



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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"Swimming for Life"

"Swimming For Life" is the OMS motto, and in that spirit we feature the following narrative from fellow OMS swimmer, Robin Bragg. —kah

Swimming Saved My Life!

by Robin Bragg

Lets face it, life can get pretty stormy. Economic downturn, loss of family members, divorce, stress-related mystery illness, short sale, new hips needed - all of the above! I found myself hanging on for dear life! My friends, my faith, and swimming, yes swimming, pulled me through. Perhaps by sharing my story I can help someone else who feels like they are drowning.

I started swimming in 1995. I was 35 and could not see past my belly to check the scale. I ran into a Masters team and started to work out with them. The first year was an exercise in survival. I had to use fins just to make the last 20 minutes of a one hour workout. Most of my 40 pound excess came off in six months and I entered my first open water swim.

I was late to the lake so the only swim left

was a two miler. I was allowed to do a one mile loop of a two mile race. My time was a stunning 46 minutes. The leader was about 44 minutes for 2 miles. The next year I shaved 12 minutes off my time with a 34 minute swim, and since then have gradually improved to

sub-30 minute times. I even remember one magical day at Applegate Lake: I caught a great draft off Mike Carew and went under 28 minutes! Thanks Mike!

Bill Holman convinced me to try "just one event" at a pool meet. I went all in! I swam 5 or 6 events and have been hooked ever since. For many years I have entered many pool events and most of the open water swims. Last year I did every open water swim that scored points for the season, including the Elk Lake "Survivor" series.

The highlight of my pool swims was a 7th place in the 1500 meter freestyle at 2008 LCM Nationals at Mt. Hood pool. It was a beautiful sunny day in that gorgeous, outdoor 50 meter pool. My time was 29:54:36.

One really cool thing about Masters swimming is that even if you are a "middle of the pack guy" like me, everybody cheers you on. I have made some great friends through Masters swimming - people who really care. My fondest memories over the years have come from camping surrounding the lake swims, kicking back with friends and sharing the stories of how we are kicking each others rears. So many of

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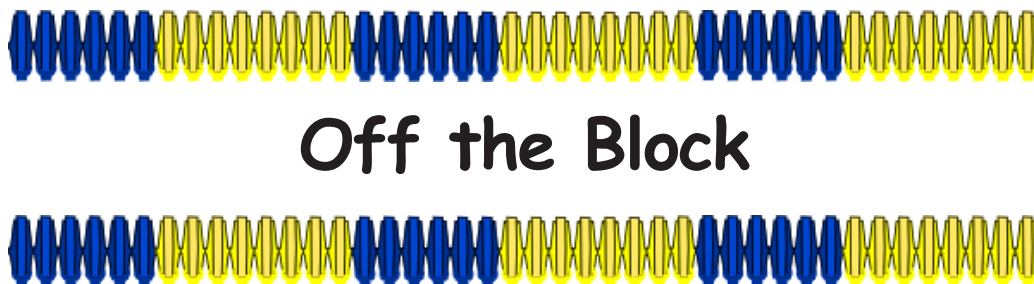


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Send address changes to Susie Young, swim.pdx@gmail.com.



Off the Block

Added Fees, Are They Necessary?

An opinion from: Rich Juhala (senzriich@q.com)

I have OMS Board permission to opine on the latest increase in OMS swim meet fees. My other focus here is the ever-increasing USMS registration fee. Most swimmers just want to pay their fees, attend workouts, swim, and let the board worry about these matters. Please hear me out.

As a past board member, I still receive Board e-mail chatter so I have some insight on Board decisions. My heartburn lately has been on the increasing cost of organized swimming. I've written the Board several e-mails protesting recent fee increases and have had no success; so now, I'm trying to rally the membership. Many of the factors that drive these costs are out of our direct control; some we can affect. I believe these added costs for online registration are unnecessary, and it's time for the membership to speak up.

OMS Board chairman, Jody Welborn, is planning to conduct an OMS member satisfaction survey in an upcoming issue of the *Aquamaster*. This is the first time the board has solicited feedback on satisfaction and performance. All of you eight hundred plus (800+) members, please participate! Respond to the questions asked and write-in your comments on issues not covered but have your concern.

Keeping and timely posting all Board meeting minutes and annual financial reports are two functions that come to mind for me. Since OMS is a tax-exempt charitable organization, I would think state and federal statutes would require these two items as a minimum.

Shortly after our delegates and attendees returned from the 2009 USMS convention, there was Board discussion about a need for online meet registration. During my stint on the Board the topic was never raised at a Board meeting or from a member. Three vendors were interested in providing OMS an online registration service. After some discussion an east coast service was chosen. There are similar vendors in the Northwest that provide online payment services; why doesn't OMS support the local online service?

Originally, swimmers had a choice of whether to use the online service or not. That, however, changed to all entrants must pay an added \$3.00 cost whether the online service was used or not. That's a twenty percent (20%) cost increase on our typical \$15.00 meet entry fee. Now bear in mind that all previous mail entries (check

deposit, data entry & meet timing) were handled at the cost of \$1.00 per entry. Now we have a system that costs everybody four dollars (\$4.00) per entrant with \$3.00 of computer entrant dollars skimmed off by the online service back east.

Online registration is a definite advantage for those who want to register on their home computer or, heaven forbid, at their workstation. I estimate there might be thirty percent (30%) of us who find it just as convenient to mail it in via US Postal Service, but we are forced to pay a \$3.00 premium per entry. I always thought technology was supposed to save us money. It's also unusual to punish (\$3.00 added cost) members who want to conduct a typical payment transaction in the way we've done it for over the fifteen years I've been a member.

As a matter of disclosure, I have never paid the \$3.00 online fee. I've stopped attending OMS events since the mandatory \$3.00 online registration started, and prior to this time I've been a strong supporter of Gold or Diamond sponsorship, a volunteer, and a fundraiser for this organization. To me, it's not so much about the added cost as it is about OMS dictating the use of online service. It leaves a bad taste in my mouth.

I suspect there are a significant number of swimmers who don't care to use the online service either; some may be retired or someone who is currently in an economic bind and would prefer to save money. These members must make your preference known to the board. To me, it makes sense for the online service to be an option. Let those who want to use it pay for it. Given the amount of money USMS members pay in annual membership fees (\$27.00), I see no reason why online registration shouldn't be a free USMS service to all local master swim clubs (LMSC).

The other issue that should have pushback is the \$2.00 per year USMS annual registration increase scheduled for the next eight years (We've already had the first \$2.00 bump). The \$2.00 per swimmer fee adds another \$100,000 a year to USMS coffers.

In recent years, USMS has switched from an all-volunteer organization to professional management. This change, supposedly, had been under consideration for many

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Fitness

What To Do At 1 AM?

by Helen Thurlow



At 1 A.M., many of you are asleep, resting up after the previous days hard work. For me, I'm up. With my crazy work schedule and my crazy allergies this summer, there is nothing better for me to do but be wide eyed and bushy tailed at an ungodly hour.

In my fantasy world, I would work and then bolt to make it to an evening practice. But I don't live in a fantasy world and neither do the rest of us. We do what we can to make it to practice. Some of us swim before or after practice is over, but we get our swim in. I know some of my teammates, myself included, swim at other pools to get our workouts in.

Two days a week I swim at the pool that I work at. The lifeguards don't like it one bit. They're scared that I'm going to V.A.T.* them and sometimes I do, but the majority of the time I'm just swimming.

It's summer, vacations are being planned and you wonder if it's a good idea to skip your workouts for just pure pleasure of being away from it all. For some, escaping from everything is key; hence the reason for going on vacation. But for those who are die-hards, there is nothing better than getting a workout in at a location you are not familiar with. Hey, I have even signed up for races in different states to get both a fun workout in and a vacation in.

So, back to what I was doing up at 1 AM. I got ready for swim practice. It didn't start until 530 AM, but I didn't want to leave anything behind since I was going to work right after. It was surreal and peaceful organizing my gear and work clothes, then made my lunch and dinner for that day (I eat all my meals at work, in case you were wondering).

5:30 AM, fun, but hey I got to get them in. Hopefully, by the end of summer, my work schedule won't be that crazy. But I would be going crazy at work if I didn't get my workouts in.

Get your workouts in any way you can this summer, because you never know what your Fall may look like.

*V.A.T. means vigilance awareness test. As part of their lifeguard training they are required to do live action audits, which means that any one of the staff goes in and starts drowning and the lifeguard needs to see and respond in less than 20 seconds.

Swim Bits

by Ralph Mohr

I found the items below in a list of "100 Best Fitness Tips" on Men's Health.com.

To build speed in swimming, develop your ankle flexibility. Flexible feet will act like flippers and propel you faster through the water. To increase your flipper flex, do this: Sit on the floor with your shoes off. Extend your legs in front of you, heels on the floor. Point your toes straight out as far as possible, then flex them toward your shins as far as you can. Repeat for 1 minute.

Drink low-fat milk. Scientists in Canada found that people who consumed more than 600 milligrams of calcium a day—roughly the amount in 2 cups of milk, a cup of broccoli, and a half cup of cottage cheese—had lower body fat than those who consumed less than 600 milligrams a day. It helps with bones, too.



Test yourself often. Every 4 weeks, measure a variable—waist size, body fat, sprint time—that equates to your end goal. "It'll show you the tangible results of your training," says Craig Ballantyne, C.S.C.S., a trainer in Canada. And that translates into motivation.

Do the same amount of exercise in 10 percent less time. It forces your muscles to work harder and improves your endurance at the same time. If it takes you 60 minutes to do a basic workout on Monday, try to do the same workout later in the week in 54 minutes.

Satisfy your sugar cravings immediately after your workout. Eat at least 20 grams along with some protein. The sugar will help carry protein to the muscles you've just worked. So have a soda with your tuna sandwich, but limit your sugar intake the rest of the day.

