiful wife Nancy) for winning the 2007 USMS Newsletter of the Year Award. Great job!!!! I know I speak for a lot of people when I say you make us feel proud and lucky to have you both.

Speaking of the award winning Aqua Master, I was pondering the frequently seen motto that graces its pages, "swim for life". While this is a great motto to "live" by, I felt a strong urge to add the word YOUR to the phrase. If we choose to swim, let's be sure we are taking the best approach.

As we head into the critical months of preparation for the 2007 Long Course Masters Nationals happening on our home turf, I think we need to take a step back and look at why we do this sport called Swimming? In addition, ask ourselves if we should compete, not compete, or even swim for a Masters team?

Less than half of all registered USMS swimmers compete in meets. This may surprise you, but it does not surprise me. It is not all about swimming in local, regional or national meets. It is, however, about competition; competition to keep up your health and well being in the most efficient manner while having fun doing it.

We have many options to choose from to keep us physically and mentally healthy. Swimming is absolutely the number one way to do it. There are several reasons I say this and not just because I am a swimmer. First and foremost is the well known fact that swimming is less stressful on the joints of the body. The constant pounding of running and other land activities wear us down as we age. Swimming also provides us an efficient and diverse type of aerobic fitness as we go about our daily lives.

Studies come out from time to time about the best sports to do. It always makes me chuckle when swimming is ranked third or fourth on the list. What information are the researchers missing in these studies? Who are they testing? They are missing the secret that only we as Masters swimmers know; practicing swimming with a club in a controlled environment with a coach and other swimmers. I watch lap swimmers day in and day out at all the pools that I swim and coach. While they have the right idea and are doing somewhat of a good thing for their health they are missing the real benefits of the sport of swimming. As stated in previous articles, one must vary the energy systems and control the heart rate all throughout your training process. The best way to do this is swimming with a coach and other people around you. A coach can monitor what type of training you want to do and implement different workouts at different times. Maybe more importantly is practicing with other people. Swimming with a group of people is very socially gratifying and fun. It also spurs us on to swim faster and be more attentive in a practice. From the beginning to the advanced swimmer it moves us into a new realm of fitness. Swimming provides us health advantages that make us live longer, feel better and look better.

In conclusion, if researchers tested more club swimmers their results could change dramatically. Swimming might just be number one.

If you are going to swim, do it with a Masters swim team even if you are just learning to swim or never plan to compete in a meet. While you have great intentions you are selling yourself short if you choose only to just lap swim or try to train on your own. Yes the "life stuff" will get in the way; there is no way around it since we are adult swimmers. However, not a day goes by that one of my swimmers says "Hey coach, I almost didn't make it today but I'm sure glad I did".

There are a million reasons not to join a Masters swim team. There are a million reasons not to come to practice. However, there is one great reason to do both ... and I say this with the same passion as the person on the docks (in the movie Jaws) to the swimmer that just fell into the water with that darn shark coming closer and closer.....SWIM FOR YOUR LIFE!!!



Oregon LMSC Postal 5-km Swim Results 2007

Place numbers are national places

OR = Oregon Record; NR = National Record

* = Oregon All-Time Top Twelve Time

Women 30-34

7 Elizabeth Strausbaugh 30 COMA 1:25:29.99 * 754

Women 40-44

3 Arlene Delmage 44 GVAM 1:11:10.99 OR 884

17 Kristy Aalberg 42 OWET 1:37:44.99 * 643

Women 45-49

7 Pat Rogers 47 OWET 1:31:03.99 * 708

Women 50-54

1 Mary Sweat 50 unat 1:13:21.07 OR 961

Women 55-59

6 Tam Jenkins 59 OWET 1:44:24.99 686

Men 40-44

4 Rob Higley 42 COMA 1:17:26.91 OR 754

Men 45-49

2 Doug Asbury 46 COMA 1:09:37.99 OR 880

Continued on page 17



A Big Wow to Mary Sweat. Mary Sweat received the USMS Fitness Award at the 2007 National Convention in September. Mary was honored for her many contributions to promoting Fitness events. It was commented at Convention when the Award was presented that she was not even on the Fitness Committee, but her dedication in this area stood out. Mary was a big help to Pam Himstreet when Pam was the Fitness Chair and this same positive attitude of helping has continued with the Fitness Chairs who succeeded Pam. This year Mary has coordinated the USMS Fitness Event called "Go the Distance". It has proved to be one the most successful Fitness events ever. In Oregon we also are indebted to Mary for all her work on the Top Ten and her management of all our emails. Mary you really deserve this award. OMS is extremely proud of you and so appreciates all the work you do. Congratulations Mary!



A Big Wow for the Aqua Master. The Aqua Master was honored as the 2007 Newsletter of the Year at the USMS Convention. The success of the Aqua Master is based on the well written articles that cover all aspects of Masters swimming in Oregon. This Award was earned by our dedicated writers and their willingness to contribute. Special Thanks to: Chair Jody Welborn for the Chair's Corner; Rachel Skoss (all the way from Australia) for the Fitness Articles; Bob Bruce for Long Distance Articles and reports on Postal Events and the Open Water Series; Dennis Baker for the Coaching Articles, Alison Moore (all the way from Virginia) for excellent Entry Blanks; Gary Whitman for writing a special program so all the results from the meets are neat and in orderly columns; Stephen Darnell for submitting records from every meet so the new Record Holders can be highlighted; Mary Sweat for Top Ten and FINA reports; Ralph Mohr for the interesting "Swim Bits" that have been featured the last few months; and all OMS swimmers who have submitted WOWs and PRs. Joe Oakes has written several great articles about Open Water swims. We are anxiously awaiting his report from Ireland. A special thanks to Nancy Radcliff for proofing the Aqua Master. Another thanks to all who are starting to submit pictures to the Aqua Master. Barb Harris, Tim Budd, Charlie Helms, TJ Moneta, Mary Sweat, Wes Edwards and Doug Brockbank have all had pictures used recently. The new software and quality pictures have added a great deal to the Aqua Master. Your Editor acknowledges this Award on their behalf.



A Big Wow from Bill Volckening. WOW, a new book! I contributed bios on Natalie Coughlin, George Brunstad and Terry Laughlin. Bill said being called a "**Renowned sports writer was my big WOW**".

The International Swimming Hall of Fame (ISHOF) today announced the publication of Swimmers: Courage and Triumph, a photographic and written exploration of some of swimming's most compelling personalities. Compiled by Larry Thompson and sponsored by the National Swimming Pool Foundation (NSPF), Swimmers: Courage and Triumph, will only be available to members of ISHOF and will serve as a premium and incentive to attract new members to the organization.

"ISHOF is all about telling the great stories of swimming history with the idea of inspiring people not just to swim, but acquire the 'will to win,' whether the challenge is in the pool or in life," says ISHOF's CEO Bruce Wigo.

