



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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*“Swimming for Life”*

## GOODBYE and THANKS RACHEL



Rachel Skoss, has been writing the outstanding Fitness articles for over two years. This issue of the Aqua Master will be the last Fitness Column written by Rachel. Rachel lives in Perth, Australia and all those fine articles have come from “Down Under”. Thank you so much Rachel!

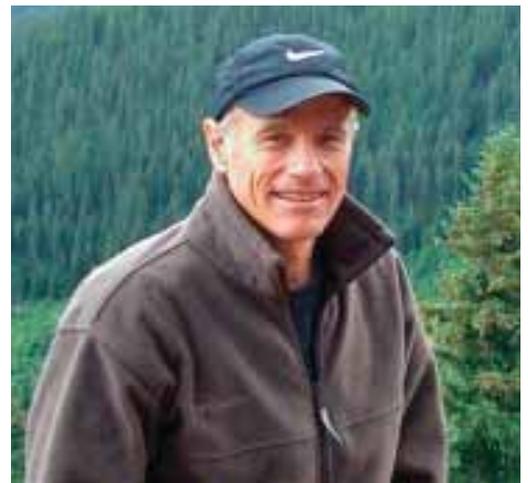
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### Doug Brockbank - Speaker at Banquet

Doug Brockbank, OMS swimmer and Motivational Workshop presenter, will be the featured Speaker at this year’s Award Banquet. With Doug as the Speaker and the Banquet at a McMenamin’s you cannot go wrong.

Doug wrote the Editorial in the last Aqua Master. He stated, “...we are so privileged to be part of the Oregon Masters Community”. Be a part of the OMS Community - see you at the Banquet.



**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***Tim Waud**715 Jefferson St.  
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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  
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*Safety***Joy Ward** (503) 777-5514  
silenteclipse1210@hotmail.com*Coaches***Dennis Baker** (503) 679 4601  
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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  
robbertr@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  
squeegybug60@yahoo.com*Short Distance***Robert Smith** (503) 244-3739  
dobbssmith@comcast.net*Past Chair***Jeanne Teisher** (503) 574-4557  
jteisher97007@yahoo.com*Founders of OMS***Connie Wilson and  
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# Chair's Corner by Jody Welborn

Hi Everyone:

The Association Meet is just days away and I am excited. A trip to Bend and opportunity to swim at a lovely facility hosted by one of our most enthusiastic swim teams-what's not to love. I hope your entries are in and you are ready to swim fast and have fun.

On Saturday night we hold our Annual Awards banquet and honor our volunteers. I wish we had more to give because our volunteers make our LMSC great. So thank you volunteers. And everyone come for dinner and celebration. This is one event where it is truly more the merrier.

Also I would like to thank Rachel Skoss for her excellent job as Fitness Chair from Afar. She has been writing wonderful articles, helping our swimming and general fitness and we have been so lucky to have her. Rachel I will miss you and so will OMS. *Rachel has sent a farewell message, which I have included below.*

*and  
Remember,*

*Swimming is for Life and Life Matters.*



Dear Oregonian swimmers,

This was my final article for the aqua-master. I'm not sure if any of you noticed, but 3 years ago, I moved back home to Perth, Australia. It is probably time that someone a little more local takes over writing the fitness articles.

Thank you to all of you who made a point to tell me that you read the articles – I appreciated the feedback. A very big thank you to Dave Radcliff for his encouragement and particularly for his suggestions when I couldn't think of any topics.

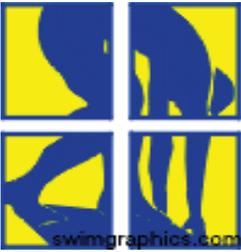
Stay healthy, keep swimming, and if you ever make it down to this part of the world, come swim with me!!

Cheers,

Rachel

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](http://www.swimoregon.org)



## Off the Block

Ralph Mohr

*Ralph Mohr, takes the dive with some great news about why we should all continue diving into chlorine water.*

We have found the Fountain of Youth, and it has chlorine in it.

If you want to be skinnier, run; if you want to live longer, swim. So say two articles published in the *Journal of Aquatic Research and Education* last year.

Authors from the Department of Exercise Science of the University of South Carolina investigated data collected at the Cooper Clinic of Dallas, TX, from over 40,000 men, aged 20-90, between the years 1971-2003.

After instituting controls for smoking, alcohol intake, and medical conditions, the researchers found that swimmers had the lowest death rate, 53% better than sedentary men, 50% better than those who walked regularly, and 49% better than runners.

In addition swimmers have higher cardiorespiratory-fitness levels than walkers and sedentary men; lower total-cholesterol, triglycerides, fasting blood glucose and resting heart rates, as well as higher HDL cholesterol (the good kind), than sedentary men; and lower total-cholesterol, triglyceride levels and resting heart rates than walkers. Swimmers and runners tend to have similar risk-factor profiles.

All of these results were expected. What was not expected was the clear advantage in mortality that swimming had over all groups, including runners.

These reports are the first to correlate swimming along with the traditional exercise programs of walking and running. They were also over a populace for more than 30 years, though the focus groups were predominately white, well-educated, middle- to upper-class men.

The reports did say that this narrow focus "limits the generalizability of the study's findings, although it should not affect the study's internal validity. Moreover" the report continued, "there is no compelling reason to assume that the benefits of swimming would be lower in other socioeconomic groups," including women and other ethnic groups.

Frankly, the researchers were puzzled by the results. Swimming makes one live longer. Why? They're not sure. The mortality report ended, "Future research is needed to confirm the findings reported here." Perhaps that research could be on Masters swimmers.

We swimmers, however, knew this all along. Yes, we die, occasionally. But the fact that there are more and more people in the older age groups (60+) shows empirically that something is working in our behalf. Perhaps it is just baby boomers moving up, but at least these are swimming baby boomers. Hoorah for all of us! Vivant natatores!