Shake and Swim with "Bake"

Life Without the Tech Suits

Coach Dennis Baker



swimgraphics.com

Whatever side you stood on, keep the new suits or they should have never been allowed in the first place, they are gone. How do we as Masters Swimmers deal without a definite aid to our swimming? We must adjust our physical training and our mental focus. Here are some tips and helpful insights on how to proceed without the tech suit.

1. The tech suit made you float higher in water. Without it you must work to replace that flotation aid with better technique and strength to help you ride higher in the water. In the water at practice do more distance per stroke (DPS) work. This means fewer strokes per length with a stronger pull and kick at a strong speed. Start with smaller sets of 25s and build up to 100s with plenty of rest. Visualize and try to be and feel higher in the water. Your muscles will ache more for a while but this is part of the adjustment. The suits made you weaker at critical power points of your stroke. Out of the water, work on general arm and leg strength. Core

strength should also be addressed.

2. Ninety percent of you will go slower without the suit. Don't be discouraged. This could be a great thing. Readjust your goals to get back to the times you did with the tech suit on and then go forward from there. The tech suit made us lazy. So it will take a little extra pool time and weight room time to get back to where we want to be.
3. The tech suit affected all swimmers differently. For some it helped a lot and for some it only helped a little. It really has to do with body type and where you were with your training and fitness. Wherever you stand, the bottom line is that we really don't do this sport to go fast times; we do it for our health and competition and friendships.

Try these tips. Readjust your mental frame of mind on your overall swimming and why you do it. Life without tech suits; yeah it's still a great life swimming, being healthy and having fun with your friends.

Swimming Saved my Life

Continued from page 1

you helped me through "the storm" that I cannot mention you all, but you know who you are! A special thanks to my team mates: Keith, Jackie, Ron, Charlie, Lou, Dan and Lynn.

My only regret: I stopped swimming for a few months in the thick of the storm. Big mistake! My hips started hurting more, my mood got horrible and the weight came back at an alarming rate. It was a horrible downward spiral. When I realized what was happening I did the only things I knew how to do: SWIM and keep moving! Even when I did not feel like it, I got into the water anyway. I went at it with a new resolve. I quickly worked my way up to six days a week. The formula was simple: double my yardage and cut calories in half. This time the weight came off in half the time. My hips got less

sore and my emotions smoothed out. I had my best season ever, reaching some goals sooner than I thought possible.

Through it all, I realized there is a side of swimming that is hard to describe. When I swim, the cares of the world simply wash away. It sounds corny I know, but really, swimming saved my life. Had I not found swimming, God only knows where I would be. The storm might have swallowed me up. Swimming has it all: the workout, the solitude, the friends, the endorphins, emotional healing. Swimming has given me so much: friends, fitness, fun, sanity, joy and healing. At times the storm still rages and I say "bring it!" When the waves are big, the swimming just gets better.



Tualitan Hills Summer Sizzler LCM - June 5, 2010

W = Breaks listed World Record (includes National, Zone & OR)
N = Breaks listed National Record (includes Zone & OR)

O = Oregon Record
* = Split

Women 18-24

50 LC Meter Free			
1 Willia, Briana	24	OREG	32.77
2 Esser, Elizabeth	24	OREG	35.05
100 LC Meter Free			
1 Grier, Cassi	24	SWMS	1:13.25
2 Esser, Elizabeth	24	OREG	1:13.35
200 LC Meter Free			
1 Esser, Elizabeth	24	OREG	2:50.27
800 LC Meter Free			
1 Willia, Briana	24	OREG	11:29.95
50 LC Meter Breast			
1 Grier, Cassi	24	SWMS	41.28
2 Willia, Briana	24	OREG	44.14
100 LC Meter Breast			
1 Grier, Cassi	24	SWMS	1:28.91
2 Willia, Briana	24	OREG	1:37.01
50 LC Meter Fly			
1 Esser, Elizabeth	24	OREG	38.39
100 LC Meter Fly			
1 Grier, Cassi	24	SWMS	1:21.76



Women 25-29

100 LC Meter Free			
1 Sujanaprawira, Ava	29	OREG	2:03.00
50 LC Meter Back			
1 Sujanaprawira, Ava	29	OREG	1:00.82
50 LC Meter Fly			
1 Sujanaprawira, Ava	29	OREG	1:10.69
200 LC Meter IM			
1 Sujanaprawira, Ava	29	OREG	5:04.27

Women 30-34

50 LC Meter Free			
1 Casey, Anna	34	OREG	44.17
200 LC Meter Free			
1 Casey, Anna	34	OREG	3:10.19
800 LC Meter Free			
1 Casey, Anna	34	OREG	13:17.80
100 LC Meter Fly			
1 Casey, Anna	34	OREG	1:46.97
200 LC Meter IM			
1 Casey, Anna	34	OREG	3:44.84

Women 35-39

50 LC Meter Free			
1 Winter, Neva	37	OREG	48.49
200 LC Meter Free			
1 Harrison, Elizabeth	36	OREG	3:38.75
2 Winter, Neva	37	OREG	3:42.04

50 LC Meter Back

1 Harrison, Elizabeth	36	OREG	1:06.29
200 LC Meter Back			
1 Criscione, Anicia	37	OREG	3:01.65
50 LC Meter Breast			
1 Criscione, Anicia	37	OREG	45.11
2 Harrison, Elizabeth	36	OREG	1:28.46
50 LC Meter Fly			
1 Harrison, Elizabeth	36	OREG	1:02.16
200 LC Meter Fly			
1 Criscione, Anicia	37	OREG	3:33.13
200 LC Meter IM			
1 Criscione, Anicia	37	OREG	3:05.95
2 Harrison, Elizabeth	36	OREG	4:53.87

Women 40-44

50 LC Meter Free			
1 Young, Susie	41	OREG	33.60
2 Shaw, Susan	43	OREG	39.57
100 LC Meter Free			
1 Shaw, Susan	43	OREG	1:26.92
800 LC Meter Free			
1 Young, Susie	41	OREG	10:55.84
100 LC Meter Back			
1 Shaw, Susan	43	OREG	1:45.99
200 LC Meter Fly			
1 Young, Susie	41	OREG	3:16.35

Women 45-49

50 LC Meter Free			
1 Andrade, Julie	49	OREG	37.27
100 LC Meter Free			
1 Andrade, Julie	49	OREG	1:27.43
800 LC Meter Free			
1 Black, Jill	48	OREG	11:47.45
2 Caswell, Mj	49	OREG	11:57.65
50 LC Meter Back			
1 Caswell, Mj	49	OREG	41.96
200 LC Meter Back			
1 Caswell, Mj	49	OREG	3:12.02
50 LC Meter Breast			
1 Andrade, Julie	49	OREG	48.49
100 LC Meter Breast			
1 Andrade, Julie	49	OREG	1:45.45
50 LC Meter Fly			
1 Delmage, Arlene	48	OREG	31.25
2 Andrade, Julie	49	OREG	44.80
200 LC Meter Fly			
1 Delmage, Arlene	48	OREG	2:40.30
400 LC Meter IM			
1 Delmage, Arlene	48	OREG	5:57.81

Women 50-54

50 LC Meter Free			
1 Buck, Donna	51	OREG	32.14
2 Lamoureux, Lori	51	OREG	34.88
200 LC Meter Free			
1 Andrus-Hughes, Karen	53	OREG	2:32.81
2 Buck, Donna	51	OREG	2:45.31
3 Lamoureux, Lori	51	OREG	2:57.92
4 Snyder, Lynn	54	OREG	3:13.60
800 LC Meter Free			
1 Snyder, Lynn	54	OREG	13:37.39
50 LC Meter Back			
1 Andrus-Hughes, Karen	53	OREG	35.56
2 Buck, Donna	51	OREG	44.16
100 LC Meter Back			
* Andrus-Hughes, Karen	53	OREG	1:18.15
50 LC Meter Breast			

1 Snyder, Lynn	54	OREG	53.48
100 LC Meter Breast			
1 Lamoureux, Lori	51	OREG	1:43.41
50 LC Meter Fly			
1 Buck, Donna	51	OREG	36.47
200 LC Meter IM			
1 Crabbe, Colette	54	OREG	2:51.73

Women 55-59

100 LC Meter Back			
1 Summers, Jeanna	56	OREG	1:29.69
50 LC Meter Breast			
1 Johnson, Janet	56	PNA	47.03
100 LC Meter Breast			
1 Johnson, Janet	56	PNA	1:46.51
200 LC Meter Breast			
1 Johnson, Janet	56	PNA	3:49.81
50 LC Meter Fly			
1 Johnson, Janet	56	PNA	54.20
100 LC Meter Fly			
1 Asleson, Elke	58	OREG	1:46.28
200 LC Meter Fly			
1 Asleson, Elke	58	OREG	3:55.93
2 Summers, Jeanna	56	OREG	4:03.04
200 LC Meter IM			
1 Asleson, Elke	58	OREG	3:52.92
2 Johnson, Janet	56	PNA	3:53.51
400 LC Meter IM			
1 Asleson, Elke	58	OREG	8:03.86

Women 60-64

50 LC Meter Back			
1 Stark, Carol	62	OREG	54.91
100 LC Meter Back			
1 Stark, Carol	62	OREG	2:12.31
200 LC Meter Back			
1 Stark, Carol	62	OREG	4:46.68



Women 65-69

50 LC Meter Free			
1 Ward, Joy	68	OREG	38.65
2 Brooks, Nancy	68	RINC	40.62
3 Delgado, Joan	65	PNA	41.27
4 Ellis, Esther	65	SWMS	47.46
5 Sitter, Darby	67	OREG	1:00.18
100 LC Meter Free			
1 Ellis, Esther	65	SWMS	1:52.36
2 Sitter, Darby	67	OREG	2:19.70

