



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

Volume 37, Number 5

Published 10 Times Yearly by OMS, Inc.

May/June 2010

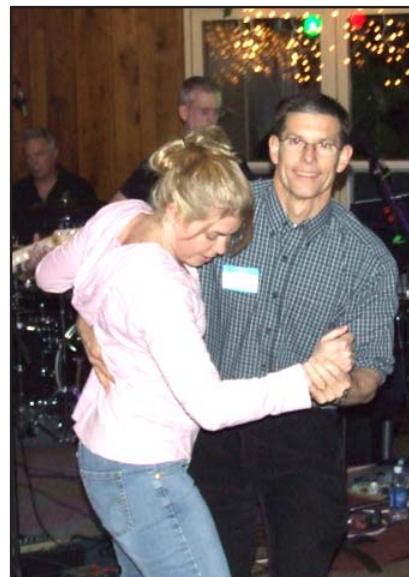
"Swimming for Life"

Fun Times at the 2010 Oregon SCY Championship Meet

by Karen Andrus-Hughes

Close to 300 Master's swimmers descended on the Osborn Aquatic Center in Corvallis, April 9-11, for the annual Oregon Masters Swimming SCY Association Championship meet. Team champion and spirit awards up for grabs gives this once a year event a special flamboyance. And historically it draws two to three times the number of swimmers than other "regular" Oregon Master's meets. It gives many an opportunity to

reconnect with other swimmers they may not have seen since last years championship meet, and for others the incentive to give a Master's swim meet a try for the first time. Best times met, records broken, dances danced, awards awarded and an almost infinite number of smiles exchanged - we'll let pictures tell the rest of the story. A huge thank you to CAT Masters for pulling together a tremendously successful championship meet and awards banquet!



What's Inside

Chair's Corner	2
Off the Block	3
Shake & Swim with Bake	5
Long Distance	6
Results:	
Tualitin Hills Pentathlon	7
One Hour Postal Swim	10
Articles:	
Open Water Preview	13
Swim Bits	16
Atlanta by Storm	17
Swimmer Spotlight	18
More New Lane Mates	20
Michelle Macy	21
Entries:	
Hood River	22
Tualitin Hills Summer Sizzler	23
Schedule of Events	Back Cover



The people behind O.M.S., Inc.

*Chairperson of the Board***Jody Welborn**

6687 SW Canyon Dr.
 Portland, OR 97211 503-297-5889
 jodywelborn@mac.com

*Vice Chairperson - Sanctions***Tim Waud**

715 Jefferson St.
 Oregon City, OR 97045 503-341-3152
 Tward@aol.com

*Secretary***Vacant***Treasurer***Mark Braun**

21601 NE Willow Glen Rd
 Fairview, OR 97024 971-533-5264
 nyurface@abs@gmail.com

*Registrar***Susie Young**

14565 NW Salvia Ct.
 Portland, OR 97229 503-475-8004
 swim.pdx@gmail.com

Aqua Master Editor

Alice Zabudsky 503-630-7499
 azabudsky@msn.com

*Awards***Vacant***Coaches*

Dennis Baker 503-679-4601
 bakeswim@yahoo.com

Data Manager (for swim meets)

Gary Whitman
 OMS Data Manager, PO Box 1072
 Camas, WA 98607-1072 360-896-6818
 all5reds@comcast.net

Fitness Chair

Helen Thurlow
 hjthurlow_28@hotmail.com

Host / Social

Ginger Pierson 360-253-5712
 gingerp@qwest.net

Long Distance

Bob Bruce W 541-389-7665 H 541-317-4851
 coachbob@bendbroadband.com

Membership

Christina Fox (Database) foxkohnert@peak.org
Jackie Parker (Promotion) parkejac@ohsu.edu

Officials (for swim meets)

Jacki Allender 541-753-5681
 seewun@proxix.com

OMS E-mail Group Maintenance

Susie Young 503-475-8004
 swim.pdx@gmail.com

Records

Stephen Darnell 360-834-6020
 financialwizard2@comcast.net

Safety

Joy Ward 503-777-5514
 silenteclipse1210@hotmail.com

Souvenir

Briana Willa 541-223-2367
 williab@onid.orst.edu

Sunshine

Sue Calnek 541-254-1150
 squeegybug60@yahoo.com

Top Ten

Susan Shaw 360-254-3951
 Susan.M.Shaw@comcast.net

Web Master

MJ Caswell
 mjcaswell@earthlink.net

Past Chair

Jeanne Teisher 503-574-4557
 jteisher97007@yahoo.com

Founders of OMS

Karl Von Tegen - Founder
Connie Wilson - Founder
Earl Walter - Historian

Chair's Corner by Jody Welborn

Hi Everyone:

Although I was unable to attend the Association Championships this year, I have received many emails praising the event and the organizers. Thanks so much to Corvallis Aquatic Masters for putting on such a high quality event.

I would like to congratulate all the swimmers who competed. You are all champions.

I would also like to recognize our annual award winners:

The Special Services award to an individual, organization, business, or group that has gone the extra mile by contributing outstanding service to a team or OMS.

Christina Fox**Bryan Butcher**

The Hazel Bressie Spirit-Female awarded to the female who has shown enthusiasm and spirit to her team and/or other Master's swimmers during the past year.

Sandi Rosseau

The Gil Young Spirit-Male awarded to the male who has shown enthusiasm and spirit to his team and/or other Masters swimmers during the past year.

Brent Washburne

The Connie Wilson Trophy memorializing Connie Wilson, a longtime participant and former Chair of Oregon Masters Swimming. It was first awarded in 1986. This award is given annually to an individual who, in the opinion of the OMS Board of Directors, has made an outstanding, long-term leadership contribution to this organization and to Masters Swimming.