For more information, cf. *International Journal of Aquatic Research and Education*, 2008, 2, 213-223 and 151-161. You can find a brief abstract at [http://nspfcart.eproacademy.org/store/comersus\\_viewItem.asp?idProduct=128](http://nspfcart.eproacademy.org/store/comersus_viewItem.asp?idProduct=128).

My thanks also to Laurie Batter, [batterup@batteruppproductions.com](mailto:batterup@batteruppproductions.com), for providing me with complete copies of both reports.

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# F i t n e s s



Rachel  
Skoss



## Shoulder Injury

### Prevention Part 3

(Presented by USA Swimming and the Network Task Force on Injury Prevention. April 2002)

A series of exercises for the UN-injured athlete.

### Primary Core Strength Development

The third series of exercises focuses on developing strength in your abdominal and lower back muscles. These are some of the core muscles of your body. The muscles in the core of your body are essential for helping you maintain balance in the water when you swim.

Balance is one of the most important skills you can develop. With weak abdominal and lower back muscles you will not be able to achieve a sufficient level of balance using your core. If you are like most swimmers, you will then try to achieve balance by changing your arm position or your stroke pattern. This places added stress on the shoulder and can lead to shoulder problems. There are many abdominal and lower back exercises you can do to strengthen these muscles. We will show you two of these exercises.

Exercise #7 – Dead Bug - Equipment: None.

The Movement: The Dead Bug exercise strengthens your abdominal muscles and gets its name because if you do it correctly you will look like a bug that is flipped over on its back waving its legs in the air.

Lay on the floor and put your hands under your tailbone. Tighten up your lower abdominal muscles by trying to pull your belly-button in towards your spine. This will help you avoid excessive arching in your lower back. It is important to keep your back FLAT on the floor at all times. Lift your legs off the floor and perform a light “flutter kick.” Continue this movement for 2 minutes or until you can no longer keep your lower back flat. See the figures below for proper positioning.

When you master this technique, you can remove your hands from under your tailbone and perform a flutter kicking like movement with your straight arms. This form of the exercise (using the arms) is more difficult. You must make sure you do not allow the lower back to arch very much to avoid injury and work the appropriate muscles.

Exercise #8 – Quadruped - Equipment: None.

The Movement: It’s called the Quadruped exercise because initially you resemble an animal walking on all fours. When performing this exercise you will strengthen muscles in

the lower back and abdominal region and foster strength development between the two sides of your body.

Start this exercise with your hands and knees on the floor. Get into a “table-top” position by flattening out your back. There should not be an arch in your back, nor should there be a dip. This will require tightening up your abdominal and lower back muscles. Think about pulling your belly-button in towards your spine.

Once you’ve achieved the proper starting posture, simultaneously lift your left arm and right leg – straightening them out so they are parallel to the floor. Hold in this position for a second making sure you maintain a flat back. Slowly bring the hand and knee back to the floor. Repeat the action lifting the right arm and left leg. Alternate in this fashion for 2 minutes or until you become fatigued. You are fatigued if you cannot lift the arm or leg parallel to the floor or if you are not able to maintain your flat back posture. Perform 3 sets with 30 seconds rest between each set.

As you become more experienced, try performing the exercise while closing your eyes. This will force you to use your postural muscles to a greater level while developing balance and stability.

### Stretching

We have talked a lot about strengthening muscles so far. However, stretching is also important to make certain you can use your newfound strength.

Strengthening + Stretching = Function.

By combining the strengthening and stretching exercises, you will help reduce the likelihood of shoulder injury when you swim.

Exercise #9 - Hamstrings Stretch - Equipment: Towel

The Movement: The Hamstrings Stretch engages the group muscles in the back of your thigh. These muscles, the hamstrings, help you bend your knee and also are involved in straightening out your hip. They have a lot of control over the position of your pelvis and therefore impact your body position and balance in the water. You are much better able to control your balance in the water if your hamstrings are loose. This exercise is designed to help you stretch these muscles.

Lay flat on your back on the floor. Keeping the leg that is not going to be stretched flat on the floor, loop the towel around the ball of your foot. Gently straighten your leg, and pull it towards your body. Do not lock your knee. A slight bend in the knee is necessary for safety reasons, but it should not be bent a lot. Keep your pelvis on the floor and do not rotate your body to help you get your leg closer to your torso. Pull until you feel a moderate stretch in the back of your thigh and hold that position for 30 seconds. Perform the stretch 2 times on each leg. You should not feel pain in this stretch or in any stretch. If you feel pain stop the stretch immediately.

Exercise #10 – Upper Back Stretch - Equipment: None.

**The Movement:** The Upper Back Stretch targets the trapezius (tra-pee-zee-us) muscle, which connects your neck and your middle back to your shoulder blades. Good flexibility is needed in this muscle in order for the shoulder blades to move normally. This exercise is designed to stretch the upper part of the trapezius muscle since it tends to get tight in swimmers, and a tight muscle may contribute to shoulder pain.

Stand up straight and push the palms of your hands together in front of your chest. Push your hands straight away from your body while continuing to squeeze your palms together. Try to keep your shoulders from moving upward towards your ears by pushing straight away from the body. Continue to push your hands away from your body until you feel a moderate stretch in your upper back and between your shoulder blades. See the front, side and back views of the stretch below. Hold this position for 30 seconds and repeat after a 15-second rest. Be sure to breathe (do not hold your breath!) as you perform this exercise.

Exercise #11 – Neck Stretch - **Equipment:** None.

**The Movement:** The Neck Stretch is another way to stretch the muscles of your upper back. This stretch targets the upper trapezius muscle.