800 LC Meter Free			
1 Ellis, Esther	65	SWMS	17:14.49
50 LC Meter Back			
1 Ward, Joy	68	OREG	43.85
2 Brooks, Nancy	68	RINC	50.51
3 Ellis, Esther	65	SWMS	1:04.79
100 LC Meter Back			
1 Ward, Joy	68	OREG	1:36.68
2 Delgado, Joan	65	PNA	1:58.98
3 Ellis, Esther	65	SWMS	2:21.56
50 LC Meter Breast			
1 Brooks, Nancy	68	RINC	48.69
2 Sitter, Darby	67	OREG	1:19.95
100 LC Meter Breast			
1 Brooks, Nancy	68	RINC	1:50.96
200 LC Meter Breast			
1 Brooks, Nancy	68	RINC	4:07.00
50 LC Meter Fly			
1 Ward, Joy	68	OREG	43.11
2 Sitter, Darby	67	OREG	1:16.81

**Women 70-74**

50 LC Meter Back			
1 Getzendaner, Janet	70	PNA	58.99
100 LC Meter Back			
1 Getzendaner, Janet	70	PNA	2:06.85
200 LC Meter Back			
1 Getzendaner, Janet	70	PNA	4:33.17

Women 75-79

50 LC Meter Free			
1 Kawabata, Geraldine	76	OREG	53.22
100 LC Meter Free			
1 Kawabata, Geraldine	76	OREG	1:52.63
2 L'Esperance, Beverly	78	OREG	2:41.17
200 LC Meter Free			
1 Kawabata, Geraldine	76	OREG	4:00.89
2 L'Esperance, Beverly	78	OREG	5:52.69
800 LC Meter Free			
1 Varty, Eulah	76	MSBC	17:41.37
50 LC Meter Back			
1 Kawabata, Geraldine	76	OREG	1:05.72
2 L'Esperance, Beverly	78	OREG	1:19.12
100 LC Meter Back			
1 Varty, Eulah	76	MSBC	2:07.79
2 L'Esperance, Beverly	78	OREG	2:56.17
200 LC Meter Back			
1 L'Esperance, Beverly	78	OREG	5:54.76
100 LC Meter Breast			
1 Varty, Eulah	76	MSBC	2:22.80
100 LC Meter Fly			
1 Varty, Eulah	76	MSBC	2:32.53
200 LC Meter IM			
1 Varty, Eulah	76	MSBC	4:34.93

Men 25-29

50 LC Meter Free			
1 Schramek, Alec	26	OREG	29.10
50 LC Meter Breast			
1 Schramek, Alec	26	OREG	35.71
100 LC Meter Breast			

1 Schramek, Alec	26	OREG	1:26.13
50 LC Meter Fly			
1 Schramek, Alec	26	OREG	30.06

Men 30-34

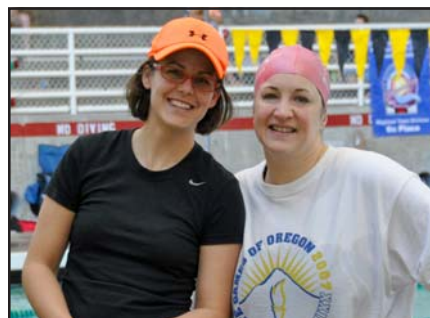
50 LC Meter Free			
1 Whitley, Daniel	31	OREG	29.42
100 LC Meter Free			
1 Thorpe, Nick	31	OREG	1:02.72
2 Whitley, Daniel	31	OREG	1:07.20
200 LC Meter Free			
1 Thorpe, Nick	31	OREG	2:28.13
200 LC Meter Back			
1 Adams, James	33	HMS	2:40.33
100 LC Meter Breast			
1 Thorpe, Nick	31	OREG	1:14.97
200 LC Meter Breast			
1 Thorpe, Nick	31	OREG	2:55.75
2 Adams, James	33	HMS	2:58.19
50 LC Meter Fly			
1 Adams, James	33	HMS	29.00
100 LC Meter Fly			
1 Adams, James	33	HMS	1:04.48
200 LC Meter Fly			
1 Adams, James	33	HMS	2:32.36

Men 35-39

50 LC Meter Breast			
1 Jelen, Doug	37	PNA	40.43
50 LC Meter Fly			
1 Jelen, Doug	37	PNA	29.79
2 Tujo, Christian	39	OREG	31.33
100 LC Meter Fly			
1 Jelen, Doug	37	PNA	1:05.27
2 Tujo, Christian	39	OREG	1:11.73
200 LC Meter Fly			
1 Jelen, Doug	37	PNA	2:26.93
200 LC Meter IM			
1 Jelen, Doug	37	PNA	2:34.34
2 Tujo, Christian	39	OREG	2:45.86
400 LC Meter IM			
1 Tujo, Christian	39	OREG	6:09.32

Men 40-44

50 LC Meter Free			
1 Wan, Eric	44	OREG	26.19
2 Miller, Jeff	42	OREG	28.50
100 LC Meter Free			
1 Wan, Eric	44	OREG	58.18
100 LC Meter Back			
1 Miller, Jeff	42	OREG	1:12.04
50 LC Meter Breast			
1 Waud, Timothy	43	OREG	37.06
100 LC Meter Breast			
1 Waud, Timothy	43	OREG	1:23.68
200 LC Meter Breast			
1 Waud, Timothy	43	OREG	2:55.30
400 LC Meter IM			
1 Waud, Timothy	43	OREG	5:42.27

**Men 45-49**

50 LC Meter Free			
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1 Washburne, Brent	49	OREG	28.33
2 Karyukin, Andrei	45	OREG	32.46
100 LC Meter Free			
1 Karyukin, Andrei	45	OREG	1:11.59
50 LC Meter Back			
1 Washburne, Brent	49	OREG	35.18
100 LC Meter Back			
* Washburne, Brent	49	OREG	1:17.25
200 LC Meter Back			
1 Christensen, Douglas	47	OREG	2:43.95
50 LC Meter Breast			
1 Washburne, Brent	49	OREG	37.80
200 LC Meter Breast			
1 Christensen, Douglas	47	OREG	3:15.03
50 LC Meter Fly			
1 Karyukin, Andrei	45	OREG	33.77
100 LC Meter Fly			
1 Karyukin, Andrei	45	OREG	1:27.05

**Men 50-54**

50 LC Meter Free			
1 Helm, Charlie	54	OREG	39.08
800 LC Meter Free			
1 Hathaway, David	50	OREG	10:10.09
50 LC Meter Back			
1 La Count, Curt	52	OREG	33.14
2 Helm, Charlie	54	OREG	54.86
100 LC Meter Back			
1 La Count, Curt	52	OREG	1:13.77
200 LC Meter Back			
1 La Count, Curt	52	OREG	2:50.95
50 LC Meter Breast			
1 Dowd, Mike	52	OREG	42.31
2 Helm, Charlie	54	OREG	57.89
100 LC Meter Breast			
1 Dowd, Mike	52	OREG	1:31.31
200 LC Meter Breast			
1 Dowd, Mike	52	OREG	3:16.95
50 LC Meter Fly			
1 Hathaway, David	50	OREG	30.45
100 LC Meter Fly			
1 La Count, Curt	52	OREG	1:08.49
200 LC Meter Fly			
1 Dowd, Mike	52	OREG	3:31.66
200 LC Meter IM			
1 Hathaway, David	50	OREG	2:36.19
2 La Count, Curt	52	OREG	2:42.24
400 LC Meter IM			
1 Dowd, Mike	52	OREG	7:27.78

Men 55-59

50 LC Meter Free			
1 Dwight, Charles	55	OREG	29.86
2 Larson, Allen	57	OREG	32.53
100 LC Meter Free			
1 Larson, Allen	57	OREG	1:11.73
50 LC Meter Breast			
1 Dwight, Charles	55	OREG	40.44
100 LC Meter Breast			
1 Larson, Allen	57	OREG	1:51.45
50 LC Meter Fly			
1 Dwight, Charles	55	OREG	32.78