Doug Christensen

The Ol' Barn Award honors Earl Walter (a.k.a. the Old Barnacle), a founding member of Oregon Masters Swimming and a longtime participant and contributor to Oregon swimming in many capacities. It was first awarded in 1982 to the Ol' Barn himself. This award is given annually to the individual who, in the opinion of the OMS Board of Directors, has shown outstanding leadership, dedication, and devotion throughout the year to this organization and to Masters swimming.

Alice Zabudsky

Please offer your congratulations to these outstanding volunteers. It is people like these who make our organization great.

Now it is time to put on your thinking caps about how we can make this organization better. Next month I will have some questions for you, the members. I look forward to hearing from you.

Remember, Swimming is for Life, and Life Matters.

United States Masters Swimming Inc., is now, as always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming, Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming, Inc. or Oregon Masters Swimming.

Aqua-Master is the official publication of Oregon Masters Swimming, Inc., 1211 SW Fifth Ave., Portland, OR 97204-3795. It is the source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. Contact Susie Young (Registrar) or Jackie Parker (Membership) for membership information. A subscription is part of membership in OMS. Nonmembers can subscribe using the membership form and sending a check for \$12.00 payable to OMS. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming, Inc. Information is also available on line at www.swimoregon.org.

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



Off the Block



Know The Benefits of Your U.S. Masters Swimming Membership

by USMS

Exclusive Information and Content

- Subscription to the bi-monthly member publication SWIMMER magazine
- Subscription to the monthly member e-newsletter STREAMLINES
- Opportunity to receive the monthly coaches e-newsletter STREAMLINES for Coaches
- Opportunity to create your own blog on usms.org with MyUSMS
- Opportunity to share your photo album with the swimming community on the usms.org
- Opportunity to create a personal usms.org email forwarding address to identify yourself as a member of our aquatic community
- Opportunity to track your fitness activities via the online fitness logs
- Opportunity to rent instructional videos from the USMS video library

Fitness/Participation/Competition Programs

- Opportunity to participate in the very popular One-Hour Swim
- Opportunity to participate in the 3000-yard, 6,000-yard, 5K and 10K swims.
- Opportunity to participate in fitness programs such as NikeSwim Go the Distance and Check-off Challenge
- Opportunity to attend USMS weekend development programs such as SwimFest
- Opportunity to compete in USMS pool and open water events
- Opportunity to compete in USMS spring and summer pool national championships

Coaching

- Exclusive access to workouts provided by select USMS coaches on usms.org
- Access to coached workout programs in

your area

- Access to local Masters clubs and workout groups that provide coached workouts all across the country when you are traveling
- Opportunity to receive support including visits from USMS Club & Coach Services coaches in developing your program
- Recognition and Awards
- Tracking and archiving your event results on USMS.org
- Recognition and awards if you achieve Top 10 or All American status
- Insurance
- \$25,000 of excess accident insurance for both medical and dental while participating in USMS insured activities
- \$5,000 of accidental death insurance while participating in USMS insured activities
- Up to \$650 of temporary disability insurance while participating in USMS insured activities
- Liability insurance for USMS member programs while participating in USMS insured activities

Volunteer Opportunities

- Opportunity to serve in a leadership position within your Local Masters Swim Committee (LMSC)
- Opportunity to serve as a committee member or board of director position with USMS

Grants

- Opportunity to access available grants for your local club development through the USMS Endowment Fund

Sponsors Discounts

- Exclusive sponsor discounts and rewards



Oregon Reign Masters won the Large Team Division, Columbia Gorge Masters won the Medium Team Division and Portland Community College won the Small Team Division



Shake and Swim with "Bake"

Swim, Don't Over-Swim

Coach Dennis Baker



As we head into the Long Course season I try to always emphasize that you must build into everything you swim. This holds true for Short Course swimming as well, but it is much more dramatic in Long Course because there are less turns to help you keep your momentum. Let's go over some tips and reasons why you should not over-swim the first part of anything you do in the water.

1. **BE IN CONTROL.** If you dive in and swim the first 25 or 50 too fast this will directly affect the last part of your race, for that matter the first 5 or 6 strokes can be damaging also. You will lose control and tire too much to keep it all together. When you're in training or in a race and lose control it is a struggle, and you may think you're not even going to make it to the end of practice or to the wall.
2. **THIS IS TRUE FOR DISTANCE SWIMMERS AND SPRINTERS.** Have you ever checked out the splits for the top sprinters in the world? Pretty much even splitting or close to it. Champion sprinters know that they need to build into the first 4 strokes and get up on top of the water and then gain

maximum speed. I have seen many sprinters spin their arms too quick or kick too hard at the start thus never gaining control of themselves or the race.

3. **PRACTICE NEGATIVE SPLIT TRAINING.** This is where you cut in half whatever distance you are doing and go faster the second half. This will help train your body to not over-swim in practice and in a race. Try it at all speeds and mix it up. It's not so much how fast you go but just the fact that you're doing it that activates the energy system.
4. **DON'T START OUT TOO SLOW.** Many swimmers make the mistake of listening to advice of not over-swimming and go too easy at the start. Be strong, be powerful but don't spin out or exert excess energy that can help you at the end. It's a fine line here and you need to practice it to get it right.

Try these tips and you will be well on your way to racing and training smarter and faster. Be in control, don't over-swim and you will enjoy and have more fun in your SWIM.





Long Distance Swimming

by Bob Bruce



Oregon Masters Swimming had a monster breakthrough performance in the 2010 USMS One-Hour Postal Championships, held in January in your local pool. We improved our high level of participation enormously, and both Oregon Clubs picked up second place finishes in their respective size divisions in the club standings. The One-Hour Swim again proved to be the largest single annual USMS participation event (larger by far even than the National Championship pool meets) with more than 3000 swimmers entering this year. This was the strongest One-Hour Swim ever, in both individual and relay events, which magnifies our achievement.