"This book is a must read," says Donna de Varona, Olympic swimming champion, broadcast journalist, author and motivational speaker. "It captures all the dimensions of the competitive spirit, the pain, the passion, the disappointments and the rewards. While seeking gold is often portrayed as the ultimate goal of competitive sport the real value in seeking excellence, as told through the stories of the individuals in this book, it is the process of daring to dream, to risk and to work hard without any guarantees."

"A powerful and worthwhile book for anyone who puts on goggles," says P.H. Mullen, author of Gold in the Water.

"This depiction of enthusiasm for swimming and courage is an inspiration to all members of our aquatic family and to the public at large," says Rob Copeland, President of United States Masters Swimming.

Swimmers: Courage and Triumph profiles many Olympic swimmers including Mark Spitz, Jenny Thompson, and Natalie Coughlin. Open water swimmers Lynne Cox and Marcy MacDonald, Masters swimmer Rich Abrahams, and disabled swimmers Jeff Keith and Melanie Benn. **Renowned sports writers Phil Whitten, John Lohn, Bill Volckening, Kari Lydersen, and Jeremy Shweder have contributed the written profiles.** The book is photographed and edited by Larry Thompson. Any individual who joins ISHOF as a basic member (\$35.00) or higher level, will receive a complimentary copy of Swimmers: Courage and Triumph (\$24.95 retail value) and other benefits of membership, including a copy of ISHOF's 2007 Yearbook (\$19.95 retail value). For more information about joining ISHOF and the benefits of membership, visit ISHOF's website at www.ishof.org/membership



SCY Top Ten Times



Compiled by
**Mary
Sweat**

Women 18-24

9	SCY 100 Free	Jill Vukmanic	OREG	56.07
4	SCY 50 Fly	Jill Vukmanic	OREG	27.44
9	SCY 100 Fly	Jill Vukmanic	OREG	1:02.00

Women 25-29

8	SCY 50 Breast	Brianna Showell	OREG	32.26
---	---------------	-----------------	------	-------

Women 30-34

9	SCY 1650 Free	Laila S Goldring	OREG	20:37.38
8	SCY 1000 Free	Michelle Macy	OREG	11:38.41
3	SCY 1650 Free	Michelle L Macy	OREG	19:18.10
10	SCY 500 Free	Sara Q Nelson	OREG	5:35.83
3	SCY 1000 Free	Sara Q Nelson	OREG	11:15.25
8	SCY 50 Free	Shannon Wallace	OREG	25.68
6	SCY 50 Fly	Shannon Wallace	OREG	27.89
5	SCY 50 Free	Nikki L Weeks	OREG	25.41
2	SCY 50 Fly	Nikki L Weeks	OREG	27.55

Women 40-44

7	SCY 50 Fly	Arlene Delmage	OREG	27.67
6	SCY 100 Fly	Arlene Delmage	OREG	1:02.29
4	SCY 200 Fly	Arlene Delmage	OREG	2:18.49
6	SCY 400 IM	Arlene Delmage	OREG	5:05.24
9	SCY 500 Free	H. Vaughn-Edmonds	OREG	5:31.53
5	SCY 1000 Free	H. Vaughn-Edmonds	OREG	11:19.52
9	SCY 1000 Free	Elizabeth A Watkins	OREG	11:46.73

Women 45-49

10	SCY 50 Free	Karen Andrus-Hughes	OREG	25.95
3	SCY 100 Free	Karen Andrus-Hughes	OREG	56.14
3	SCY 50 Back	Karen Andrus-Hughes	OREG	29.12
4	SCY 100 Back	Karen Andrus-Hughes	OREG	1:02.72
8	SCY 200 Back	Karen Andrus-Hughes	OREG	2:21.27
10	SCY 1650 Free	Mary Sweat	OREG	20:02.85

Women 50-54

3	SCY 100 Back	Colette Crabbe	OREG	1:09.13
10	SCY 50 Breast	Colette Crabbe	OREG	36.44
4	SCY 100 Breast	Colette Crabbe	OREG	1:16.01
3	SCY 200 Breast	Colette Crabbe	OREG	2:42.51
4	SCY 100 Fly	Colette Crabbe	OREG	1:05.84
5	SCY 200 Fly	Colette Crabbe	OREG	2:36.76
2	SCY 100 IM	Colette Crabbe	OREG	1:07.28
1	SCY 200 IM	Colette Crabbe	OREG	2:25.44
1	SCY 400 IM	Colette Crabbe	OREG	5:08.89
10	SCY 100 Free	Robin Parisi	OREG	1:00.62
9	SCY 100 Back	Robin Parisi	OREG	1:11.40
7	SCY 100 Breast	Robin Parisi	OREG	1:18.79
5	SCY 100 Fly	Robin Parisi	OREG	1:07.34
3	SCY 200 IM	Robin Parisi	OREG	2:31.26

Women 55-59

8	SCY 200 Fly	Elke M Asleson	OREG	3:20.26
8	SCY 200 Breast	Deborah Hodesson	OREG	3:20.37
10	SCY 1650 Free	Jeanne Teisher	OREG	23:56.93

Women 60-64

8	SCY 1000 Free	Sue Calnek-Morris	OREG	15:13.38
10	SCY 50 Free	Barbara Frid	OREG	32.71
5	SCY 50 Back	Barbara Frid	OREG	38.69
9	SCY 100 Back	Barbara Frid	OREG	1:28.19
9	SCY 50 Breast	Barbara Frid	OREG	41.84
4	SCY 50 Fly	Barbara Frid	OREG	35.47
7	SCY 100 IM	Barbara Frid	OREG	1:22.66
2	SCY 50 Breast	Ginger L Pierson	OREG	37.30
1	SCY 100 Breast	Ginger L Pierson	OREG	1:22.31
2	SCY 200 Breast	Ginger L Pierson	OREG	3:09.69
3	SCY 100 Fly	Ginger L Pierson	OREG	1:25.05
2	SCY 200 Fly	Ginger L Pierson	OREG	3:00.65
4	SCY 50 Free	Joy Ward	OREG	31.11
8	SCY 100 Free	Joy Ward	OREG	1:14.73
2	SCY 50 Back	Joy Ward	OREG	36.86
2	SCY 100 Back	Joy Ward	OREG	1:20.70
3	SCY 200 Back	Joy Ward	OREG	2:55.49
2	SCY 50 Fly	Joy Ward	OREG	33.69
4	SCY 100 Fly	Joy Ward	OREG	1:26.55
8	SCY 100 IM	Joy Ward	OREG	1:22.80
9	SCY 200 IM	Joy Ward	OREG	3:05.81

