



# Aqua Master

USMS 2004 Newsletter of the Year

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*“Swimming for Life”*

## The Countdown Begins

**For  
LCM  
Nationals  
318  
Days  
and counting from  
October 1, 2007**

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### The Nationals are coming to Oregon. Are we ready?

by Dennis Baker, Meet Director - 2008 LCM Nationals

As you know by now Oregon Masters Swimming, Mt. Hood CC and the new Oregon Reign Masters Swim Team will be hosting the 2008 Long Course Nationals! The dates are August 14 - 17, 2008.

We are so fortunate to have the awesome remodeled venue out at Mt. Hood. Let's get fired up and swim fast and host a great meet. Here we go through the steps to get it all done.

- 1) Attitude for swimming at your full potential: Two years ago I had dozens of people come up and say to me how they were going to get in shape and go to the World Masters Championships at Stanford, California. Alas, maybe only half of those people actually made it to the meet. Why did this happen? The wrong attitude and over zealous training from the get go. When you have a long range goal you must have a Macro Plan in mind and stick to it. Jumping right into the water and training too hard will not get it done. I fear this was the reason many of those people that were so excited to go never made the trip. We must build into this long range plan and not be deterred by the ups and downs along the way. Maintaining a positive attitude no matter what comes at you will go a long way to making this a very rewarding experience. Admittedly, there is a lot of "life stuff" that gets in the way for ventures of this sort. However, we are in our own back yard this time and if you want to swim in this meet here is a good guide on how to do it.
- 2) The 9 month "Macro Plan" for getting ready: Let's break this 9 month Macro plan into 3 Micro stages each lasting about 3 months. The first 3 month stage involves getting aerobically fit. This can happen with minimal swimming and exploring other athletic endeavors. You can start walking, jogging or running. Tennis, exercise tapes, a weight training circuit with light weights and short amounts of rest in between each station. What ever it is try and do it two times a week and if you need to cut out a swim workout so be it. You will be happy with the results. The swimming part of this phase should have an extra aerobic workout added in each week (see last months article). During these 3 months you should pay maximum attention to technique on your strokes and turns. Hey gang, you might get an injury or sick during the first 3 month period and this is normal throughout the whole 9 month process. Don't let either one deter you from your goal. Take a 3-5 day break, heal up, and get going again.

*Continued on page 5*

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# Editorial - Everyone Can Swim

As the countdown to the Long Course Nationals in August begins, you might be thinking that you are not fast enough. Or perhaps you might think that you do not have enough experience to swim in a National Meet. You are so wrong. You are fast enough and experience does not matter. You have to start somewhere. Masters Swimming is for everyone. Read through the article by Dennis Baker and start planning now. Remember that one point that Coach Baker made – “Have Fun”. Swimming with all your friends will be a great experience. Oh, you don’t know many swimmers in Oregon, but you will after the meet. Wait until you swim on a relay with three other Oregonians. This will be an exciting and fun experience that you will always remember and your teammates will be friends for life.

This year 2007 / 2008 swimming year is a great opportunity to gain some experience. Plan on swimming in some of the Oregon Meets. These meets will also give you a chance to see what your times are for various events. All of this will help when you enter our National Meet in August. Now is the time to get started.

I know – you are still saying you are not fast enough for Nationals. Sorry, but this is not what the rules say. Here is the Official USMS Rule:

**Page 32 in the USMS Rule Book .....104.5.3 Event Limit, C - National Qualifying Times, Event Limit .... ‘competitors may enter and swim in a maximum of three individual events without meeting the established qualifying standards’**

All Oregon swimmers are allowed to swim three events regardless of their qualifying times. Masters swimming is for everyone. You are a Masters Swimmer. You qualify to swim three events at Nationals. You are an Oregon Masters Swimmer. We need you, we want you and we know you will have a great experience and a lot of fun.

Be a part of our Oregon National Team. Go back and reread Dennis Baker’s article and start preparing now. Dennis will be writing more articles about how to get ready for Nationals. This meet is in our “Backyard Pool”. Swimming in your own backyard pool is going to be great. Don’t be shy, don’t be hesitant, don’t be afraid of this National Meet. Let’s show the rest of the USA what Oregon Masters Swimming is all about. And you know what – we will have a lot of fun doing it.

Dave Radcliff, Aqua Master Editor

**Remember,**

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



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# Swim Bits # 6 -Swim Journals by Ralph Mohr

Do you keep a daily journal of your workouts? You should, you know. I have a line of journals going back to 1975 stashed away on a lower bookshelf. I have found it useful to go back and answer questions like “How did I swim that fast then? and “Boy, how have I changed!” It helps to record what didn’t work for a particular meet and what did work.

I started using a weekly log book published by Jim Fixx of jogging fame, but it only had room for the basic workouts. I wanted to add more commentary so I started using a red journal available at most stationery stores. It had a page for each day of the year.

Now I use a larger book available from Lee Valley Tools. I still write one page a day. The book also gives me room for monthly and yearly totals, lists of meets to check off, splits, and even books I have read during the year, an over all compendium.

In it I keep a daily log of how I feel and what happened during the day. When I swim, I put in the details of the workout and how I felt. The original workout log has become a full daily journal.

Whatever you do, record your workouts daily so you can look at them later. We are into Masters swimming for the long run anyway, so having a regular record of what you have done will make you a better swimmer and in the future can be a bit of history.



From Arlene Delmage:

Big WOW for Karen Andrus Hughes on setting the world record in the 100 SCM back. She didn’t just set the record, she smashed it by two seconds leaving no doubt! She never ceases to amaze me. I’m also wowed by my fellow relay mates, Karen, Chip Polito and Curtis Taylor. They are so fast. It was an honor for me to swim on a relay with them.



**National Record Setting Relay: Arlene Delmage, Curtis Taylor, Karen Andrus-Hughes, Chip Polito**



# F i t n e s s



**Rachel  
Skoss**



## Weight problems – part 2: Understanding Metabolism

We've all heard about metabolism – usually on the pretext of explaining why someone can't gain weight (high metabolism), impacts of dieting (slows the metabolism) and so on. What exactly do we mean by metabolism? Metabolism refers to the chemical processes continuously going on in the body for us to function. These processes require energy from food, and the amount of kilojoules (kJ) burned is regulated by metabolism. Metabolism can be divided into catabolism (breakdown of food components into simpler forms which are then used to create energy), or anabolism (storage of energy in fat cells, or used to build and repair cells). These two parts of metabolism are finely balanced by our hormones and nervous system.

Our metabolic rate refers to our total energy expenditure, and has 3 parts.

Part 1 is the basal metabolic rate (BMR) is the amount of kJ burned at rest, and is 50-80% of total energy expended. This is the amount of energy that the body needs to maintain itself continuously (but varying) during the day, and is mainly due to the requirements from lean muscle mass. The average male has a BMR ~7000kJ/day, while women use ~6000kJ/day (or ~1.7kJ/kg/hr).