Oregon Participation summary:

- 268 Oregon-registered swimmers entered the event, up hugely from 156 in 2009.
- 145 women & 123 men swam and entered. Guys, the gals still carried the load this year, but we showed some improvement.
- 16 Oregon local teams were represented, up from 14 last year. Well done, teams! Although these teams represent the large majority of OMS membership, where were the other teams?

Congratulations to...

- Our TWO individual National Champions (USMS Long Distance All-Americans)—**Dave Radcliff and Charles Bushey**;
- Our ONE individual runner-up—**Steve Johnson**;
- Our FOUR relay team National Champions (USMS Long Distance Relay All-Americans);
- Our THREE relay team runners-up;
- Our TWO Oregon Individual Record breakers—**Geri Kawabata and Dave Radcliff**;
- Our SEVEN relay teams that smashed Oregon One-Hour Relay Records;
- Our TWO swimmers, **Kristine Senkier** (4950 yards) and **Jamie Proffitt** (5040 yards), who topped the Oregon women's and men's categories respectively;
- Our 55 swimmers whose performances qualified or moved them up on the Oregon All-Time Top Twelve list for the One-Hour Swim—making this list is now a stiff challenge;

- Our Oregon Club, who placed **SECOND** in the Extra-Large Club category with 228 swimmers, up from third last year;
- Our Southwest Washington Masters Club, who placed **SECOND** in the Medium Club category with 40 swimmers in their first year of existence, narrowly missing the top spot by only 665 yards (again pointing out that one swimmer can make a difference);
- Everyone who participated!

Wow! What a turnout, and what performances! I was delighted with the overall turnout and results this year. This was our best team performance ever in the One-Hour Swim! And there's a bonus—268 Oregon-registered swimmers have completed the first of the three legs of the Oregon Postal Participation Award. These swimmers just have to swim & enter both the 5-km & the 3000-yard postal later this year to snag this award. Of course, the truly compulsive swimmers (such as myself) will complete all four remaining postal swims this year to earn the national participation award.

Where do we go from here? Keep on swimming—the essence of this event is in the doing of it.

If the Oregon Club has any intention of moving up to take the top spot, we need to adopt a few strategies to put us there. First, we ALL need to commit to doing this. Second, because this is a massive participation event (the winning team this year had 312 swimmers compared to our 228), we need to plan our participation early and invite/cajole/persuade/shanghai every Oregon swimmer to join us. Third, because the scoring is based on total yardage, we need to make doubly sure that none of our finest distance swimmers—women and men—skip the event. Fourth, we need to persuade the dozens of swimmers who swam the Hour yet without entering the national event to enter [This year, at least 45 swimmers (most of them uncomfortably close to home) completed the Hour but failed to enter. Now I love the aesthetic of swimming the Hour for its own sake, yet I'd also love to see everyone who did the swim pitch in for the larger team effort by entering the event. We can't afford to leave all of those uncounted swims on the table!]. **CAN WE COMMIT TO WINNING THE ONE-HOUR SWIM IN 2011?**

Look for the full 2010 Oregon results in this *Aqua Master*.

Good luck and good swimming!

Tualitan Hills Pentathlon SCY - March 20, 2010

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

Z = Zone Record, (includes OR)
 O = Oregon Record

Women 18-24

50 Yard Free
 1 Cortez, Jessica 22 UNAT 29.45
 2 Lester, Tracey 22 UNAT 30.11
 3 Muzzy, Burgandy 24 OREG 30.27

50 Yard Back
 1 Muzzy, Burgandy 24 OREG 35.72
 2 Cortez, Jessica 22 UNAT 36.27
 3 Lester, Tracey 22 UNAT 40.54

50 Yard Breast
 1 Muzzy, Burgandy 24 OREG 39.71
 2 Cortez, Jessica 22 UNAT 40.39
 3 Lester, Tracey 22 UNAT 42.97

100 Yard Breast
 1 Grier, Cassi 24 SWMS 1:15.92

50 Yard Fly
 1 Grier, Cassi 24 SWMS 30.46
 2 Cortez, Jessica 22 UNAT 33.37
 3 Lester, Tracey 22 UNAT 34.09

4 Muzzy, Burgandy 24 OREG 35.11
 100 Yard IM
 1 Cortez, Jessica 22 UNAT 1:16.03
 2 Muzzy, Burgandy 24 OREG 1:18.12
 3 Lester, Tracey 22 UNAT 1:19.63

