



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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"Swimming for Life"

Officials Shine As Records Drop at MAC

Though freezing rain and snow kept some swimmers from attending the meet, records dropped in droves at the Multnomah Athletic Club meet on Sunday, December 13. In individual events: 16 Oregon, 12 Zone, 2 National and 1 World were set. Many relays teams raced toward possible new World records in the 400 and 800 meter events, setting new Oregon, Zone and/or National records along the way. The officials working the meet deserve equal accolades for quickly devising a plan to re-seed the entire meet based on swimmers in attendance. The extra work ensured full heats and a streamlined meet.

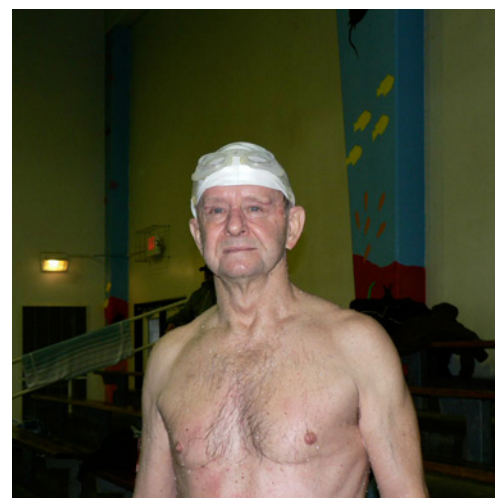
The individual and relay record breakers are too numerous to name here, so check the results on pages 7-9. Especially notable swims came from Willard "Wink" Lamb, 87, who started out the meet by lowering his own World Record in the 400 free by more than four seconds.

Allen Stark, 60, also had a record setting day. He set new Zone Records in all three breaststroke events - 50, 100 and 200, and joined a 400 mixed medley relay to set a new National and World Record.

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Toward the end of the meet he swam two 100-meter races in less than a 15 minute time period, thereby showing amazing stamina. He lowered his own National Record in the 100 backstroke by 4/10 second, and then in the very next event anchored a World-Record-setting 400 mixed free relay. Our caps are off to you Wink. You are truly inspiring.



Willard "Wink" Lamb



Allen Stark

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Chairs Corner by Jody Welborn

Ahh! We made it through the holidays again. And if you are like me you may notice that a few pounds have added themselves to your sleek physique. Is swimming helpful to removing those extra pounds?

There has been a lot of information written about swimming and weight loss. Many articles state that swimmers actually gain weight. Are the laps in the pool helping or hurting?

We all know the benefits of swimming. Swimming keeps you fit by providing a good aerobic exercise. Aerobic exercise has been shown in multiple studies to improve heart health as well as decreasing the risk factors for heart and vascular disease such as hypertension and hyperlipidemia.

And swimming does it without the stress on the joints that dry-land exercise causes. With the additional resistance that water provides, swimming those laps (pulling your body

through the water) acts as resistance training, toning muscles in your upper and lower extremities as well as promoting flexibility.

But does it promote weight loss?

I am a practical kind of gal. The key to weight loss is burning more calories than you put in your mouth. Many studies have shown that the key to effective weight loss is actually tracking your calories in and out and writing them down in a diary or log. And swimming does burn calories effectively. Although "mileage may vary", a typical one-hour workout burns about 450 calories. In addition, the metabolism of the muscles remains "revved up" for 1-2 hours after the workout helping to burn calories more effectively. And if you keep your calories "net negative" you will lose weight.

So should you swim for weight loss? I ask, with all the benefits, can you afford not to?

And remember,

Swimming is for Life,
 and Life Matters.



Photo credits: Doug Brockbank, Tim Waud, Charlie Helm, Dave Radcliff

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Off the Block

by Dave Radcliff

February Fitness Coordinator



F is for February and F is for Fitness

When you put February and Fitness together and make it a Challenge, you end up with the February Fitness Challenge. This annual Postal event was started in 1992 by the Crayfish Masters in Baton Rouge. In 1999, the Tualatin Hills Barracudas were asked to take over the hosting of the Challenge. This will be our 12th year of hosting the event. Several years ago I took over as the Barracuda Coordinator of the Challenge. I would like to see more participation from the Oregon Masters Swimmers.

I love all of the Postal events (well maybe not the 10K - that one I tolerate), but I feel the February Fitness Challenge is unique among all the Postal events. As a former Coach I believe firmly in the importance of being consistent. That is the secret of the FFC (February Fitness Challenge): It is not a one-shot event. It is about being fit and consistent over a month and developing those habits that will improve your level of fitness and swimming.

In the FFC, you track your swimming for all of February. This is not a month to be out doing a lot of hiking, biking and other forms of exercise. The water is calling. What a great month to be inside and swimming. There are two challenges in the FFC. The first one is your total yardage and the second one is the number of days you swam. An entry blank is included in this issue of the Aqua Master. For you "techies" there is an outstanding excel tracking log on our website (<http://www.barracudas.org/>). It tracks your yardage and number of days. You can put in goals and then at the end of the month all of this information is automatically transferred to the entry page. You print out that page and mail it to the Barracudas instead of the entry blank contained in this Aqua Master. We compile all of the information and mail

out printed and electronic results.

Results are given for the same age groups as in any Masters event. The Barracudas award special "Frog" pins for First, Second and Third places in total yardage for each age group. In the Day Challenge we award a silver "Frog" pin for 20 - 26 days, and a gold "Frog" pin for 27-28 days. We also have a 100,000 yard "Frog" pin that is given to any swimmer who swims 100,000 yards or more during February.

A word about the Frog: When the Crayfish Masters began this annual event they picked a frog as the symbol of the FFC. The Barracudas have continued that practice and each year we have a different Frog logo for the event. This logo will also be available on T-shirts and Caps.

I urge you to consider doing the FFC this year. A year ago I gave out some of the entries at a meet in January. Two success stories: Megan and Jason Lassen got entries and took part. Megan became the group rep for the

Reigns. Both she and Jason increased their yardage and total number of days and both improved. Jason is going to be the rep this year and is using the Challenge as a way to build his endurance for some major swims he has planned this summer. Dave Hathaway got one of the entries and did the Challenge. Last summer he stopped me and thanked me for getting him involved. He told me it made all the difference in his swimming and fitness. The Challenge taught him that he could fit in more training and that the training would make a big difference in his swimming. The Challenge is for everyone. Our own Elfie has been doing it faithfully every year.

Continued on page 5





Fitness

Weighty Issues Lost and Found (3rd Floor)

by Helen Thurlow



Hi everyone. How are the 2010 resolutions going thus far? Is weight loss one of the goals this year? If it is; is it realistic?

If you want to loose 50 lbs by Valentine's Day, I'll give you Jillian Michaels' phone number and she'll set you straight. If it's a gradual weight loss, then keep reading.

1. Stop being angry. If something is frustrating do you counter it with something destructive? If you eat because you are upset, try to learn other ways to relieve you of those feelings. Write it in a journal, talk with your spouse, friend or someone you trust, and exercise.
2. Seek the truth. Knowing what is true is never easy, but living in a false pretense world one will never find out what one is really capable of. Read step 1 again.
3. Read 1 and 2 over and over again. Then come to realize that the weight you gained didn't happen overnight. Unless you are training to be a sumo wrestler, weight gain is gradual; thus losing it will take time.
4. Don't look at old photos unless you have built a time machine. I weighed 115 lbs in high school. IN HIGH SCHOOL. Therefore it would be unwise of me to drop 70 lb at my current age. It just wouldn't be pretty and that's all I'm going to say about it.
5. Read 1, 2, 3, and 4. Start writing a food journal. It doesn't need to be a fancy leather-bound journal, just start writing. You will be amazed about what you put in your mouth or what you are not putting in. Don't be afraid of it. Just write down what you ate, the time you ate and what you were feeling when you ate. Be consistent with your food journal.
6. Be consistent. In order to do well, you need to keep doing it. Sounds simple enough. Right? With everything else in our lives it's hard to keep up. Tell people at work what you're working on. Tell family members what your goals are. When it's out in the open it's

not easy to slip because everyone you told will automatically keep asking you, "How's that weight loss coming?" or "Wow, you are doing it, keep it up," or "You inspire me, I'm going to start losing weight."

7. Read 1 - 6 and eat what works for you. There are millions of books and self-help gurus who say eat this and that. Eat for your blood type; eat green kelp and nothing else. Just eat already, but in moderation. I love chocolate milk and I'm not going to stop drinking it, I just don't drink as much.
8. Read 1 - 6 and exercise what works for you. Don't run a marathon if you don't like running. I tell people to cross-train, because that causes muscle confusion and works the muscles harder, but it doesn't work for everyone. Same with lifting weights. Don't pick up a 20 lb bar bell, because the 20 something who's a size -20 can do it. Pick up a 5 lb bar bell and do more reps. Exercise is funny. If it is not fun you stop doing it. Make it fun folks.
9. Keep it simple, work hard and eat like you earned it.

You are thinking; "yeah, right Helen, easy for you to say." You are right. Writing this is easier. And that's where this fitness chick is up for the challenge. The Association meet is coming up in April and my goal is to lose 20 lbs by then. That's about 5 lbs per month. I think I can do it. I will personally weigh myself in at the meet with everyone watching. Is anyone else up for this challenge? If you want to loose 5, 10, 15, or 20 lbs by April, email me and we will work out a plan together. (You do not need to weigh in in front of everyone).

Lost: weight
Found: inspiration

Keep it simple, work hard and eat like you earned it.

Shake and Swim with "Bake"

Look Up Look Down

Coach Dennis Baker



swimgraphics.com

One of the biggest mistakes a swimmer can make is to look where they are swimming under the water or in the case of Backstroke above the water. Here is a breakdown of do's and don'ts for your eyeballs while swimming. These tips can drastically reduce resistance in the water and help you swim faster.

1. Butterfly — While it is true that you can sneak a peek underwater when approaching the wall for turns, a swimmer must fixate their eyes on the black line to achieve a better body position. If you are looking forward underwater during your length of swimming you are creating resistance with your forehead and slowing yourself down.
2. Backstroke — Fix your eyes straight up at the ceiling or sky. You can sneak a peek at the lane lines or a reference point if swimming outside (as I recommended in an article for our outdoor Masters Nationals at Mt. Hood because everyone was running into the lane lines) but keeping the head still and aligned with the body is paramount. Also, you definitely need to know how many strokes it takes you to swim from the flags to the wall for your turn so

you don't have to look for the wall and again take your body out of the desired alignment.

3. Breaststroke — Similar to Butterfly but maybe easier to make this mistake you must come to a full extension at the end of each stroke cycle and look at the black line.
4. Freestyle — This is the same as the Backstroke except you're looking down at that black line all of the time. Again you can sneak a peek at the wall when you see the "T" at the bottom of the pool. Did you ever wonder why they paint a "T" at the end of each length on the bottom of the pool??

I can't tell you how important these tips are to reducing resistance and make you more efficient in the water. Lastly, a few notes on where your eyes should be when your head is above water and while swimming in open water. While breathing in Fly and Breast keep your eyeballs focused downwards towards the water, this will help you swim forward with better position. For open water swimmers, after you raise your head to site yourself immediately get your chin back down close to your chest and keep your head down to take away resistance.

OFF THE BLOCK

Continued from page 3

In the letters we get from swimmers all over the US and the World, we get this same message about how their overall fitness and swimming have improved because they committed to a month long training plan. Ralph Mohr wrote in Swim Bits in the last issue of the Aqua Master about the benefits of setting goals and swimming more often. He offered some good advice and the Challenge is a great way to put it into practice.