Women 65-69

3	SCY 50 Free	Barbara Frid	OREG	31.53
3	SCY 100 Free	Barbara Frid	OREG	1:12.25
1	SCY 50 Back	Barbara Frid	OREG	37.93
2	SCY 100 Back	Barbara Frid	OREG	1:25.93
1	SCY 50 Breast	Barbara Frid	OREG	41.19
2	SCY 100 Breast	Barbara Frid	OREG	1:31.64
2	SCY 50 Fly	Barbara Frid	OREG	34.01
1	SCY 100 IM	Barbara Frid	OREG	1:21.93
10	SCY 400 IM	Peggie Hodge	OREG	8:15.80
7	SCY 500 Free	Susanne Schumann	OREG	7:55.19
6	SCY 1000 Free	Susanne Schumann	OREG	16:54.62

Women 70-74

9	SCY 100 Free	Lavelle Stoinoff	OREG	1:27.48
7	SCY 200 Free	Lavelle Stoinoff	OREG	3:03.41
4	SCY 500 Free	Lavelle Stoinoff	OREG	7:45.57
3	SCY 1000 Free	Lavelle Stoinoff	OREG	15:51.51

Women 80-84

7	SCY 50 Fly	Margaret Wells	OREG	1:38.11
---	------------	----------------	------	---------

Women 85-89

7	SCY 50 Free	Pauline Stangel	OREG	1:02.56
7	SCY 100 Free	Pauline Stangel	OREG	2:18.63
5	SCY 200 Free	Pauline Stangel	OREG	5:09.46
3	SCY 50 Breast	Pauline Stangel	OREG	1:18.97
3	SCY 100 Breast	Pauline Stangel	OREG	2:55.67
10	SCY 200 Free	Elfie Stevenin	OREG	7:10.11
8	SCY 500 Free	Elfie Stevenin	OREG	19:14.25
6	SCY 200 Back	Elfie Stevenin	OREG	6:52.61
5	SCY 50 Fly	Elfie Stevenin	OREG	1:59.25
2	SCY 100 Fly	Elfie Stevenin	OREG	5:14.51
2	SCY 200 Fly	Elfie Stevenin	OREG	11:50.19
7	SCY 100 IM	Elfie Stevenin	OREG	3:51.78
3	SCY 200 IM	Elfie Stevenin	OREG	8:22.89

Women 90-94

4	SCY 50 Free	Hilda Buel	OREG	2:05.55
6	SCY 50 Back	Hilda Buel	OREG	2:03.62
3	SCY 100 Back	Hilda Buel	OREG	4:39.26
1	SCY 50 Breast	Hilda Buel	OREG	2:46.11
2	SCY 50 Fly	Hilda Buel	OREG	4:46.50
4	SCY 100 IM	Hilda Buel	OREG	5:51.68

Men 30-34

7	SCY 100 Back	William J Fitzpatrick	OREG	56.45
5	SCY 200 Breast	Chip Polito	OREG	2:17.39
6	SCY 100 Fly	Chip Polito	OREG	54.04
6	SCY 200 IM	Chip Polito	OREG	2:01.29
2	SCY 400 IM	Chip Polito	OREG	4:19.54
8	SCY 400 IM	Robbert Van Andel	OREG	4:28.61

Men 35-39

8	SCY 400 IM	Rick Graves	UNAT	4:28.68
3	SCY 50 Free	Curtis L Taylor	OREG	21.70
2	SCY 100 Free	Curtis L Taylor	OREG	46.99
4	SCY 200 Free	Curtis L Taylor	OREG	1:44.43
8	SCY 100 IM	Curtis L Taylor	OREG	55.35

Men 40-44

7	SCY 200 Free	Hardy Lussier	OREG	1:48.54
7	SCY 200 IM	Hardy Lussier	OREG	2:04.72
8	SCY 50 Free	Jeff M Rodgers	OREG	22.43
6	SCY 50 Fly	Jeff M Rodgers	OREG	24.32

Men 45-49

1	SCY 200 Free	Dennis G Baker	OREG	1:45.04
1	SCY 500 Free	Dennis G Baker	OREG	4:39.10
1	SCY 100 Fly	Dennis G Baker	OREG	52.76
1	SCY 200 Fly	Dennis G Baker	OREG	1:51.97
1	SCY 200 IM	Dennis G Baker	OREG	1:58.92
1	SCY 400 IM	Dennis G Baker	OREG	4:16.13
9	SCY 1000 Free	Tom Redding	OREG	10:53.39
6	SCY 1650 Free	Tom Redding	OREG	18:07.03

Men 50-54

4	SCY 50 Back	Wes Edwards	OREG	27.53
2	SCY 100 Back	Wes Edwards	OREG	58.49
6	SCY 200 Back	Wes Edwards	OREG	2:10.14
10	SCY 50 Back	Peter Metzger	OREG	27.90

Men 55-59

10	SCY 500 Free	Steve Johnson	OREG	5:38.70
5	SCY 50 Back	Steve A Mann	OREG	28.84
8	SCY 100 Back	Steve A Mann	OREG	1:04.56
7	SCY 100 IM	Steve A Mann	OREG	1:02.71
6	SCY 100 Free	Mike L Pendleton	OREG	54.57
4	SCY 200 Free	Mike L Pendleton	OREG	1:58.28
3	SCY 500 Free	Mike L Pendleton	OREG	5:23.16
8	SCY 100 Fly	Mike L Pendleton	OREG	1:01.61
7	SCY 200 IM	Mike L Pendleton	OREG	2:19.24
5	SCY 400 IM	Mike L Pendleton	OREG	5:09.14
4	SCY 50 Breast	Allen L Stark	OREG	31.25
3	SCY 100 Breast	Allen L Stark	OREG	1:07.86
4	SCY 200 Breast	Allen L Stark	OREG	2:31.82
9	SCY 400 IM	Mark F Worden	OREG	5:14.29

Men 60-64

2	SCY 50 Free	Robert S Smith	OREG	24.15
1	SCY 50 Back	Robert S Smith	OREG	28.90
3	SCY 100 Back	Robert S Smith	OREG	1:06.54