2 Larson, Allen 57 OREG 39.67

Men 60-64

50 LC Meter Free

1 Ellis, John 64 SWMS 36.37

100 LC Meter Free

1 Cotter, Patrick 60 OREG 1:14.17

2 Ellis, John 64 SWMS 1:25.06

800 LC Meter Free

1 Ellis, John 64 SWMS 13:15.64

50 LC Meter Breast

1 Stark, Allen 61 OREG 36.07

2 Cotter, Patrick 60 OREG 38.38

100 LC Meter Breast

1 Cotter, Patrick 60 OREG 1:26.72

1 Cotter, Patrick 60 OREG 3:08.99

400 LC Meter IM

1 Stark, Allen 61 OREG 6:52.62

Men 65-69

100 LC Meter Free

1 Smith, William 65 OREG 1:29.85

200 LC Meter Free

1 Smith, William 65 OREG 3:23.40

100 LC Meter Back

1 Smith, William 65 OREG 2:04.13

50 LC Meter Fly

1 Smith, William 65 OREG 55.38

200 LC Meter IM

1 Smith, William 65 OREG 3:57.80

Men 70-74

50 LC Meter Back

1 Keudell, David 70 OREG 55.83

50 LC Meter Breast

1 Keudell, David 70 OREG 46.72

100 LC Meter Breast

1 Keudell, David 70 OREG 1:47.06

200 LC Meter Breast

1 Keudell, David 70 OREG 3:50.92 O

Men 75-79

50 LC Meter Free

1 Radcliff, David 76 OREG 32.17

Men 80-84

50 LC Meter Breast

1 Marks, Milton 80 OREG 48.42 Z

100 LC Meter Breast

1 Marks, Milton 80 OREG 1:55.94 Z

200 LC Meter Breast

1 Marks, Milton 80 OREG 4:20.03 Z

Men 85-89

50 LC Meter Free

1 Lamb, Willard 88 OREG 37.98

2 Fixott, Rupert 89 OREG 1:04.15

100 LC Meter Free

1 Lamb, Willard 88 OREG 1:28.31

2 Fixott, Rupert 89 OREG 2:35.17

800 LC Meter Free

1 Lamb, Willard 88 OREG 14:55.00

50 LC Meter Back

1 Lamb, Willard 88 OREG 51.57

2 Fixott, Rupert 89 OREG 1:19.96

100 LC Meter Back

1 Lamb, Willard 88 OREG 1:52.45

50 LC Meter Breast

1 Fixott, Rupert 89 OREG 1:16.87

100 LC Meter Breast

1 Fixott, Rupert 89 OREG 3:09.10

Relays

Men 120-159 400 LC Meter Medley Relay

1 OREG 5:21.24

1) Tujo, Christian 2) Karyukin, Andrei

3) Cleary, Kevin 4) Schramek, Alec

Men 160-199 400 LC Meter Medley Relay



1 OREG 4:46.46 W

1) Washburne, Brent 2) Thorpe, Nick

3) Christensen, Douglas 4) Wan, Eric

Men 200-239 800 LC Meter Free Relay

1 OREG 10:08.23 W

1) Washburne, Brent 2) La Count, Curt

3) Dowd, Mike 4) Hathaway, David

Mixed 200-239 400 LC Meter Medley Relay

1 OREG 5:14.93 W

1) Washburne, Brent 2) Dowd, Mike

3) Delmage, Arlene 4) Buck, Donna

Mixed 240-279 400 LC Meter Medley Relay

1 OREG 5:03.74 W

1) Andrus-Hughes, Karen 2) Stark, Allen

3) Crabbe, Colette 4) Radcliff, David

Devil's Lake 2010*

USMS 400-meter Results, combined divisions

Sx	AgGrp	Pl	Name	Club-team	Time	WS	F/MQA
F	30-34	1	Bassett, Susannah	UNAT	10:37.96	x	1 3
M	35-39	1	Rasmussen, Jeremy	UNAT	7:14.70	x	2 2
M	50-54	1	Bingle, Michael	SWMS-vsc	7:10.88	x	1 1

USMS 800-meter Results, combined divisions

Sx	AgGrp	Pl	Name	Club-team	Time	WS	F/MQA
F	35-39	1	Lassen, Megan	OREG-orm	11:19.74	x	1 1
F	50-54	1	Buck, Donna	OREG-cat	13:42.32	x	2 2
F	50-54	2	Hollingsworth, Lori	OREG-lcm	13:54.66	x	3 3
F	50-54	3	Kimberling, Gail	OREG-lcm	15:12.59	x	4 5
F	65-69	1	Whiter, Peggy	OREG-coma	24:33.72	x	5 6
M	40-44	1	Young, Brian	OREG-thb	14:08.71	x	1 4

USMS 1500-meter Results, combined divisions

Sx	AgGrp	Pl	Name	Club-team	Time	WS	F/MQA
M	40-44	3	Young, Brian	OREG-thb	27:14.45	x	11 19
M	45-49	1	Hathaway, David	OREG-orm	20:19.97	x	1 1
M	50-54	1	Thompson, Ron	OREG-coma	21:33.71	x	3 5
M	50-54	2	Allender, Patrick	OREG-unat	21:50.51		4 6
M	50-54	3	Dow, Keith	OREG-open	22:40.16	x	5 9
M	50-54	4	Cespedes, Tim	OREG-thb	23:44.01		7 11
M	50-54	5	Ramsey, Ed	OREG-thb	24:10.64	x	9 14
M	50-54	6	Bragg, Robin	OREG-open	32:43.79	x	14 23
M	50-54	7	Carter, Walt	OREG-coma	32:59.24	x	15 25
M	60-64	1	Carew, Michael	OREG-coma	24:04.65	x	8 13
M	65-69	1	Mohr, Ralph	OREG-coma	27:55.68	x	12 20

USMS 3000-meter Results, combined divisions

Sx	AgGrp	Pl	Name	Club-team	Time	WS	F/MQA
F	25-29	1	Gustafson, Aubree	OREG-orm	46:58.40	x	3 10
F	25-29	2	Hudson, Rachel	OREG-psm	53:47.89	x	9 20

F	35-39	1	Zak, Hope	OREG-orm	47:42.67	x	4 13
F	35-39	2	Edwards, Bonnie	OREG-orm	51:55.19	x	8 18
F	35-39	3	Kay, Starla	UNAT	84:11.18		12 30
F	40-44	1	Young, Susie	OREG-thb	43:07.20	x	2 3
F	40-44	2	Reynolds, Marcia	UNAT	70:53.71	x	11 29
F	45-49	1	Delmage, Arlene	OREG-orm	42:31.82	x	1 2
F	45-49	2	Young, Joni	OREG-unat	51:21.83		7 17
F	45-49	3	Orner, Gayle	OREG-cbat	64:21.40		10 26
F	50-54	1	Schob, Laura	OREG-coma	51:16.02	x	6 16
F	55-59	1	Budd, Elizabeth	OREG-cat	51:09.49	x	5 15
M	35-39	1	Chapin, Joe	UNAT	44:11.97	x	4 6
M	35-39	2	Lassen, Jason	OREG-orm	66:06.29		17 27
M	40-44	1	Waud, Tim	OREG-orm	43:34.81		3 5
M	40-44	2	Higley, Rob	OREG-coma	46:40.15		7 9
M	45-49	1	Hathaway, David	OREG-orm	41:41.42	x	1 1
M	45-49	2	Christian, Scott	OREG-ncms	52:04.83	x	11 19
M	50-54	1	Thompson, Ron	OREG-coma	43:16.28	x	2 4
M	50-54	2	Allender, Patrick	OREG-unat	44:13.97		5 7
M	50-54	3	Dow, Keith	OREG-open	47:13.19	x	8 11
M	50-54	4	Cespedes, Tim	OREG-thb	47:38.32		9 12
M	50-54	5	Bingle, Michael	SWMS-vsc	57:21.45	x	13 22
M	50-54	6	Bragg, Robin	OREG-open	64:07.53	x	16 25
M	50-54	7	Carter, Walt	OREG-coma	66:17.36	x	18 28
M	55-59	1	Needham, Bob	OREG-open	57:07.92	x	12 21
M	60-64	1	Bruce, Bob	OREG-coma	45:16.80	x	6 8
M	60-64	2	Carew, Michael	OREG-coma	50:07.78	x	10 14
M	65-69	1	Mohr, Ralph	OREG-coma	57:49.60	x	14 23
M	65-69	2	Balser, Jerry	UNAT	61:43.65	x	15 24

Foster Lake 2010*

1000-meter Results, combined divisions

Sx	AgGrp	Pl	Name	Club-team	Time	WS	F/M	OA
F	18-24	1	Hanson-Swaner, Ryan	UNAT	21:04	w	3	5
F	30-34	1	Seiffert, Betsy	UNAT	32:05		9	14
F	35-39	1	Lassen, Megan	OREG-orm	16:19	w	1	2
F	35-39	2	Hare, Tara	OREG-coma	26:32		6	11
F	35-39	3	Woods, Alanna	OREG-thb	26:36	w	7	12
F	40-44	1	Maurer, Maureen	OREG-coma	21:12	w	4	6
F	45-49	1	Young, Joni	OREG-unat	19:30		2	4
F	50-54	1	Buck, Donna	OREG-cat	22:18		5	7
F	65-69	1	Himstreet, Pam	OREG-coma	28:21	w	8	13
F	65-69	2	Whiter, Peggy	OREG-coma	33:20	w	10	15
M	30-34	1	Groesz, Jeremy	OREG-coma	24:02		3	8
M	45-49	1	Proffitt, Jamie	OREG-coma	15:50	w	1	1
M	50-54	1	Dow, Keith	OREG-open	17:15	w	2	3
M	50-54	2	Carter, Walt	OREG-coma	25:25		5	10
M	55-59	1	Warren, Mike	OREG-coma	24:24		4	9

2000-meter Results, combined divisions

Sx	AgGrp	Pl	Name	Club-team	Time	WS	F/M	OA
F	25-29	1	Lee, Ellen	OREG-cat	32:59	w	2	5
F	25-29	2	Gustafson, Aubree	OREG-orm	35:30	w	5	11
F	25-29	3	Hudson, Rachel	OREG-unat	41:20	w	12	24
F	25-29	4	Brandes, Jessica	OREG-rac	41:22		13	25
F	30-34	1	Parker, Jackie	OREG-open	39:06	w	7	16
F	35-39	1	Himstreet, Julie	OREG-ea	37:09	w	6	13
F	40-44	1	Young, Susie	OREG-thb	33:15	w	3	6
F	40-44	2	Schultz, Stephanie	OREG-coma	35:10		4	10
F	40-44	3	Smidt, Cyndi	OREG-coma	40:42	w	10	20
F	40-44	4	Young, Kim	OREG-coma	41:05	w	11	23
F	45-49	1	Delmage, Arlene	OREG-orm	32:49	w	1	4
F	45-49	2	Orner, Gayle	OREG-cbat	50:30		14	29
F	50-54	1	Schob, Laura	OREG-coma	40:07	w	8	17
F	55-59	1	Budd, Elizabeth	OREG-cat	40:33	w	9	19
F	65-69	1	Ziemer, Judy	OREG-coma	56:49	w	15	30
M	25-29	1	Lee, Patrick	UNAT	32:31	w	2	2
M	35-39	1	Sawyer, Ralph	OREG-rac	34:39		5	8
M	35-39	2	Braun, Mark	OREG-orm	35:05	w	6	9
M	35-39	3	Singer, Andy	OREG-coma	40:31	w	10	18
M	35-39	4	Lassen, Jason	OREG-orm	50:05		14	27
M	40-44	1	Waud, Tim	OREG-orm	33:59		4	7