One last thing I would like to mention and I am sure you will appreciate this. Any swimming counts and that includes pulling with a buoy, kicking with fins and a kick board, wearing paddles, wearing a wet suit or a high tech suit. "Get the picture? All of your training counts!" It can be done in any size pool or even in open water (remember the FFC is all over the country, so in some areas open water swimming is a viable option).

Join me in February and let's all improve our level of fitness and swimming.



Long Distance Swimming

by Bob Bruce



Oregon capped a grand year of Postal Championship swimming with a fantastic showing—including both National Club Championship titles!—in the 2009 USMS 3000 & 6000-yard National Postal Championships. Here's a quick summary:

3000-yard: 84 swimmers from Oregon (42 women & 42 men) entered the event, our largest turnout ever and by far the largest in the nation. Sue Calnek-Morris, Steve Johnson, and Dave Radcliff each won the national title in their respective age groups, with Dave smashing the National Record. Seven Oregon Relay teams won their events, with the Men's 65+ 3 x 3000 team breaking their National Record set last year. In the club scoring championship, Oregon clobbered the rest of the field in defending our championship from 2008.

6000-yard: 26 Oregon swimmers (12 women & 14 men) entered this longer distance event, DOUBLE last year's turnout and by far the most we have ever had. Bob Bruce, Brent Lake, and Dave Radcliff won national titles, with Dave demolishing another National Record. Four Oregon relay teams won events in their age group, with the Women's 45+ and the Mixed 55+ teams both setting new National Records. And Oregon won the club championship title for the second straight year, particularly sweet after our finishing our seven-year streak of second-place finishes in this event after last winning the title in 2000.

Congratulations to...

- Our 5 individual National Champions (USMS Long Distance All-Americans!);
- Dave Radcliff, our double National Champion;
- Our 13 (!) relay team National Champions (USMS Long Distance Relay All-Americans);
- Our 7 Oregon Individual Record breakers—Arlene Delmage (ORM)—TWICE, Elizabeth Budd (CAT)—TWICE, Tam Jenkins (ORM), and Dave Radcliff (THB)—TWICE.
- Our 3 National Relay Record teams— Men's 65+

3 x 3000 relay team of Ralph Mohr (COMA), Dave Radcliff (THB), & Tom Landis (COMA); Women's 45+ 3 x 6000 relay team of Mary Sweat (Unat), Karen Matson (SCAM), & Arlene Delmage (ORM); and Mixed 55+ 4 x 6000 relay team of Tam Jenkins (ORM), Elizabeth Budd (CAT), Dave Radcliff (THB), and Bob Bruce (COMA);

- Our 13 Oregon Relay Record teams, including many different swim stars;
- Everyone who participated—we continue to improve in this category, which is ultimately the bottom line in this excellent fitness event.

Look for the full Oregon results in this *Aqua Master*. They are impressive!

Postal Series: Forty-one Oregon swimmers (up from 16 the previous year) qualified for the 2009 Oregon Postal Series by swimming in three or more of the USMS Postal Championship Swims during the year. Well done! Thirty-seven of those swimmers qualified for the new Oregon Postal Participation Award by swimming at least one of these swims in each of the three postal seasons. Better done! And a nation-leading TWELVE Oregon masochists, er swimmers, swam all five events, thus qualifying for the USMS Postal Participation Award. Best done! See the results in this *Aqua Master*.

2009 in Review: 209 Oregon swimmers from 19 local teams (with 340 swims overall) participated in at least one National Postal Swim. COMA (go figure!) again led the way with 64 swimmers, 104 swims, and 13 Oregon Series qualifiers. CGM had 31 swimmers participate, with a high percentage of their team doing the One-Hour Swim. ORM and CAT followed, both with an outstanding high percentage of swimmers with multiple swims. LH, CRM, and EA also had more than 10 swimmers each involved. The Oregon Club won 4 (of 5) USMS Club Championships!

Continued on page 13

Multnomah Athletic Club SCM - December 13, 2009

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

Z = Zone Record, (includes OR)
 O = Oregon Record
 * = World Record Only

Women 18-24

50 SC Meter Free			
1 Esser, Elizabeth	23	OREG	33.36
2 Stratman, Megan	24	OREG	33.61
100 SC Meter Free			
1 Esser, Elizabeth	23	OREG	1:10.93
2 Stratman, Megan	24	OREG	1:14.71
200 SC Meter Free			
1 Esser, Elizabeth	23	OREG	2:38.15
400 SC Meter Free			
1 Esser, Elizabeth	23	OREG	5:32.45
50 SC Meter Back			
1 Schane, Olivia	21	OREG	35.97
100 SC Meter Back			
1 Schane, Olivia	21	OREG	1:23.24
50 SC Meter Breast			
1 Stratman, Megan	24	OREG	48.30
50 SC Meter Fly			
1 Schane, Olivia	21	OREG	34.73
100 SC Meter IM			
1 Schane, Olivia	21	OREG	1:22.93

Women 25-29

50 SC Meter Back			
1 Packer, Ally	26	OREG	34.82 O
50 SC Meter Breast			
1 Gustafson, Aubree	28	OREG	40.04
100 SC Meter Breast			
1 Popelka, Erin	28	OREG	1:23.57
2 Gustafson, Aubree	28	OREG	1:27.12
200 SC Meter Breast			
1 Gustafson, Aubree	28	OREG	3:05.27
50 SC Meter Fly			
1 Popelka, Erin	28	OREG	31.93
2 Packer, Ally	26	OREG	33.22
3 Gustafson, Aubree	28	OREG	34.33
100 SC Meter Fly			
1 Popelka, Erin	28	OREG	1:14.09
100 SC Meter IM			
1 Popelka, Erin	28	OREG	1:15.96
2 Packer, Ally	26	OREG	1:17.09
3 Gustafson, Aubree	28	OREG	1:18.40
200 SC Meter IM			
1 Popelka, Erin	28	OREG	2:38.98

Women 30-34

50 SC Meter Free			
1 Kirkwood, Erin	32	OREG	30.48
2 Thayer, Kathleen	30	SWMS	31.38
100 SC Meter Free			
1 Thies, Lauren	30	OREG	1:00.82 Z
2 Molenda, Anne	34	SWMS	1:11.46
* Johnson, Serena	32	SWMS	1:05.77
200 SC Meter Free			
1 Johnson, Serena	32	SWMS	2:28.83
400 SC Meter Free			
1 Thies, Lauren	30	OREG	4:48.50
50 SC Meter Back			
1 Kirkwood, Erin	32	OREG	34.60
2 Thayer, Kathleen	30	SWMS	36.16
100 SC Meter Back			
* Johnson, Serena	32	SWMS	1:17.37
200 SC Meter Back			
1 Johnson, Serena	32	SWMS	2:41.92
2 Thayer, Kathleen	30	SWMS	2:44.98
3 Jackson, Maresa	30	SWMS	2:58.94
50 SC Meter Breast			
1 Molenda, Anne	34	SWMS	42.49

100 SC Meter Breast			
1 Thies, Lauren	30	OREG	1:22.01
100 SC Meter IM			
1 Molenda, Anne	34	SWMS	1:25.63

Women 35-39

100 SC Meter Free			
1 Lassen, Megan	39	OREG	1:05.55
400 SC Meter Free			
1 Lassen, Megan	39	OREG	5:01.70
2 Edwards, Bonnie	37	OREG	5:54.90
100 SC Meter Back			
1 Edwards, Bonnie	37	OREG	1:36.13
50 SC Meter Breast			
1 Godlove, Tara	36	OREG	38.76
100 SC Meter Breast			
1 Godlove, Tara	36	OREG	1:24.77
2 Edwards, Bonnie	37	OREG	1:40.74
200 SC Meter Breast			
1 Godlove, Tara	36	OREG	3:01.87
50 SC Meter Fly			
1 Godlove, Tara	36	OREG	35.21
100 SC Meter IM			
1 Lassen, Megan	39	OREG	1:16.66
2 Godlove, Tara	36	OREG	1:20.65

Women 40-44

50 SC Meter Free			
1 Fockler, Kathy	42	SWMS	36.49
100 SC Meter Free			
2 Beard, Leslie	44	OREG	1:20.21
400 SC Meter Free			
1 Young, Susie	40	OREG	5:35.62
2 Frieder, Marisa	40	OREG	6:02.55
3 Beard, Leslie	44	OREG	6:10.48
50 SC Meter Breast			
1 Frieder, Marisa	40	OREG	42.81
100 SC Meter Breast			
1 Frieder, Marisa	40	OREG	1:31.89
50 SC Meter Fly			
1 Young, Susie	40	OREG	39.64
100 SC Meter IM			
1 Frieder, Marisa	40	OREG	1:27.48
200 SC Meter IM			
1 Young, Susie	40	OREG	3:05.87

Women 45-49

50 SC Meter Free			
1 Dahl, Lisa	48	PNA	28.30
2 Foley, Sharon	49	OREG	33.39
3 Candelaria, Sharron	45	OREG	35.64
100 SC Meter Free			
1 Dahl, Lisa	48	PNA	1:03.31
2 Candelaria, Sharron	45	OREG	1:18.76
50 SC Meter Breast			
1 Dahl, Lisa	48	PNA	39.61
2 Foley, Sharon	49	OREG	44.92
3 Candelaria, Sharron	45	OREG	47.65
50 SC Meter Fly			
1 Dahl, Lisa	48	PNA	30.91
2 Foley, Sharon	49	OREG	38.15
100 SC Meter IM			
1 Dahl, Lisa	48	PNA	1:13.38

Women 50-54

50 SC Meter Free			
1 Bender, Sherry	50	SWMS	39.31
2 Quinn, Christy	50	SWMS	53.24
100 SC Meter Free			
1 Vincent, Nancy	50	SWMS	1:15.97

2 Bender, Sherry	50	SWMS	1:28.12
* Andrus-Hughes, Karen	52	OREG	1:05.60
200 SC Meter Free			
1 Vincent, Nancy	50	SWMS	2:49.86
2 Bender, Sherry	50	SWMS	3:19.52
400 SC Meter Free			
1 Crabbe, Colette	53	OREG	5:27.91
2 Bender, Sherry	50	SWMS	6:51.72
50 SC Meter Back			
1 Redwine-Baker, R.	50	OREG	42.30
100 SC Meter Back			
* Andrus-Hughes, Karen	52	OREG	1:11.46
200 SC Meter Back			
1 Andrus-Hughes, Karen	52	OREG	2:39.02 Z
50 SC Meter Breast			
1 Vincent, Nancy	50	SWMS	42.33
2 Redwine-Baker, R.	50	OREG	44.43
100 SC Meter Breast			
1 Vincent, Nancy	50	SWMS	1:33.02
200 SC Meter Breast			
1 Crabbe, Colette	53	OREG	3:05.08
100 SC Meter IM			
1 Crabbe, Colette	53	OREG	1:17.98
2 Redwine-Baker, R.	50	OREG	1:32.61
3 Bender, Sherry	50	SWMS	1:47.88

Women 55-59

200 SC Meter Fly			
1 Summers, Jeanna	55	OREG	3:49.00
100 SC Meter IM			
1 Summers, Jeanna	55	OREG	1:35.13
200 SC Meter IM			
1 Summers, Jeanna	55	OREG	3:24.55