200 Yard IM
 1 Grier, Cassi 24 SWMS 2:31.65

Women 25-29

50 Yard Free
 1 Gustafson, Aubree 28 OREG 26.76
 2 Mejia, Denise 27 OREG 31.35
 3 Placek, Christine 25 OREG 32.15

100 Yard Free
 1 Alexander, Emmelie 29 OREG 1:03.56
 2 Caloca, Victoria 27 OREG 1:16.99

50 Yard Back
 1 Gustafson, Aubree 28 OREG 34.21
 2 Placek, Christine 25 OREG 36.99
 3 Mejia, Denise 27 OREG 37.17

100 Yard Back
 1 Alexander, Emmelie 29 OREG 1:16.93
 2 Caloca, Victoria 27 OREG 1:27.50

50 Yard Breast
 1 Gustafson, Aubree 28 OREG 34.73
 2 Mejia, Denise 27 OREG 41.97
 3 Placek, Christine 25 OREG 47.99

100 Yard Breast
 1 Alexander, Emmelie 29 OREG 1:19.25
 2 Caloca, Victoria 27 OREG 1:38.68

50 Yard Fly
 1 Gustafson, Aubree 28 OREG 30.32
 2 Placek, Christine 25 OREG 35.63

100 Yard Fly
 1 Alexander, Emmelie 29 OREG 1:11.14
 2 Caloca, Victoria 27 OREG 1:30.83

100 Yard IM
 1 Gustafson, Aubree 28 OREG 1:08.51
 2 Mejia, Denise 27 OREG 1:21.66
 3 Placek, Christine 25 OREG 1:24.59

200 Yard IM
 1 Alexander, Emmelie 29 OREG 2:34.71

Women 30-34

50 Yard Free
 1 Ellsworth, Laura 34 OREG 37.44

100 Yard Free
 1 Thayer, Kathleen 30 SWMS 1:01.23
 2 Pryor, Evelyn 33 OREG 1:07.94

50 Yard Back

1 Arata, Melissa 33 OREG 32.81

100 Yard Back
 1 Arata, Melissa 33 OREG 1:09.17
 2 Thayer, Kathleen 30 SWMS 1:09.67
 3 Pryor, Evelyn 33 OREG 1:22.08

200 Yard Back
 1 Arata, Melissa 33 OREG 2:36.23

50 Yard Breast
 1 Ellsworth, Laura 34 OREG 43.21

100 Yard Breast
 1 Pryor, Evelyn 33 OREG 1:34.81
 2 Ellsworth, Laura 34 OREG 1:42.45

100 Yard Fly
 1 Pryor, Evelyn 33 OREG 1:24.27

100 Yard IM
 1 Thayer, Kathleen 30 SWMS 1:10.54
 2 Arata, Melissa 33 OREG 1:11.35

200 Yard IM
 1 Pryor, Evelyn 33 OREG 2:50.62

Women 35-39

50 Yard Free
 1 Rigert, Jennifer 37 OREG 29.57

2 Harrison, Elizabeth 35 OREG 41.17

100 Yard Free
 1 Edwards, Bonnie 38 OREG 1:05.23

2 Rigert, Jennifer 37 OREG 1:08.14

200 Yard Free
 1 Lassen, Megan 39 OREG 2:15.43

2 Rigert, Jennifer 37 OREG 2:43.30

50 Yard Back
 1 Rigert, Jennifer 37 OREG 38.53

2 Harrison, Elizabeth 35 OREG 56.69

200 Yard Back
 1 Lassen, Megan 39 OREG 2:28.26

50 Yard Breast
 1 Harrison, Elizabeth 35 OREG 1:11.31

100 Yard Breast
 1 Edwards, Bonnie 38 OREG 1:23.78

200 Yard Breast
 1 Lassen, Megan 39 OREG 2:59.85

50 Yard Fly
 1 Edwards, Bonnie 38 OREG 33.25

2 Harrison, Elizabeth 35 OREG 50.98

200 Yard Fly
 1 Lassen, Megan 39 OREG 2:38.09

100 Yard IM
 1 Edwards, Bonnie 38 OREG 1:15.53

2 Harrison, Elizabeth 35 OREG 1:56.47

400 Yard IM
 1 Lassen, Megan 39 OREG 5:33.65

Women 40-44

50 Yard Free
 1 Thurlow, Helen 40 OREG 40.11

100 Yard Free
 1 Shaw, Susan 43 OREG 1:18.92

50 Yard Back
 1 Thurlow, Helen 40 OREG 59.42

100 Yard Back
 1 Shaw, Susan 43 OREG 1:31.17

100 Yard Breast
 1 Shaw, Susan 43 OREG 1:38.96

100 Yard Fly
 1 Shaw, Susan 43 OREG 1:47.05

200 Yard IM
 1 Shaw, Susan 43 OREG 3:19.15

Women 45-49

50 Yard Free
 1 Jenkins, Valerie 46 OREG 27.62

2 Viales, Dianne 48 OREG 29.03

3 Andrade, Julie 48 UNAT 33.35

100 Yard Free
 1 Caswell, Mj 49 OREG 1:01.18

2 Schrotzberger, L. 45 UNAT 1:10.09

200 Yard Free
 1 Dansby, Ami 48 SWMS 2:42.39

2 Fox, Christina 49 OREG 2:45.48

50 Yard Back
 1 Viales, Dianne 48 OREG 35.31

2 Jenkins, Valerie 46 OREG 36.13

100 Yard Back
 1 Caswell, Mj 49 OREG 1:14.93

2 Schrotzberger, L. 45 UNAT 1:23.14

3 Fox, Christina 49 OREG 1:28.44

200 Yard Back
 1 Dansby, Ami 48 SWMS 3:16.06

50 Yard Breast
 1 Jenkins, Valerie 46 OREG 35.94

2 Viales, Dianne 48 OREG 39.25

3 Andrade, Julie 48 UNAT 42.88

100 Yard Breast
 1 Caswell, Mj 49 OREG 1:19.88

2 Schrotzberger, L. 45 UNAT 1:29.86

200 Yard Breast
 1 Fox, Christina 49 OREG 3:20.08

2 Dansby, Ami 48 SWMS 3:29.93

50 Yard Fly
 1 Jenkins, Valerie 46 OREG 29.13

2 Viales, Dianne 48 OREG 32.86

3 Andrade, Julie 48 UNAT 38.89

100 Yard Fly