M	40-44	2	Young, Brian	OREG-thb	40:50	w	12	22
M	45-49	1	Hathaway, David	OREG-orm	31:21	w	1	1
M	45-49	2	Griley, John	OREG-coma	40:46	w	11	21
M	50-54	1	Ramsey, Ed	OREG-thb	38:22	w	8	14
M	50-54	2	Bragg, Robin	OREG-open	50:18	w	15	28
M	60-64	1	Johnson, Steve	OREG-ea	32:39	w	3	3
M	60-64	2	Carew, Mike	OREG-coma	38:46	w	9	15
M	65-69	1	Balser, Jerry	UNAT	48:29	w	13	26
M	75-79	1	Radcliff, Dave	OREG-thb	35:59	w	7	12

3 x 400 Pursuit Relay

Sx	AgGrp	Pl	Team Name
Mx	Mx	1	Kool Buds (Budd, Warren, Waud)
		2	SWYMS (K Young, Singer, Sawyer)
		3	Nudibranchs (Orner, Ramsey, Proffitt)
		4	Beauty & the Beasts (Radcliff, Hanson-Swaner, Braun)
		5	Criss Cross Racers (Mauer, Carew, Gustafson)
		6	Legs Breast & Arms (J Himstreet, J Lassen, Dow)
		7	H2Open (Parker, Bragg, S Young)
		8	Team BS (Smidt, Balser, Schultz)
		9	Water Lillies (Schob, P Himstreet, M Lassen)

Dog Tandem Challenge

Sx	AgGrp	Pl	Team Name
Mx	Mx	1	Mark Braun & Magnum
		2	Mike Carew & Jada
		3	Tim Waud & Missy
		4	Brian Young & Rosie
		5	Jeremy Groesz & Dozer
		6	Ed Ramsey & Daisy
		7	Tara Hare & Riley
		8	Robin Bragg & Bella
		9	Kim Young & Merlin
		10	Barb Harris & Addie
		x	Gayle Orner & Bear

* WS = Wet Suit
OA = Overall

F/M = Female/Male place
Pl = Age group place

Off the Block

Continued from page 3

years before it was finally instituted. I wonder how many USMS members were even aware of this change beforehand and would have wanted their USMS convention delegates to vote for it. By doing so, USMS now needs hundreds of thousands of dollars more to cover annual overhead for salaries, a building lease, and equipment costs which we members fund. The amount of revenue USMS currently receives from membership registration alone is around \$1,350,000 (based on 50,000 members @ \$27.00 per member). How much do they need? In seven more years USMS registration revenues will be over \$2,000,000.

In scouring the USMS website, committee meeting minutes, and budget swimmers can see committees that have line items of thousands of dollars. In one set of minutes, I noticed that the Executive Director thought he should have a bonus clause in his compensation package for increases in USMS membership. Give me a break. Coaches, individual members, and LMSC's have a

greater positive impact on membership than he does.

USMS currently has an endowment fund of \$250,000 with a goal of raising \$10,000,000 for the endowment and, I believe a more than adequate amount (around \$2 million) in available cash. USMS is a non-profit tax-exempt organization. How much do they need to operate and still have an emergency contingency? My theory is that the larger the USMS bank accounts and endowments become, the less responsive they will be to their swimmers and more will go into overhead.

On Oct. 16, 2009, I sent USMS president, Jeff Moxie, an e-mail questioning him about the \$2.00 per year registration increases and other issues. To date, I've received no answer. I'm just suggesting our organizations should be disclosing their goals, budgets and finances in a more apparent and visible manner to its membership.

Board members donate their time, and we thank them for and appreciate their service. My feeling, however, is that the board's primary allegiance should be to its membership and OMS Board/USMS organizational goals should be secondary.

Swimming in Namibia

by Joe Oakes

Lets start with this question: Where the heck is Namibia? If you said that it was in Africa, you would get part credit. Once known as German Southwest Africa, Namibia sits on the southwest Atlantic coast of Africa, just above the border with South Africa. This desert nation is larger than many African countries, with a relatively low population, and its Kalahari Desert is one of the driest

places on earth.

The chilly Benguela Current runs up the coast from the Antarctic, keeping temperatures cool. Other than mining

(de Beers has ripped a lot of diamonds from Namibia's soil) there is little industry. Tourist infrastructure is sparse except for a few quaint old German towns catering to nostalgic Europeans. Unemployment hovers somewhere around 60%, and the impoverished population suffers from one of the highest rates of AIDS in the world.

An old friend from San Francisco, Marybeth Gallagher, followed a circuitous path before finally settling down several years ago in Namibia, where she has found her life's work. Marybeth runs a program for AIDS orphans, and there are plenty of them all over Africa. She and I used to belong to a running and beer drinking club in San Francisco, the Hash House Harriers. Every Monday evening a bunch of us would work up our appetites by cavorting semi-naked through the streets of Baghdad-by-the-Bay then go out for dinner and a few noisy brews.

Those days are long gone.

Today Marybeth lives in the center of Namibia in a town called Katutura. She is the only white person in town. She has no car, telephone or computer. Her transportation is a bicycle and when she wants to contact the outside world she rides into the capital city, Windhoek, where friends allow her to send and receive messages. She finds family-situation homes for the children, gets them schooling and one good meal each day.

Last February Sylvia and I spent a few days with Marybeth and the kids. We arrived on a cruise ship at the coastal city of Walvis Bay, where we had arranged for the kids to come onto the MS Amsterdam to sing and dance for the passengers.

I will paint a scene for you. The children, in the company of five escorts, have been driven from their home in the desert, several hours to the Atlantic, which they have never seen. They are awed on approaching the sea and a ship that is ten decks high, bigger than any building in their entire country. Their eyes get huge when they enter an elevator for the first time and come out in a different place. As they move around the ship automatic doors magically open for them: one marvel after another. The dining room crew, family men far from their families back in the Philippines, lovingly feed the kids before their



afternoon performance: chicken nuggets and fries, then a special treat, something that they had never tasted: ice cream. (seven-year-old Rosie downed three bowls of it!) I suspect that this might have been the best and most amazing day of their young and troubled lives.

They sang a *cappella*, five boys and 26 girls ranging from 7 to 14 years in age. Seventeen-year-old Salome was the choirmaster, the only adult on stage with them. Most of their songs were in native languages, of which there are several in Namibia. They also sang a few in English, which they have learned to speak fluently. The mostly-American audience was captivated by these beautiful, clean, polite and enthusiastic children. When Marybeth and the kids left the ship she had donations totaling about ten thousand dollars from the passengers, the crew and Holland America Lines. That is a *huge* amount of money in a country where people work hard for a dollar a day. For Marybeth's 200+ kids it means things like food, soccer uniforms and hiring a part time teacher.

We stayed with the kids on the wharf as they serenaded the ship while it sailed away, with passengers leaning over the rails to wave goodbye, and more than a few tears. It was too late to start the long drive to Katutura, so we spent the night at a seaside campground where we watched hundreds of flamingoes feeding in the shallow bay. The next morning we went to a white sand beach in Swakopmund, an old German village. My job was to show them how to enter the surf and swim in the waves. The cold water, about 65 F, didnt deter these desert kids, who ran and played in the water until we feared that we would have to deal with a few cases of hypothermia, but they left the water in a hurry when we told them that we were headed for the sand dunes.

Namibia has some of the biggest dunes in the world. Our plan was to use flattened cardboard boxes to sled down the tallest of the dunes. After a long climb through soft sand, two steps forward and one slide back, several kids, Marybeth and I finally made it to the top. Looking down the 45 degree slope, our two vans looked really small, and the people at the bottom seemed ant-sized. The smallest kids went first. With little weight, their cardboard sleds took them smoothly down the hill, screeching all the way. When my turn came, the cardboard dug into the sand under my weight and wouldnt move. How frustrating! What to do? I could walk or roll down, but there had to be a more dignified way. *Creative solution:*



Hey, I am a swimmer! Maybe I can swim down the dune, freestyle. Down I went, holding my head high like a water polo player to keep the sand out of my eyes and mouth. As I stroked wide and shallow in the sand, I plowed

down the hill creating my own mini-avalanche. What a gas! I will not tell you how many places sand can find to hide on and in the human body, but it was worth it. I believe that I set a new world record, any age group, for the 200 meter-freestyle-downhill-sand-swim.

We shook out as much sand as we could return to the desert and piled into the two 12-passenger non-air-conditioned vans: seven adults and 31 kids. I will never complain about crowded buses again. We rode across the arid country for almost six hours, making one gas-and-pit stop. For the first hour or so the kids were active, singing, chatting and jumping around. After the pit stop they went silent and most of them drifted into slumber land, arms and legs sprawling in all directions. Swimming in the sea and sliding down the dunes wore them out. Before dark we reached Katatura and there was a mob of children lining the street to greet the returning travelers. Sylvia and I retreated to a bed and breakfast to get ready for tomorrow's activities.

A big part of the program for the kids is soccer. They play on a rock-strewn field, some barefoot, a few with uniforms, all of them, boys and girls, playing with lots of spirit. In the broiling afternoon sun I watched two games from the shade of a scraggly tree. That was exercise enough for me.

There is one swimming pool in Namibia, built many years ago by the German Army, and it is made available to the kids a few hours a week on Saturdays. I watched them playing navy games with a bunch of plastic boats that they had been given by the Amsterdams Captain. Like kids anywhere in the world, they were having a great time inventing games, playing pranks and letting off energy in God's gift of water. You can guess who frolicked with them in the pool.



But our time with the kids was over and it was time for us to go. Sylvia and I flew from Windhoek to Cape Town where we rejoined the Amsterdam. It was fantastic to spend a few days with these wonderful children, but frankly, I could not take it for more than a few days. But there are a few people who can, and we owe them our admiration and support.