Women 60-64

50 SC Meter Free			
1 Welch, Sarah	62	PNA	34.62
2 Binder, Lauren	62	OREG	42.77
200 SC Meter Free			
1 Binder, Lauren	62	OREG	3:22.96
400 SC Meter Free			
1 Binder, Lauren	62	OREG	6:58.77
2 Ellis, Esther	64	SWMS	8:39.96
100 SC Meter Back			
1 Ellis, Esther	64	SWMS	2:31.69
200 SC Meter Back			
1 Ellis, Esther	64	SWMS	5:32.71
50 SC Meter Fly			
1 Welch, Sarah	62	PNA	39.20
100 SC Meter Fly			
1 Welch, Sarah	62	PNA	1:32.73
100 SC Meter IM			
1 Welch, Sarah	62	PNA	1:32.52
2 Ellis, Esther	64	SWMS	2:32.28
200 SC Meter IM			
1 Welch, Sarah	62	PNA	3:19.20 Z

Women 65-69

50 SC Meter Free			
1 Ward, Joy	67	OREG	36.65
2 Frid, Barbara	67	OREG	37.70
3 Calnek-Morris, Sue	66	OREG	38.18
100 SC Meter Free			
1 Calnek-Morris, Sue	66	OREG	1:32.29
200 SC Meter Free			
1 Calnek-Morris, Sue	66	OREG	3:16.70
400 SC Meter Free			
1 Calnek-Morris, Sue	66	OREG	6:53.94
50 SC Meter Back			