Part 2 is the energy used during physical activity, which for a normally active person is about 20% BMR. This is the only component of energy expenditure that we have control over. During heavy exercise, the muscles may burn as much as 3000kJ/hr. For example, swimming (at 4km/hr pace) can use ~33kJ/kg/hr. For the slow swimmers amongst us, we are probably even more inefficient thus can get up to that sort of

energy usage at much lower speeds!

Part 3 is the energy we used to eat, digest and metabolise food which contributes to about 5-10% of total energy use. Your metabolism increases after you start eating, and can remain elevated for a couple of hours. The rise in BMR can range from 2-3% to 25-30% BMR depending on how much and what you have been eating. For example, eating fat will raise the BMR by 4%, carbohydrates by 6%, and protein by 30%. Hot and spicy foods (chilli, horseradish, mustard, etc...) can also raise the BMR.

Other factors can influence your metabolism. Larger bodies have more metabolising tissue (so greater BMR). However, if the largeness is due to fat cells rather than muscle, then the metabolism will be lower as fat cells burn less kJ than other tissues in the body. Generally men have faster metabolisms than women, but this is mainly due to their size (and greater muscle-fat ratio). Metabolism slows with age, and this is partly due to a loss in lean muscle while increasing fat, but also from the impact of hormonal and neurological changes. There is also a strong genetic component to metabolism.

Maintaining your body temperature in extreme conditions will obviously alter your metabolism – shivering results in heat production by increasing the metabolism in your muscles. Illness can also increase BMR as the body has to work harder to create an immune response, thus the fevers and shakes associated with some viruses. Your diet can also influence BMR – crash dieting encourages the body to conserve energy, so metabolism slows (and together with loss of lean muscle tissue, the metabolism can drop by up to 15%). Drugs like caffeine or nicotine can increase BMR. The function of your thyroid is also a factor in BMR – an over-active thyroid releases more hormones, which speeds up the metabolism, whereas an under-active thyroid can slow the metabolism.

Generally, any unintentional and sudden weight-gain or loss can be a symptom of an underlying problem. If this happens, then seek medical advice. If you have been involved in the dieting yo-yo in the past, then seek nutritional advice from a dietician. Tune in to the next aqua-master for part 3 – what to do if you are underweight. 



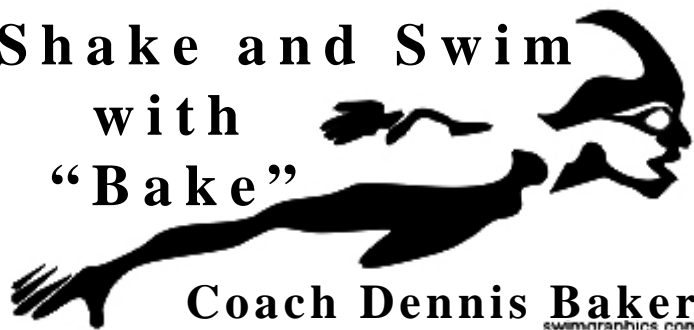
and



From Alison Moore: I have a Wow for the newsletter. I competed in my first Triathlon on Aug 12th. I placed 10th out of 39 women in my age group. I plan to do more triathlons in the spring, after I recover from wrist surgery this month. The tri was a sprint, 400 yd swim (in a pool), 8 mile ride and 1.86 mile run. I finished in just under an hour at 58.01.

On a non-wow note, we had our zones this weekend. I did a few small events since my wrist is so bad right now. I had a good 200 free, with my 2nd best time ever. I also did the 100 fly but the pain was so bad I almost stopped before the end. I did finish and was glad to see that wall. The 50 breast was the end for me and I did well. Thankfully no more swimming for a while

# Shake and Swim with "Bake"



**Coach Dennis Baker**  
swimgraphics.com

*Continued from page 1*

During the next 3 months you should drop one of the dry land activities and add back a swimming workout. Now it is time to focus on what events and distances you want to swim at the meet. If you're a sprinter, or

middle distance or distance swimmer add one extra of that type of workout in your weekly schedule (see last months article). This is the time to push yourself a little more than normal. As stated earlier, those first 3 months of building into fitness will allow you not to get too torn down. Those people who never made it to the World Champ Meet probably tried this phase too early. Again, allow for injury or sickness, focus, deal with it and move on.

The last 3 months of the Micro phase involves much of the same type of training as the middle 3 months. With each month leading up to the meet, you will want to sharpen your stroke skills. Add in smaller swimming sets that will directly relate to what you're swimming. For example, if you're swimming the 100 of any of the strokes, do a broken set once every 2 weeks and try and get faster each time. The set might be a 100 from a dive with 10 seconds rest at each 25. For a 200 it could be broken at the 50 for 15 seconds and so on. Speak to your coach or as always you can e-mail me for specific questions on what to do for different races.

The last month in this phase is the fun one. It's

called a taper. If you're swimming 3-4 times a week you should cut your yardage down slightly each week. If you're only swimming 1-2 times a week, keep your yardage the same and cut down the last week before the meet. The saying that comes to mind is "The hay is in the barn" which means you can't get any better by working harder. The work is done; just relax and have fun. Keep up a dry land workout once a week until 7 days out from your first race. This will help you feel strong and aerobically fit even though you are swimming a little less.

Through it all, don't give up. Ups and downs will certainly present themselves to you. Understanding that this is normal will stress you out less and you

can move on. Speaking of stress, during the last month before the meet, try and take out a few of the stressors in your life. Plan ahead and schedule less work or take a mini getaway vacation for a day or two. This will help you focus better on the task at hand.

This outline is pretty general and I wanted to keep it that way for a reason. Everyone approaches these events differently because our lives are so diverse.

Use this as a general guide and check in with it once in a while. Stay the course and have fun.

3) Help the meet be a success for Oregon Masters Swimming: If you're on the fence about swimming in the meet think about a few things. We have home court advantage. Relays will be a blast. Our team is going to be huge. The socials will be really fun. If you swim well, fair or poor having fun is the most important thing.

Lastly, volunteer at the meet. Whether you are swimming or not you could be on one of the committees that help to organize the meet, be a timer for a small stint, help with a concession, vending for souvenirs, help passing out awards... whatever you can do, it will help and you will feel a part of this great family called Oregon Masters Swimming. To be a volunteer please email me at [bakeswim@yahoo.com](mailto:bakeswim@yahoo.com). Best of luck and see you at the pool.