8	SCY 50 Fly	Robert S Smith	OREG	28.23
---	------------	----------------	------	-------

Men 65-69

9	SCY 1000 Free	Brent L Lake	OREG	14:53.04
2	SCY 50 Free	Tom Landis	OREG	25.24
1	SCY 100 Free	Tom Landis	OREG	54.53
1	SCY 200 Free	Tom Landis	OREG	2:01.36
1	SCY 500 Free	Tom Landis	OREG	5:37.64
1	SCY 1000 Free	Tom Landis	OREG	11:41.40
1	SCY 1650 Free	Tom Landis	OREG	19:16.25
6	SCY 100 Fly	Tom Landis	OREG	1:07.88
3	SCY 100 IM	Tom Landis	OREG	1:07.11
2	SCY 200 IM	Tom Landis	OREG	2:28.22
1	SCY 400 IM	Tom Landis	OREG	5:19.23
8	SCY 1000 Free	Ralph W Mohr	OREG	14:17.11
5	SCY 1650 Free	Ralph W Mohr	OREG	24:43.25
10	SCY 50 Free	Ronald Nakata	OREG	28.19
4	SCY 100 Free	Ronald Nakata	OREG	1:01.32
10	SCY 50 Back	Ronald Nakata	OREG	35.02
7	SCY 50 Fly	Ronald Nakata	OREG	30.44
10	SCY 100 Fly	Ronald Nakata	OREG	1:13.54
5	SCY 100 IM	Ronald Nakata	OREG	1:10.89
8	SCY 200 IM	Ronald Nakata	OREG	2:42.40
10	SCY 400 IM	Ronald Nakata	OREG	6:16.16
2	SCY 50 Fly	Bert L Petersen	OREG	27.91
4	SCY 100 Fly	Bert L Petersen	OREG	1:07.68
9	SCY 200 Fly	Bert L Petersen	OREG	3:15.24

Men 70-74

3	SCY 50 Free	David Radcliff	OREG	27.03
2	SCY 100 Free	David Radcliff	OREG	59.21
1	SCY 200 Free	David Radcliff	OREG	2:09.83
1	SCY 500 Free	David Radcliff	OREG	5:57.07
1	SCY 1000 Free	David Radcliff	OREG	12:24.51
1	SCY 1650 Free	David Radcliff	OREG	22:11.91
10	SCY 50 Fly	David Radcliff	OREG	35.83
7	SCY 50 Back	George D Thayer	OREG	36.95
5	SCY 100 Back	George D Thayer	OREG	1:20.21

Men 75-79

9	SCY 50 Free	Milton Marks	OREG	31.97
8	SCY 50 Back	Milton Marks	OREG	41.43
3	SCY 50 Breast	Milton Marks	OREG	39.67
3	SCY 100 Breast	Milton Marks	OREG	1:31.32
7	SCY 200 Breast	Milton Marks	OREG	3:31.12
9	SCY 100 IM	Milton Marks	OREG	1:27.65
5	SCY 200 Fly	Lee Miesen	OREG	6:16.87
8	SCY 400 IM	Lee Miesen	OREG	10:16.71

Men 80-84

10	SCY 1000 Free	Raymond Allen	OREG	22:50.82
9	SCY 1650 Free	Raymond Allen	OREG	38:39.78
3	SCY 50 Free	Willard J Lamb	OREG	32.66
3	SCY 100 Free	Willard J Lamb	OREG	1:16.22
2	SCY 200 Free	Willard J Lamb	OREG	2:53.96
3	SCY 500 Free	Willard J Lamb	OREG	8:09.67
3	SCY 1000 Free	Willard J Lamb	OREG	17:10.80
3	SCY 1650 Free	Willard J Lamb	OREG	28:52.91
7	SCY 50 Back	Willard J Lamb	OREG	44.27
3	SCY 50 Breast	Lee J Miesen	OREG	45.08
4	SCY 100 Breast	Lee J Miesen	OREG	1:52.00
4	SCY 200 Breast	Lee J Miesen	OREG	4:30.72

7	SCY 100 IM	Lee J Miesen	OREG	1:55.90	1 SCY 200 Free	OREG 1:47.39	
8	SCY 100 Free	Gilbert Young	OREG	1:29.25	Tom Landis (65)	Ronald K Nakata (68)	
Men 85-89					Bert L Petersen (68)	David A Radcliff (73)	
9	SCY 50 Free	Charles Bushey	OREG	53.34	8 SCY 200 Free	OREG	2:19.57
9	SCY 200 Free	Charles Bushey	OREG	4:40.96	Brent L Lake (69)	Bill King (73)	Bill Mellow (65)
3	SCY 1000 Free	Charles Bushey	OREG	24:37.53	Ralph W Mohr (65)		
8	SCY 50 Back	Charles Bushey	OREG	1:09.11	1 SCY 200 Medley	OREG 2:06.69	
8	SCY 200 Back	Charles Bushey	OREG	5:28.21	Ronald K Nakata (68)	Tom Landis (65)	
6	SCY 100 Free	Rupert Fixott	OREG	2:07.69	Bert L Petersen (68)	David A Radcliff (73)	
10	SCY 200 Free	Rupert Fixott	OREG	4:46.22	Men 75+		
8	SCY 500 Free	Rupert Fixott	OREG	13:19.96	5 SCY 200 Free	OREG	2:40.57
7	SCY 100 Breast	Rupert Fixott	OREG	2:44.20	Willard J Lamb (84)	Andrew W Holden (88)	
3	SCY 50 Free	Andrew W Holden	OREG	38.89	Gilbert N Young (85)	Lee J Miesen (80)	
2	SCY 100 Free	Andrew W Holden	OREG	1:39.85	3 SCY 200 Medley	OREG	3:02.40
2	SCY 50 Fly	Andrew W Holden	OREG	50.51	Willard J Lamb (84)	Lee J Miesen (80)	Andrew W Holden
1	SCY 100 Fly	Andrew W Holden	OREG	2:13.95	(88) Gilbert N Young (85)		
1	SCY 200 Fly	Andrew W Holden	OREG	6:10.91	Women 25+		
1	SCY 50 Free	Gilbert N Young	OREG	37.52	3 SCY 800 Free	OREG	9:12.75
1	SCY 100 Free	Gilbert N Young	OREG	1:28.75	Tamara Houston (30)	Elizabeth Strausbaugh (30)	
2	SCY 200 Free	Gilbert N Young	OREG	3:28.68	Janette Wells (34)	Sara Nelson (34)	
1	SCY 500 Free	Gilbert N Young	OREG	9:13.75	Women 35+		
1	SCY 1000 Free	Gilbert N Young	OREG	19:15.81	8 SCY 200 Free	OREG	1:51.46
1	SCY 1650 Free	Gilbert N Young	OREG	32:10.13	Laurie K Chesler (43)	Susie S Young (37)	Elizabeth A Watkins
5	SCY 50 Breast	Gilbert N Young	OREG	56.78	(41) Laura L Tyrrell (39)		
Men 35+					8 SCY 200 Medley	OREG	2:05.73
4	SCY 200 Free	OREG	1:31.71	Jennifer L Thompson (40)	Elizabeth A Watkins (41)	Susie	
Curtis L Taylor (35)	Gano Butcher (43)	Troy A Drawz (39)		S Young (37)	Laura L Tyrrell (39)		
Douglas A Kabel (41)				7 SCY 400 Medley	OREG	5:00.07	
2	SCY 200 Medley	OREG	1:43.55	Kristine Senkier (37)	Robin Lewis (40)	Stephanie Schultz	
Gano Butcher (43)	Curtis L Taylor (35)	Jeff M Rodgers (40)		(40) Cynthia Smidt (37)			
Troy A Drawz (39)				1 SCY 800 Free	OREG 9:04.08		
4	SCY 400 Medley	OREG	4:01.53	Kristine Senkier (37)	Robin Lewis (40)	Cheryl Morgen	
Kevin Ferreira (37)	Hardy Lussier (41)	John Gessner (41)		(37) Stephanie Schultz (40)			
Steve Mann (54)				Women 45+			
3	SCY 800 Free	OREG	7:57.22	5 SCY 200 Free	OREG	1:50.94	
Timothy Nelson (41)	Steve Mann (54)	John Gessner (41)		Karen Andrus-Hughes (49)	Susan E Harrington (49)	Ann	
Hardy Lussier (41)				R Goodman (48)	Sharon E Foley (47)		
Men 45+					3 SCY 200 Medley	OREG	2:02.28
6	SCY 200 Free	OREG	1:35.23	Karen Andrus-Hughes (49)	Colette M Crabbe (50)	Sharon	
Larry K Philbrick (54)	David L Hathaway (46)			E Foley (47)	Ann R Goodman (48)		
Douglas E Otto (48)	Wes Edwards (53)			6 SCY 400 Medley	OREG	5:11.95	
3	SCY 200 Medley	OREG	1:45.76	Barb Harris (47)	Madeleine Holmberg (54)		
Wes Edwards (53)	Larry K Philbrick (54)			Mary Phillips (49)	Kris Denney (46)		
Dennis G Baker (45)	Douglas E Otto (48)			3 SCY 800 Free	OREG	9:56.04	
4	SCY 800 Free	OREG	8:25.20	Laura Schob (48)	Madeleine Holmberg (54)		
Tom Landis (65)	Eric Steinhauff (47)	Doug Asbury (47)		Mary Phillips (49)	Kris Denney (46)		
Kris Calvin (45)				Women 55+			
Men 55+					3 SCY 200 Free	OREG	2:08.31
3	SCY 200 Free	OREG	1:39.63	Joy Ward (64)	Ginger L Pierson (61)	Sandi Rousseau	
Charles Bannan (55)	Jon Stout (60)	Mike L Pendleton		(59) Barbara Frid (65)			
(55) Robert S Smith (63)				2 SCY 200 Medley	OREG	2:18.95	
9	SCY 200 Free	OREG	1:47.46	Joy Ward (64)	Ginger L Pierson (61)	Sandi Rousseau	
Vern E Dasch (57)	Allen L Stark (58)	Michael R Silvey		(59) Barbara Frid (65)			
(62) Carroll D Wikander (55)				1 SCY 800 Free	OREG 12:47.67		
3	SCY 200 Medley	OREG	1:52.36	Peggie Hodge (67)	Diane Cardwell (55)	Jeanette Groesz	
Robert S Smith (63)	Allen L Stark (58)	Mike L Pendleton		(57) Deborah Hodesson (56)			
(55) Vern E Dasch (57)				Mixed 18+			
Men 65+					6 SCY 800 Free	OREG	8:21.00