 1 Caswell, Mj 49 OREG 1:05.21

2 Schrotzberger, L. 45 UNAT 1:27.22

200 Yard Fly
 1 Dansby, Ami 48 SWMS 3:15.88

100 Yard IM
 1 Jenkins, Valerie 46 OREG 1:09.12

2 Viales, Dianne 48 OREG 1:13.47

3 Andrade, Julie 48 UNAT 1:28.55

200 Yard IM
 1 Caswell, Mj 49 OREG 2:30.77

2 Schrotzberger, L. 45 UNAT 2:55.30

400 Yard IM
 1 Delmage, Arlene 47 OREG 5:20.72

2 Dansby, Ami 48 SWMS 6:37.44

Women 50-54
 50 Yard Free
 1 Vincent, Nancy 50 SWMS 30.39

2 Lamoureux, Lori 50 OREG 30.69

100 Yard Free
 1 Andrus-Hughes, Karen 52 OREG 57.19

2 Crabbe, Colette 53 OREG 1:04.16

3 Worden, Laura 52 OREG 1:10.96

50 Yard Back
 1 Lamoureux, Lori 50 OREG 40.64

2 Vincent, Nancy 50 SWMS 43.42

100 Yard Back
 1 Crabbe, Colette 53 OREG 1:10.39

2 Worden, Laura 52 OREG 1:17.00

200 Yard Back
 1 Andrus-Hughes, Karen 52 OREG 2:19.54

50 Yard Breast

1 Vincent, Nancy 50 SWMS 37.73
2 Lamoureux, Lori 50 OREG 39.94

100 Yard Breast
1 Crabbe, Colette 53 OREG 1:16.24
2 Worden, Laura 52 OREG 1:32.73

50 Yard Fly
1 Andrus-Hughes, Karen 52 OREG 29.51
2 Vincent, Nancy 50 SWMS 33.86
3 Lamoureux, Lori 50 OREG 35.89

100 Yard Fly
1 Crabbe, Colette 53 OREG 1:07.75
2 Worden, Laura 52 OREG 1:12.12

100 Yard IM
1 Vincent, Nancy 50 SWMS 1:18.74
2 Lamoureux, Lori 50 OREG 1:20.74

200 Yard IM
1 Crabbe, Colette 53 OREG 2:28.07
2 Worden, Laura 52 OREG 2:47.07

Women 55-59
100 Yard Free

1 Budd, Elizabeth 56 OREG 1:09.91
200 Yard Free

1 Asleson, Elke 58 OREG 2:56.61
100 Yard Back

1 Budd, Elizabeth 56 OREG 1:22.61
200 Yard Back

1 Asleson, Elke 58 OREG 3:17.13
100 Yard Breast

1 Budd, Elizabeth 56 OREG 1:35.35
200 Yard Breast

1 Asleson, Elke 58 OREG 3:40.93
100 Yard Fly

1 Budd, Elizabeth 56 OREG 1:27.01
200 Yard Fly

1 Asleson, Elke 58 OREG 3:24.43
200 Yard IM

1 Budd, Elizabeth 56 OREG 2:57.15
400 Yard IM

1 Asleson, Elke 58 OREG 6:54.20
Women 65-69

50 Yard Free
1 Ward, Joy 67 OREG 33.07
2 Ellis, Esther 65 SWMS 45.34

3 Sitter, Darby 66 OREG 52.64
100 Yard Free

1 Ellis, Esther 65 SWMS 1:39.47
50 Yard Back

1 Ward, Joy 67 OREG 38.44
2 Ellis, Esther 65 SWMS 1:02.00

3 Sitter, Darby 66 OREG 1:05.55
50 Yard Breast

1 Ward, Joy 67 OREG 47.88
2 Ellis, Esther 65 SWMS 1:03.60

3 Sitter, Darby 66 OREG 1:10.18
50 Yard Fly

1 Ward, Joy 67 OREG 35.67
2 Sitter, Darby 66 OREG 1:03.22

100 Yard IM
1 Ward, Joy 67 OREG 1:26.51
2 Sitter, Darby 66 OREG 2:20.21

200 Yard IM
1 Ellis, Esther 65 SWMS 4:31.63
Women 75-79

50 Yard Free
1 Kawabata, Geraldine 75 OREG 46.48
50 Yard Back

1 Kawabata, Geraldine 75 OREG 57.49
50 Yard Breast

1 Kawabata, Geraldine 75 OREG 1:09.99
50 Yard Fly

1 Kawabata, Geraldine 75 OREG 1:03.97
100 Yard IM

1 Kawabata, Geraldine 75 OREG 2:08.08

Women 85-89

50 Yard Free
1 Stevenin, Elfie 88 OREG 1:55.55
50 Yard Breast

1 Stevenin, Elfie 88 OREG 2:47.96
50 Yard Fly

1 Stevenin, Elfie 88 OREG 2:51.08
100 Yard IM

1 Stevenin, Elfie 88 OREG 4:48.39
Men 25-29

50 Yard Free
1 Cook, Alexander 27 OREG 26.06
50 Yard Back

1 Cook, Alexander 27 OREG 33.55
50 Yard Breast

1 Cook, Alexander 27 OREG 33.94
200 Yard Breast

1 Cleary, Kevin 26 OREG 2:37.33
50 Yard Fly

1 Cleary, Kevin 26 OREG 27.51
2 Cook, Alexander 27 OREG 29.05

100 Yard IM
1 Cook, Alexander 27 OREG 1:08.32
Men 30-34

50 Yard Free
1 Williams, Sumner 30 OREG 27.23
100 Yard Free

1 Thorpe, Nick 30 OREG 53.52
2 Dunn, Alex 30 OREG 58.03

3 Williams, Sumner 30 OREG 59.33
200 Yard Free

1 Williams, Sumner 30 OREG 2:15.02
100 Yard Back

1 Thorpe, Nick 30 OREG 1:09.04
2 Dunn, Alex 30 OREG 1:12.98

100 Yard Breast
1 Thorpe, Nick 30 OREG 1:04.41
2 Dunn, Alex 30 OREG 1:16.57

50 Yard Fly
1 Williams, Sumner 30 OREG 31.37
100 Yard Fly

1 Thorpe, Nick 30 OREG 1:04.58
2 Williams, Sumner 30 OREG 1:09.78

3 Dunn, Alex 30 OREG 1:11.34
200 Yard IM

1 Thorpe, Nick 30 OREG 2:19.24
2 Dunn, Alex 30 OREG 2:30.30