Talk To The Hand!

by Hermine Terhorst

Think about it ... no, really!

The largest part of the brain controls the upper body, a fact anyone reading this article should know.

On April 13, 2009, "60 Minutes" did a segment on artificial limbs. I sat mesmerized by what was being reported. Demonstrated for all to see was a robotic arm sitting on a table two feet away from the soldier who would be using it eventually. It was connected to him via wires and electrodes to his nerves that existed for the arm that "used to be there." Here is the conversation that followed between the soldier and the interviewer:

Interviewer: "Explain to me what you're doing with your right arm and the sensors, and how that relates to your new right hand."

Soldier: "I'm imagining performing movements with my right hand, and when I do that I am moving the muscles that remain here in my arm. When those muscles move they make little electrical impulses that we can detect with these electrodes."

He controls a robotic arm simply by thinking about moving his own hand that no longer exists.

Asked how much training is involved to learn how to move the hand, the soldier explained, "I'm not really learning, so much as the computer is. I'm doing what I imagine I'd like to do. And we've taught the computer to interpret the signals and do what it is." He said it almost feels natural to him.

Bingo, hallelujah, damn the torpedoes, bulls eye, God loves me, you name it ... so, if one thinks about how one wants his/her hand to move, how fast one wants his/her hand to move, where one wants his/her hand to go that fast and override any negative thought that might want to disagree with the above then one can think about it and do it. How simple is that?

Time and time again the most simple is the most profound and usually the last thing we try. So I tried it. The program aired on April 13, 2009. I had just returned from Pacific Masters Swimmings Short Course Championships. I did lousy, repeat, lousy. Two and one half weeks later I would be going to Nationals in Clovis, Calif. I had wanted to go under a minute in the 100-yard free. Although I coach, I did not swim past 12 years old, so I had not done it yet. When I got to Clovis, I made the decision to watch one person swim the 100 free before me and then I would tell my brain to make my hands move just like that. At Nationals sometimes men swim before women, so I took a moment to look around and there, standing before me about to ascend the blocks, was the master himself, Rowdy Gaines. "God loves me," I thought, as I watched him go a forty something as a fifty something.

So here goes: "OK self, 'brain, talk to the hand,'" 59:01.

So, just think about it, then, and only then, just do it!

Hermine Terhorst is the head coach of the Santa Rosa Masters, in Santa Rosa, Calif. She told all three of her daughters that as a single mom, on her salary, the only way they were going to college was if they got scholarships. All three of them, swimmers, did just that.

The Magic Carpet

by Sue Calnek

2-26-05 Destination Ceuta. First swim meet of the year. Our team left Cadiz at 6:30 a.m. in three cars, headed for Algeciras to board a hydrofoil for Ceuta. Many times I have taken a ship out of Gibralter to visit Morocco and the sea was often choppy, but this hydrofoil ride to Ceuta was like flying on a Magic Carpet.

The Ceuta pool is an older 25 meter pool in a totally idyllic setting overlooking the Mediterranean. No electronic timing and as customary, one heat sheet given to each team captain. We could all see his heat sheet and knew when to approach the "waiting corner" where an official gives each person a pink entry card with name, age, event and lane. This card goes to the timer as we stood ready by our block; never empty lanes. When the starter said "listo" (ready), they don't fool around. Same whistle sequence, but there is almost no hesitation before the ready, set and the go! Not being accustomed to the boom-boom take offs, I was late on the first dive. Across the starting end was a short plastic fence reminding everyone to exit the pool to the Right or Left ladder. No one was ever allowed to exit the pool until all swimmers were in. The only people located at the starting end were the judges, timers and the one swimmer per lane. There was none of the usual socializing or crowds; no confusion or trip hazards to get to the block. The end was organized, quiet and focused.

There were no counting cards for the 1500, however they do ring the last lap cow bell. At first I was nervous with no counting cards and lacked self-confidence, but I quickly learned to focus much more on my long distance strategy and by counting myself, focused on being faster in and out of the wall, and then the normal mid-swim cadence. The stuff my Coach Dennis Baker always taught!

After the meet, our team walked to a patio cafe for lunch. I found a bit of humor when a Mercedes slowly drove by, the husband driving, wearing a white head piece and the wife was in the back passenger side wearing a black head covering. There was no doubt about the non-verbal conversation. The husband was catching trouble for something. Her arms and head were angrily moving and the husband just slowly nodded and kept driving.

The Cadiz newspaper printed a nice story about our meet with the Headliner: "Grand and Magnificent" meet listing all the participants and times. Next meet would be in Algeciras, Cuenca and the Festival de fondo de Torremolinos.

Our Cadiz pool held an Open Championship with all the young Spanish Olympic hopefuls, and members of the Olympic committee present. This event used electronic timing as well as block sensors. The same weekend, they held a children's event in the 3 ft. pool. Each child was awarded a small trophy ... after making a grand entrance to the awards table while walking to the recorded Spanish National Anthem. This anthem has no words, and is always played at all sporting events when winning. The music is like the solemn march of pomp and circumstance of the Grand March in Aida. Each child walked to this music and

accepted the trophy separately, and everyone respectfully celebrated in their success.

Walking out on the avenue in the evening one had to be careful of racing quads that looked like spiders or the crotch rockets getting ready for the Jerez Cycle Races. Definitely the time to Stop, Look and Listen, before crossing a street here. The police would stand by their station smoking and talking; often watching the women, never giving chase to the racing through the city street — but, all through the night one could hear ambulance travel to the hospital.

One evening I walked to the far end of Cadiz to the Barrio and stopped by a family sitting on the beach by the big rocks having a picnic. They invited me to share their food. The bill of fare was conch shell animals and "Erizos;" "Sea Hedge Hogs" or to you and to me — regular old run-of-the-mill Sea Urchins! I wanted to exit stage right, but could not refuse their hospitality. They demonstrated how to eat the urchin by slicing it in half, squeezing a bit of fresh lime or lemon on it and scooping out the animal with my lips and teeth; of course, making the requisite slurping noises. The urchins were mildly salty and looked like lung type tissue — you know, "When in Rome ..."

Shopping was often in the open stalls. Signs everywhere, "NO Toca" (no touch). The displays were artistic, but only the produce person could handle each



Chickens in a market — the FDA in the USA would not approve!

fruit or vegetable. Cadiz is a farming community, and there were marvelous foods. The vendor would put each item on the scale and we could both see the weight. Fish would be the same; fresh daily. Love the Dorados. What a happy day for me to discover lovely, exquisite Cheremoyas brought to Cadiz, from, possibly the Canary Islands. The fruits here were not dumped in a plastic bag, or even a paper bag. We all know what happens then — the fruit "mushes" into preserves or jam. What does the market here, in the U.S., care if we bring our fruits home and they are fermented preserves? Each fruit is carefully encased in individually configured cardboard shapes to ensure that the purchase from that vendor makes it home in the same form. Love it. What a surprise when I took a trip up the Costa Blanca, and followed a sign to a valley near Guadelest. Caliosa de en Sarria. Nirvana! My favorite fruits in the world. A Valley of

Loquat trees. "Nisparos." I grew up in Hollywood California with this semi-tropical Loquat in my yard and school. My heart skipped beats with excitement visiting all the stands selling Loquat jams, wine, syrups, preserves; you name it. This was Loquat central and my Magic Carpet had landed!



Loquats

The Torremolinos Meet, March 19, 2005, was outstanding. The largest team was always Jerez. They tried to recruit me to their team, but of course, I declined. This newer modern pool is 50 meters right next to the Mediterranean. Here again, the rules were strictly enforced, for no street shoes and no bare feet on the deck. The counter manager did pass out a few hospital type shoe covers for officials. Everyone respected these rules and I feel that if the King of Spain were here, he would gladly accept the shoe covers: it was just the thing to do.

The Spanish Masters President came down from Barcelona to award the trophies. When my name was called, my teammates walked up to the award table with me. He offered congratulations for breaking five Spanish records and handed me a beautiful silver trophy and gorgeous glass trophies with my name and the events. PLUS, Spanish (besos) lovely kisses on each cheek. With silent tears streaming down my cheeks from their kindness and warmth I said, "Kind sir, you are the first and most handsome gentleman to kiss me since coming to live in Spain." He made a sweeping motion of one arm and said something very kind, and next thing I knew, every man in the pool and on the deck had formed a long queue behind me to offer cheek kisses; the swim meet had paused for this. My team mates walked me back to the side and they also received trophies. A small fiesta followed in the outside patio. We all drew numbers out of a bowl for a prize. The lucky numbers would get wines from the Jerez Winery, cheeses, olive oils, olives, etc. The fiesta was replete with clapping, music, fun and people getting to know one another. One remarkable thing I noticed at this meet, and every meet, no one would leave the pool or the bleachers until every person had swum their event and the meet was finished; only then would they pack up.

Driving back to Cadiz, we all stopped for a most remarkable meal at a famous countryside restaurant, serving only game meats. Several cork trucks were parked close-by. Not log trucks — cork trucks. Cork was piled high with large slabs of cork bark. I had seen these cork forests and now to see the loaded trucks. I broke off a few chunks to save. It is fascinating how the cork is grown and harvested.

Early one morning I visited two men fishing for Dorados from the shore. I watched them fill their ice chest with these mild and tasty fish. In Brookings I use the same method for Surf Perch. Needing to complete some paperwork at the police station, I walked down the beach to the main station. I asked one policeman for directions to the bathroom. He showed me to the room: one large room for both men and women. There were 12 stalls with wooden doors that shut; there were no urinals,

no soap, no paper towels, but there were sinks. I proceeded to stall #12. Next to me in #11 was an Arab man, talking loudly to himself; very angry and upset over something. Finally, surprise surprise, no toilet paper! Trees are not a natural resource here!