1 Frid, Barbara 67 OREG 45.19

50 SC Meter Breast

1 Frid, Barbara 67 OREG 48.33

2 Calnek-Morris, Sue 66 OREG 56.86

50 SC Meter Fly

1 Ward, Joy 67 OREG 40.50

2 Frid, Barbara 67 OREG 41.53

100 SC Meter IM

1 Ward, Joy 67 OREG 1:37.33

Women 70-74

100 SC Meter Free

2 Alexandre, Mary 74 OREG 1:59.98

Women 80-84

50 SC Meter Free

1 Austen, Betsy 82 OREG 1:22.55

400 SC Meter Free

1 Austen, Betsy 82 OREG 13:21.96 O

50 SC Meter Back

1 Austen, Betsy 82 OREG 1:30.51

50 SC Meter Breast

1 Austen, Betsy 82 OREG 1:39.22

100 SC Meter Breast

1 Austen, Betsy 82 OREG 3:31.30

Men 18-24

50 SC Meter Free

1 Nees, Curtis 19 OREG 27.58

2 Robertson, Ryan 23 SWMS 29.11

100 SC Meter Free

1 Nees, Curtis 19 OREG 1:01.29

2 Robertson, Ryan 23 SWMS 1:06.57

50 SC Meter Back

1 Nees, Curtis 19 OREG 35.62

50 SC Meter Breast

1 Nees, Curtis 19 OREG 40.17

100 SC Meter Breast

1 Esser, Thomas 21 OREG 1:23.71

50 SC Meter Fly

1 Robertson, Ryan 23 SWMS 30.56

2 Nees, Curtis 19 OREG 32.52

3 Esser, Thomas 21 OREG 32.71

100 SC Meter Fly

1 Robertson, Ryan 23 SWMS 1:14.90

100 SC Meter IM

1 Esser, Thomas 21 OREG 1:17.13

2 Robertson, Ryan 23 SWMS 1:17.89

Men 25-29

50 SC Meter Free

1 Kaden, Will 29 OREG 27.09

2 Cleary, Kevin 26 OREG 28.33

3 Nguyen, Drew 28 SWMS 34.93

100 SC Meter Free

1 Kaden, Will 29 OREG 1:00.87

50 SC Meter Breast

1 Kaden, Will 29 OREG 36.04

2 Cleary, Kevin 26 OREG 36.17

50 SC Meter Fly

1 Cleary, Kevin 26 OREG 29.94

2 Kaden, Will 29 OREG 30.12

3 Nguyen, Drew 28 SWMS 40.21

100 SC Meter IM

1 Kaden, Will 29 OREG 1:14.07

2 Nguyen, Drew 28 SWMS 1:35.43

Men 30-34

50 SC Meter Free

1 Berebitsky, Jeff 34 OREG 29.06

2 Williams, Sumner 30 OREG 30.34

3 Kasberg, K.C. 34 SWMS 30.62

4 Johnson, Steven 34 OREG 32.11

100 SC Meter Free

1 Wiepert, Bryan 31 OREG 1:02.94

2 Berebitsky, Jeff 34 OREG 1:04.39

3 Williams, Sumner 30 OREG 1:06.42

4 Johnson, Steven 34 OREG 1:16.40

200 SC Meter Free

1 Williams, Sumner 30 OREG 2:30.61

400 SC Meter Free

1 Williams, Sumner 30 OREG 5:22.36

50 SC Meter Breast

1 Kasberg, K.C. 34 SWMS 43.68

50 SC Meter Fly

1 Kasberg, K.C. 34 SWMS 34.27

2 Williams, Sumner 30 OREG 37.28

100 SC Meter IM

1 Wiepert, Bryan 31 OREG 1:13.07

2 Berebitsky, Jeff 34 OREG 1:19.75

3 Johnson, Steven 34 OREG 1:37.21

Men 35-39

50 SC Meter Free

1 Bruzual, Igor 39 OREG 26.63

2 Jelen, Doug 36 PNA 28.76

3 Kreps, Eric 37 OREG 37.02

100 SC Meter Free

1 Kreps, Eric 37 OREG 1:30.90

400 SC Meter Free

1 Lassen, Jason 37 OREG 6:47.71

50 SC Meter Back

1 Kreps, Eric 37 OREG 55.29

100 SC Meter Back

1 Jelen, Doug 36 PNA 1:09.90

50 SC Meter Breast

1 Braun, Mark 38 OREG 37.35

100 SC Meter Breast

1 Braun, Mark 38 OREG 1:21.99

200 SC Meter Breast

1 Lassen, Jason 37 OREG 3:13.75

50 SC Meter Fly

1 Bruzual, Igor 39 OREG 28.52

2 Tujo, Christian 38 OREG 29.73

3 Kreps, Eric 37 OREG 49.73

100 SC Meter Fly

1 Jelen, Doug 36 PNA 1:05.19

2 Bruzual, Igor 39 OREG 1:06.72

3 Tujo, Christian 38 OREG 1:09.15

200 SC Meter Fly

1 Jelen, Doug 36 PNA 2:25.63

2 Tujo, Christian 38 OREG 2:55.27

100 SC Meter IM

1 Bruzual, Igor 39 OREG 1:09.46

2 Braun, Mark 38 OREG 1:18.84

200 SC Meter IM

1 Lassen, Jason 37 OREG 3:06.82

Men 40-44

50 SC Meter Free

1 Wan, Eric 43 OREG 25.62

2 Clydesdale, William 42 OREG 26.49

3 Platman, Steve 43 OREG 28.84

4 Karyukin, Andrei 44 OREG 31.75

5 Courtney, Daryl 40 OREG 39.39

100 SC Meter Free

1 Wan, Eric 43 OREG 55.88

2 Platman, Steve 43 OREG 1:08.03

3 Karyukin, Andrei 44 OREG 1:08.50

50 SC Meter Breast

1 Clydesdale, William 42 OREG 34.41

2 Courtney, Daryl 40 OREG 48.58

50 SC Meter Fly

1 Clydesdale, William 42 OREG 30.11

2 Karyukin, Andrei 44 OREG 32.51

100 SC Meter IM

1 Clydesdale, William 42 OREG 1:07.46

2 Karyukin, Andrei 44 OREG 1:18.83

3 Platman, Steve 43 OREG 1:23.79

Men 45-49

50 SC Meter Free

1 Hathaway, David 49 OREG 27.18

2 Cossey, Terry 45 OREG 31.98

100 SC Meter Free

1 Cossey, Terry 45 OREG 1:12.22

50 SC Meter Back

1 Butcher, Gano 45 OREG 31.52

50 SC Meter Breast

1 Hathaway, David 49 OREG 36.13

2 Washburne, Brent 48 OREG 37.54

3 Cossey, Terry 45 OREG 42.80

50 SC Meter Fly

1 Butcher, Gano 45 OREG 29.39

2 Hathaway, David 49 OREG 29.50

100 SC Meter IM

1 Butcher, Gano 45 OREG 1:05.68 O

2 Hathaway, David 49 OREG 1:07.38

3 Cossey, Terry 45 OREG 1:24.16

200 SC Meter IM

1 Hathaway, David 49 OREG 2:28.62

Men 50-54

50 SC Meter Free

1 La Count, Curt 51 OREG 27.83

2 Helm, Charlie 53 OREG 37.76

100 SC Meter Free

1 Gipe, Dan 50 OREG 1:19.39

200 SC Meter Free

1 Roberts, Steve 51 OREG 2:35.44

400 SC Meter Free

1 Otto, Douglas 50 OREG 5:01.50

2 Roberts, Steve 51 OREG 5:38.07

50 SC Meter Back

1 La Count, Curt 51 OREG 31.55

2 Helm, Charlie 53 OREG 56.29

200 SC Meter Back

1 Otto, Douglas 50 OREG 2:41.85

50 SC Meter Breast

1 Allender, Patrick 51 OREG 34.37

2 Dowd, Mike 51 OREG 37.99

3 Dwight, Charles 54 OREG 38.81

100 SC Meter Breast

1 Allender, Patrick 51 OREG 1:11.94 Z

2 Dowd, Mike 51 OREG 1:23.02

3 Dwight, Charles 54 OREG 1:27.51

4 Gipe, Dan 50 OREG 1:36.52

200 SC Meter Breast

1 Otto, Douglas 50 OREG 2:54.82

2 Dowd, Mike 51 OREG 2:57.76

50 SC Meter Fly

1 La Count, Curt 51 OREG 29.01 O

100 SC Meter Fly

1 La Count, Curt 51 OREG 1:07.13 O

200 SC Meter Fly

1 Dowd, Mike 51 OREG 3:02.18

100 SC Meter IM

1 La Count, Curt 51 OREG 1:09.09

2 Dowd, Mike 51 OREG 1:22.34

3 Gipe, Dan 50 OREG 1:35.63

4 Helm, Charlie 53 OREG 2:02.80

200 SC Meter IM

1 Otto, Douglas 50 OREG 2:38.90

Men 55-59

50 SC Meter Free

1 Tennant, Mike 56 OREG 25.38 Z

2 Sherwood, Reggie 58 OREG 31.62

100 SC Meter Free

1 Tennant, Mike 56 OREG 57.58

2 Sherwood, Reggie 58 OREG 1:10.41

3 Dunlap, Douglas 58 OREG 1:14.50

4 Ivie, Michael 57 OREG 1:29.01

200 SC Meter Free

1 Tennant, Mike 56 OREG 2:17.93

2 Sherwood, Reggie 58 OREG 2:40.77

400 SC Meter Free

1 Dunlap, Douglas 58 OREG 5:54.16

50 SC Meter Back

1 Edwards, Wes 56 SWMS 31.29

100 SC Meter Back

1 Dunlap, Douglas 58 OREG 1:33.10

2 Sherwood, Reggie 58 OREG 1:41.21

3 Darnell, Stephen 55 SWMS 1:45.70

50 SC Meter Breast

1 Philbrick, Larry	57 OREG	35.37
2 Cotter, Patrick	59 OREG	38.04
3 Sherwood, Reggie	58 OREG	39.94
4 Darnell, Stephen	55 SWMS	50.48
100 SC Meter Breast		
1 Philbrick, Larry	57 OREG	1:17.81
2 Cotter, Patrick	59 OREG	1:24.39
3 Dunlap, Douglas	58 OREG	1:34.40
4 Ivie, Michael	57 OREG	1:48.75
5 Darnell, Stephen	55 SWMS	1:57.25
50 SC Meter Fly		
1 Kevan, Stephen	55 OREG	30.61
100 SC Meter Fly		
1 Kevan, Stephen	55 OREG	1:18.49
100 SC Meter IM		
1 Philbrick, Larry	57 OREG	1:09.45
2 Cotter, Patrick	59 OREG	1:21.45
3 Ivie, Michael	57 OREG	1:42.14
200 SC Meter IM		
1 Kevan, Stephen	55 OREG	2:31.19 Z
Men 60-64		
50 SC Meter Free		
1 Prentice, Douglas	61 OREG	28.49
2 Dasch, Vern	60 OREG	29.26
100 SC Meter Free		
1 Dasch, Vern	60 OREG	1:04.44
3 Ellis, John	63 SWMS	1:25.43
4 Shelfer, Robert	64 SWMS	1:29.75
200 SC Meter Free		
1 Dasch, Vern	60 OREG	2:30.16
2 Ellis, John	63 SWMS	3:07.46
400 SC Meter Free		
1 Ellis, John	63 SWMS	6:29.61
50 SC Meter Breast		
1 Stark, Allen	60 OREG	34.24 Z
2 Prentice, Douglas	61 OREG	39.59
100 SC Meter Breast		
1 Stark, Allen	60 OREG	1:15.00 Z
200 SC Meter Breast		
1 Stark, Allen	60 OREG	2:51.90 Z
50 SC Meter Fly		
1 Stark, Allen	60 OREG	31.68
100 SC Meter IM		
1 Ellis, John	63 SWMS	1:40.76
2 Shelfer, Robert	64 SWMS	1:58.55
Men 65-69		
50 SC Meter Breast		
1 Langsdorf, Michael	68 OREG	54.70
100 SC Meter Breast		
1 Langsdorf, Michael	68 OREG	2:07.79
Men 70-74		
50 SC Meter Free		
1 Thayer, George	73 OREG	33.90
50 SC Meter Back		
1 Thayer, George	73 OREG	40.42
50 SC Meter Breast		
1 Thayer, George	73 OREG	45.46
Men 75-79		
100 SC Meter IM		
1 Radcliff, David	75 OREG	1:24.71 Z
Men 80-84		
400 SC Meter Free		
1 Austen, Clark	82 OREG	12:32.75
Men 85-89		
50 SC Meter Free		
1 Lamb, Willard	87 OREG	38.30
400 SC Meter Free		
1 Lamb, Willard	87 OREG	7:13.19 W
50 SC Meter Back		
1 Lamb, Willard	87 OREG	49.98
100 SC Meter Back		
1 Lamb, Willard	87 OREG	1:47.93 N
200 SC Meter Back		
1 Lamb, Willard	87 OREG	4:00.33

Relays - Women

Women 100-119 200 SC Meter Free Relay

1 OREG	2:09.41	O
1) Schane, Olivia	2) Lassen, Megan	
3) Esser, Elizabeth	4) Kirkwood, Erin	

Women 120-159 400 SC Meter Free

1 SWMS	4:35.90	W
1) Johnson, Serena	2) Molenda, Anne	
3) Sitler, Kealey	4) Thayer, Kathleen	

Women 120-159 200 SC Meter Medley

1 OREG	2:14.74	Z
1) Andrus-Hughes, Karen	2) Gustafson, Aubree	
3) Popelka, Erin	4) Lassen, Megan	

Women 120-159 400 SC Meter Medley

1 SWMS	5:24.50	W
1) Jackson, Maresa	2) Molenda, Anne	
3) Johnson, Serena	4) Thayer, Kathleen	

Women 200-239 400 SC Meter Free

1 SWMS	6:38.78	+W
1) Bender, Sherry	2) Quinn, Christy	
3) Fockler, Kathy	4) Ellis, Esther	

Relays - Men

Men 160-199 200 SC Meter Medley

1 OREG	2:24.75	
1) La Count, Curt	2) Courtney, Daryl	
3) Dwight, Charles	4) Roberts, Steve	

Men 200-239 800 SC Meter Free

1 OREG	8:50.25	Z
1) Allender, Patrick	2) Hathaway, David	
3) Kevan, Stephen	4) Washburne, Brent	

Men 200-239 400 SC Meter Medley

1 SWMS	6:00.18	
1) Edwards, Wes	2) Shelfer, Robert	
3) Ellis, John	4) Kasberg, K.C.	

Relays - Mixed

Mixed 100-119 400 SC Meter Medley

1 OREG	5:04.59	Z
1) Kirkwood, Erin	2) Nees, Curtis	
3) Cleary, Kevin	4) Gustafson, Aubree	

Mixed 120-159 400 SC Meter Free

1 SWMS	4:43.78	+W
1) Thayer, Kathleen	2) Nguyen, Drew	
3) Kasberg, K.C.	4) Johnson, Serena	

Mixed 120-159 400 SC Meter Medley

1 SWMS	5:28.54	W
1) Johnson, Serena	2) Molenda, Anne	
3) Kasberg, K.C.	4) Nguyen, Drew	

Mixed 200-239 400 SC Meter Free

1 SWMS	5:09.76	+W
1) Fockler, Kathy	2) Ellis, John	
3) Vincent, Nancy	4) Edwards, Wes	

Mixed 200-239 400 SC Meter Medley

1 SWMS	5:41.03	+W
1) Edwards, Wes	2) Vincent, Nancy	
3) Walters, Melinda	4) Darnell, Stephen	

Mixed 240-279 400 SC Meter Medley

1 OREG	4:43.20	W
1) Andrus-Hughes, Karen	2) Stark, Allen	
3) Crabbe, Colette	4) Radcliff, David	

Mixed 280-319 400 SC Meter Free

1 OREG	5:05.69	W
1) Andrus-Hughes, Karen	2) Radcliff, David	
3) Frid, Barbara	4) Lamb, Willard	

Mixed 72-99 200 SC Meter Free

1 OREG	2:07.91	O
1) Esser, Thomas	2) Schane, Olivia	
3) Esser, Elizabeth	4) Wiepert, Bryan	

Mixed 72-99 200 SC Meter Medley

1 OREG	2:20.06	Z
1) Schane, Olivia	2) Esser, Thomas	
3) Esser, Elizabeth	4) Wiepert, Bryan	

In a recent Aqua Master, we were talking about fitness/non-racing OMS members and mentioned that we would like to include them in the Aqua Master, but that they don't have much to write about since there are no swim times. An OMS member then told me that non-racing swimmers did have things to write about, so I am giving all you non-racing OMS members a challenge: send me something to write about you! If there is something you or your group of non-racing swimmers has done, send it in to the Aqua Master editor.



Oregon Postal 3000-Yard Swim Results 2009

Place numbers are national places
OR = Oregon Record; **NR** = National Record
 * = Oregon All-Time Top Twelve Time