Coach Bake



## *Remember To Be Ready*

### *1. Your Attitude*

*The wrong attitude and over zealous training from the get go will hurt you.*

### *2. Have a "Macro Plan"*

*Break the Macro Plan into 3 Micro stages of about 3 months each.*

### *3. Help the meet be a success for Oregon Masters*

*Swim  
Volunteer to help  
HAVE FUN!*

# Long Distance Swimming



**Bob  
Bruce**



Let's recognize our season achievements and highlights from the 2007 OMS Open Water Season:

- We hosted 13 events at 4 venues this year.
  - 181 Oregon swimmers from 19 Oregon local teams (and 36 unattached swimmers) took part, totaling 526 swims. COMA again led local team participation with 65 swimmers having 240 swims.
  - Visitors from other states and one other country (Canada) joined us for 59 swims
  - 19 Oregon swimmers swam in three or four venues, thus qualifying for the clear glassware awards for the Oregon Open Water Swim Series. In some cases, this glassware was put into appropriate use immediately.
  - 7 Oregon swimmers swam at all 4 venues this year, thus qualifying for a long post season rest...
  - No Oregon swimmer swam in the maximum possible 13 events, but Pat Rogers had 12 swims, followed closely by Keith Dow with 11 and Dave Radcliff with 10.
  - The 1500-meter swim at Elk Lake was the largest race this year with 94 participants.
  - The Elk Lake 500-meter Individual Time Trial was our shortest distance and the 5000-meter swims at Applegate Lake and Elk Lake were our longest. We had a little something for nearly everyone.
  - The 1000-meter Whiteley all-equipment race and the 500-meter Flatfoot kicking race at Dorena Lake were swimmer and crowd-pleasers.
  - Applegate Lake provided the warmest water this year at 74 degrees, while our cool and rainy spring weather kept Hagg Lake at a brisk 65 degrees.
  - The hospitality was again first rate! Our visitors continue to rave that there is no hospitality quite like that found in Oregon!
- Congratulations to...
- Our 3 USMS National Open Water Champions (automatic USMS Long Distance All-Americans!)—Arlene Delmage,

Mary Sweat, and Dave Radcliff;

- Our 19 1500-meter Association Individual Champions;
  - Central Oregon Masters, our Association Large Team Open Water Champions;
  - Downtown Athletic Club (Eugene), our Association Small Team Open Water Champions;
  - Those many Oregonians who ventured (or are planning to venture soon) far afield to find other open water challenges;
- (See the following article about Oregonians who ventured far afield to find these open water challenges)*
- Our race directors, host teams, and myriad volunteers, to whom we owe a great deal;
  - Our sponsors, who made our swims financially and logistically possible;
  - Everyone who participated!

Even though open water season in Oregon has finished, you're still got some swimming to do! October and early November is the season for National 3000-yard & 6000-yard Postal Championships, about which I wrote in my article last month. These swims must be done in a 25-yard pool—making them accessible to most of us!—and completed by November 15th. As a coach, I believe strongly that these swims provide solid early season training swims, great conditioning benchmarks, and fun team-building events, and are an absolute requirement for aspiring distance swimmers. As the Meet Director, I would like to see your participation to help swimming in Oregon, particularly to defend our National Team Title in the 3000-yard event (which will be a special challenge with the limitations imposed by the pool restoration in Bend). See [www.usms.org](http://www.usms.org) for information & entry blanks, and get to it!

Good luck and good swimming!




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## Oregonians Who Ventured Far Afield to Find Open Water Challenges in 2007

The Aqua Master has compiled a list of those Oregonians who traveled to other sites for Open Water Swims. *(Please let us know if we overlooked anyone)*

In June, Rich Juhala and Keith Dow did the Lake Berryessa Swim. Keith Dow describes the swims as follows: *June 2, 2007 brought us to the 26th annual Lake Berryessa Open Water Swim. Lake Berryessa is located between Sacramento and San Francisco just east of Napa. The much warmer California waters, not to mention air temperature, is an inviting way to start the open water season. The event is hosted by the Davis Aquatic Masters and often attracts well over 1000 participants. It is a one day competition and*



includes the following events:

2 Mile Masters, 2 Mile Wetsuit, 1 Mile USA, 1 Mile Wetsuit, 1 Mile Masters, 500 Yards Youth

The events are separated into several waves of swimmers broken out by gender and over or under 40 age groups. There always seems to be a very competitive field and it can be very humbling to record an 18th place finish within your age group. The course includes swimming around one or two islands depending on the distance. Hard to miss a buoy that large! More information can be found at the Davis web site:

<http://www.damfast.org/index.shtml>

Also In June swimmers headed to Alcatraz for several swims. Tom Weyhrauch did the swimming section of the Alcatraz Challenge and his two sons did the running and biking. "Dad gave them a great start with a fine swim.

The next weekend Micelle Macy, Mickey Moneta, Daniel Greenblat and Dave Radcliff swam the Sharkfest at Alcatraz.

Greg Jablonski traveled to Washington in July where he won the Fat Salmon swim. In September he went to So. California for the La Jolla Rough Water Swim. This is



**Elizabeth and her sisters**

*I also swam in the Luna womens triathlon at Blue Lake, Troutdale, July 28th, as part of a relay with two of my sisters. Our combined age was 150+, which placed us well into the 106+ age group. We won our division and were sixth overall. We were thrilled and surprised because we had never competed in a triathlon relay before. In fact, my sisters had never competed in any athletic event before.*

Michelle Macy, Jill Vukmanic, Kim, Kim, Jane, Elizabeth



**The Fat Salmon Swim in Washington**

the oldest competitive swim on the West Coast. Greg was second in his age group and 31st overall.

Elizabeth Budd also travel to Washington in July for the Lake Padden swim. Her description - *I swam a 5K at Lake Padden in Bellingham, Washington on July 21. Lake Padden was a wonderful swim for me because this was a lake I swam in when I was growing up. At that time it was a water reservoir for the City of Bellingham, so we only swam by sneaking in and jumping a barbed wire fence. Now its a wonderful lake for swimming because no motorboats are allowed on it, only kayaks. The day we swam was cold and rainy, typical Bellingham weather. I wore a wet suit, as did most people. It was a very competitive race. I think swimmers in Washington have a lot of open water experience. I was first in my age group, seventh among women, and fifteenth overall. I really enjoyed the race.*

traveled to Ketchikan, Alaska for the Pennock Island Channel. Michelle and Jill swam the 8 plus miles solo and the Kim, Kim, Jane and Elizabeth (Kim, Kim, Jane and



**Michelle in Alaska (without wet suit)**



Elizabeth are Tri Athletes from the Portland area) did a relay swim. Because of the chilly Alaskan water they all wore wet suits, except Michelle who was using this swim as a tune up for her attempt at the English Channel. As this Aqua Master goes to print Michelle is in England training for her channel swim.