Stand up straight and do not roll or hunch the shoulders. Place one arm in the small of your back. The elbow should be bent so that the forearm is parallel to the floor. Press your arm into the small of your back to provide some stability for the movement, but you do not have to “grab on” to anything. Place the other hand on the top of your head. Gently guide your head towards your shoulder, bending it to the side until you feel a moderate stretch on the opposite side of your neck. Remember, bring your head to your shoulder and do not raise the shoulder to meet the head. Hold this position for 30 seconds. Rest 15 seconds, then repeat. You can also stretch a different part of the muscle by looking at the armpit of the pulling arm. Try both to stretch as much of the muscle as possible. Perform the same stretch on the other side of your body.

## Shake and Swim with “Bake”

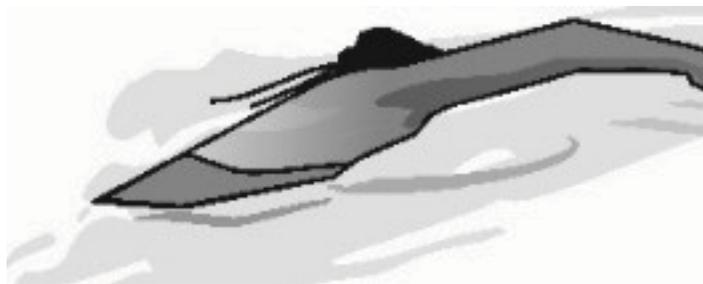
### Long Axis Strokes

**Coach Dennis Baker**

### The Truth about Rotation

If you have ever attended one of my clinics or had a private lesson from me you know how strongly I feel about the misinformation and unguided swim instruction going on in the swimming community. The biggest problem is the misunderstanding of rotation in Freestyle and Backstroke the long axis strokes. Here are some tips and warning signs if you are over rotating.

1. Rotation should be thought of from the belly button up. If your legs, knees, hips and feet are swinging from side to side too much you will be causing resistance in your stroke.



2. When swimming Freestyle and Backstroke DO NOT drop your shoulders. You should think of it as shooting your shoulders forward and keeping them on the same level.



swimgraphics.com

3. If your feet are coming apart wider than your body width then you are over rotating. You must fight to keep your legs and feet together maintaining your core stability and base.
4. Beware of what you read. There is a ton of stuff out there gang be careful. Many times rotation is misread. Remember they are talking about centimeters not feet when describing rotation.
5. Keep your head still and down (Back if Backstroking) Most of the time, your body will follow where your head leads it, keep tabs on what your head is doing

Try these tips and heed the warnings and you will be on your way to a much more efficient Long Axis Stroke.

Coach Bake



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# Animal Meet - Canby - February 15, 2009

**W = Breaks listed World Record, N = Breaks listed National Record, Z = Zone Record O = Oregon Record** (N & W includes Zone, Oregon, - Z includes Oregon,)