Women 18-24

2 Kelsey Bowen 24 MACO 39:51.69* 814

Women 25-29

2 Erin Popelka 28 CAT 38:28.06* 843

9 Lara Sernoffsky 28 COMA 53:02.64* 611

10 Lauren Burnett 26 THB 54:49.02* 591

Women 30-34

5 Lauren Thies 30 MACO 35:33.80* 948

13 Evelyn Pryor 32 CAT 42:56.94* 785

16 Elizabeth Strausbaugh 33 COMA 47:33.99 709

19 Stephany Brandt 30 COMA 57:19.00* 588

Women 35-39

10 Cyndi Smidt 39 COMA 46:21.99* 710

13 Teri Foytek 39 EA 54:03.48 609

15 Eva Varga 37 COMA 57:29.00 572

Women 40-44

3 Stephanie Schultz 42 COMA 37:49.67* 881

5 Susie Young 40 THB 40:40.34* 819

7 Gillian Salton 41 COMA 44:30.99* 748

10 Marisa Frieder 40 THB 45:59.99 724

11 Jackie Wursta 42 COMA 47:13.99 705

17 Beth Stormshak 43 EA 1:00:02.74 555

Women 45-49

4 Arlene Delmage 47 ORM 36:24.90* **OR** 978

5 Karen Matson 45 SCAM 38:13.99* 931

12 Joni Young 48 SCC 43:05.49 826

14 Nancy Sorlie 46 COMA 45:36.00 781

17 Lisa Nirell 48 COMA 46:37.99 764

19 Christina Fox 48 CAT 47:09.99 755

21 Stephanie Reid 48 LCM 47:50.99 744

23 Mary Molony 48 COMA 50:55.99 699

24 Gayle Orner 47 CBAT 51:52.78 686

25 Sandy Schmidt 45 COMA 53:49.99 661

26 Debbie Pappa 48 COMA 54:25.00 654

Women 50-54

4 Mary Sweat 52 unat 40:09.21 910

13 Teresa Copeland 51 EA 45:00.99* 812

19 Pat Rogers 50 ORM 51:37.22* 708

28 Debra Finch 51 EA 1:19:57.51 457

Women 55-59

5 Elizabeth Budd 55 CAT 43:51.76* **OR** 831

7 Jeanna Summers 55 ORM 45:52.99* 794

19 Sue Sanders 55 ORM 56:27.55* 645

23 Stephanie Harris 59 EA 1:04:13.12 567

Women 60-64

8 Ginny Saunders 62 ORM 55:07.30* 761

9 Tam Jenkins 61 ORM 55:45.69 752

15 Carol Stark 60 ORM 1:11:05.27* 590

Women 65-69

1 Sue Calnek-Morris 66 ORM 49:44.99* **OR** 919

7 Lynda Christiansen 65 EA 58:04.59* 787

11 Peggie Hodge 69 COMA 1:09:30.99 657

Men 25-29

8 Michael Kalk 29 CAT 41:28.59* 770

Men 30-34

11 Jeff Berebitsky 33 MJCC 40:51.99* 765

Men 35-39

7 Ralph Yanes 38 COMA 40:20.99* 750

8 Mark Braun 38 ORM 41:21.66* 732

10 Chris Tujo 38 COMA 42:20.99 715

13 Jason Lassen 37 ORM 49:11.93* 615

Men 40-44

3 Hardy Lussier 44 COMA 34:25.51* 887

13 Tim Waud 42 ORM 37:27.21* 815

16 Rob Higley 44 COMA 38:24.37 795

18 Eric Wan 43 MACO 39:14.03* 778

Men 45-49

8 David Hathaway 48 ORM 36:47.66* 847

11 Kris Calvin 47 COMA 37:31.99* 830

22 Stephen Flanagan 47 EA 42:12.01* 739

25 Tom Roberts 47 SCAM 43:33.99 715

32 John Griley 46 COMA 49:12.99 633

Men 50-54

5 Pat Allender 50 CAT 36:17.11* 872

11 Doug Otto 50 MACO 37:30.78* 843

22 Ron Kaufmann 51 COMA 47:16.00 669

Men 55-59

7 Charlie Swanson 57 EA 38:09.21* 853

13 Jim Wallace 56 EA 42:16.64* 769

14 Wes Edwards 56 LH 42:35.28 764

15 Allen Larson 56 ORM 42:48.19* 760

20 Douglas Dunlap 58 MJCC 44:55.89* 724

22 Sat Ganesha Khalsa 55 EA 45:04.98 722

23 Mike Carew 59 COMA 47:46.99 681

29 Larry Beck 58 ORM 53:33.20 607

30 Dallas Figley 57 COMA 55:09.33 590

Men 60-64

1 Steve Johnson 61 EA 35:47.58 1000

2 Bob Bruce 61 COMA 38:21.13* 933

3 Jed Cronin 61 THB 39:25.24 904

5 Vern Dasch 60 ORM 41:47.59* 856

11 Byron Oberst 60 COMA 45:29.99* 787

13 John Ellis 63 ORM 47:41.30* 750

21 Larry Gillham 60 COMA 1:03:21.99 565

22 Mike Harris 63 COMA 1:12:31.00 494

Men 65-69

2 Tom Landis 67 COMA 42:33.02 876

5 Ralph Mohr 68 COMA 44:55.99* 829

13 Roger Rudolph 66 COMA 56:09.00 664

Men 70-74

2 Brent Lake 71 COMA 48:37.99 787

4 George Thayer 73 COMA 1:00:10.99 636

Men 75-79

1 Dave Radcliff 75 THB 39:22.67* **NR** 1072

2 Dick Weick 75 EA 49:58.04* 845

RELAYS

Women 18+: 3 x 3000

1 OREG (Bowen, Popelka, Schultz) 1:56:09.42 **OR**

Women 25+: 3 x 3000

4 OREG (Sorlie, Copeland, Pryor) 2:13:33.93

Women 35+: 3 x 3000

3 OREG (Salton, J Young, S Young) 2:08:16.82

Women 45+: 3 x 3000

2 OREG (Sweat, Matson, Delmage) 1:54:48.10 **OR**

Women 55+: 3 x 3000

2 OREG (Saunders, Summers, Budd) 2:24:52.05 **OR**

Women 65+: 3 x 3000

1 OREG (Hodge, Christiansen, Calnek-Morris) 2:57:20.57 **OR**

Men 25+: 3 x 3000

6 OREG (Berebitsky, Wan, Higley) 1:58:30.39

Men 35+: 3 x 3000

3 OREG (Calvin, Waud, Lussier) 1:49:24.71

Men 45+: 3 x 3000

4 OREG (Otto, Hathaway, Allender) 1:50:35.55 **OR**

Men 55+: 3 x 3000

1 OREG (Bruce, Swanson, Johnson) 1:52:17.92 **OR**

Men 65+: 3 x 3000

Oregon Postal 6000-Yard Swim Results 2009

Place numbers are national places
OR = Oregon Record; **NR** = National Record
 * = Oregon All-Time Top Twelve Time

Women 30-34

5 Evelyn Pryor 32 CAT 1:29:41.99* 760

Women 40-44

3 Susie Young 40 THB 1:23:34.50* 815

Women 45-49

2 Arlene Delmage 47 ORM 1:16:27.58* **OR** 838

5 Karen Matson 45 SCAM 1:20:30.99* 796

7 Terri Tynismaa 47 CGM 1:25:31.52* 749

8 Joni Young 48 SCC 1:26:57.19 737

Women 50-54

4 Mary Sweat 52 unat 1:21:42.02 921

7 Teresa Copeland 51 EA 1:35:00.99* 792

9 Pat Rogers 50 ORM 1:42:36.99* 733

12 Connie Peterson 54 COMA 2:01:18.99* 620

Women 55-59

3 Elizabeth Budd 55 CAT 1:31:54.99* **OR** 808

Women 60-64

4 Tam Jenkins 61 ORM 1:52:24.99* **OR** 836

Men 40-44

5 Rob Higley 44 COMA 1:15:44.99* 813

Men 45-49

8 David Hathaway 48 ORM 1:16:13.89* 854

13 Tom Roberts 47 SCAM 1:31:08.99* 714

Men 50-54

12 Mike Dowd 50 MACO 1:42:00.99*IM! 638

13 Walt Carter 54 COMA 1:52:20.99* 579

Men 55-59

9 Allen Larson 56 ORM 1:29:53.99* 753

12 Mike Carew 59 COMA 1:44:28.99* 648

13 Dallas Figley 57 COMA 1:48:23.17* 625

14 Larry Beck 58 ORM 2:00:19.39* 563

Men 60-64

1 Bob Bruce 61 COMA 1:18:10.29* 939

6 John Ellis 63 ORM 1:37:44.99* 751

Men 65-69

2 Ralph Mohr 68 COMA 1:33:05.56* 840

Men 70-74

1 Brent Lake 71 COMA 1:44:38.99 764

Men 75-79

1 Dave Radcliff 75 THB 1:22:04.17* 1102NR

RELAYS

Women 25+: 3 x 6000

2 OREG (Rogers, Copeland, Pryor) 4:47:19.97

Women 35+: 3 x 6000

2 OREG (J Young, Tynismaa, S Young) 4:16:03.21

Women 45+: 3 x 6000

1 OREG (Sweat, Matson, Delmage) 3:58:40.59 **NR**

Men 35+: 3 x 6000

1 OREG (Bruce, Hathaway, Higley) 3:50:09.17 **OR**

Men 45+: 3 x 6000

4 OREG (Carter, Figley, Dowd) 5:22:43.15

Men 55+: 3 x 6000

1 OREG (Carew, Ellis, Larson) 4:52:07.97

Men 65+: 3 x 6000

1 OREG (Lake, Mohr, Radcliff) 4:39:48.72

Mixed 25+: 4 x 6000

2 OREG (Pryor, S Young, Dowd, Ellis) 6:13:02.47

Mixed 35+: 4 x 6000

1 OREG (Matson, Delmage, Hathaway, Higley) 5:08:57.45 **OR**

Mixed 45+: 4 x 6000

3 OREG (Tynismaa, Sweat, Mohr, Larson) 5:50:13.09

Mixed 55+: 4 x 6000

1 OREG (Jenkins, Budd, Radcliff, Bruce) 6:04:34.44 **NR**

Combined National Club Scores:

Combined National Club Scores:

Pl	Team	Points	Swimmers
1	Oregon	63,119	84
2	St Pete Masters	26,984	35
3	Niagara Masters	18,983	25

Pl	Team	Points	Swimmers
1	Oregon	19,988	26
2	St Pete Masters	9,290	12
3	Illinois Masters	6,906	8

Top twelve swimmers in Quality Points:

1	Dave Radcliff	1072 pts (set new National Record!)
2	Steve Johnson	1000 (missed his own NR by .50)
3	Arlene Delmage	978
4	Lauren Thies	948
5	Bob Bruce	933
6	Karen Matson	931
7	Sue Calnek-Morris	919
8	Mary Sweat	910
9	Jed Cronin	904
10	Hardy Lussier	887
11	Stephanie Schultz	881
12	Tom Landis	876

Top twelve swimmers in Quality Points:

1	Dave Radcliff	1102 pts (set new National Record!)
2	Bob Bruce	939
3	Mary Sweat	921
4	David Hathaway	854
5	Ralph Mohr	840
6	Arlene Delmage	838
7	Tam Jenkins	836
8	Susie Young	815
9	Rob Higley	813
10	Elizabeth Budd	808
11	Karen Matson	796
12	Teresa Copeland	792

National Qualifying Times Explained

by Jeff Roddin

National qualifying times for Spring Nationals (short course yards) are based on a formula using the average 10th place times from the previous three years of USMS Top 10 times.

Qualifying times for Summer Nationals (long course meters) are based on a formula using the average 5th place times from the previous three years of USMS Top 10s. The reason behind this is that LCM is not as popular as SCY and some LCM age group/event combinations don't even have 10 swimmers around the country who swim that event.

The reason we take a rolling three year average is to smooth out any "bumps" that may occur if one year is unusually slow or fast.

Each year the Championship Committee sets the percentage delta from that three-year average. Typically the times are 10 percent slower than the 10th place average for SCY, and 15 percent slower than the 5th place average for LCM. Often, the times are made slower for the sprint events (50s and 100s) while keeping all other events at the standard.

The purpose for the qualifying times is not to make our championship meets exclusive. The intention is to cut down on the number of entries due to facility capacity and the timeline of each day. For example, several heats of the 50 free could be added without affecting the timeline much, but the addition of a single 1650 heat could add half an hour or more.

Times are not necessarily intended to be a motivating factor either, but they can serve that purpose. A caveat to using them as motivation though is that the times change from year to year, depending on who hosts the meet. For example, if a LCM host can run two pools simultaneously, instead of the usual one course, then the times would likely be slower so more people could attend.

In order to not be exclusive, and to serve the intent of the timeline, any swimmer can swim up to three events in a national championship meet without meeting the NQTs. For example, if a swimmer meets just one qualifying time, then he or she may swim up to four events. Lastly, for Summer Nationals 2010 in Puerto Rico, the Championship Committee has suspended the traditional three-event limit in favor of swimmers being eligible to enter up to 4 events without meeting the NQT.

Underwater Video Clinic with Dennis Baker

sanctioned by OMS

Date: Sunday, February 7th, 2010.

Time: There will be Four 2 hour sessions starting at Noon. 12-2 pm, 2-4 pm, 4-6pm 6-8 pm.

Location: David Douglas High Swimming Pool.
130th SE Taylor Ct.
Portland OR, 97233.

Fee: \$15.00 Cash only, check if need be.

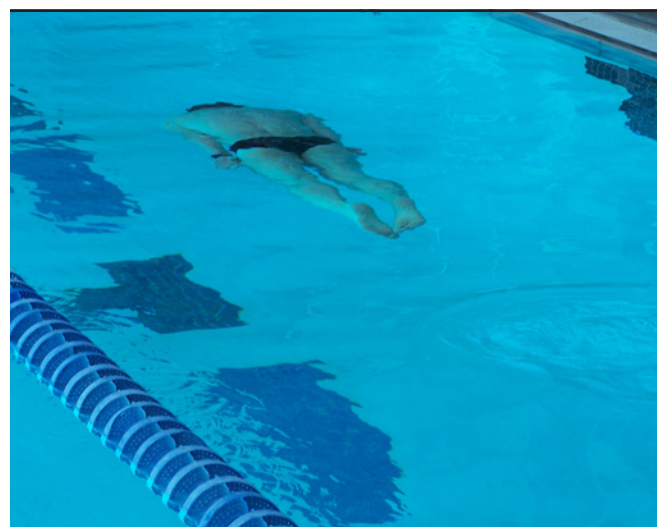
Format: 8-10 swimmers per 2 hour session. We will video tape underwater all swimmers for first 45 minutes then sit down all together and Dennis will review and analyze. Swimmer may choose two strokes to be analyzed, more if time allows.

Contact and RSVP: Email Dennis at bakeswim@yahoo.com. It is a first come first served for the first 40 swimmers. Dennis will have another clinic in March if the demand exceeds 40 swimmers.

Numbering the lanes of competition

Question: Which way are the lanes supposed to be numbered, right to left or left to right? I see them both ways at our local pools.

Answer: Right to left as the swimmers face the course (107.4.3). The only exception is for starting events at the turn end of a 50-meter course (102.10.3A).



Buying a Suit: Knowing What Size, Cut and Material is Right for You

by the professionals at All-American Swim Supply

Swimmers come in all different shapes and sizes, and so does swimwear. When purchasing a new swimsuit, there are a few important factors that should be considered. Most importantly, you should consider:

- Size
- Cut
- Material

So how do you decide? Here are a few tips to help you when purchasing swimwear.

What size do you wear?

Because there are so many different cuts of swimwear and different materials offered, it is hard to know exactly what size to purchase. Height and weight are our primary determining factors in selecting the right size swimsuit. Males, of course, are easier to fit than females. For male sizing, one should rely heavily on waist size. For female sizing, it is best to compare suit sizes to dress sizes. Always remember that suits need to be tight to reduce drag, and depending on the fabric, suits may stretch. Below is a sizing chart that will be helpful when determining your suit size.

What about the cut?