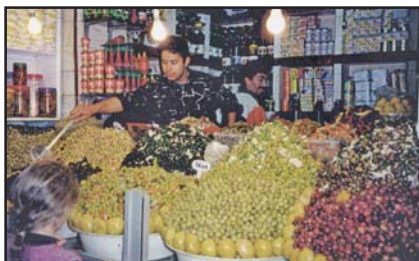
Wine barrels



Festival dress



Snake charmers



Olives



Sintra — Palacio de Pena

The Queen's toilet was over a deep trench where water would be pushed through at one end to wash it out periodically. The toilet was a flat board over the hole and covered all in mink.



GIL YOUNG MEMORIAL LONG COURSE METERS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #370-08

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

Swimmers must submit a copy of their 2010 card and unregistered swimmers must submit a 2010 registration form and fee with this entry.

Location: Mt. Hood Community College

Outdoor pool

26000 SE Stark

Gresham, Oregon

7 lanes competition, elec. timing, Lane 8 for warm-up/down

DATE: Saturday & Sunday, August 7-8, 2010

SATURDAY WARM-UPS AT NOON MEET STARTS AT 1PM**SUNDAY WARM-UPS AT 9AM MEET STARTS AT 10AM**

Meet Director: Aubree Gustafson • 971-404-6968 • aubree.gustafson@gmail.com

Directions to the pool: Take I-84. Use Exit 17. Follow Frontage Road to 257th and take a right. Follow 257th past Stark St. to 17th St. and take a left. Take the first left after the soccer field and left again into the aquatic center parking lot.

ALL REGISTERED MASTERS SWIMMERS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.**ENTRY DEADLINE: POSTMARKED BY FRIDAY, JULY 23, 2010**

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 12-31-10) _____ SEX _____

2010 USMS # _____

USMS CLUB (OREG, PNA, SWMS) _____

IS THIS YOUR FIRST MASTERS MEET? ____ Yes ____ No

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 95+. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS WITH A MAXIMUM OF 5 INDIVIDUAL EVENTS PER DAY. YOUR COMPETITION AGE IS THE AGE YOU WILL BE ON DEC. 31ST, 2010. 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 1500 FREESTYLE & 400 IM WILL BE DECK SEEDDED. CHECK IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS IS TO BE SWUM. ALL EVENTS WILL BE SEEDDED SLOW TO FAST.

Saturday, Aug 7, 2010**400 IM (1) _____ : _____ . _____**

break

50 FREE (2) _____ : _____ . _____**200 BACK (3) _____ : _____ . _____****100 FLY (4) _____ : _____ . _____**

break

FREE RELAYS (5-10)**50 BACK (11) _____ : _____ . _____****200 FREE (12) _____ : _____ . _____****100 BREAST (13) _____ : _____ . _____**

break

MIXED MEDLEY RELAYS (14-15)**400 FREE (16) _____ : _____ . _____****Sunday, Aug 8, 2010****50 FLY (17) _____ : _____ . _____****200 BREAST (18) _____ : _____ . _____****100 FREE (19) _____ : _____ . _____****200 IM (26) _____ : _____ . _____**

break

MIXED FREE RELAYS (20-22)**50 BREAST (23) _____ : _____ . _____****200 FLY (24) _____ : _____ . _____****100 BACK (25) _____ : _____ . _____**

break

MEDLEY RELAYS (27-30)**1500 FREE (31) _____ : _____ . _____**

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

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$18.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072

**2010 OPEN WATER SWIM — COTTAGE GROVE LAKE
SUNDAY, AUGUST 15
SPONSORED BY EMERALD AQUATICS
WITH THE COOPERATION OF THE ARMY CORP OF ENGINEERS**

Sanctioned by OMS, Inc. for USMS, Inc. All swimmers must be current USMS member to compete.

USMS Sanction #: 370-0W6 One-day registration will be available at the meet for \$18.00.

Schedule:

1500 Open Water Swim	<u>1500m:</u> Check-in closes 8:30 am	Pre-race instructions 8:45 am	Race starts 9:00 am
Whiteley 1000	<u>1000m:</u> Check-in closes 10:30 am	Pre-race instructions 10:45 am	Race starts 11:00 am
Flatfoot Kick	<u>500m:</u> Check-in closes 11:30 am	Pre-race instructions 11:45 am	Race starts 12:00 am

Course: The course will be marked by buoys. Water temperature is expected to be 74-76 degrees and will be posted at check-in.

Equipment: 1500 Swim: Swimmers wearing wetsuits are ineligible for awards. Other USMS open water swimming rules apply. Featured swim for Oregon Open Water Series.
Whiteley 1000: Use of pull buoys, fins, hand paddles, etc. are allowed (and encouraged!). Featured swim for the Oregon Open Water Series.
Flatfoot Kick: Bring a kickboard for this event. Propulsion by kicking only. No fins! Qualifying swim for the Oregon Open Water Series.

Safety: The course will have safety marshals, lifeguards, a boat patrol (including a lead boat, a chase boat, perimeter boats, and an "ambulance" boat). In addition, paramedics and an ambulance will be on boat ramp during the swim. No pets at the race, please.

Eligibility: Open to all USMS (U.S. Masters Swimming) members only.

Awards: Prizes will be raffled during picnic after swim; you must be present to win.

Picnic: Following the Flatfoot Kick, around 12:30, Emerald Aquatics will host a finger-food picnic. All are invited (\$5 donation for non-swimmers).

Directions: From I-5 take exit 172 and go south 0.7 miles on S 6th St. Turn left on London Weyerhauser Rd and go 3.0 miles. Turn left on Cottage Grove Reservoir/Reservoir Rd. After 0.6 miles turn right to stay on CGR/Reservoir Rd. Go 2.8 miles to park (see map, opposite).

Information: Steve Johnson, Race Director, (541) 683-5758 (see over for camping information)

ENTRIES MUST BE POSTMARKED BY August 2nd

add \$10 for late entries

Mail entries EA Lake Swim	<table border="1"> <tr> <td align="center" colspan="3">check all that apply:</td> </tr> <tr> <td align="center">1500m</td> <td align="center">Whitely</td> <td align="center">Flatfoot</td> </tr> <tr> <td align="center"><input type="checkbox"/></td> <td align="center"><input type="checkbox"/></td> <td align="center"><input type="checkbox"/></td> </tr> </table>	check all that apply:			1500m	Whitely	Flatfoot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	all 3 events \$40.00	_____
check all that apply:												
1500m		Whitely	Flatfoot									
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>										
to: P.O. Box 3708	or 2 events \$35.00	_____										
Eugene, OR 97403	or 1 event \$30.00	_____										

USMS Reg# _____

Please attach a copy of your USMS registration card.

TOTAL _____

Make checks payable to Emerald Aquatics

All fees are non-refundable.

Name _____ Sex _____ Age _____

Address _____

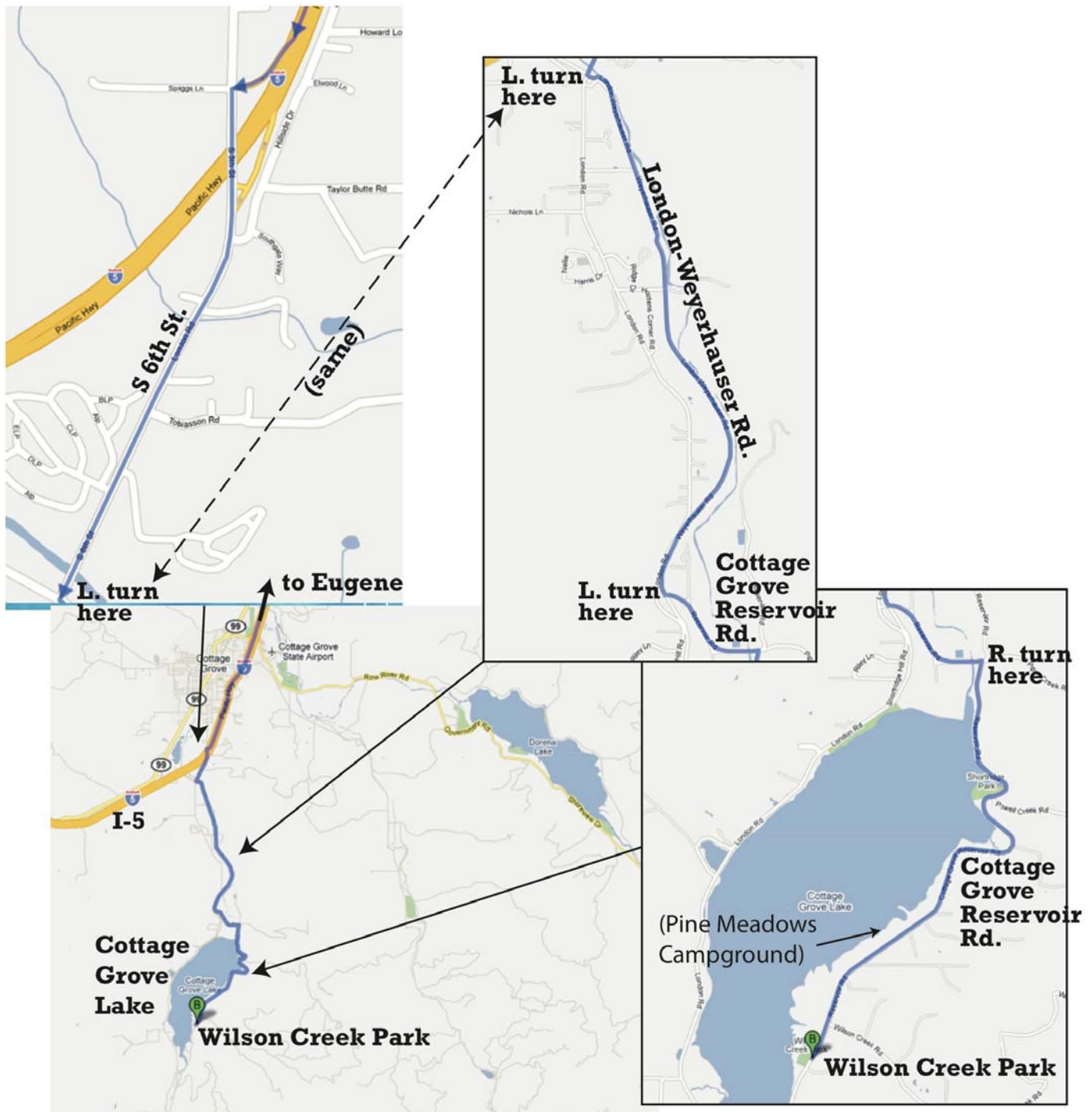
City/State/Zip _____ Local Team _____

Birthdate _____ Day phone _____ Evening phone _____ Fax _____

"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 & competitions) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all risks inherent in open water swimming, and agree to assume those risks."