**Women 18-24**

200 Yard Freestyle  
1 Somera, Christine 23 OREG 2:09.01  
2 Grier, Cassi 22 OREG 2:26.26

## 500 Yard Freestyle

1 Willia, Briana 22 OREG 6:16.03  
2 Scheafer, Kayla 23 OREG 6:36.93

## 50 Yard Butterfly

1 Somera, Christine 23 OREG 29.39  
2 Grier, Cassi 22 OREG 30.97

## 100 Yard Butterfly

1 Willia, Briana 22 OREG 1:07.30  
2 Scheafer, Kayla 23 OREG 1:22.85

## 100 Yard IM

1 Somera, Christine 23 OREG 1:07.31  
2 Grier, Cassi 22 OREG 1:11.23

## 200 Yard IM

1 Willia, Briana 22 OREG 2:34.58  
2 Scheafer, Kayla 23 OREG 2:51.67

**Women 30-34**

500 Yard Freestyle  
1 Pryor, Evelyn 31 OREG 6:45.49

100 Yard Butterfly  
1 Pryor, Evelyn 31 OREG 1:20.86

200 Yard IM  
1 Pryor, Evelyn 31 OREG 2:49.29

**Women 40-44**

200 Yard Freestyle  
1 Mcmillan, Natalie 40 OREG 2:41.88

500 Yard Freestyle  
1 Frey, Meg 41 OREG 6:42.98  
2 Shanks, Lynn 43 OREG 7:12.14

## 1000 Yard Freestyle

1 McGill, Jana 40 OREG 12:53.40  
2 Cialdella, Lynn 41 OREG 13:54.92  
3 Broberg, Willee 43 UNAT 14:57.96

## 50 Yard Butterfly

1 Mcmillan, Natalie 40 OREG 40.82

## 100 Yard Butterfly

1 Frey, Meg 41 OREG 1:23.09  
2 Shanks, Lynn 43 OREG 1:24.90

## 200 Yard Butterfly

1 McGill, Jana 40 OREG 2:49.23  
2 Cialdella, Lynn 41 OREG 2:56.67  
3 Broberg, Willee 43 UNAT 3:13.00

## 100 Yard IM

1 Mcmillan, Natalie 40 OREG 1:22.60

## 200 Yard IM

1 Frey, Meg 41 OREG 2:52.67  
2 Shanks, Lynn 43 OREG 3:00.36

## 400 Yard IM

1 McGill, Jana 40 OREG 5:33.18  
2 Cialdella, Lynn 41 OREG 5:46.80  
3 Broberg, Willee 43 UNAT 6:28.53

**Women 45-49**

500 Yard Freestyle  
1 Fox, Christina 48 OREG 7:10.63

## 1000 Yard Freestyle

1 Delmage, Arlene 46 OREG 12:17.84

## 50 Yard Butterfly

1 Fox, Christina 48 OREG 43.54

## 100 Yard Butterfly

1 Goodman, Ann 49 OREG 1:28.62

## 200 Yard Butterfly

1 Delmage, Arlene 46 OREG 2:24.81

## 200 Yard IM

1 Goodman, Ann 49 OREG 2:50.68  
2 Fox, Christina 48 OREG 3:02.03

## 400 Yard IM

1 Delmage, Arlene 46 OREG 5:17.49

**Women 50-54**

## 200 Yard Freestyle

**1 Andrus-Hughes, K 51 OREG2:11.09 O**

## 500 Yard Freestyle

1 Peterson, Connie 53 OREG 8:59.72

## 50 Yard Butterfly

1 Andrus-Hughes, K 51 OREG 30.34

## 100 Yard Butterfly

1 Peterson, Connie 53 OREG 2:06.90

## 100 Yard IM

1 Andrus-Hughes, K 51 OREG 1:07.15

## 200 Yard IM

1 Peterson, Connie 53 OREG 3:54.21

**Women 55-59**

## 500 Yard Freestyle

1 Summers, Jeanna 55 OREG 7:08.73

## 1000 Yard Freestyle

1 Budd, Elizabeth 55 OREG 13:44.30  
2 Asleson, Elke 56 OREG 15:33.62  
3 Gray, Jane 57 OREG 16:01.03

## 50 Yard Butterfly

1 Budd, Elizabeth 55 OREG 37.20

## 100 Yard Butterfly

1 Summers, Jeanna 55 OREG 1:41.25

## 200 Yard Butterfly

1 Asleson, Elke 56 OREG 3:19.67

## 200 Yard IM

1 Budd, Elizabeth 55 OREG 2:52.87  
2 Summers, Jeanna 55 OREG 3:05.44

## 400 Yard IM

1 Asleson, Elke 56 OREG 6:48.74

**Women 65-69**

## 500 Yard Freestyle

1 Hodge, Peggie 68 OREG 9:35.11

## 100 Yard Butterfly

1 Hodge, Peggie 68 OREG 2:03.70

## 200 Yard Butterfly

1 Ward, Joy 66 OREG 3:22.02

## 100 Yard IM

1 Ward, Joy 66 OREG 1:26.87

## 200 Yard IM

1 Hodge, Peggie 68 OREG 3:53.90

**Women 85-89**

## 200 Yard Freestyle

1 Stevenin, Elfie 87 OREG 9:05.30

## 50 Yard Butterfly

1 Stevenin, Elfie 87 OREG 2:53.88

## 100 Yard IM

1 Stevenin, Elfie 87 OREG 4:28.19

**Men 18-24**

## 500 Yard Freestyle

1 Benjamin, Jacob 22 OREG 6:02.49

## 100 Yard Butterfly

1 Benjamin, Jacob 22 OREG 1:04.91

## 200 Yard IM

1 Benjamin, Jacob 22 OREG 2:23.18

**Men 35-39**

## 200 Yard Freestyle

1 Rogge, Edgar 35 OREG 2:11.53  
2 Darby, Brian 35 OREG 2:22.66

## 500 Yard Freestyle

1 Tujo, Christian 37 OREG 6:11.62

## 50 Yard Butterfly

1 Rogge, Edgar 35 OREG 27.00  
2 Darby, Brian 35 OREG 29.64

## 100 Yard Butterfly

1 Tujo, Christian 37 OREG 1:03.45

## 100 Yard IM

1 Rogge, Edgar 35 OREG 1:03.94  
2 Darby, Brian 35 OREG 1:08.60

## 200 Yard IM

1 Tujo, Christian 37 OREG 2:26.96

**Men 40-44**

## 200 Yard Freestyle

1 Wan, Eric 42 OREG 1:56.98  
2 Kaufman, Seth 40 OREG 2:11.27

## 500 Yard Freestyle

1 Karyukin, Andrei 43 OREG 6:07.16

## 1000 Yard Freestyle

1 Higley, Robert 43 OREG 11:34.15  
2 Waud, Timothy 41 OREG 12:02.94

## 50 Yard Butterfly

1 Wan, Eric 42 OREG 27.39  
2 Kaufman, Seth 40 OREG 30.58

## 100 Yard Butterfly

1 Karyukin, Andrei 43 OREG 1:11.81

## 200 Yard Butterfly

1 Higley, Robert 43 OREG 2:33.44  
2 Waud, Timothy 41 OREG 2:48.47

## 100 Yard IM

1 Wan, Eric 42 OREG 1:00.75  
2 Kaufman, Seth 40 OREG 1:06.38

## 200 Yard IM

1 Karyukin, Andrei 43 OREG 2:35.47

## 400 Yard IM

1 Waud, Timothy 41 OREG 5:00.69  
2 Higley, Robert 43 OREG 5:02.55

**Men 45-49**

## 200 Yard Freestyle

1 Hathaway, David 48 OREG 2:01.70  
2 Anderson, Jon 47 OREG 2:16.64  
3 Zunno, David 47 UNAT 2:17.75  
4 Butcher, Gano 45 OREG 2:18.25

## 500 Yard Freestyle

1 Washburne, Brent 47 OREG 5:55.30  
2 Palladino, Douglas 45 UNAT 5:56.83

## 50 Yard Butterfly

1 Butcher, Gano 45 OREG 26.92  
2 Hathaway, David 48 OREG 27.33  
3 Zunno, David 47 UNAT 29.90  
4 Anderson, Jon 47 OREG 30.99