William Fitzpatrick (34)	Angela Coburn (23)	3	SCY 400 Medley	OREG	4:33.80
Tamara Houston (30)	Scot Elliott (32)		Barb Harris (47)	Mike Riley (45)	Kris Calvin (45)
Mixed 25+			Kris Denney (46)		
7	SCY 200 Free	OREG	1:37.14		
William J Fitzpatrick (34)	Aubree M Gustafson (26)	3	SCY 200 Free	OREG	1:51.36
Nikki L Weeks (34)	Justin C Yee (36)		Mike L Pendleton (55)	Sandi Rousseau (59)	Joy Ward (64)
Mixed 35+			Robert S Smith (63)		
8	SCY 200 Medley	OREG	1:54.51		
Gano Butcher (43)	Elizabeth A Watkins (41)	Douglas A Kabel (41)	Laura L Tyrrell (39)	2	SCY 800 Free
				OREG	10:33.15
			Deborah Hodesson (56)		Pam Himstreet (63)
			(59) Tom Landis (65)		Bob Bruce
1	SCY 400 Medley	OREG	4:09.76		
Kristine Senkier (37)	Hardy Lussier (41)	John Gessner (41)			
Stephanie Schultz (40)					
2	SCY 800 Free	OREG	8:31.14		
Stephanie Schultz (40)	Kristine Senkier (37)	John Gessner (41)			
Kris Calvin (45)					
Mixed 45+					
4	SCY 200 Medley	OREG	1:52.03		
Karen Andrus-Hughes (49)	Larry K Philbrick (54)	Sharon E Foley (47)	Wes Edwards (53)	2	SCY 800 Free
				OREG	13:40.63
			Kaleo Schroder (70)	Peggie Hodge (67)	George Thayer (71)
			Ralph Mohr (65)		

THE TIME IS NOW...

...to keep your eyes and ears open for nominations for our annual awards to be presented at the Association Meet. When you see or hear of someone that would fit into the following categories, send their name and reason for nomination to Ginger Pierson: gingerp@qwest.net or 8417 NE 16th St Vancouver, WA 98664 or (360) 253-5712.

Ol' Barn Award: has shown leadership, dedication, and devotion throughout the year to this organization and to Masters Swimming.

Connie Wilson Award: has made an outstanding, long-term leadership contribution to this organization and to Masters Swimming.

Hazel Bressie Spirit Award: has shown enthusiasm and spirit to his/her team and/or other Masters swimmers during the past year (two awards given – male and female)

Special Service Award: contributes outstanding service to a team or OMS

Swim Bits # 7 -Swim Journals by Ralph Mohr

Now that you are recording your workouts in a journal, I have to ask, "How have you arranged your season?" In the last issue of Aquamaster Denny Baker wrote a lot about goals and how he would break up the swimming year, culminating in the Outdoor Nationals in 2008. I want to take a different approach but with the same final goal of Mt. Hood in August.

What other competitions are you going to swim in 2008? That is what I look at. My main three are the January Postal One Hour Swim, the Spring State Championships, and the Nationals.

I also would like to swim in at least one short course meet. Since I live in Coos Bay, winter trips are daunting so I limit myself to one meet a year north of Eugene.

I then add the Oregon open water circuit to my year's schedule. Hagg Lake is early, and I try to swim it every other year since I love swimming with all of the wet-suited triathletes. Then there is Applegate where Dave Radcliffe and I talk about swimming all evening as the swallows come out.

Bend in 2008 will have another National Championship Open Water Swim so that is automatic. Next is Mt. Hood. My swim summer will end with Dorena Lake, which I seem to attend every other year also. I have already completed the 2007 Postal 6000 and 3000 swims so I can look forward to 2008.