Men 35-39
50 Yard Free

1 Romera, Joaquin 35 OREG 22.60
2 Braun, Mark 38 OREG 26.06

3 Johnson, Steven 35 OREG 28.35
100 Yard Free

1 Browning, Matt 37 OREG 1:02.54
2 Lassen, Jason 37 OREG 1:08.78

200 Yard Free
1 Tujo, Christian 38 OREG 2:01.11
50 Yard Back

1 Romera, Joaquin 35 OREG 27.91
2 Braun, Mark 38 OREG 35.66

3 Johnson, Steven 35 OREG 38.61
100 Yard Back

1 Browning, Matt 37 OREG 1:20.00
2 Lassen, Jason 37 OREG 1:23.15

200 Yard Back
1 Tujo, Christian 38 OREG 2:38.06
50 Yard Breast

1 Romera, Joaquin 35 OREG 29.75
2 Braun, Mark 38 OREG 33.37

3 Johnson, Steven 35 OREG 44.76
100 Yard Breast

1 Lassen, Jason 37 OREG 1:20.01
2 Browning, Matt 37 OREG 1:22.03

200 Yard Breast
1 Tujo, Christian 38 OREG 2:33.97
50 Yard Fly

1 Romera, Joaquin 35 OREG 24.73
2 Braun, Mark 38 OREG 30.22

3 Johnson, Steven 35 OREG 33.98
100 Yard Fly

1 Browning, Matt 37 OREG 1:10.61
2 Lassen, Jason 37 OREG 1:27.18

200 Yard Fly
1 Tujo, Christian 38 OREG 2:21.15
100 Yard IM

1 Romera, Joaquin 35 OREG 57.09
2 Braun, Mark 38 OREG 1:09.31

3 Johnson, Steven 35 OREG 1:19.37
200 Yard IM

1 Browning, Matt 37 OREG 2:42.61
2 Lassen, Jason 37 OREG 2:50.59

400 Yard IM
1 Tujo, Christian 38 OREG 5:03.17
Men 40-44

50 Yard Free
1 Wan, Eric 43 OREG 22.98
2 Courtney, Daryl 41 OREG 36.09

100 Yard Free
1 Garrison, Russell 44 UNAT 58.17
2 Karyukin, Andrei 44 OREG 1:00.49

50 Yard Back
1 Wan, Eric 43 OREG 30.11
2 Karyukin, Andrei 44 OREG 36.57

100 Yard Back
1 Garrison, Russell 44 UNAT 1:13.18
50 Yard Breast

1 Wan, Eric 43 OREG 33.11
2 Karyukin, Andrei 44 OREG 36.13

3 Courtney, Daryl 41 OREG 43.28
100 Yard Breast

1 Garrison, Russell 44 UNAT 1:19.75
50 Yard Fly

1 Wan, Eric 43 OREG 26.39
100 Yard Fly

1 Garrison, Russell 44 UNAT 1:08.09
2 Karyukin, Andrei 44 OREG 1:10.41

100 Yard IM
1 Wan, Eric 43 OREG 1:00.38
2 Karyukin, Andrei 44 OREG 1:10.29

200 Yard IM
1 Garrison, Russell 44 UNAT 2:28.48
Men 45-49

50 Yard Free
1 Washburne, Brent 48 OREG 23.61
2 Hathaway, David 49 OREG 24.35

3 Sumerfield, Bill 49 OREG 24.78
4 Cossey, Terry 45 OREG 27.76

5 Gaarder, Chris 45 OREG 27.81
50 Yard Back

1 Washburne, Brent 48 OREG 29.44
2 Gaarder, Chris 45 OREG 34.52

3 Sumerfield, Bill 49 OREG 34.58
4 Cossey, Terry 45 OREG 36.06

200 Yard Back
1 Hathaway, David 49 OREG 2:19.68
50 Yard Breast

1 Washburne, Brent 48 OREG 31.36
2 Sumerfield, Bill 49 OREG 31.62

3 Gaarder, Chris 45 OREG 32.83
4 Cossey, Terry 45 OREG 36.93

100 Yard Breast
1 Hathaway, David 49 OREG 1:10.06
50 Yard Fly

1 Washburne, Brent 48 OREG 25.47
2 Hathaway, David 49 OREG 26.62

3 Gaarder, Chris 45 OREG 30.12

4 Sumerfield, Bill 49 OREG 31.03
5 Cossey, Terry 45 OREG 31.43
100 Yard IM

1 Washburne, Brent 48 OREG 59.75
2 Hathaway, David 49 OREG 1:00.60
3 Sumerfield, Bill 49 OREG 1:05.32
4 Gaarder, Chris 45 OREG 1:08.61
5 Cossey, Terry 45 OREG 1:11.86

Men 50-54

50 Yard Free

1 La Count, Curt 51 OREG 24.87
2 Allender, Patrick 51 OREG 25.57
3 Wren, Mark 51 OREG 26.10
4 Kaufmann, Ron 51 OREG 27.44
5 Morita-Mcvey, T. 52 OREG 27.54
6 Bergstrom, Robert 53 OREG 28.16
7 Davis, Tad 52 OREG 29.70
8 Helm, Charlie 53 OREG 32.87

100 Yard Free

1 Otto, Douglas 51 OREG 57.70
2 Carter, Walter 54 OREG 1:27.24

200 Yard Free

1 Dowd, Mike 51 OREG 2:23.40

50 Yard Back

1 La Count, Curt 51 OREG 28.64
2 Morita-Mcvey, T. 52 OREG 31.59
3 Allender, Patrick 51 OREG 32.09
4 Wren, Mark 51 OREG 33.98
5 Bergstrom, Robert 53 OREG 36.61
6 Kaufmann, Ron 51 OREG 38.72
7 Helm, Charlie 53 OREG 49.61

100 Yard Back

1 Otto, Douglas 51 OREG 1:06.73

200 Yard Back

1 Dowd, Mike 51 OREG 2:56.04

50 Yard Breast

1 Allender, Patrick 51 OREG 31.21
2 La Count, Curt 51 OREG 34.75
3 Wren, Mark 51 OREG 35.91
4 Morita-Mcvey, T. 52 OREG 36.98
5 Kaufmann, Ron 51 OREG 37.61
6 Bergstrom, Robert 53 OREG 38.40
7 Helm, Charlie 53 OREG 50.08