## 100 Yard Butterfly

1 Washburne, Brent 47 OREG 1:01.15

2 Palladino, Douglas	45 UNAT	1:05.13	1 Kevan, Stephen	54 OREG	1:02.42	1 Shelfer, Robert	63 OREG	3:05.59
100 Yard IM			100 Yard IM			50 Yard Butterfly		
1 Butcher, Gano	45 OREG	1:02.56	1 Helm, Charlie	52 OREG	1:41.22	1 Shelfer, Robert	63 OREG	47.75
2 Hathaway, David	48 OREG	1:03.89	200 Yard IM			100 Yard IM		
3 Anderson, Jon	47 OREG	1:08.57	1 Kevan, Stephen	54 OREG	2:16.05	1 Shelfer, Robert	63 OREG	1:37.39
4 Zunno, David	47 UNAT	1:11.90	<b>Men 55-59</b>			<b>Men 65-69</b>		
200 Yard IM			200 Yard Freestyle			200 Yard Freestyle		
1 Washburne, Brent	47 OREG	2:21.17	1 Brockbank, Doug	55 OREG	2:07.97	1 Juhala, Richard	65 OREG	3:08.30
2 Palladino, Douglas	45 UNAT	2:22.59	2 Wyatt, Joseph	59 OREG	2:38.79	1000 Yard Freestyle		
<b>Men 50-54</b>			50 Yard Butterfly			1 Juhala, Richard	65 OREG	18:26.46
200 Yard Freestyle			1 Brockbank, Doug	55 OREG	27.92	50 Yard Butterfly		
1 Helm, Charlie	52 OREG	3:01.73	2 Wyatt, Joseph	59 OREG	30.88	1 Juhala, Richard	65 OREG	42.63
500 Yard Freestyle			100 Yard IM			100 Yard IM		
1 Kevan, Stephen	54 OREG	5:30.40	1 Brockbank, Doug	55 OREG	1:03.68	1 Juhala, Richard	65 OREG	1:35.65
50 Yard Butterfly			2 Wyatt, Joseph	59 OREG	1:24.77	<b>Men 70-74</b>		
1 Helm, Charlie	52 OREG	46.90	Men 60-64			50 Yard Butterfly		
100 Yard Butterfly			200 Yard Freestyle			1 Petersen, Bert	70 OREG	30.14

Place	Name	Team	Total	400IM	200FLY	1000FR
<b>Women Grand Masters</b>						
1	Delmage, Arlene 46	OREG	20:00.14	5:17.49	2:24.81	12:17.84
2	McGill, Jana 40	OREG	21:15.81	5:33.18	2:49.23	12:53.40
3	Cialdella, Lynn 41	OREG	22:38.39	5:46.80	2:56.67	13:54.92
4	Broberg, Willee 43	UNAT	24:39.49	6:28.53	3:13.00	14:57.96
5	Asleson, Elke 56	OREG	25:42.03	6:48.74	3:19.67	15:33.62
<b>Men Grand Masters</b>						
1	Higley, Rob 43	OREG	19:10.14	5:02.55	2:33.44	11:34.15
2	Waud, Timothy 41	OREG	19:52.10	5:00.69	2:48.47	12:02.94
<b>Women Masters</b>						
				200IM	100FLY	500FR
1	Willia, Briana 22	OREG	9:57.91	2:34.58	1:07.30	6:16.03
2	Scheafer, Kayla 23	OREG	10:51.45	2:51.67	1:22.85	6:36.93
3	Pryor, Evelyn 31	OREG	10:55.64	2:49.29	1:20.86	6:45.49
4	Frey, Meg 41	OREG	10:58.74	2:52.67	1:23.09	6:42.98
5	Shanks, Lynn 43	OREG	11:37.40	3:00.36	1:24.90	7:12.14
6	Summers, Jeanna 55	OREG	11:55.42	3:05.44	1:41.25	7:08.73
7	Peterson, Connie 53	OREG	15:00.83	3:54.21	2:06.90	8:59.72
8	Hodge, Peggie 68	OREG	15:32.71	3:53.90	2:03.70	9:35.11
<b>Men Masters</b>						
1	Kevan, Steve 54	OREG	8:48.87	2:16.05	1:02.42	5:30.40
2	Washburne, Brent 47	OREG	9:17.62	2:21.17	1:01.15	5:55.30
3	Palladino, Doug 45	UNAT	9:24.55	2:22.59	1:05.13	5:56.83
4	Benjamin, Jacob 22	OREG	9:30.58	2:23.18	1:04.91	6:02.49
5	Tujo, Christian 37	OREG	9:42.03	2:26.96	1:03.45	6:11.62
6	Karyukin, Andrei 43	OREG	9:54.44	2:35.47	1:11.81	6:07.16
<b>Women Sprint Masters</b>						
				100IM	50FLY	200FR
1	Somera, Christine 23	OREG	3:45.71	1:07.31	29.39	2:09.01
2	Andrus-Hughes, Karen 51	OREG	3:48.58	1:07.15	30.34	2:11.09
3	Grier, Cassi 22	OREG	4:08.46	1:11.23	30.97	2:26.26
4	McMillan, Natalie 40	OREG	4:45.30	1:22.60	40.82	2:41.88
5	Stevenin, Elfie 87	OREG	16:27.37	4:28.19	2:53.88	9:05.30
<b>Men Sprint Masters</b>						
1	Wan, Eric 42	OREG	3:25.12	1:00.75	27.39	1:56.98
2	Hathaway, David 48	OREG	3:32.92	1:03.89	27.33	2:01.70
3	Brockbank, Doug 55	OREG	3:39.57	1:03.68	27.92	2:07.97
4	Rogge, Dan 35	OREG	3:42.47	1:03.94	27.00	2:11.53
5	Butcher, Gano 45	OREG	3:47.73	1:02.56	26.92	2:18.25
6	Kaufman, Seth 40	OREG	3:48.23	1:06.38	30.58	2:11.27
7	Anderson, Jon 47	OREG	3:56.20	1:08.57	30.99	2:16.64
8	Zunno, David 47	UNAT	3:59.55	1:11.90	29.90	2:17.75
9	Darby, Brian 35	OREG	4:00.90	1:08.60	29.64	2:22.66
10	Wyatt, Joe 59	OREG	4:34.44	1:24.77	30.88	2:38.79
11	Juhala, Richard 65	OREG	5:26.58	1:35.65	42.63	3:08.30
12	Helm, Charlie 52	OREG	5:29.85	1:41.22	46.90	3:01.73
13	Shelfer, Robert 63	OREG	5:30.73	1:37.39	47.75	3:05.59

# Oregon Association Championship

## April 17-19, 2009

### OFFICIAL RULES AND GUIDELINES

#### **DISTANCE EVENTS: CHECK-IN DEADLINES**

Friday, April 17: **400 IM** – 4:30 p.m. / **1500 Free** – 5:00 p.m.