Gail Orner sent this wonderful report of 12 CBAT swimmers and their two relays at Tahoe. *CBAT was well represented at this year's Trans-Tahoe Relay. Twelve swimmers participated in the 12-mile swim from Sand Point, Nevada to Tahoe City, California. Team 1 (the younger, faster team) consisted of Sandra Uesugi, Rob Williams, Nell Orscheln, Jeremiah Sullenger, Bronwen Rice, and Megi Morishita. Team 2 (the older, slightly slower team) consisted of Marlys Cappaert, Jack Istok, John Gabriel, Tom Shellhammer, Martin Saraceno, and myself.*

*Rob and John (the two lead off swimmers) made it to the starting check-in minutes before the start of the race (which suited John just fine since he had no desire to wait around in the cold any longer than was absolutely necessary). The race started and our two swimmers almost immediately headed off in different directions (each thinking the other was veering off-course). In the meantime, our support boat was still way out in the middle of the lake (engine problems), slowing moving towards the start and waiting for our replacement boat to arrive.*

*A major challenge of this swim is for the lead-off swimmers to find the right boat within a sea of very similar looking boats before the 30 minute leg ends. John and Rob's task was*

*made even more difficult because our Beaver flag (which was our system to make it easy to find us) was still in the slow boat for the first 20 minutes of the swim. Fortunately our replacement boat eventually arrived, and we made it into the cluster of boats shortly before the first leg ended. Waving the Beaver flag wildly, we located our other boat just as John's head popped up with a hearty Beaver cheer.*

*We passed the flag to the younger CBAT team and were off towards the opposite shore. It took a bit longer for the youngsters to connect with Rob, giving the old team a good head start. Swimming conditions were initially ideal with almost no surface chop and water temperatures in the low 60's. The brilliant blue water, spectacular visibility, and sun-rays penetrating deep into the depths made for a really enjoyable swimming experience. During my 30-minute leg, we could see the bottom and were able to confirm that we were still moving forward, although much slower than before. I found myself counting the number of strokes it took to make it past each softball-sized rock. We were up to the challenge though, and Jack and I decided that this was the best part of the swim.*

*As we approached the finishing buoy, we arranged our schedule so that Martin would have the honor of swimming the final leg into the beach where his family waited. But, because no boats were permitted to follow their swimmers beyond the buoy, this also meant that Martin got to swim through the roughest water of the journey without the security of a boat following beside him. Despite this being Martin's first competitive swim of any sort, he did a great*



**CBAT - TEAM 1**





### CBAT - TEAM 2

*job with the anchor leg and made it to the shore alive. Unfortunately his family didn't notice him arriving and tried to convince him to go back out and swim in again.*

*Overall, we had a great time and are anxious to do it again someday- perhaps with even more CBAT participants (and a coach).*

Our final report is from Hawaii where a group of So. Oregon and Central Oregon swimmers traveled for the Maui Channel Swim. Todd Lantry submitted this write up.

*Oregon representation at the Maui Channel Swim, Saturday, September 1, 2007! Team South-Central Oregon participants were Don Soares, Dan Gray, Mike Servant, and Todd Lantry from Rogue Valley Masters and Ron Thompson*

*and Karen Allen from COMA, with exhibition/extra credit swimmer Gillian Scott from COMA. Gillian swam with Ron each time and they both charged to the finish on Kaanapali Beach, throwing elbows at each other the whole run up the sand (we have video)...we swam 11.2 miles in 4:42.20. It was the second channel swim for Dan, Ron, and Todd; the rest were rookies but it is believed they are hooked on saltwater swimming now! It was a great swim, and many thanks to boat captain Mike Martinez (Kahului, Maui) for a great trip and fantastic navigation. The group also swam the 'Aumakua 2.4 mile on Labor Day Sept 3, with the exception of team sprinter Mike who swam the 'Aumakua Sprint Mile (the mile course was built into part of the 2.4 course) 💧*



**MAUI CHANNEL SWIMMERS - Mike, Todd, Karen, Don, Ron, Gillian, Dan**

## Dorena Lake Open Water - August 19

### 1500 Meters

Pl	Name	Team	Time	Ov'all
Women 30 - 34				
1	Gina Dhom	EA	21.14.2	5
2	Megan Sullivan	EA	22.21.2	10
3	Carol Morgan	EA	19.49.3	2W
Women 35-39				
1	Elizabeth Henderson	EA	20.52.8	4
2	Shawn Chapler		22.46.3	13
3	Julie Himstreet	EA	23.04.2	16
4	Cheryl Morgen	COMA	23.10.8	17
5	Cynthia Smidt	COMA	25.07.2	22
6	Terry Foytek		28.07.5	28
Women 40 - 44				
1	Gayle Orner	CBAT	28.55.3	32
2	Susanna Julber	COMA	28.10.2	29W
Women 45 - 49				
1	Ellen Ferguson		20.41.2	3
2	Kris Denney	COMA	21.53.8	7
3	Joni Young	SCC	23.22.6	19
4	Patricia L. Rogers	ORM	24.57.8	20
5	Deb Finch	EA	39.18	40W
Women 50 - 54				
1	Elizabeth Budd	CAT	22.58.8	15
2	Jeanna Summers		25.19.2	23
3	Toni Brown	COMA	27.25.3	27
4	Denise Abbott	EA	36.02	38
5	Teresa Copeland	EA	23.22.6	18W
Women 55 - 59				
1	Stephanie Harris	EA	33.59	33W
Women 60 - 64				
1	Lynn Sacks	RVM	34.44	35
2	Gail Newton	EA	38.3	39
Men 35 - 39				
1	Seth Kaufman	OWET	22.18.3	9
Men 45 - 49				
1	Kipp Hammon	EA	28.44.1	31
Men 50 - 54				
1	Jules DeGiulio		22.11.1	8
2	Keith C. Dow	NCMS	22.41.9	12
3	Jimmy Unger	EA	25.0.0	21
4	Jim Walbie	EA	25.26.8	24
Men 55 - 59				
1	Steve Johnson	EA	19.24.3	1
2	Greg Collins		22.28.1	11
3	Bob Bruce	COMA	22.48.2	14
4	Mark DePriest		26.36.5	25
5	Michael P. Carew	COMA	28.34.3	30
6	Mick Berlincourt	EA	35.01	36
Men 60 - 64				
1	Dan Gray	RVM	27.17.2	26
2	Rich Juhala	NCMS	34.27	34
3	Leon Politano		35.48	37
Men 70 - 74				
1	David A. Radcliff	HTB	21.33.2	6