Signature _____ Date _____

Camping: Individual camping sites can be reserved for Pine Meadows Campground. To reserve your campsite, go to www.reserveamerica.com and use the search engine to go to Pine Meadows in Oregon. You can also call 1-877-444-6777. The rules require a minimum two night stay and you can have 3 vehicles and 3 tents with up to 8 people, or one camper/trailer/RV and two tents for each site. The cost is \$16 per night. Directions: Same as to race site, Pine Meadows is approx. 0.5 miles before (N of) race site.



The Eel Lake Open Water Swims on the Southern Oregon Coast

What: Three Open Water Swims – 3000 & 1500-meter Swims and a 500-meter Predicted Time Swim. We will start with a 3000-meter swim on a triangular course, twice around the buoys. Then we will have a 500-meter Predicted Time Swim, free, no entry fee. Last will be the 1500-meter swim, once around the same course as the 3000. All swims are held under the sanctions of United States Masters Swimming (370-OW7) and USA-Swimming, Inc. (10-065).

When: Saturday, August 21, 2010, starting at 9:00 a.m.

Where: Eel Lake at William M. Tugman State Park is a freshwater lake on the Oregon coast on U.S. Highway 101 halfway between Reedsport and Coos Bay. Expected water temperature is 67 to 71 degrees Fahrenheit. Campground has both reservable and first-come first-served campsites, as well as reservable yurts. Call 1-800-452-5687 for reservations.

Who: Open to all USMS registered swimmers 18 years or older. USA-Swimming registered swimmers 13 years or older may enter any of the swims, while USA-Swimming registered swimmers 10 years or older may enter only the 500 & 1500-meter swims—a parent or guardian must sign the liability waiver for all swimmers under 18. A photocopy of your USMS or USS Swimming registration card or proof of membership in a foreign Masters organization must accompany your entry. A single event USMS registration, covering all races, will be available at the race site for adults 18 years or older for \$18.

Rules: Current USMS rules shall govern these swims.

Wet Suit Rules: Wetsuits are allowed and welcomed in all events, but scored in a separate wetsuit category.

Procedure: The 3000 and 1500 swims will use a mass start. The 500 swim will use individual starts, seeded fastest to slowest based upon the swimmer's estimated 500 meter entry time. Day of Race entries or those not submitting a seed time will not be seeded in advance and will swim last in order of registration. No changes will be allowed in 500 seeding at the race.

Safety: Lifeguards and safety boats will monitor the entire course. Swimmers must wear a bright colored swim cap (provided or use your own) and have a race number on their arms or hands. Medical personnel will be available near the site.

Entry Fee: The entry fee for one race (either the 1500 or 3000) is \$25; the entry fee for both the 1500 and 3000 races is \$30. There is no fee for 500-meter Predicted Time Swim. Entry fee includes a swim cap in a goody bag. **Entries must be postmarked by Monday, August 9, 2010,** or swimmers must pay an additional late fee of \$10. Beverages, brownies, cookies and fruit will be available, but lunch will not be provided.

Awards: There will be awards for each race for first through third places for USMS & USA-Swimming swimmers. Awards for the 3000 and 1500 swims will be based upon finish order. Awards for the 500 Predicted Time Swim will be based on how close each swimmer comes to predicted time.

Schedule:

- 8:00-8:45 A.M. Registration/Check in & warm-up for all races
- 8:50 A.M. Pre-race meeting for 3000-meter swim
- 9:00 A.M. 3000-meter swim
- 9:45-10:45 A.M. Check in for 500 and 1500-meter swims
- 10:50 A.M. Pre-race meeting for the 500-meter Predicted Time Swim
- 11:00 A.M. 500-meter Predicted Time Swim
- 11:50 A.M. Pre-race meeting for 1500-meter swim
- 12:00 Noon 1500-meter swim
- 1:00 P.M. Awards

Information: Contact Ralph Mohr at rmohr1565@charter.net or 541-269-1565.

Other Fun Things to Do On the Coast!

Charleston Seafood Festival - Charleston Marina – August 21 & 22 - 7:00am-6:00pm. A festival of fun and families! Live Entertainment both days, a variety of bands from Country to Jazz, singing and more. Contests for kids and adults including fish fling and crab race. Variety of vendors, arts and crafts and lots of different kinds of food. Beer & wine garden, harbor tours and a Coast Guard Open House. For more information contact the Charleston Visitor Center, 541-888-2311 or Coos Bay Visitor Center, 541-269-0215 (Directions: drive to Coos Bay/North Bend – Follow the signs for Empire/Charleston)

Sunday Morning Lake Swim – An Eel Lake tradition! Join us on Sunday, August 21, at 9:00 A.M. for a leisurely swim (about 2000 meters) across Eel Lake from the boat ramp to the walking trail rest stop on the other side.

Beach walks – Starting at Eel Creek Campgrounds across 101 from Tugman Park, there are at least seven different beach walks available within 30 miles. Walk across the dunes at Eel Creek. Go to Horsfall Beach north of McCullough Bridge. Drive through Charleston to Bastendorff Beach, Sunset Bay, and Shore Acres Gardens. At Cape Arago walk down to South Cove where Sir Francis Drake supposedly harbored one day. Go further south on Highway 101 for Bandon Old Town, beaches, and numerous golf courses.

The Eel Lake Open Water Swims on the Southern Oregon Coast

Registration Form

What: Open Water Swims (check the appropriate boxes)

☐ 3000-meter Swim – USMS

☐ 1500-meter Swim – USMS

☐ 500-meter Predicted Time Swim – USMS

Predict your 500-meter Time: _____

☐ 3000-meter Swim – USA-Swimming

☐ 1500-meter Swim – USA-Swimming

☐ 500-meter Predicted Time Swim – USA-Swimming

Predict your 500-meter Time: _____

Where: Eel Lake

When: Saturday, August 21, 2009 starting at 9:00 A.M.

Who: Any registered USMS swimmer and any registered USA-Swimming swimmer, aged 13 and over, is eligible to swim any events. Any registered USA-Swimming swimmer aged 10-12 may swim the 500m and/or 1500m events only.

Information: Contact Ralph Mohr at rmohr1565@charter.net or 541-269-1565.

Registration information:

Name: _____

Birth date: _____ Age: ____ Sex: ____

Address: _____

USMS or USS number: _____

City: _____ State: ____ Zip: _____

Phone: _____

USMS or USA-Swimming Club _____

USMS Local Team: _____

Entry Fee: \$25 for one swim (either the 1500 or 3000) or \$30 for both 1500 and 3000. No fee for 500-meter Predicted Time Swim. Late and Day-of-Race entries accepted for an additional fee of \$10

☐ \$25 for either the 1500 or 3000. You may swim the 1500 **or** the 3000 **plus** the 500-meter Predicted Time Swim.

☐ \$30 for both the 1500 and 3000.

☐ FREE. 500-meter Predicted Time Swim.

☐ \$10 for late or Day-of-Race entry

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

Signature: _____ Date: _____
(parent or guardian must sign for swimmers under 18 years old)

Complete this entry form legibly, **sign** the waiver, **attach** a photocopy of your USMS or USS registration card, and **enclose** the appropriate fee payment with a check made out to **Ralph Mohr**. Note: if a swimmer will swim only the 500-meter Predicted Time Swim, he or she **must** still fill out an entry form **and** provide either a copy of a USMS or USS registration card.

Mail entries **postmarked by Monday, August 9, 2010** to:

Ralph Mohr
P.O. Box 186
Coos Bay, OR 97420

Aqua Master

August 2010

Oregon Masters Swimming, Inc.
31701 SE Currin Road
Estacada, OR 97023-9737

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

SWIMMING RESULTS:

Summer Sizzler LCM
Devil's Lake OW
Foster Lake OW

2010

Meet **SCHEDULE**



(c)swimgraphics.com

Date	<u>**Type</u>	<u>Meet/Location</u>	<u>Deadline/Website</u>
* Aug 7-8	LCM	Gil Young/Gresham	https://www.ClubAssistant.com/club/meet_information.cfm?c=1352&smid=2450
Aug. 9-13	LCM	USMS Nationals/Puerto Rico	
* Aug 15	OW	Cottage Grove Lake	Aug. 9: Late or day-of-race \$10 extra
* Aug 21	OW	Eel Lake/Lakeside	

*ENTRY BLANK INCLUDED IN THIS ISSUE OF THE AQUA-MASTER

**OW — Open Water

LCM — Long Course Meters

Oregon Masters Swimming entry forms are available online at <http://www.swimoregon.org>

USMS entry forms are available at <http://www.usms.org>

Board Meetings

All Board Meetings are open and OMS members are encouraged to attend.
Contact Jody Welborn, OMS Chair, or Tim Waud, OMS Vice Chair, for details.

Meeting Dates Location
August 24, 2010 Oregon Clinic

**KEEP
SWIMMING!**