There are many different styles and cuts of competitive swimwear. For males, there are three popular styles of swimsuits: the jammer, the square leg suit and the brief. Jammers reduce water resistance and are great if you prefer more coverage. Square leg suits are form fitting and are slightly longer than briefs. Briefs provide the

least coverage, but are great for competitive swimming and diving. All male swimsuit styles are equally efficient and depend most on your preference and the purpose of the suit.

For females, there are many more choices. You may prefer a more traditional thick-strapped proback suit for competition, or a more fashionable cut, such as the Speedo flyback or the Nike racerback. For those who prefer more coverage or support, you may prefer a thicker-strapped suit with lining or cups, or a more conservative knee-length suit. It is recommended that adult swimmers try on a variety of different styles and cuts to see which is most comfortable.

What material should you choose?

Most suits are made of a Lycra or polyester blend. Lycra or Lycra-blend suits are made of an elastic synthetic fiber. They're durable, but not as long lasting as polyester suits, which often explains the slight difference in price. Polyester suits, made from synthesized polymers that tend to be more resilient than Lycra fabrics, are meant to fight chlorine and endure countless practices. Both fabrics are water-resistant and lightweight. Other materials include nylon and spandex, which may be blended with Lycra or polyester materials in swimwear.

Female Swimwear Size, then Dress Size:

24	26	28	30	32	34	36	38	40
Y8	00 to 0	0 to 2	2 to 4	4 to 6	6 to 8	8 to 10	10 to 12	12 to 14

For males, measure about 1 inch above the natural waistline for approximate sizing

All-American Swim Supply's website currently lists over 20 different styles and cuts. We, at **All-American Swim Supply**, feel confident that these tips can help you when making a swimwear purchase. Please view the table above for additional help with sizing.

LONG DISTANCE SWIMMING

Continued from page 6

Looking forward to 2010:

- S I hope that even more Oregon local teams and clubs become involved in 2010
 - S I hope that each local team and club sees more swimmers participating in more swims
 - S I hope that the Oregon Club can challenge for the National Club championship in the One-Hour Swim.
 - S I hope that we all remember that the Postal swims are more than just championships; they are outstanding fitness events for everyone!
- Good luck and good swimming!

15 Meter Rule

Question: I noticed that the 15-meter rule is missing from breaststroke in the rule book. Doesn't the 15-meter rule apply to breaststroke also?

Answer: No. The 15-meter rule does not apply to breaststroke because the point at which the head must break the surface of the water is defined by the second arm pull rather than the 15-meter mark.



ATLANTA BY STORM!

Fourth in a series
by Jeanna Summers

HERE'S THE NUMBERS

By now many of you readers know about the effort underfoot in Oregon to take droves of Oregon Masters swimmers to Short Course Nationals in Atlanta, GA, in May, 2010. Registered OMS received an e-mail invite, detailing the importance of ALL levels of Oregon swimmers going to Atlanta. The unspoken desire of course is to WIN. Dare we say it? Can we do it? Here are the numbers.

Starting in calendar year 2009, Masters Nationals were scored in two categories: 1) Local Clubs and 2) Regions. Oregon's scores are tallied in the Regions category because we swim as a large group from our entire region, which is based in Oregon.

Here are relevant Regions results from Short Course Nationals in Clovis, CA, May, 2009.

<u>Place</u>	<u>Region</u>	<u>Points</u>	<u>No. of Swimmers</u>
1 st	Colorado	1,337	51
2 nd	Pacific NW (NW WA)	1,013	56
3 rd	OREGON	1,005.5	53
4 th	Arizona	709	34
6 th	North Carolina	563	19
9 th	Georgia	136.5	7

And from Long Course Nationals in Indianapolis, IN, Aug., 2009.

<u>Place</u>	<u>Region</u>	<u>Points</u>	<u>No. of Swimmers</u>
1 st	Michigan	1,730	52
2 nd	Illinois	1,417	72
3 rd	Kentucky	1,048	54
4 th	Arizona	672	15
6 th	North Carolina	592	16
9 th	Georgia	456	18
10 th	Colorado	408	17
11 th	OREGON	330	12
13 th	Pacific NW	254	11

Our biggest competition of course will be Georgia, who has the home court advantage. Second threat will be North Carolina, who showed well far from home at both California and Indiana; they should be out in force at nearby Georgia. Michigan, Illinois and Kentucky took top honors when the meet was next door in Indiana, but can they get numbers to trek to Atlanta? Arizona and Colorado are strong and aren't afraid of traveling.

How will we fare?

One thing's for sure: we'll be one swimmer better if YOU go to Atlanta!

GO OREGON! — ATLANTA BY STORM!

SWIMMER SPOTLIGHT

compiled by Karen Andrus-Hughes

Bob Moon, 54

Occupation: Criminal Defense Lawyer

Local Team: Baker Area Seasoned Swimmer (BASS)

I grew up in Warren, Ohio, swam some when I was a kid, but wasn't especially competitive in my age group, so I "retired" from swimming when I was about 13 years old. I graduated from Howland High School, then Denison University and then the University of Toledo's College of Law without giving any thought to swimming at all. I moved to Baker City in 1983 and decided to give swimming a try again. Eventually I started swimming with Susan Moss who is a nearly technically-perfect swimmer. She used to try to implore me to work on my strokes and not to just see how much water I could move around.

In the fall of 2007 Andrew Storer moved to Baker City, started swimming, saw many of us in the pool and said, "Why don't we start a Masters team?" We all thought it would be sort of fun to swim in meets again, so about seven of us made up a team name and signed up. We all worked pretty hard that fall and several of us signed up for the 2008 Chehalem meet. We had a great time at the meet, and someone from the AquaMaster took my picture and it actually made it into the February, 2008, edition. I took one look at my girth and decided I needed to make some adjustments, so over the ensuing year we swam in several meets and I lost about 35 pounds.

Oregon Masters Swimming has not only been great for my health, but it's been great fun. I look forward to workouts with my teammates, Paula Moe, Susan Moss, Andrew Storer, Andrew Bryan, Brian and Corrine Vegter, Adrienne Tyler, Tim Glidden, Gary Dielman and Mike Hibbard. We have a great time cheering each other on in meets. OMS gave me the opportunity to swim in a meet (the '08 LCM Nationals in Gresham) with my sister Maggie Rowe who lives in Jacksonville, Florida, and last month gave me the opportunity to try to keep up with my 14-year-old niece, Kendra Cheren, who's an age group swimmer from Tualatin Hills.

In October, 2009, several of us talked Dennis Baker into coming out to Baker City to put on a clinic. He did a fantastic job teaching several BASS swimmers and high school kids stroke techniques. I walked away shaking my head realizing that Susan Moss was absolutely right years ago telling me that technique matters. So, for the last couple of months I've been "relearning" how to swim.

All in all, I'm not anymore competitive as a 54-year-old in my age group than I was when I was 13, but it really doesn't matter. I have talented, fun-loving, inspirational teammates that keep me in the water and make sure I don't drown.



Kevin Cleary, 26

Occupation: Swim/Aerobics/Rec Swim Coach for Tualatin Hills Park & Rec District and Assistant Swim Coach-Hillsboro High School

Local Team: Tualatin Hills Barracudas

Kevin is a very self-motivated fellow. He continually sets swimming goals and then works very hard to meet them. Kevin swam in grade school and in high school and was a four-year letterman at Jesuit High School as well as state qualifier and swim team captain. However, it



wasn't until his first Masters meet at Mt Hood in 2004 that he met a longtime goal of swimming, a sub-minute 100-yard butterfly, and he's been able to swim that fast in every Masters meet since. And he just keeps getting faster. "I'm always looking for new and excruciating ways to push my swimming to the next level," says Kevin. He supplements his swim workouts with dry land exercises including core and weight training - usually in the comfort of his garage. This past year he added work with kettlebells to his dry land routine, which he calls "a nasty Russian form of weight training that forces athletes to develop strength, endurance, and power at the same time." He attributes his excellent 2009 season to this dry land training as well as great coaching from Barracuda's head coach, Jon Clark.

His most memorable and successful swim year so far was just this past one, where he attained eight best times during the short course season and five during the long course season, many of them at both USMS National Nampionship meets. He ended the season by achieving another long-time goal of going sub-30 in the SCM 50 butterfly at the MAC meet in December.

"The world of aquatics (both recreational and competitive) has done wonders for me," says Kevin. "My lifelong goal is to use my knowledge and experience in this field to share my success with and improve the lives of others," he adds. In his free time he enjoys watching basketball and football, reading, writing and watching movies.

Erin Kirkwood, 32

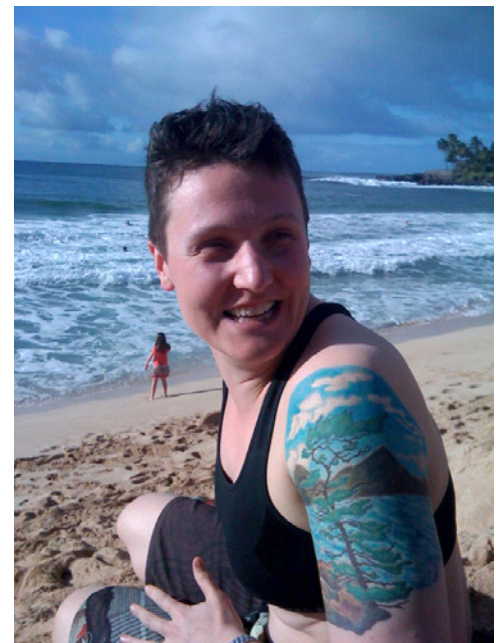
Occupation: Criminal Defense Attorney

Local Team: PCC Masters

I was born and raised in Cincinnati, Ohio. My family is still there. I'm a criminal defense attorney and also work as a clerk at the Urban Farm Store in inner SE Portland.

My mom put me in the water at six months old, and I started swimming competitively when I was six years old. High school was the peak of my career. I trained six days a week, many of those were doubles. I swam in state championships all four years, and my high school team won three of those. I was burned out after that and limped through competing for my first year of university. I thought I'd never swim another lap. I tried Masters swimming about six years ago but I only made it a couple of months. Three years ago, I tried again at Portland Community College and have been swimming there ever since. Jill Schuldt has been a wonderful coach and has developed the program from just a few swimmers to a packed class.

Masters swimming is such a great change from age group swimming. I don't have to get up and swim at 6am if I don't want. I can take it easy if I'm tired. Practicing is finally a choice. I took the last three months off because I was too busy in other areas of my life. Now I'm ready to get back in the water, get back in shape, and compete again. For me, though, having a team and a coach are necessities. I enjoy the social aspect of swimming and need the structure that a coach provides. I like competing, more so when I'm in shape. When I'm in good shape, racing through the water feels great. When I'm not in shape, it feels a bit rough. Either way, though, I get to see friends I've made over the last few years from other teams. Although I've always been a sprinter (free and back), I did a few open water swims this summer and really enjoyed them. It was fun to compete in such a different environment (not a pool). I hope to do more this year. Besides hauling feed bags at the Farm Store, swimming is my only exercise these days. I've done some canoeing around Oregon and canoe tripping on the coast of British Columbia. Currently, my wife and I have five laying hens. Our flock size has fluctuated due to our husky (we've had up to ten chickens including meat chickens). We've thought about expanding our urban farm to include rabbits but haven't taken the plunge yet.



Taking the Plunge - Polar Bear Swim

by Lee Carlson

Have you ever swum a different meet or a different event at a meet solely on impulse? Of course, there are many things I'd never do on impulse? Into this category you can put hang gliding, parasailing and ski jumping.