### Whiteley 1000 - Anything Goes

Sex	Age	Age Pl.	Name	Team	Time	Ov'al Pl
M	55 - 59	1	Steve Johnson	EA	12.16.2	1
M	15 & O	1	Brett Clark	EA	12.31.1	2
M	70 - 74	1	David A. Radcliff	THB	12.50.9	3
M	50 - 54	1	Jim Walbie	EA	13.24.3	4
F	45 - 49	1	Kris Denney	COMA	14.11.4	5
F	15 & O	1	Alexa Morris	WBST	14.18.2	6
F	35 - 39	1	Shawn Chapler		14.46.1	7
F	11 - 12	1	Alexis Griffin	WBM	14.47.2	8
M	15 & O	2	Brian Bradley Jr.	EA	14.48.0	9
F	45 - 49	2	Patricia L. Rogers	ORM	14.57.6	
F	11 - 12	2	Cassandra Peden	WBST	15.24.6	11
M	50 - 54	2	Jules DeGiulio		15.27.2	12
m	45 - 49	1	Kipp Hammon	EA	15.34.6	13
F	50 - 54	1	Toni Brown	COMA	15.45.6	14
m	50 - 54	3	Keith C. Dow	NCMS	15.47.0	15
M	45 - 49	2	Robin Bragg	NCMS	16.11.9	16
F	60 - 64	1	Lynn Sacks	RVM	18.37.0	18
M	60 - 64	1	Dan Gray	RVM	18.39.4	19
m	60 - 64	2	Rich Juhala	NCMS	21.03.2	20
M	55 - 59	2	Mick Berlincourt	EA	25.25.9	21
F	40 - 44	1	Susanna Julber	COMA	18.27.0	56

### Flatfoot 500 - Kicking

F	25 - 29	1	Gina Dhom	EA	8.59.6	1
M	55 - 59	1	Steve Johnson	EA	10.00.00	2
F	13 - 14	1	Katie LaRue	OCST	10.18.2	3
F	50 - 54	1	Jeanna Summers		10.21.3	4
M	15 & O	1	Brian Bradley Jr.	EA	11.24.6	5
F	11 - 12	1	Alicia Parks	EA	11.24.6	6
F	11 - 12	2	Cassandra Peden	WBST	12.17.6	7
F	40 - 44	1	Susanna Julber	COMA	12.29.9	8
F	45 - 49	1	Mari Hamman	EA	12.38.9	9
M	50 - 54	1	Jim Walbie	EA	12.48.8	10
F	11 - 12	3	Alexis Griffin	WBM	13.46.8	11
F	15 & O	1	Alexa Morris	WBST	13.31	12
M	35 - 39	1	Brian Bradley		22.52.6	13
M	35 - 39	2	Ron Parks	EA	22.53.1	14

### Gina Wins the Flatfoot 500 Kicking Race





## SWAM 'EM ALL!



The following swimmers swam every swim in the Oregon Open Water Series. From left to right: Keith Dow, Elizabeth Budd, Pat Rogers, Gayle Orner, Jules DeGuilio, Bob Bruce

(Photo by Tim Budd)

### Open Water Series Summary

AgeGr	Place	Name	Team	Points	Swims	Venue	Overall
<b>Women</b>							
25-29	1	Parker, Jackie	NCMS	56	6	3	4
35-39	1	Henderson, Elizabeth	EA	70	6	3	1t
40-44	1	Orner, Gayle	CBAT	53	9	4	5
45-49	1	Rogers, Pat	OWET	57	12	4	3
	2t	Schob, Laura	COMA	45	6	3	6t
	2t	Young, Joni	SCC	45	4	3	6t
	4	Denney, Kris	COMA	25	5	3	9
50-54	1	Budd, Elizabeth	CAT	70	6	4	1t
	2	Summers, Joanna	Unat	42	7	3	8
60-64	1	Sacks, Lynn	RVM	22	5	3	10
<b>Men</b>							
40-44	1	Livengood, David	NCMS	33	7	3	7
45-49	1	Thompson, Ron	COMA	57	9	3	2
50-54	1	Dow, Keith	NCMS	61	11	4	1
	2	DeGuilio, Jules	Unat	26	5	4	8
55-59	1	Bruce, Bob	COMA	50	6	4	4
	2	Carew, Mike	COMA	43	8	3	6
60-64	1	Gray, Dan	RVM	56	6	3	3
	2	Juhala, Rich	NCMS	44	7	3	5
70-74	1	Radcliff, Dave	THB	70	10	4	X



## Patriot Games - September 9, 2007

**N or W = Breaks listed National/World Record    Z = Zone Record    O = Oregon Record**  
 (N/W includes Zone and Oregon record, Z includes Oregon record)



**Kathy, Bert and the Color Guard Show the True Spirit of the Patriot Games**

**Women 25-29**

50 SC Meter Freestyle			
1 Gustafson, Aubree	26	OREG	29.92
50 SC Meter Backstroke			
1 Gustafson, Aubree	26	OREG	38.49
50 SC Meter Breaststroke			
<b>1 Gustafson, Aubree</b>	<b>26</b>	<b>OREG</b>	<b>39.88 O</b>
2 Etterman, Ronni	29	OREG	52.52
50 SC Meter Butterfly			
1 Gustafson, Aubree	26	OREG	34.67
100 SC Meter IM			
1 Gustafson, Aubree	26	OREG	1:18.43

**Women 30-34**

50 SC Meter Freestyle			
1 Kasenga, Amy	33	OREG	32.04
100 SC Meter Freestyle			
1 Kramer, Ellen	32	OREG	1:12.43
50 SC Meter Backstroke			
1 Kasenga, Amy	33	OREG	39.07
50 SC Meter Breaststroke			
1 Kasenga, Amy	33	OREG	39.41
2 Kramer, Ellen	32	OREG	43.60
50 SC Meter Butterfly			
1 Kasenga, Amy	33	OREG	35.48
100 SC Meter IM			
1 Kasenga, Amy	33	OREG	1:20.24

**Women 35-39**

50 SC Meter Freestyle			
1 Weeks, Nikki	35	OREG	28.56
2 Topp, Deborah	38	OREG	34.50

3 Walters, Melinda	37	OREG	35.82
50 SC Meter Backstroke			
<b>1 Weeks, Nikki</b>	<b>35</b>	<b>OREG</b>	<b>34.86 O</b>
2 Topp, Deborah	38	OREG	44.25
50 SC Meter Breaststroke			
<b>1 Weeks, Nikki</b>	<b>35</b>	<b>OREG</b>	<b>37.03 Z</b>
2 Topp, Deborah	38	OREG	46.36
50 SC Meter Butterfly			
<b>1 Weeks, Nikki</b>	<b>35</b>	<b>OREG</b>	<b>31.07 Z</b>
2 Topp, Deborah	38	OREG	35.76
100 SC Meter IM			
<b>1 Weeks, Nikki</b>	<b>35</b>	<b>OREG</b>	<b>1:11.93 Z</b>
2 Topp, Deborah	38	OREG	1:28.57
3 Walters, Melinda	37	OREG	1:31.26