100 Yard Breast

1 Otto, Douglas 51 OREG 1:10.37
2 Carter, Walter 54 OREG 2:00.62

200 Yard Breast

1 Dowd, Mike 51 OREG 2:39.01

50 Yard Fly

1 La Count, Curt 51 OREG 26.10
2 Allender, Patrick 51 OREG 27.42
3 Wren, Mark 51 OREG 28.15
4 Morita-Mcvey, T. 52 OREG 29.30
5 Bergstrom, Robert 53 OREG 31.83
6 Kaufmann, Ron 51 OREG 32.09
7 Helm, Charlie 53 OREG 44.53

100 Yard Fly

1 Otto, Douglas 51 OREG 1:06.43
2 Carter, Walter 54 OREG 1:55.64

200 Yard Fly

1 Dowd, Mike 51 OREG 2:45.79

100 Yard IM

1 La Count, Curt 51 OREG 1:01.75
2 Allender, Patrick 51 OREG 1:02.67
3 Wren, Mark 51 OREG 1:08.02
4 Morita-Mcvey, T. 52 OREG 1:10.54
5 Bergstrom, Robert 53 OREG 1:16.15
6 Kaufmann, Ron 51 OREG 1:17.06
7 Helm, Charlie 53 OREG 1:41.62

200 Yard IM

1 Otto, Douglas 51 OREG 2:21.21
2 Carter, Walter 54 OREG 3:49.88

400 Yard IM

1 Dowd, Mike 51 OREG 5:43.28

Men 55-59

50 Yard Free

1 Brockbank, Doug 56 OREG 23.86
2 Dwight, Charles 55 OREG 25.49

100 Yard Free

1 Yensen, Kermit 56 OREG 56.97
2 Sherwood, Reggie 58 OREG 1:02.61

50 Yard Back

1 Brockbank, Doug 56 OREG 28.17
2 Dwight, Charles 55 OREG 32.25

3 Sherwood, Reggie 58 OREG 36.14

100 Yard Back

1 Yensen, Kermit 56 OREG 1:10.02

50 Yard Breast

1 Brockbank, Doug 56 OREG 32.96
2 Dwight, Charles 55 OREG 33.70

100 Yard Breast

1 Yensen, Kermit 56 OREG 1:17.61
2 Sherwood, Reggie 58 OREG 1:18.82

200 Yard Breast

1 Cotter, Patrick 59 OREG 2:42.10

50 Yard Fly

1 Brockbank, Doug 56 OREG 27.07
2 Dwight, Charles 55 OREG 27.92

3 Bannan, Charles 57 OREG 28.21

100 Yard Fly

1 Yensen, Kermit 56 OREG 1:05.32

100 Yard IM

1 Brockbank, Doug 56 OREG 1:01.14
2 Dwight, Charles 55 OREG 1:07.63

3 Sherwood, Reggie 58 OREG 1:14.85

200 Yard IM

1 Yensen, Kermit 56 OREG 2:25.32

Men 60-64

50 Yard Free

1 Stout, Jon 63 OREG 26.77
2 Stark, Allen 61 OREG 27.11

3 Cronin, Jed 61 OREG 27.49

4 Zell, Kenneth 62 OREG 31.72

5 Smith, William 64 OREG 35.91

100 Yard Free

1 Dasch, Vern 60 OREG 58.59
2 Bruce, Bob 62 OREG 59.75

3 Lambert, Roy 63 OREG 1:11.21

200 Yard Free

1 Ellis, John 63 SWMS 2:45.57

2 Shelfer, Robert 64 SWMS 3:13.90

50 Yard Back

1 Stout, Jon 63 OREG 33.15
2 Cronin, Jed 61 OREG 33.40

3 Stark, Allen 61 OREG 33.62

4 Smith, William 64 OREG 51.68

100 Yard Back

1 Bruce, Bob 62 OREG 1:11.71

200 Yard Back

1 Ellis, John 63 SWMS 3:41.41

50 Yard Breast

1 Stark, Allen 61 OREG 31.96
2 Dasch, Vern 60 OREG 35.55

3 Stout, Jon 63 OREG 35.75

4 Lambert, Roy 63 OREG 39.77

5 Zell, Kenneth 62 OREG 41.62

6 Smith, William 64 OREG 46.45

100 Yard Breast

1 Bruce, Bob 62 OREG 1:18.94
2 Shelfer, Robert 64 SWMS 1:43.53

200 Yard Breast

1 Ellis, John 63 SWMS 3:19.99

50 Yard Fly

1 Stark, Allen 61 OREG 28.52
2 Cronin, Jed 61 OREG 30.59

3 Stout, Jon 63 OREG 32.74

4 Zell, Kenneth 62 OREG 35.23

5 Smith, William 64 OREG 48.61

100 Yard Fly

1 Bruce, Bob 62 OREG 1:14.41

200 Yard Fly

1 Ellis, John 63 SWMS 3:45.79

100 Yard IM

1 Stark, Allen 61 OREG 1:07.31

2 Stout, Jon 63 OREG 1:09.16

3 Dasch, Vern 60 OREG 1:11.05

4 Zell, Kenneth 62 OREG 1:21.40

5 Smith, William 64 OREG 1:40.64

200 Yard IM

1 Bruce, Bob 62 OREG 2:35.32

400 Yard IM

1 Ellis, John 63 SWMS 7:14.00

Men 65-69

50 Yard Free

1 Langsdorf, Michael 68 SWMS 39.28

50 Yard Back

1 Langsdorf, Michael 68 SWMS 52.32

50 Yard Breast

1 Langsdorf, Michael 68 SWMS 47.05

50 Yard Fly

1 Langsdorf, Michael 68 SWMS 54.49

100 Yard IM

1 Langsdorf, Michael 68 SWMS 1:44.62

Men 70-74

50 Yard Free

1 Thayer, George 74 OREG 30.34

2 Schieltz, Jon 71 OREG 42.28

200 Yard Free

1 Sylva, Richard 71 OREG 2:51.09