That's how I figure out my schedule for the year. Figure out your priorities, get a calendar book, and plan your practices accordingly.

Waikiki Labor Day Roughwater Swim by Peggy Whiter (www.waikikirswim.org)

On Labor Day 2007 I joined the ranks of Oregonians who have completed this swim (Dan Gray, Rich Juhala, Tom Landis to name a few.) Fortunately the conditions for this 3.8K swim, which parallels Waikiki from San Souci Beach to the Hilton Hawaiian Village, were much more favorable than when Dan last participated in 2003. That year the swells and current forced 200-300 swimmers to be rescued.

I met my friend, Shannon Singer from Sedro-Woolley Wa (near Bellingham/Lake Padden) in Waikiki five days before the swim. I started my Masters' "Career" swimming the Pier-to-Pier swim out of Hermosa Beach in Southern California, but that was 20 years ago. My participation in the Bonaire Eco Swim last October reminded me that swimming in the ocean is very different from participating in lake swims. Shannon and I swam each day, first checking out the start area and later in the week getting familiar with the finish area. Due to the reefs all along Waikiki you have to swim straight out for almost a half mile to get past the breakers. The water is still shallow and clear enough a half mile out to see fish and sea turtles as you swim. The biggest hazards for us were the surfers, although we learned to "read" where the curl on the wave would end so we could stay out of their way. The water temperature was fabulous---about 79 to 81 degrees, and of course getting out of the water and not even needing a towel because of the warm air temp is a real treat!

About 750 swimmers entered this year. The competitors were divided into four waves for the start. I started in the third wave and managed to catch a ride (a draft) for the first half. Unfortunately the women I was drafting picked up the pace the second half and I couldn't stay with them, but with two or three hundred swimmers still out there I was never alone. The two corner buoys were huge and easy to spot. There were also numbered flags on smaller buoys at about 200 meter intervals along the course. The finish is probably the most difficult part of this swim as there is a outrigger racing channel on your right near the Hilton, which is designed to "suck you out" and then the surfers to your left so you couldn't navigate too far away from the boat channel. I was hoping for some nice swells to help me in but the swells weren't very big on race day. As I finished (8 out of 8 in my age group) I thought to myself "Once is enough! I'm a 1500M swimmer!" Everyone in my age group was either from Honolulu or Southern California so they get to swim in the ocean all the time. On further reflection, I would like to try again in '09 when I'll be in a new age group to see if I can improve my standing! The water and Trade Winds of Waikiki are worth the trip and the effort. It's been a real challenge to get myself to the pool in Bend with recent air temps hanging around 50 degrees!

Swimmers used to do the Cross Channel Swim on Maui on the Saturday of Labor Day weekend and then fly over to Oahu for the Waikiki Swim. It will be interesting to see how the addition of a Labor Day swim on Maui will affect participation in the Waikiki swim.

5/10 K continued from page 10

3	Kris Calvin	45	COMA	1:11:49.99	*	862
8	Eric Steinhaff	47	COMA	1:15:07.99	*	816

Men 50-54

8	Mike Tennant	54	COMA	1:16:18.99		798
---	--------------	----	------	------------	--	-----

Men 55-59

4	Bob Bruce	59	COMA	1:18:32.99		806
---	-----------	----	------	------------	--	-----

Men-65-69

1	Tom Landis	65	COMA	1:14:55.99	OR	965
---	------------	----	------	------------	----	-----

6	Brent Lake	69	COMA	1:43:20.99		699
---	------------	----	------	------------	--	-----

Men 70-74

1	Dave Radcliff	73	THB	1:19:28.22		952
---	---------------	----	-----	------------	--	-----

Women's 25+: 3 x 5000

1	OREG (Strausbaugh, Sweat, Delmage)	3:50:02.25
---	------------------------------------	------------

Men's 35+: 3 x 5000

3	OREG (Bruce, Higley, Tennant)	3:52:18.89	OR
---	-------------------------------	------------	----

Men's 45+: 3 x 5000

2	OREG (Steinhaff, Calvin, Asbury)	3:36:95.97	OR
---	----------------------------------	------------	----

Men's 65+: 3 x 5000

1	OREG (Lake, Radcliff, Landis)	4:17:45.20	NR
---	-------------------------------	------------	----

Mixed 25+: 4 x 5000

3	OREG (Rogers, Strausbaugh, Steinhaff, Landis)	5:26:37.96
---	---	------------

Mixed 35+: 4 x 5000

2	OREG (Sweat, Calvin, Delmage, Asbury)	4:46:00.04	OR
---	---------------------------------------	------------	----

Combined National Team Scores:

1	Masters of South Texas	13,515	pts
---	------------------------	--------	-----

2	Indy YMCA SwimFit	12,497
---	-------------------	--------

3	St. Pete Masters	12,311
---	------------------	--------

4	OREGON	12,168
----------	---------------	---------------

Oregon LMSC Postal 10-km Swim Results 2007

Women 40-44

4	Arlene Delmage	44	GVAM	2:32:58.99	*	865
---	----------------	----	------	------------	---	-----

Women 45-49

2	Mary Sweat	49	unat	2:33:36.26		910
---	------------	----	------	------------	--	-----

7	Pat Rogers	47	OWET	3:10:25.99	*	734
---	------------	----	------	------------	---	-----

Men 40-44

4	Rob Higley	42	COMA	2:44:54.99	*	746
---	------------	----	------	------------	---	-----

Men 45-49

3	Eric Steinhaff	47	COMA	2:37:00.99	*	852
---	----------------	----	------	------------	---	-----

Men 55-59

3	Bob Bruce	59	COMA	2:43:57.99		798
---	-----------	----	------	------------	--	-----

Women's 35+: 3 x 10,000

2	OREG (Rogers, Sweat, Delmage)	8:17:01.24
---	-------------------------------	------------

Men's 35+: 3 x 10,000

Continued on page 18

5/10 K continued from page 17

1 OREG (Higley, Bruce, Steinhauff) 8:05:53.97 OR

Mixed 45+: 4 x 10,000

1 OREG (Rogers, Bruce, Steinhauff, Sweat) 11:04:58.23 OR

Combined National Team Scores:

1	Masters of South Texas	16,151 pts
2	St. Pete Masters	5920
3	Colorado Masters	5616
4	Team Illinois	5527
5	Indy YMCA SwimFit	5511
6	Michigan Masters	5438
7	OREGON	4904

A note about scoring in both events: Club point scoring is calculated based on Quality Points, which is the ratio of each individual time to the USMS Record for the gender & age group and expressed as the three-digit number that you see following each individual time in the results. The faster the swim the more Quality Points a swimmer earned. Club totals are the sum of the quality points of its swimmers.