**Women 40-44**

50 SC Meter Freestyle			
1 Marsh, Kathy	40	OREG	34.43
2 Etterman, Christine	42	OREG	47.93
100 SC Meter Freestyle			
1 Shaw, Susan	40	OREG	1:20.44
50 SC Meter Backstroke			
1 Marsh, Kathy	40	OREG	43.15
2 Etterman, Christine	42	OREG	59.96
100 SC Meter Backstroke			
1 Shaw, Susan	40	OREG	1:37.86
50 SC Meter Breaststroke			
1 Marsh, Kathy	40	OREG	43.01
100 SC Meter Breaststroke			
1 Shaw, Susan	40	OREG	1:40.88
50 SC Meter Butterfly			

1 Marsh, Kathy	40	OREG	41.27
100 SC Meter Butterfly			
1 Shaw, Susan	40	OREG	1:48.29
100 SC Meter IM			
1 Marsh, Kathy	40	OREG	1:29.16
200 SC Meter IM			
1 Shaw, Susan	40	OREG	3:18.33

**Women 45-49**

50 SC Meter Freestyle			
1 Foley, Sharon	47	OREG	31.50
100 SC Meter Freestyle			
1 Fox, Christina	47	OREG	1:24.67
50 SC Meter Backstroke			
1 Foley, Sharon	47	OREG	44.37
100 SC Meter Backstroke			
1 Fox, Christina	47	OREG	1:32.50
50 SC Meter Breaststroke			
1 Foley, Sharon	47	OREG	42.10
100 SC Meter Breaststroke			
1 Fox, Christina	47	OREG	1:41.95
50 SC Meter Butterfly			
1 Foley, Sharon	47	OREG	35.66
2 Fox, Christina	47	OREG	50.99
100 SC Meter Butterfly			
<b>1 Delmage, Arlene</b>	<b>45</b>	<b>OREG</b>	<b>1:08.54 O</b>
100 SC Meter IM			
1 Foley, Sharon	47	OREG	1:24.00
200 SC Meter IM			
1 Delmage, Arlene	45	OREG	2:44.38
2 Fox, Christina	47	OREG	3:23.58

**Women 50-54**

50 SC Meter Backstroke  
**1 Andrus-Hughes, K50 OREG 32.67 Z**  
**Split Andrus-Hughes,K 50 OREG 1:10.35 W**



**Karen - still in disbelief after her record swim**

**Women 65-69**

50 SC Meter Freestyle  
 1 Ward, Joy 65 OREG 37.06  
 50 SC Meter Backstroke  
 1 Ward, Joy 65 OREG 43.14  
 100 SC Meter Backstroke  
 1 Pronk, Bonnie 65 MSBC 1:28.85  
 50 SC Meter Breaststroke  
**1 Ward, Joy 65 OREG 51.79 Z**  
 100 SC Meter Breaststroke

**Women 80-84**

50 SC Meter Freestyle  
 1 Wells, Margaret 81 OREG 1:49.42  
 50 SC Meter Backstroke  
 1 Wells, Margaret 81 OREG 1:33.24  
 50 SC Meter Breaststroke  
 1 Wells, Margaret 81 OREG 2:07.65  
 50 SC Meter Butterfly  
 1 Wells, Margaret 81 OREG 2:16.73  
 100 SC Meter IM  
 1 Wells, Margaret 81 OREG 4:04.53

**Women 85-89**

100 SC Meter Freestyle  
 1 Stevenin, Elfie 86 OREG 3:40.30  
 100 SC Meter Backstroke  
**1 Stevenin, Elfie 86 OREG 3:45.04 O**  
 100 SC Meter Breaststroke  
**1 Stevenin, Elfie 86 OREG 5:34.25 Z**  
 100 SC Meter Butterfly  
**1 Stevenin, Elfie 86 OREG 5:19.48 Z**  
 200 SC Meter IM  
**1 Stevenin, Elfie 86 OREG 9:28.91 Z**

**Women 90-94**

50 SC Meter Backstroke  
 1 Buel, Hilda 93 OREG 2:50.87

**Men 18-24**

50 SC Meter Freestyle  
 1 Brenteson, Ryan 21 OREG 28.28  
 2 Cleary, Kevin 24 OREG 28.31

100 SC Meter Freestyle

1 Whiting, Robert 39 OREG 1:15.65  
 50 SC Meter Backstroke  
 1 Taylor, Curtis 36 OREG 31.02  
 50 SC Meter Breaststroke  
 1 Taylor, Curtis 36 OREG 34.08  
 2 Whiting, Robert 39 OREG 49.22  
 100 SC Meter Breaststroke  
 1 Whiting, Robert 39 OREG 1:45.79  
 50 SC Meter Butterfly  
**1 Taylor, Curtis 36 OREG 27.79 O**  
 100 SC Meter IM  
 1 Taylor, Curtis 36 OREG 1:06.28  
 2 Aldred, Jason 36 OREG 1:15.44

**Men 40-44**

50 SC Meter Freestyle  
 1 Wan, Eric 41 UNAT 26.36  
 2 Butcher, Gano 43 OREG 26.98  
 3 Shoup, David 41 OREG 27.33  
 4 Waud, Timothy 40 OREG 29.73  
 5 Gaarder, Chris 42 OREG 30.41  
 50 SC Meter Backstroke  
 1 Butcher, Gano 43 OREG 31.52  
 2 Shoup, David 41 OREG 33.04  
 3 Wan, Eric 41 UNAT 34.49  
 4 Waud, Timothy 40 OREG 34.94  
 5 Gaarder, Chris 42 OREG 39.53  
 50 SC Meter Breaststroke  
 1 Butcher, Gano 43 OREG 35.39




**Joy Ward had a great meet with one National Record and two Zone Records**

1 Pronk, Bonnie 65 MSBC 1:35.91  
 50 SC Meter Butterfly  
**1 Ward, Joy 65 OREG 38.06 N**  
 100 SC Meter IM  
 1 Pronk, Bonnie 65 MSBC 1:29.58  
**2 Ward, Joy 65 OREG 1:35.51 Z**  
**Women 70-74**  
 50 SC Meter Freestyle  
 1 Kawabata, Geraldine73 OREG 49.96  
 50 SC Meter Backstroke  
 1 Kawabata, Geraldine73 OREG 1:02.35  
 50 SC Meter Breaststroke  
 1 Kawabata, Geraldine73 OREG 1:22.60  
 50 SC Meter Butterfly  
**1 Kawabata, Geraldine73 OREG1:08.36 O**  
 100 SC Meter IM  
 1 Kawabata, Geraldine73 OREG 2:26.71

100 SC Meter Freestyle  
 1 Brenteson, Ryan 21 OREG 1:08.13  
 50 SC Meter Backstroke  
 1 Cleary, Kevin 24 OREG 35.33  
 2 Brenteson, Ryan 21 OREG 36.58  
 50 SC Meter Breaststroke  
 1 Cleary, Kevin 24 OREG 36.38  
 2 Brenteson, Ryan 21 OREG 41.40  
 50 SC Meter Butterfly  
 1 Cleary, Kevin 24 OREG 30.58  
 2 Brenteson, Ryan 21 OREG 30.99  
 100 SC Meter IM  
**1 Cleary, Kevin 24 OREG 1:10.90 O**  
**Men 35-39**  
 50 SC Meter Freestyle  
**1 Taylor, Curtis 36 OREG 24.91 Z**  
 2 Whiting, Robert 39 OREG 32.60