Saturday, April 18: **1000 Free** – Between the start of the 200 Back and the start of the 200 Free

Sunday, April 19: **500 Free** - 8:30 a.m.

#### **RELAYS: CHECK-IN DEADLINES**

Saturday, April 18: **Mixed Free Relay** – 9:30 a.m. / **Medley Relay** - By the end of the 50 Back

Sunday, April 19: **Mixed Medley Relay** – By the end of the 50 Fly / **Free Relay** - By the end of the 50 Breast

**THE EVENTS LISTED ABOVE WILL BE OFFICIALLY CLOSED AT THE STATED TIMES.  
SEEDING FOR DISTANCE AND RELAY EVENTS WILL BEGIN PROMPTLY AT THESE TIMES.  
THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.**

**TEAM SCORING:** Only teams registered by **March 30, 2009**, will be able to score points. There will be three team categories (Small, Medium, and Large) based upon the number of swimmers entered in the meet for each team. There will be a meeting of all the team representatives on Saturday, April 18, 2009 at 8:45 a.m. to vote on the breakdown of the teams into these three categories. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the team competition. Full team names and their abbreviations are listed below and on the 2009 OMS registration form in this issue of the Aqua Master. Someone from your team must register the team for 2009.

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

**As of February 1, 2009, there were 18 teams registered (NOTE: Full team names and their abbreviations are listed below and on the 2009 OMS registration form in this issue of the Aqua Master)**

CAT (Corvallis Aquatics)  
CBAT (Circumnavig. Beavers)  
CGM (Columbia Gorge)  
COMA (Central Oregon)  
CRM (Columbia River)

FAST (What it Says)  
LH (LaCamas HeadHunters)  
MJCC (Mittleman Jewish CC)  
NCM (North Clackamas)  
OPEN (OrPool-lessEliteNarw)

ORM (Oregon Reign)  
PCCM (Portland Comm Coll)  
PEND (Pendleton)  
RVM (Rogue Valley)  
SM (Seaside)

SWISH (Sweet Home)  
THB (Tualatin Hills)  
TOR (Tornadoes)

**What you write down on your entry form is your team designation for the meet and no exceptions will be allowed. If you leave this Local Team space blank you will be entered as representing the team listed on your 2009 USMS Registration for scoring purposes.**

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

**IF YOU HAVE ANY QUESTIONS ABOUT THE RULES AND GUIDELINES FOR THIS MEET,**

**PLEASE CONTACT: Wes Edwards [wesnad@comcast.net](mailto:wesnad@comcast.net) 360-896-8806**

#### **Accommodations:** The following hotel information is provided for your information:

Bend Quality Inn – 20600 Grandview  
800-831-3537  
\$80 Single/\$89 Double

EconoLodge – 437 NE 3<sup>rd</sup>  
800-304-4050

Phoenix Inn & Suites – 300 NW  
Franklin Ave  
888-291-4764 or email  
[cathy.buck@phoenixinn.com](mailto:cathy.buck@phoenixinn.com)  
10 Rooms available until March 10<sup>th</sup>  
for OMS  
\$99 Single/Double  
Mention Oregon Masters Swimming  
for this rate  
(Free Breakfast)

Bend Riverside Motel/Suites  
(On the river) 541-389-2363

Hampton Inn – 15 NE Butler Market  
800-426-7866

Best Western – 721 NE 3<sup>rd</sup>  
800-WESTERN  
\$89 Single/Double

Holiday Motel – 880 SE 3<sup>rd</sup>  
\$30 Single/\$40 Double  
800-252-0121

Cascade Lodge – 420 SE 3<sup>rd</sup>  
800-852-6031  
\$50 Single/\$55 Double

McMenamins Old St. Francis School  
Site of Saturday Banquet  
700 NW Bond St  
\$145 Single/\$165 Double

The Riverhouse – 3075 N Hwy 97-  
Business)  
800-547-3928  
OMS Rate - \$99 1 King/2 Queens  
(Mention OMS for rate)  
(Full Breakfast)

Days Inn – 849 NE 3<sup>rd</sup> Street  
Group Rate: \$70 Single/\$80 Double

# OREGON MASTERS SWIMMING ASSOCIATION SHORT COURSE YARDS CHAMPIONSHIPS

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #379-04

Eligibility: Currently registered USMS swimmers, 18 years and older. Unregistered swimmers must submit a 2009 registration form and fee with this form.

Hosted by: Central Oregon Masters Aquatics  
Juniper Swim & Fitness Center  
800 NE 6th St., Bend, Oregon

**DATE: Fri., Sat. & Sun. April 17-19, 2009**

25 yards  
8 lanes competition-electronic timing  
8- 20 yd. lanes for continuous warm-up/down area

**FRIDAY: WARM-UPS: 4PM • MEET STARTS: 5PM**  
**SATURDAY: WARM-UPS: 8AM • MEET STARTS: 9AM**  
**SUNDAY: WARM-UPS: 8AM • MEET STARTS: 9AM**

OMS souvenir/participation award for all OMS entrants

Meet director: Bob Bruce • Phone: 541-317-4851 • E-mail: coachbob@bendbroadband.com

Directions to the pool: From North or South, take Business highway 97 (3rd Street). Do not take the Bypass Parkway. Turn East on Highway 20 (Greenwood Avenue). Turn right on 6th Street and go south 2 blocks to pool. Park in the North Lot or adjacent streets. The South Lot will be reserved for other facility users.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2009 OMS REGISTRATION FORM WITH THIS ENTRY.