Since every swimmer receives quality points, every swimmer counts! Looking at the Oregon scoring, we were only two good swims away from winning the 5-km Team National Championship, and two good swims away from placing second in the 10-km Team standings.

A WOW From Darlene, Sandi and Barb



Darlene and Sandi with their new Best Friend



Three OMS women joined their dolphin friends for some swimming during a Cozumel, Mexico, vacation in September. Darlene Staley, Barbara Frid, and Sandi Rousseau spent a week in San Miguel, Cozumel, enjoying the warm water, warm air temperatures, sandy beaches, delicious Mexican cuisine, and crazy Mexican drivers!

The highlight of their trip was swimming with the dolphins at Chankannab National Park. Sandi has always wanted to do this, so Darlene and Barbara joined in. The group was comprised of just the three gals, the trainer, and two dolphins named Regina and Malinche.

Sandi reports: We spent an hour with the dolphins stroking them, kissing them, splashing water, and talking yes, they talk! We were treated to several swims being pulled through the water with one dolphin on each side of us while we held onto their fins. The dolphins also did a rather miraculous maneuver in which the two dolphins swam up to us one on each side and pushed their noses behind both of our feet thus pushing us through the water. This was fast enough to result in us standing up in the water moving at a rapid rate forward and was great fun! The DVD proves it!!

It was so much fun that Sandi has not changed her mind about returning to this world in her next life as a dolphin. Darlene and Barbara, however, have been quiet on that subject!

Short Course Meters "Snowball" Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #378-02
Eligibility: Currently registered USMS swimmers, 18 years and older.
Unregistered swimmers must submit a 2008 registration form and fee with this form.

Hosted by: Oregon City Swim Team
1211 Jackson Street
Oregon City, Oregon
5 lanes competition-electronic timing
1 lane for continuous warm-up/down area

DATE: SUNDAY, JANUARY 13, 2008

Opportunity to swim the One
Hour Postal immediately following the meet.
Limited to the first 12 swimmers. You must
sign up at the check-in table - first come, first
serve. Must provide own counter/timer

WARM-UPS: 8AM
MEET STARTS: 9:15AM

Meet director: Tim Waud • 503-341-3152 • twaud@aol.com

Directions to the pool:I-205 North or South, take Exit #10. Go east on Trails End Hwy. Turn right on Washington St.
After approximately 1 mile, turn left on 12th St. Then turn left again onto Jackson St. The pool is located on the
corner of 12th and Jackson St.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2008 FORM WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN DECEMBER 28, 2007

FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY

NAME
ADDRESS
CITY
STATE ZIP
PHONE
E-MAIL

BIRTHDATE AGE SEX
2008 USMS #
USMS CLUB (OREG, MACO, PNA, ETC)
IS THIS YOUR FIRST MASTERS MEET? YES NO

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 72-99, 110-119, 120-159, 160-199, 200-239, 240-279, 280-319
AMD 320-359, ETC. YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS. ENTER RELAYS AT THE MEET. IN EACH
RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200M, 400M OR 800M (800M FOR FREE RELAYS ONLY). THE 400M AND 800M RELAYS
WILL BE SEEDED IN HEATS FOLLOWING THE 200M RELAYS OF THE SAME TYPE. THE 1500 FREESTYLE & 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 SEEDED SLOW TO FAST.

Sunday, January 13, 2008

- 400 IM (1)
100 BREAST (2)
200 FREE (3)
50 FLY (4)
5 MINUTE BREAK
MIXED MEDLEY RELAYS (5-6)
100 BACK (7)
200 FLY (8)
50 FREE (9)
100 IM (10)
5 MINUTE BREAK
FREE RELAYS (11-16)

- 100 FLY (17)
200 BACK (18)
50 BREAST (19)
200 I.M. (20)
5 MINUTE BREAK
MIXED FREE RELAYS (21-23)
100 FREE (24)
200 BREAST (25)
50 BACK (26)
5 MINUTE BREAK
MEDLEY RELAYS (27-30)
1500 FREE (31)

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowl-
edge 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 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

Sixth Annual Animal Masters Meet

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET
Eligibility: Currently registered USMS swimmers, 18 years and older.
Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #378-01



Location: Canby Municipal Pool
1150 S Ivy
Canby, Oregon 97013
5 lanes competition-electronic timing
1 lane continuous warm-up/down lane

Date: Saturday, January 26, 2008

Positive Check-in at Clerk of Course: 1:30PM
Warm-ups: 1PM
Meet Starts: 2PM

Hosted by: Canby Swim Club "The GATORS"

Nancy Edwards • Phone: 503-320-2256 • Email: rob2nan1@comcast.net

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
Lodging: Holiday Inn Wilsonville, 24525 SW 95th Ave, Wilsonville (North Wilsonville exit off I-5) 503-682-2211

Ask for the Canby Swim Club preferred rate.

Swimmers will receive one basic Heat Sheet upon completion of final seeding.
An ample assortment of refreshments, including espresso will be available for purchase throughout the meet.
J.D. Pence will be on-site to fill your swimwear and swim gear needs.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR 2008 USMS REGISTRATION CARD OR 2008 REGISTRATION FORM WITH THIS ENTRY
ENTRY DEADLINE: POSTMARK NO LATER THAN Friday, January 11, 2008

FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY

NAME
ADDRESS
CITY
STATE ZIP
PHONE
E-MAIL

BIRTHDATE AGE SEX
2008 USMS #
USMS CLUB (OREG, MACO, PNA, ETC)
IS THIS YOUR FIRST OREGON MASTERS MEET? YES NO

TWO OPTIONS: Enter meet only (no T-shirt) OR Enter meet and receive a cool T-shirt

(If entry is received after January 12th, a T-shirt is not guaranteed).

Trophy for lowest cumulative Male and Female times for each session. Chose only one: Sprint, Animal or Animal Grand

Animal Sprint Masters

- 100 I.M. (1-2)
50 FLY (7-8)
200 FREE (13-14)

All swimmers must enter above 3 events to be scored for an award. Times are cumulative. Slowest time of all swimmers plus 5 seconds for Disqualifications. Slowest time of all swimmers plus 20 seconds for no show.

Animal Masters

- 200 I.M. (3-4)
100 FLY (9-10)
500 FREE (15-16)

All swimmers must enter above 3 events to be scored for an award. Times are cumulative. Slowest time of all swimmers plus 15 seconds for Disqualifications. Slowest time of all swimmers plus 60 seconds for no show.

Animal Grand Masters

- 400 I.M. (5-6)
200 FLY (11-12)
1000 FREE (17-18)

All swimmers must enter the 3 events to the left to be scored for an award. Times are cumulative. Slowest time of all swimmers plus 30 seconds for Disqualifications. Slowest time of all swimmers plus 2 minutes for no show.