But on the last day of 2007, I learned about a Lake Washington polar bear swim. Time and place: noon, January 1, at Clark Beach. It just so happened, my wife Dee and I planned on spending New Year's Eve and Day with friends that lived about 10 minutes from the swim.

Why not, I thought. A polar bear swim is on my bucket list (things to do before I kick the bucket). Stealthily, I packed my jammer, goggles, cap and nose-plugs. No way was I going to tell Dee that for sure I'd be taking the icy plunge. That way if I changed my mind, I wouldn't lose face or be accused of being wishy-washy, like some presidential candidate.

At our New Year's Eve celebration dinner, I mentioned I might do the swim. The response: "You must be joking." That response made me hold my tongue and become more determined to do the swim. And this determination may have been reinforced by an extra drink or two during our year-end celebration or watching the Space Needle's fireworks explode and thinking, "Hey, you need to enjoy life to the maximum; com'on, take a few risks.

In the morning I again said I was planning on doing the swim. Everyone gave me that "you-must-still-be-under-the-influence" look. Our hosts then said, "Okay, let's go watch you do this." Now there was no turning back.

We arrived at the beach at 11:40, and walked down to the water. I was the first one there. Shortly, another couple joined us and we all checked out the beach. Concrete steps to the water, a roped-in swimming area and an L-shaped dock for those preferring to dive into the water. An experienced polar bear veteran advised us not to jump in because the wait to get up the ladder is terribly cold. The best approach, he advised, was to walk down the steps, dive in with a shallow dive and swim about 10 strokes, or go to the ropes and then get out.

By 11:50 there were about 20 of us swimmers nervously pacing around, together with an equal number of smug-looking observers. Five minutes later, Niles Clark, the sponsor of this event, announced it was time to get ready. Off went the pants and sweatshirt, on with the swim cap and goggles. By this time, about 30 swimmers

were present. We split up, about half going to the dock and the rest to the concrete steps. Following a final countdown of 10... 9... 8... we went into the unknown cold water.

At first it felt like I was sliding in cold snow, icy, but not impossible. But as I took several strokes, the water felt like a vice tightening on my chest. Though the water was warmer than I expected, it was definitely cold. I learned the next day from former Mercer Island teammate and fellow polar bear swimmer Peggy Pomeroy, that the water temperature was 45 degrees. A tad cooler than the water at the Anacortes and Oak Harbor pools where I regularly swim.

After I emerged from the water, Niles Clark and I chatted briefly. He's been doing the swim since 1968. Many participants have been doing it five or more years. In fact, I remember my family talking about the swim being a Scandinavian tradition, though no family member ever claimed to have embraced this tradition.

After the swim, I found myself wondering about myself and my fellow swimmers. Are we fitness gurus, off-balance exhibitionists, pain seekers or just a group that likes to scream on entering the water? I felt good doing it, better getting out and best remembering it as an adventure. Isn't this what life is about; the journey where you head down some new roads?

As I reflected more on my experience, I'm glad I acted on impulse and took my first, and maybe not last, swim with my fellow polar bears.



Zone Record team for the Mens 200-239 800 Free Relay with David Hathaway on the block, Brent Washburne and Steve Kevan behind him (Pat Allender is already in the water)

Swim Bits

by Ralph Mohr

Winter light is a bane for many swimmers. We do not get enough of it. Up before the sun for practice, or swimming after sunset. It doesn't matter. We do not see or feel the sun enough between the equinoxes.

Doctors are not sure why light has the effect on us that it does. Less light in the winter leads to depression, moodiness, tiredness and SAD, (seasonal affective disorder). The last can lead to overeating, oversleeping, craving carbohydrates and weight gain. Sound familiar?

What to do then? When I wake up in the morning and go down stairs, I immediately open the heat preserving curtains. Even a lightening gloom helps. I then turn on the OTT light chosen for the sun's spectrum and read the paper by it.

Some people have purchased light boxes



which have bulbs in them that shine in the sun's spectrum even though such boxes can be quite expensive. What is important is the color of the bulb. Incandescent and fluorescent bulbs are not enough.

At work I would have a table OTT light for any paper work. I'd also arrange for my desk or room to have a window. Winter light does not have to be directly on you, but you have to be able to see it to have any effect.

I'm lucky enough to be able to swim outdoors at noon, though for skin protection I swim in the shadow of the bathhouse even in the winter. I still see the light.

For more information on SAD and light therapy see <http://www.bio-light.com/therapy.html>.

Fiat lux.

How are potential records for the 400 and 800 relays handled?

Below is a message from Walt Reid regarding how he handles potential records, for the 400 and 800 relays, that have been set as a result of FINA approving those new distances.

"The 'normal' method for FINA Masters Records is you get a certificate for breaking the published record. Records are published each November 1, and May 1. However, with these new distance relays we are not following that procedure. Even though there are now some November 1, 2009, published relays, there are still many with no times.

"So I am waiting the 60 days from the swim to make sure the record stands - then submit to the FINA Office for the certificates. I am posting to the FINA web all approved record

applications in chronological order of the swim. For example, your October 11, 2009, Men 200-239, 400 free relay is posted to the web. The 60 day wait is almost done. If in the next few days I get and approve a faster record swam before yours, then you will be deleted and will not get a certificate. A faster time swam after yours will result in adding the faster time but still showing you as the first relay to set this new record. If you are still in the list after the 60 days (I usually wait a few extra days just to make sure) then you stay in the list and you get a certificate.

We probably will not follow that 'beat the published = get a certificate' for at least the first full year."

Walt Reid

World Record team for the Mixed 280-319 400 Free Relay with David Radcliff, Barbara Frid, Karen Andrus-Hughes and Willard Lamb. See cover story for more about Willard "Wink" Lamb and his amazing stamina.



Biggest Losers

Exercise is certainly necessary to keep our blood circulating well, so it can distribute all those life-supplying nutrients we get from the healthy food we eat. Of course we swimmers think swimming is the best exercise, but any exercise is better than none. If you have ever sat at a desk all day, and then watched TV all evening (no exercise at all), you know how sluggish you get after several days. Below are a couple stories of people who have used swimming as the exercise to control their weight. Congratulations to Lee and Tim for their weight loss and thank you for being willing to share your story with OMS members.

Lee Halford

I was running sprint triathlons and other multisport events a few years ago. My foot was hurting after runs so I went to see some doctors. They all said I should stop running. That was bad news. I thought of myself as a versatile person, and all of a sudden there was a limit to my abilities. I stopped exercising regularly except for an occasional bike ride or kayak trip. My weight increased gradually until it reached 210 pounds, the most I have ever weighed.

The whole time I was gaining weight, I was thinking that I had to start exercising again. After a little homework, I settled on a pool on the way to work. I have been swimming three days a week with the North Clackamas Masters Swimmers ever since. (I have been the treasurer there for the past year, and that gets me there regularly.) I have lost 20 pounds in the past two years. The weight loss has been slow but steady, losing 10 pounds per year. I attribute most of my weight loss to swimming as a form of exercise. My eating habits have not changed too much except I eat more. I eat like a horse after swim practice.

The other part of losing weight has been about setting my diet up to avoid bad foods. We will try making dishes in large quantities specifically for the leftovers. We frequently buy red and green peppers, onions, garlic, potatoes, whole grain rice, and beans because they can go into a variety of home made foods. The variety of good tasting food that we make fills my belly, and that reduces my temptation for bad food or fast food.

Probably the most vulnerable time for me, food wise, is after swim practice. My body is saying "FEED ME" by 9am or 10am. I will end up stopping by Burgerville if I do not have any home prepared food with me.

Food is always my stumbling block. My fiancée loves to bake. There is a loaf of banana bread in the fridge as I am writing this. And

chocolate zucchini bread may sound healthy, but it is not. I drink hot chocolate instead coffee. There are so many more calories in coco. I have heard it is a good recovery drink so I slurp it down every day after swim practice. I mix the coco myself so I know it is natural. I use unsweetened coco powder, brown sugar, milk, and a little coffee. I will have to wean myself off of this drink if I ever stop swimming.

In spite of my sometimes bad eating habits, I managed to drop 20 pounds. I weigh 190 pounds now. I have 10 more pounds to lose, and am confident that will happen as long as I keep swimming.

Timothy Morita-McVey

Tim currently sits at a desk in front of a computer all day doing software testing (not a recipe for staying slim). He began to gain weight from a combination of things. After he finished school there was no longer daily access to the gym and time to play. The increasing responsibilities of marriage, work, a new home owner, and a child on the way added to eating more, and not eating as healthy.

Here is Tims story: "Four to 5 years ago my weight was at an all time high of around 225 lbs (I am 6' 1") and my total cholesterol was above 220 or close to Borderline - High Risk. I started commuting to work by bicycle 5 days a week and eating better which lowered my total cholesterol (208) and brought my weight down to 204 lbs in 2007. Even though my cholesterol was looking better it was still not great, my BMI (Body Mass Index) indicated I was overweight (BMI has its own issues).

"From November, 2008, to today I have lost an additional 14 lbs and have been able to maintain a weight of 190 lbs for the last 6 months (BMI still indicates over-weight, and if I get down

Continued on page 20

Unlocking the Mystery of the FLOG

by Marcia Anziano

You've probably been hearing the word FLOG lately. It's a funny word, FLOG. Actually, to me it sounds a bit dangerous. But have no fear, FLOG is an acronym for Fitness Log. But what exactly is a Fitness Log? Well, it's one of the benefits our members get as part of the MyUSMS section of the U.S. Masters Swimming website. That's right, it's a benefit. This became clear to me last weekend when I asked a friend if she had set up her FLOG, and she replied, "What's a FLOG?" When I told her it was a Fitness Log that you can maintain for yourself on the USMS website, she was thrilled. She had just put Fitness Log on her Christmas wish list.

This was perfect. I needed to write a tutorial for the Fitness Education Committee to share with participants in the Go the Distance fitness event. So here was my opportunity. My friend and I sat down at the computer and I walked her through the process. We set up a logon for MyUSMS, initialized the MyUSMS area, set up the Fitness Log and organized the preferences. And that was it. She was ready to go.

You can use the FLOG to keep track of all sorts of activities, not just swimming. You can track walking, weights, running, Pilates, cycling, spinning,

yoga, and there's also an "other" section for anything else you might want to add. You can even have multiple workouts for each day. It's all tracked automatically.

FLOGs are also a benefit to the Fitness Education Committee since they are the source of input to the popular Go the Distance program. In the past, volunteers had to read through hundreds of emails each month and enter the information into a database for tracking the distance of each participant. Now the participants can track their own workouts using the FLOGs. If they choose to participate in Go the Distance, the data is picked up on a monthly basis.

I have to admit, at first I was only entering my monthly totals for Go the Distance into the FLOG because I had my own traditional way of keeping track of workouts. But as I spent more and more time on the FLOG, I decided to use it on a daily basis. Now I'm hooked. I love seeing the icons and the distance and time I've spent, and see the running totals at the bottom. I even know how many hours I spend walking my dog each month. Now that's a benefit!

So check out the Fitness Logs. I think you'll find them helpful and fun to use.

Biggest Losers

Continued from page 19

to 188 I will be in the Healthy category), additionally, my cholesterol is now in the 180's.

"Bike commuting only got me so far and as it has been 30+ years since I swam in high school I thought I would add that into the equation and pick up competition as a motivator. In November of 2008, I started swimming one day a week and in the spring I was able to increase that to two days a week. I have been at the 190 lb weight since summer and have been able to maintain that weight through commuting, swimming and eating better (ok, not crazy better but much better than 4 or 5 years ago). Better portion size and less junk, though I am far from being a food health nut. I have since increased my swim workouts to 3-4 days a week (as of November, 2009) and have been competing more and having more fun with swim meets.