**ENTRY DEADLINE: POSTMARK NO LATER THAN MARCH 27, 2009**

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

NAME _____	BIRTHDATE _____	AGE _____	SEX _____
ADDRESS _____	2009 USMS # _____		
CITY _____	IF OMS, LOCAL TEAM (SEE LISTINGS ON GUIDELINES PAGE) _____		
STATE _____	ZIP _____	USMS CLUB (OREG, PNA, ETC) _____	
PHONE _____	IS THIS YOUR FIRST MASTERS MEET? <input type="checkbox"/> YES <input type="checkbox"/> NO		
E-MAIL _____			

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 18+, 25+, 35+, 45+, 55+, 65+ AND 75+. YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY. ENTER RELAYS AT THE MEET. ONLY 200 YARD RELAYS WILL BE COUNTED FOR TEAM POINTS. YOU MAY SWIM THE 200, 400 & 800 YARD DISTANCE OF EACH RELAY ONLY ONCE. THE 400IM, 500, 1000 & 1650 FREESTYLES WILL BE DECK SEEDED. SEE GUIDELINES PAGE POSTED ON-LINE OR IN THIS AQUAMASTER FOR TIMES REGARDING CHECK-IN DEADLINES FOR THESE EVENTS AND FOR RELAYS. ALL EVENTS WILL BE SEEDED SLOW TO FAST. SEE GUIDELINES PAGE ON-LINE OR IN THIS AQUAMASTER FOR MORE INFORMATION. YOUR TEAM MUST BE REGISTERED FOR 2009 IN ORDER TO SCORE POINTS.

### Friday, April 17, 2009

400 IM (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
1650 FREE (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

### Saturday, April 18, 2009

200 IM (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
50 FREE (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
200 BACK (5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
100 FLY (6) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

### MIXED FREE RELAYS (7-9)

50 BACK (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
200 FREE (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
100 BREAST (12) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

### MEDLEY RELAYS (13-16)

1000 FREE (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

ASSOCIATION AWARDS BANQUET - 6PM,  
MCMENAMINS, 700 NW BOND ST

### Sunday, April 19, 2009

500 FREE (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
Break- 20 minute warm-up, event 15 will not start before 10 am

50 FLY (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
200 BREAST (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
100 FREE (21) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

### MIXED MEDLEY RELAYS (22-23)

50 BREAST (24) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
200 FLY (25) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
100 BACK (26) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
100 IM (27) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

### FREE RELAYS (28-33)

Please plan to attend the OMS Annual Meeting on Saturday at 5pm - McMenamins - and be a part of this great organization!

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

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

Association Awards Banquet • Saturday Evening \$22.00 (all ages) \_\_\_\_\_ each @ \$22.00

AWARDS BANQUET \_\_\_\_\_  
MEET ENTRY FEE **25.00**  
TOTAL ENCLOSED \_\_\_\_\_

MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.  
SEND FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO BOX 1072, CAMAS, WA 98607-1072

**TUALATIN HILLS "SIZZLING SUMMER" LONG COURSE METERS MEET**

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #379-05

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

Place: Tualatin Hills Aquatic Center Pool  
15707 SW Walker Rd.  
Beaverton, Oregon

DATE: Saturday, June 6, 2009

50 meters - 6-8 lanes competition-electronic timing  
50 meter races will be 3 button timing  
Continuous warm-up/down in 1-2 lanes

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

Meet director: Marisa Frieder • (503) 452-7053 • mmfrieder@yahoo.com

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

Submit a 2009 registration card or 2009 registration form and fee with this form.  
**ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY MAY 22, 2009**



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY



NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_  
E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE (AS OF 12-31-09) \_\_\_\_\_ SEX \_\_\_\_\_  
2009 USMS # \_\_\_\_\_  
USMS CLUB (OREG, PNA, ETC) \_\_\_\_\_  
IS THIS YOUR FIRST MASTERS MEET? \_\_\_\_ Yes \_\_\_\_ No

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOUR COMPETITION AGE IS THE AGE YOU WILL BE AS OF DEC. 31ST, 2009. YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS, PLUS UNLIMITED RELAYS. ENTER RELAYS AT THE MEET. 200, 400 AND 800 METER RELAYS WILL BE AVAILABLE WITH THE LONGER RELAYS SWUM AFTER 200 RELAYS OF THE SAME TYPE. THE 400 IM AND 800 FREESTYLE WILL BE DECK SEEDED. CHECK-IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS ARE TO BE SWUM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

**\*THE 800 FREE WILL BE LIMITED TO THE FIRST 16 ENTRIES RECEIVED.\***

**Saturday, June 6, 2009**

**800 FREE\* (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**  
**100 BACK (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**  
**200 FLY (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**  
**50 BREAST (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**  
**\* BREAK\***  
**MEDLEY RELAYS (5-8)**  
**100 FREE (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**  
**200 BREAST (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**  
**50 FLY (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**  
**200 IM (12) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**  
**\* BREAK\***

**FREE RELAYS (13-18)**  
**100 BREAST (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**  
**200 FREE (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**  
**50 BACK (21) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**  
**MIXED MEDLEY RELAYS (22-23)**  
**100 FLY (24) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**  
**200 BACK (25) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**  
**50 FREE (26) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**  
**MIXED FREE RELAYS (27-29)**  
**400 IM (30) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**

"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.  
MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072

## Open Season is Coming

Enjoy this great article from the archives of USMS

### Afoot and Lighthearted

by Linda Shoenberger

The opening lines of Walt Whitman's great poem Song of the Open Road strike a familiar chord now that open water swimming season is almost here. It's always wonderful to experience longer days, a little sunshine and the prospect of heading out for a long swim in the open water.