2 Gaarder, Chris 42 OREG 36.69  
 3 Waud, Timothy 40 OREG 36.92  
 4 Wan, Eric 41 UNAT 37.22  
 5 Shoup, David 41 OREG 38.03  
 50 SC Meter Butterfly  
 1 Butcher, Gano 43 OREG 28.76  
 2 Shoup, David 41 OREG 30.09  
 3 Wan, Eric 41 UNAT 31.28  
 4 Waud, Timothy 40 OREG 31.65  
 5 Gaarder, Chris 42 OREG 33.91  
 100 SC Meter IM  
 1 Butcher, Gano 43 OREG 1:08.48  
 2 Wan, Eric 41 UNAT 1:09.08  
 3 Shoup, David 41 OREG 1:10.95  
 4 Waud, Timothy 40 OREG 1:13.28  
 5 Gaarder, Chris 42 OREG 1:18.29  
**Men 45-49**



50 SC Meter Freestyle				100 SC Meter IM				50 SC Meter Freestyle			
1 Hathaway, David	47	OREG	27.58	1 Peyton, Mike	52	OREG	1:17.32	1 Radcliff, David	73	OREG	31.96
2 Washburne, Brent	46	OREG	27.72	2 Darnell, Stephen	53	OREG	1:35.73	2 Thayer, George	71	OREG	34.28
3 Rabe, Jim	47	OREG	27.84	200 SC Meter IM				50 SC Meter Backstroke			
4 Culbertson, Scott	45	OREG	28.53	1 Yensen, Kermit	54	OREG	2:57.09	1 Thayer, George	71	OREG	41.99
5 Sumerfield, Bill	47	OREG	29.04	<b>Men 55-59</b>				2 Radcliff, David	73	OREG	43.65
100 SC Meter Freestyle				50 SC Meter Freestyle				50 SC Meter Breaststroke			
1 Otto, Douglas	48	OREG	1:03.30	1 Cronin, Jed	59	OREG	30.75	1 Radcliff, David	73	OREG	44.12
50 SC Meter Backstroke				2 Collins, Greg	59	PNA	33.16	2 Thayer, George	71	OREG	47.33
1 Washburne, Brent	46	OREG	33.42	50 SC Meter Backstroke				50 SC Meter Butterfly			
2 Hathaway, David	47	OREG	34.65	1 Cronin, Jed	59	OREG	39.17	1 Radcliff, David	73	OREG	37.20
3 Rabe, Jim	47	OREG	36.72	2 Collins, Greg	59	PNA	41.17	2 Thayer, George	71	OREG	49.49
4 Culbertson, Scott	45	OREG	39.11	50 SC Meter Breaststroke				100 SC Meter IM			
5 Sumerfield, Bill	47	OREG	41.45	1 Collins, Greg	59	PNA	39.58	1 Thayer, George	71	OREG	1:41.65
100 SC Meter Backstroke				2 Cronin, Jed	59	OREG	46.36	<b>Men 85-89</b>			
1 Otto, Douglas	48	OREG	1:14.10	100 SC Meter Breaststroke				50 SC Meter Freestyle			
50 SC Meter Breaststroke				<b>1 Stark, Allen</b>	<b>58</b>	<b>OREG</b>	<b>1:15.56 Z</b>	<b>1 Lamb, Willard</b>	<b>85</b>	<b>OREG</b>	<b>37.51 Z</b>
1 Sumerfield, Bill	47	OREG	37.69	50 SC Meter Butterfly				2 Young, Gilbert	85	OREG	45.23
2 Hathaway, David	47	OREG	37.82	1 Cronin, Jed	59	OREG	34.35	50 SC Meter Backstroke			
3 Washburne, Brent	46	OREG	38.20	2 Collins, Greg	59	PNA	34.42	1 Lamb, Willard	85	OREG	52.38
4 Rabe, Jim	47	OREG	39.18	100 SC Meter IM				50 SC Meter Breaststroke			
5 Culbertson, Scott	45	OREG	41.67	1 Stark, Allen	58	OREG	1:15.98	1 Young, Gilbert	85	OREG	1:03.98
100 SC Meter Breaststroke				2 Collins, Greg	59	PNA	1:21.17	2 Lamb, Willard	85	OREG	1:04.10
1 Otto, Douglas	48	OREG	1:18.72	3 Cronin, Jed	59	OREG	1:27.09	100 SC Meter Breaststroke			
50 SC Meter Butterfly				<b>Men 60-64</b>				<b>1 Young, Gilbert</b>	<b>85</b>	<b>OREG</b>	<b>2:41.67 O</b>
1 Washburne, Brent	46	OREG	30.30	50 SC Meter Freestyle							
2 Hathaway, David	47	OREG	30.90	1 Smith, Robert	64	OREG	28.94				
3 Rabe, Jim	47	OREG	31.09	2 Silvey, Michael	62	OREG	31.27				
4 Culbertson, Scott	45	OREG	32.75	100 SC Meter Freestyle							
5 Sumerfield, Bill	47	OREG	37.54	1 Rueff, Daniel	60	OREG	1:10.76				
100 SC Meter Butterfly				2 Smith, William	62	OREG	1:30.06				
1 Otto, Douglas	48	OREG	1:13.48	3 Juhala, Richard	64	OREG	1:38.09				
100 SC Meter IM				50 SC Meter Backstroke							
1 Hathaway, David	47	OREG	1:09.80	1 Smith, Robert	64	OREG	34.43				
2 Washburne, Brent	46	OREG	1:10.96	2 Silvey, Michael	62	OREG	42.19				
3 Rabe, Jim	47	OREG	1:15.39	100 SC Meter Backstroke							
4 Culbertson, Scott	45	OREG	1:17.06	1 Rueff, Daniel	60	OREG	1:30.28				
5 Sumerfield, Bill	47	OREG	1:19.98	2 Juhala, Richard	64	OREG	1:50.99				
200 SC Meter IM				3 Smith, William	62	OREG	2:07.69				
1 Otto, Douglas	48	OREG	2:36.51	50 SC Meter Breaststroke							
<b>Men 50-54</b>				1 Smith, Robert	64	OREG	40.22				
50 SC Meter Freestyle				2 Silvey, Michael	62	OREG	49.18				
1 Peyton, Mike	52	OREG	28.93	100 SC Meter Breaststroke							
2 Darnell, Stephen	53	OREG	35.58	1 Rueff, Daniel	60	OREG	1:38.05				
100 SC Meter Freestyle				2 Juhala, Richard	64	OREG	1:49.25				
1 Yensen, Kermit	54	OREG	1:07.66	3 Smith, William	62	OREG	1:55.02				
Split Wes Edwards	54	OREG	1:00.43	50 SC Meter Butterfly							
50 SC Meter Backstroke				1 Smith, Robert	64	OREG	33.23				
1 Peyton, Mike	52	OREG	38.37	2 Silvey, Michael	62	OREG	35.49				
2 Darnell, Stephen	53	OREG	44.99	100 SC Meter Butterfly							
100 SC Meter Backstroke				1 Rueff, Daniel	60	OREG	1:25.02				
1 Edwards, Wes	54	OREG	1:06.41	2 Juhala, Richard	64	OREG	1:49.66				
2 Yensen, Kermit	54	OREG	1:25.29	3 Smith, William	62	OREG	1:55.35				
50 SC Meter Breaststroke				100 SC Meter IM							
1 Peyton, Mike	52	OREG	41.16	1 Silvey, Michael	62	OREG	1:26.43				
2 Darnell, Stephen	53	OREG	48.70	200 SC Meter IM							
100 SC Meter Breaststroke				1 Rueff, Daniel	60	OREG	3:04.20				
1 Yensen, Kermit	54	OREG	1:36.90	2 Juhala, Richard	64	OREG	3:52.03				
50 SC Meter Butterfly				3 Smith, William	62	OREG	4:03.38				
1 Peyton, Mike	52	OREG	32.71	<b>Men 65-69</b>							
2 Darnell, Stephen	53	OREG	43.72	50 SC Meter Butterfly							
100 SC Meter Butterfly				1 Petersen, Bert	69	OREG	31.68				
1 Yensen, Kermit	54	OREG	1:21.45	<b>Men 70-74</b>							