"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

Shirt size (circle) S M L XL 2XL

MEET ENTRY FEE: WITH T-SHIRT \$27.00 OR WITHOUT T-SHIRT \$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 #378-03

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

Unregistered swimmers must submit a 2008 registration form and fee with this form.

Hosted by: Chehalem Swim Team

DATE: Saturday February 2, 2008

Location: Chehalem Aquatic Center
1802 Haworth
Newberg, OR 97132

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

WARM-UPS: 8AM
MEET STARTS: 9AM

Meet Director: Kathleen Buck • Phone 503-625-5747 • e-mail kbuckcheney@comcast.net

Directions to Pool: Take I-5 (North or South) to the Tualatin/Sherwood Exit (289). Turn West onto Nyberg Road, which becomes the Tualatin/Sherwood Road. Proceed through the community of Tualatin until you reach Sherwood (5 miles). In Sherwood, immediately past the Albertson's shopping complex, take a left (South) onto Hwy 99W. Continue on 99W to Newberg. In Newberg, turn Right onto Villa Road (Walgreens will be on your left). Turn right onto Haworth, and the pool is on your right.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT 2008 USMS REGISTRATION CARD WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY JANUARY 18, 2008



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY *JS*

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____
PHONE _____
E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____
2008 USMS # _____
USMS CLUB (OREG, MACO, PNA, ETC) _____
IS THIS YOUR FIRST MASTERS MEET? Yes No

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 18+, 25+, 35+, 45+, 55+, 65+, 75+, ETC. **YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS 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 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 SEEDED SLOW TO FAST.

SATURDAY, FEBRUARY 2

- 400 IM (1) _____ : _____ . _____
- 100 FLY (2) _____ : _____ . _____
- 200 FREE (3) _____ : _____ . _____
- 50 BREAST (4) _____ : _____ . _____
- MIXED FREE RELAYS (5-7)
- * break*
- 100 BACK (8) _____ : _____ . _____
- 200 BREAST (9) _____ : _____ . _____
- 50 FREE (10) _____ : _____ . _____
- MEDLEY RELAYS (11-14)
- * break*
- 500 FREE (15) _____ : _____ . _____

- 200 IM (16) _____ : _____ . _____
- 100 BREAST (17) _____ : _____ . _____
- 200 BACK (18) _____ : _____ . _____
- 50 FLY (19) _____ : _____ . _____
- FREE RELAYS (20-25)
- * break*
- 100 IM (26) _____ : _____ . _____
- 100 FREE (27) _____ : _____ . _____
- 200 FLY (28) _____ : _____ . _____
- 50 BACK (29) _____ : _____ . _____
- MIXED MEDLEY RELAYS (30-31)
- * break*
- 1000 FREE (32) _____ : _____ . _____

"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



2008 Local Team Registration

This form must be postmarked by the entry deadlines of the 2008 OMS Association Championship and the 2008 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

Approximate number of swimmers on team _____

Practice 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 for Tia - sweethomebuilder@centurytel.net



OREGON MASTERS SWIMMING UNITED STATES MASTERS SWIMMING YEAR 2008 REGISTRATION

Renewal - 2007 USMS # _____
 New Member

Last Name:	First Name:	M.I.:
(Please register with the name you will use for competition)		

Address:

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

Phone:	Date of Birth:	Age:	Sex: <input type="checkbox"/> M <input type="checkbox"/> F
---------------	-----------------------	-------------	---

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

Club: OMS is comprised of one club or you may register unattached. OREG *UNATTACHED

*(Unattached members cannot swim in relays)

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

Albany Aquatics	AAA	Lincoln City Masters	LCM	Roseburg Masters	RMST
Central Oregon Masters	COMA	Mt. Hood Masters	MHM	Salem Courthouse Crew	SCC
Circumnavigating Beavers	CBAT	Multnomah Athletic Club	MAC	Salem YMCA Masters	SYM
Columbia Gorge Masters	CGM	Nike Masters	NIKE	Southern Oregon Masters	SOM
Corvallis Aquatic Masters	CAT	North Clackamas Masters	NCMS	Swimmers in Sweet Home	SWISH
Emerald Aquatics	EA	Oregon Reign Masters	ORM	Tualatin Hills Barracudas	THB
Fishsticks	FISH	Pendleton Masters	PEND	Umpqua Valley Masters	UVM
Grass Valley Masters	GVAM	Rogue Valley Masters	RVM		

\$38.00 Single Registration: Valid November 1, 2007 to December 31, 2008. Make checks payable to OMS, Inc.
 (Fee breakdown: USMS = \$25.00, Benefits of Membership include: A subscription to USMS's magazine, *USMS SWIMMER*, during the length of the membership year (\$8.00 of the annual dues is designated for the magazine subscription), and periodic mailings from the Local Masters Swimming Committee, OMS = \$13.00)

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

\$28.00 Senior Registration (65 to 74 years): Valid November 1, 2007 to December 31, 2008.

\$46.00 Two Seniors (65 to 74 years) at one address/One Aqua-Master. One Registration Form per member please.

\$10.00 Age Group 18 to 24 years and Seniors 75 years and older

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 \$100 as a Diamond 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:** _____

2007/08



Date	Event	Location	Contact
Pool Meets			
Dec. 9	SCM	MAÇ - Portland, OR	Sharon Foley - sfenrich@att.net
Jan. 13	SCM	Oregon City, OR	Tim Waud - twaud@aol.com
Jan 26	Animal Meet	Canby, OR	Nancy Edwards - rob2nan1@comcast.net
Feb. 2	SCY	Chehalem (Newberg, OR)	Kathleen Buck - kbuckcheney@comcast.net
Feb. 17	SCM	Bellevue, WA	
April 4,5,6	LCM Assn. Champs	Beaverton, OR	Marisa Frieder - mmfrieder@yahoo.com
May 18	SCM	Hood River	
National Championships			
May 1 - 4	SCY Nationals	Austin, Texas	USMS - http://www.usms.org
Aug. 3	5 K Open Water National Champ	Elk Lake, Oregon	Bob Bruce - coachbob@bendbroadband.com
Aug. 14 - 17	LCM Nationals	Gresham, Oregon	Dennis Baker - bakeswims@yahoo.com
Postal Championships 2007			
3000 / 6000 Postal	Sept. 15 - Nov. 15	Any 25 Yard pool	USMS - http://www.usms.org
International Championships			
----- * ENTRY BLANK INCLUDED IN THIS ISSUE OF THE AQUA-MASTER			

Board Meetings
 All Board Meetings are open. OMS members are encouraged to attend.
 Contact Jody Welborn, OMS Chair, for details.

October Retreat Oct. 19-20

Aqua Master
Nov. / Dec. 2007

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

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

Entries Inside: MAC, Oregon City, Canby & Chehalem