"Goals going forward: I would like to lose another 5 lbs (185 lbs); lower my total Cholesterol even more, and be more competitive in my age group swimming."

A pessimist is someone who complains about the noise when opportunity knocks.



Seventh Annual Animal Masters Meet
OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET
 Eligibility: Currently registered USMS swimmers, 18 years and older.
 Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #370-02



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

Date: Sunday, February 14, 2010

Positive Check-in at Clerk of Course: 3PM
 Warm-ups: 2:30PM
 Meet Starts: 3:30PM

Hosted by: Canby Swim Club "The GATORS"

Meet Director: DeeAnna Smith. Phone: 503-651-1543. Email: deemarie1964@yahoo.com.

Directions to the pool: **Southbound-** I-205 South to Exit 9 (99E, Oregon City, Gladstone), turn left onto HWY 99E (Oregon City, Canby). continue south on 99E, turn left on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center •

Northbound- I-5 North to Exit 278 (Aurora), turn right on Ehlen Rd and follow into Aurora, turn left onto 99E, drive North into Canby, turn right on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center

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

Ask for the Canby Swim Club preferred rate.

Swimmers will receive one basic Heat Sheet upon completion of final seeding.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR 2010 USMS REGISTRATION CARD OR 2010 REGISTRATION FORM WITH THIS ENTRY
ENTRY DEADLINE: POSTMARK NO LATER THAN Friday, January 29, 2010

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

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____

2010 USMS # _____

USMS CLUB (OREG, SWMS, PNA, ETC) _____

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

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

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

Animal Sprint Masters

100 I.M. (1-2) _____ : _____ . _____

50 FLY (7-8) _____ : _____ . _____

200 FREE (13-14) _____ : _____ . _____

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

Animal Masters

200 I.M. (3-4) _____ : _____ . _____

100 FLY (9-10) _____ : _____ . _____

500 FREE (15-16) _____ : _____ . _____

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

Animal Grand Masters

400 I.M. (5-6) _____ : _____ . _____

200 FLY (11-12) _____ : _____ . _____

1000 FREE (17-18) _____ : _____ . _____

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

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

SIGNATURE _____ DATE _____

Shirt size (circle) S M L XL 2XL

MEET ENTRY FEE: WITH T-SHIRT \$30.00 OR WITHOUT T-SHIRT \$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



February Fitness Challenge 2010

Host: Tualatin Hills Barracudas, Beaverton, Oregon

Purpose: To promote fitness through aquatics by encouraging participants to

visit the pool regularly and to track results over a monthly period.

Rules & Eligibility: Use of training aids and equipment **IS** permitted. You must be at least 18 years of age.

Three Challenges: We have three challenges: 1) count your yardage; 2) count your days; and 3) count the number of people in your group.

Group Participation: Group Participation Awards, please (when possible) send entries together, in one packet, to the Barracudas. Groups may consist of individuals who do either challenge. Please specify the group name and contact person. There is no additional fee.

Recording Results / Excel FFC Tracking Log and Entry Form: Beginning February 1, 2010, record on the form below: either the number of yards completed each day (for lap swim, jog-a-lap, etc.), AND/OR the number of days you visit the pool for an aquatic fitness activity (e.g. water aerobics, etc.). Check the Barracuda Web Page for a special February Fitness Challenge Excel Tracking Log and Entry Blank. (Can be downloaded as a pdf file and/or Excel file) web page:

<http://www.barracudas.org> (click on February Fitness Challenge on the Menu Bar)

PLEASE BE AS ACCURATE AS POSSIBLE!

Conversions: To convert meters to yards for yardage counting please multiply your meters by 1.0936 or go to <http://www.calculateme.com/Length/Meters/ToYards.htm>

Monthly Totals: At month's end, add daily results to obtain monthly total.

Caution: Use caution when attempting to improve fitness level. Increases in activity should be gradual over an extended period. If you have any questions or concerns, please consult your physician.

Age Groups: 18-24, 25-29, 30-34....etc., (in five-year increments). Age is determined by your age on February 28, 2010.

Awards & Results: All participants receive final results and an achievement certificate. For the Counting Yardage Challenge, the three female and three male swimmers in each age group with the highest monthly yardage totals receive awards. For the Counting Days Challenge a special Gold FFC pin will be given to swimmers who swim 27/28 days. A Silver FFC pin will be given to swimmers who swim 20 - 26 days. Please allow at least 8 weeks after deadline for mailing of results and awards.

100,000 Award: The Barracudas will be giving a complimentary FFC pin to any swimmer who swims 100,000 yards during the Challenge.

Group Awards: The top three groups with the largest number of participants will receive special awards.

Entry Fee: \$10.00 for one individual challenge. Select either "Counting Yardage" or "Counting Days" on the form (below). If you would like to do both individual challenges, select "Both" and add \$5 to your entry fee. All fees payable to **Tualatin Hills Barracudas**.

T-Shirts & Caps: \$16.00 for short sleeve, 100% cotton T-shirts, with the 2010 Fitness Frog Logo on the front. Custom Latex swim caps with frog logo available for \$5.00.

Entry Deadline: Entries must be RECEIVED by March 12, 2010. Late entries will not be accepted.

Entry Procedure: Send form below and fees to:

February Fitness Challenge
16055 SW Walker Road #126
Beaverton, Oregon 97006

e-mail: dave@theradcliffs.com or dave5832@gmail.com

web page: <http://www.barracudas.org>

International Entries: \$10.00 additional postage fee required; mail early to ensure arrival by entry deadline.

February Fitness Challenge 2010: Entry Form (please use a return mail label for name/address /or PRINT clearly)

NAME _____ AGE(as of 2/28/'10) _____ SEX _____
ADDRESS _____ CITY _____ STATE _____
ZIP _____ COUNTRY _____ PHONE _____
E-MAIL _____ NAME OF GROUP _____

RESULTS: ☐ Electronic results via email address listed above ☐ Paper results via US Postal
(Results will be sent electronically if neither box is checked)

Achievement Certificate: ☐ Yes I want one sent to me ☐ No
Medals (1st, 2nd, 3rd): ☐ Yes I want one sent to me ☐ No
Pins (Days / 100,000): ☐ Yes I want them sent to me ☐ No

Select Your Challenge(s) (please check one): 1) Counting Yardage _____ 2) Counting Days _____ 3) Both _____

Yards/Days		Yards/Days		Yards/Days		Yard/Days	
Mon Feb 1		Fri Feb 12		Tues Feb 23		Fri Feb 26	
Tues Feb 2		Sat Feb 13		Wed Feb 24		Sat Feb 27	
Wed Feb 3		Sun Feb 14		Thu Feb 25		Sun Feb 28	
Thu Feb 4		Mon Feb 15					
Fri Feb 5		Tues Feb 16					
Sat Feb 6		Wed Feb 17					
Sun Feb 7		Thu Feb 18					
Mon Feb 8		Fri Feb 19					
Tues Feb 9		Sat Feb 20					
Wed Feb 10		Sun Feb 21					
Thu Feb 11		Mon Feb 22					

MONTHLY TOTALS = _____ YDS _____ DAYS

Signature: _____ Date: _____

(I attest that the above results are accurate and true)

Fees:	Entry Fee	\$10.00	(required)
	2nd Challenge	\$5.00	(optional)
	T-Shirt _____ x	\$16.00	(optional)
	(XXL T Shirt add \$2 dollars)		
	Circle T-shirt size (s): S M L XL XXL		
	Swim Cap _____ x	\$5.00	(optional)
	International Fee	\$10.00	(Outside US)
Total:	_____ (US funds only)		
(Please make checks payable to Tualatin Hills Barracudas)			



Tualatin Hills Pentathlon

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

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

Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #370-03

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

6-8 lanes competition-electronic timing
Separate continuous warm-up/down lanes

Date: Saturday, March 20, 2010

Warm-ups: 8AM
Meet Starts: 9AM

Meet director: Jenn Pidkowicz • Jenn.pidkowicz@gmail.com • 661-714-4178 (only if necessary please)
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.

All entrants must submit a photocopy of their current 2010 registration card or 2010 registration form and fee with this entry.

ENTRY DEADLINE: POSTMARK NO LATER THAN MARCH 5, 2010

Fill in lower portion completely — RETURN LOWER PORTION — Fill in lower portion completely —

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____

2010 USMS # _____

USMS CLUB (OREG, SWMS, PNA, ETC) _____

Enter as many as five events. If you choose to not enter all 5 events in any distance category, you will not be scored as a pentathlon.

Sprint

Mar 20, 2010

Mid Distance

50 FLY (1) _____ : _____ . _____

100 FLY (2) _____ : _____ . _____

50 BACK (4) _____ : _____ . _____

100 BACK (5) _____ : _____ . _____

50 BREAST (7) _____ : _____ . _____

100 BREAST (8) _____ : _____ . _____

50 FREE (10) _____ : _____ . _____

100 FREE (11) _____ : _____ . _____

100 I.M. (13) _____ : _____ . _____

200 I.M. (14) _____ : _____ . _____

Distance

200 FLY (3) _____ : _____ . _____

200 BACK (6) _____ : _____ . _____

Break

200 BREAST (9) _____ : _____ . _____

200 FREE (12) _____ : _____ . _____

Break

400 I.M. (15) _____ : _____ . _____

* PLEASE ENTER YOUR BEST TIME OR ESTIMATED TIME. DO NOT USE NT (No Time). ENTERING "SANDBAGGED" TIMES TO GET ADDED REST TIME BETWEEN EVENTS OR CALM WATER IS DISCOURAGED. PLEASE BE FAIR TO ALL... THANKS

RULES: A DISQUALIFICATION IN ONE OF THE FIVE PENTATHLON EVENTS WILL DISQUALIFY YOU FROM THE ENTIRE PENTATHLON EVENT AND YOUR COMBINED TIME WILL NOT BE RECORDED. HOWEVER, YOU WILL STILL BE ABLE TO SWIM THE OTHER INDIVIDUAL EVENTS AND YOUR TIMES FOR THOSE EVENTS WILL BE RECORDED.

"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

Aqua Master

February 2010

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

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

Results: Multnomah Athletic Club SCM;
Oregon Postal 3000 Yard & 6000 Yard

2010 Meet SCHEDULE

(c)swimgraphics.com

<u>Date</u>	<u>Event</u>	<u>Team/Location</u>	<u>Contact</u>
*Feb 1-28	February Fitness Challenge		Tualatin Hills Barracudas
*Feb. 14	SCY Canby Animal Meet	https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=1990	
*March 20	SCY THB Pentathlon		Marisa Frieder; mmfrieder@yahoo.com
April 10	SCY Association Meet		http://www.swimoregon.org
May 16	SCM Hood River		http://www.swimoregon.org
May 20-23	SCY USMS Nationals, Atlanta, GA		http://www.usms.org
June 5	LCM Summer Sizzler, Tualatin Hills		http://www.swimoregon.org
TBD	LCM Gil Young Meet/MHCC, Gresham		http://www.swimoregon.org
Aug 9-13	LCM USMS Nationals, Puerto Rico		http://www.usms.org
•ENTRY BLANK INCLUDED IN THIS ISSUE OF THE AQUA-MASTER You may enter on-line at http://swimoregon.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:

Feb. 9, 2010 Oregon Clinic
Mar. 9, 2010 Rivermark
April, 2010 Association Meet
May 11, 2010 Oregon Clinic
June 8, 2010 Rivermark
July, 2010 Gil Young Meet
Aug. 24, 2010 Oregon Clinic

**KEEP
SWIMMING!**