**Gil swims to a new Oregon Record in the 100 Meter Breaststroke**

50 SC Meter Butterfly			
1 Lamb, Willard	85	OREG	1:14.61
100 SC Meter IM			
1 Lamb, Willard	85	OREG	2:10.99

#### Relays

#### Men 160-199 400 SC Meter Free Relay

**1 OREG 3:58.29 O**

**1) Hathaway, D. 47 2) Rabe, J. 47**  
**3) Butcher, G. 43 4) Polito, C. 31**

#### Men 240-279 400 SC Meter Free Relay

**2 OREG 4:18.27 N**

**1) Edwards, W. 54 2) Radcliff, D. 73**  
**3) Cronin, J. 59 4) Smith, R. 64**

#### Mixed 160-199 400 SC Meter Medley Relay

**1 OREG 4:22.74 N**

**1) Andrus-Hughes, K. 50 2) Polito, C. 31**  
**3) Delmage, A. 45 4) Taylor, C. 36**



## PLAYING IN THE RIVER - A WOW

from Joe Oakes

Monday, September 03, 2007. Labor Day.

Today I had some fun. I took part in the 65<sup>th</sup> Annual Roy Webster Cross Channel Swim in Hood River. Actually, it ends in Hood River. The start of the 1.1 mile swim is on the Washington side of the Columbia River, about ½ mile up-river (east) from town. After gathering for sign-in at the marina in Hood River at an hour when respectable people should be asleep, over 500 of us were herded onto a side-wheeler and ferried across the Mighty Columbia.

The sun showed his face between the cheeks of the Gorge as we crossed. Later it would warm our backs as we swam. About half of the swimmers wore wetsuits, but they were not really necessary. The oldest swimmer was 82, and the youngest about 10. Some were studly-looking dudes, others were stately grand dames, a good cross-section of the swimming world.

This is not a race. It is a swim, just for the fun of swimming. As we registered in the morning we were assigned to "flights" of ten swimmers. I was put into flight number 27, and I know that they went at least to 58. When the ferry was safely tied up on the Washington side, flight number one was called to jump from the ferry. After a minute or so, flight two, etc. Before long there was a steady stream of orange swim caps leading from the start, arcing across the Columbia as far as the eye could see. Flanking the swimmers like lane separators in the pool were two long rows of power boats, kayaks and body boards, our path squeezing in between them.

Flight 27 was finally called and we ten stalwarts jumped the six feet into the water, clutching goggles to keep them in place, and moving quickly away from the boat to avoid becoming a landing strip for the next flight. The water was much warmer than I had anticipated, about 70 F. It was flat as a pancake, and the course directors had anticipated the current by laying out the course at an angle to the shore. It was nice starting with only ten swimmers, especially considering the flailing arms and legs of some of the brutal mass starts in triathlon events. 'Civilized' is the word for it.

I passed a few swimmers, other swimmers passed me. When being passed by a slightly faster swimmer I would occasionally sneak in behind them to practice my 'drafting' technique, completely legal in most open-water swims. Drafting does three good things. You go a little faster, it saves energy, and you do not have to raise your head to sight as often.

I am a stroke-counter; by counting strokes I always know approximately where I am in a swim. So when I raised my head after 750 strokes (each arm) I was surprised to find myself approaching the finish. Then the rocky beach on the Oregon side was beneath my feet.

It was a blast (except for getting up so early.). I saw several old friends, some Barracudas, even a fellow I knew from Florida.

There has been talk of people becoming ill from swimming in the Columbia. I will let you know of any body parts start to turn green and fall off. Until that happens, this swim gets a high rating on the Joe Oakes Swim-O-Meter.



# 2007/08



Date	Event	Location	Contact
<b>Pool Meets</b>			
Jan 26	Animal Meet	Canby	
Feb. 17	SCM	Bellevue, WA	
May 18	SCM	Hood River	
<b>National Championships</b>			
May 1 - 4	SCY Nationals	Austin, Texas	USMS <a href="http://www.usms.org">http://www.usms.org</a>
Aug. 3	5 K Open Water National Champ	Elk Lake, Oregon	Bob Bruce <a href="mailto:coachbob@bendbroadband.com">coachbob@bendbroadband.com</a>
Aug. 14 - 17	LCM Nationals	Gresham, Oregon	Dennis Baker <a href="mailto:bakeswims@yahoo.com">bakeswims@yahoo.com</a>
<b>Postal Championships 2007</b>			
3000 / 6000 Postal	Sept. 15 - Nov. 15	Any 25 Yard pool	USMS <a href="http://www.usms.org">http://www.usms.org</a>
International Championships			
----- * ENTRY BLANK INCLUDED IN THIS ISSUE OF THE AQUA-MASTER			

<b>Board Meetings</b> All Board Meetings are open. OMS members are encouraged to attend. Contact Jody Welborn, OMS Chair, for details.	October Retreat . . . . . Oct. 19-20
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**Aqua Master**  
October 2007

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**Inside Results: Dorena Lake and Patriot Games**