#### *Song of the Open Road*

*Afoot and light-hearted I take to the open road,*

*Healthy, free, the world before me,*

*The long brown path before me leading  
wherever I choose.*

*Henceforth I ask not good-fortune, I myself am  
good-fortune,*

*Henceforth I whimper no more, postpone no  
more, need nothing,*

*Done with indoor complaints, libraries,  
querulous criticisms,*

*Strong and content I travel the open road.*

The description afoot and light-hearted reminds me of swimmers standing barefoot on the beach in our bathing suits and matching caps gazing out at the body of water ahead of us. Usually the sun has just come up and we've got goose

bumps. We're healthy, free, a world of water (rough, calm, cold, warm, blue, turquoise) before us. What a feeling!

The long brown path before me leading wherever I choose. Yes, it's true, we will not all follow the same path from buoy to buoy. In fact, many of us "choose?" to zig zag, veer away from the pack, lollygag, do backstroke or breaststroke. You name, we do it.

Henceforth I ask not good-fortune, I myself am good-fortune... Well, at least we hope we are in good enough shape ('I myself am good-fortune') to make it from beginning to end. Whether it is 1 mile or 5 miles or something in between we have prepared ourselves to swim. But if we misjudged our fitness level or ability to conquer the elements, there are lots of strong, well-trained lifeguards and swim competitors out in boats and on surfboards looking out for us.

We whimper no more, postpone no more, need nothing... Ok, some of us do whimper. Some postpone their start to avoid the rush of 40-year-old men elbowing their way down the beach and pounding through the first sprint. And we certainly need goggles that don't leak!

We're in the fresh air, away from work and responsibilities. We're strong, having done our many laps to get fit and ready to face the world of wondrous wild open water. What a way to go – Afoot and Light-hearted.

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## U.S. Masters Swimming to Establish National Headquarters in Sarasota

U.S. Masters Swimming, the national governing body for adult fitness, wellness and competition through aquatics, is pleased to announce it has selected Sarasota, Fla., in which to establish its national headquarters. After an extensive search process that included the review of numerous proposals from various cities across the country, the U.S. Masters Swimming Board of Directors approved the selection of Sarasota.

U.S. Masters Swimming hosted its first adult competitive swimming event in 1970. In the 39 years since its first event, a passionate and committed base of volunteers has built and operated the membership organization with the support of two full-time employees and a couple of independent contractors. Today, U.S. Masters Swimming provides participant insurance coverage to nearly 50,000-adult swimmers that comprise the membership, sanctions and promotes two nationally recognized pool national championships, six open water national championships and a series of fitness challenges. In addition, it sanctions more than 500 local adult swimming competitions, tracks individual results, including adult age-group American records, promotes coaches education, distributes a bimonthly member magazine and monthly member e-newsletters, and has 21 national corporate sponsors. The organization partners with 52 Local Masters Swimming Committees that in turn deliver regional and local support to more than 1,000 adult swimming programs that serve the members.

"This is a significant milestone in the history of U.S. Masters Swimming," commented Rob Copeland, U.S. Masters Swimming president. "For nearly 40 years, we have existed as a virtual, volunteer-run organization. Our membership has continued and is continuing to grow. We are now at nearly 50,000 members, and with the hiring of an executive director and additional staff, establishing a national headquarters is a natural evolution." . . .

*(For the full article go to the USMS web site)*

U.S. Masters Swimming and Sarasota have established a transition team. The transition team will assist in the site selection of the office space and relocation of employees to Sarasota. The transition is expected to take place throughout the spring and summer of 2009.

# 2009



Date	Event	Location	Contact
<b>Pool Meets</b>			
April 4-5, 2009	NW Zone SCY Champs	Boise, ID	Wes Edwards - wesnad@comcast.net
*April 17-19	SCY Assn. Champs	Bend	Bob Bruce - coachbob@bendbroadband.com
*June 6	LCM	Tualatin Hills - Beaverton	Marisa Freider - mmfreider@yahoo.com
<b>Open Water Swims</b>			
May 31, 2009	800, 2000, 4000 & Fun Relays	Hagg Lake	
June 27, 2009	1000 or 2000	Foster Lake	
	3 x 400 Pursuit Relay, 50 or 100 meter Dog Challenge		
July 18-19, 2009	1500, 5 K	Applegate Lake	
July 31-Aug. 2, 2009	3000, 500, 1500, 5 K	Elk Lake (Cascade Lake Swim)	
Aug. 16	1500, 1000 Equipment, 500 Kick	Dorena Lake	
Aug. 22	3000, 500, 1500 Assn. Champs	Eel Lake	
<b>National Championships</b>			
May 7-10	SCY USMS Champs	Clovis, CA	-USMS.org
May 11, 2009	USMS 1 Mile Champ	Millerton Lake, CA	-USMS.org
Aug. 6-10	LCM USMS Champs	Indianapolis, IN	-USMS.org
<b>Postal Championships 2009</b>			
May 15 - Sept. 15	5K / 10K		USMS.org
Sept. 15 - Nov. 15	3000 / 6000		USMS.org
•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. April 18 (at the Association Meet) May 19 July 12 (contingent upon Zone LCM Meet date)	Aug. 18 Oct 9-10 Retreat (tentative)
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**Aqua Master**

**April 2009**

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

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**Inside: Animal Meet Results**