50 Yard Back

1 Schieltz, Jon 71 OREG 1:07.64

200 Yard Back

1 Thayer, George 74 OREG 3:05.44

50 Yard Breast

1 Thayer, George 74 OREG 41.16

2 Schieltz, Jon 71 OREG 58.51

50 Yard Fly

1 Schieltz, Jon 71 OREG 53.80

100 Yard IM

1 Thayer, George 74 OREG 1:26.75

2 Schieltz, Jon 71 OREG 2:04.61

Men 75-79

200 Yard Free

1 King, Bill 76 OREG 2:56.19

Men 80-84

50 Yard Free

1 Lertzman, Alan 81 OREG 45.77

100 Yard Free

1 Lertzman, Alan 81 OREG 2:03.11



Elfie Stevenin

Oregon LMSC Postal One-Hour Swim Results 2010

Place numbers are national places

OR = Oregon Record; NR = National Record;

* = made the Oregon All-Time Top Twelve

Women 18-24

39	Laila Hornli	20	LSWM	3590*
49	Sophia Stone	23	TOR	3100

Women 25-29

12	Kelsey Holmberg	28	COMA	4660*
15	Erin Popelka	28	CAT	4585
18	Aubree Gustafson	28	ORM	4520*
28	Emmelie Alexander	28	CGM	4385*
78	Lara Sernoffsky	29	COMA	3545
85	Amanda Callahan	27	NCMS	3400
116	Britta Anderson	26	CGM	2495
117	Ava Sujanaprawira	28	THB	2350

Women 30-34

17	Kathleen Thayer	30	LSWM	4520*
27	Laila Goldring	33	CGM	4355
29	Ellen Kramer	34	ORM	4275*
33	Serena Johnson	32	LSWM	4220
40	Maresa Jackson	30	LSWM	4135
49	Anne Molenda	34	LSWM	4030
53	Kealey Sitler	32	LSWM	4010
70	Jackie Parker	31	OPEN	3750
121	Natalie Benzel	31	LSWM	3090
122	Trisha Kepple	33	CGM	3085
127	Anne Macnab	31	CGM	2965
132	Bree Hoomans	30	CGM	2705

Women 35-39

5	Kristine Senkier	39	COMA	4950*
12	Megan Lassen	39	ORM	4660*
38	Anicia Criscione	36	CAT	4190
41	Amy Kasenga	35	CGM	4120
45	Maxine Braune	38	COMA	4080
50	Melinda Walters	39	LSWM	4030
67	Michelle Jacobs-Brown	38	LSWM	3785
83	Rachel Tsu	39	CGM	3580
84	Staci Sprauer	39	COMA	3580
89	Jodi Ready	38	CGM	3525
91	Cassie Nobbs	38	CGM	3510
96	Jen Mader	38	CGM	3475
101	Angie Lantagne	37	LSWM	3445
106	Neva Winter	36	THB	3390
122	Lisa Haase	38	LSWM	3200
125	Eva Varga	37	COMA	3170
131	Heather Stupfel	39	LSWM	3115
139	Jennifer Strelkaukas	38	CGM	3045
159	Charlene Lambert	36	LSWM	2675

Women 40-44

12	Betsy Watkins	44	ORM	4625*
14	Stephanie Schultz	43	COMA	4620*
20	Susie Young	40	THB	4500*
35	Gillian Salton	41	COMA	4255*
37	Connie Austin	41	COMA	4240
60	Kim Young	41	COMA	3945
63	Marisa Frieder	40	THB	3940
64	Cyndi Smidt	40	COMA	3925
73	Jackie Wursta	43	COMA	3795
78	Natalie McMillan	41	TOR	3750
79	Susan Shaw	42	ORM	3745
84	Laurie Kilbourn	43	THB	3660
89	Jaime Mack	42	CGM	3595
101	Carrie Wessel	41	LSWM	3520
108	Susan Bale	40	COMA	3470

111	Kristin Shreeve	43	CAT	3440
112	Susan Gorman	44	COMA	3430
115	Laurie Ramsey	44	THB	3370
130	Jerri Clark	44	LSWM	3260
133	Tammy Brennan	42	LSWM	3240
144	Ann Angvick	42	EA	3105
147	Amy McElroy	40	COMA	3065
167	Corrine Vegter	44	BASS	2800

Women 45-49

7	Arlene Delmage	47	ORM	4745
8	Karen Matson	45	COMA	4660*
20	Val Jenkins	46	ORM	4475*
27	Mary Jane Caswell	48	CGM	4425*
33	Terri Tynismaa	47	CGM	4375*
86	Ami Dansby	47	LSWM	3835
90	Paula Moe	46	BASS	3800
96	Sue Sutherland	47	CGM	3760
107	Lisa Nirell	48	COMA	3685
111	Christina Fox	49	CAT	3665
112	Jill Miles	49	CGM	3635
120	Anita Burkhard	45	LSWM	3605
129	Gayle Orner	47	CBAT	3555
148	Stephanie Reid	48	LCM	3445
159	Sandy Schmidt	45	COMA	3360
170	Debbie Pappa	48	COMA	3305
170	Kristi Van Dooren	46	CGM	3305
172	Linda Johns	49	NCMS	3300
192	Carolyn Welty-Fick	45	CGM	3170
199	Ellen Dittebrandt	48	CGM	3130
202	Laurie Hubbard	49	COMA	3090
227	Nadine Taylor	48	LSWM	2830

Women 50-54

9	Mary Sweat	52	Unat	4510
13	Colette Crabbe	52	ORM	4360*
50	Barb Harris	50	COMA	3970*
52	Donna Buck	50	CAT	3955*
58	Susan Albright	54	THB	3860
62	Laura Schob	51	COMA	3845
74	Nancy Vincent	50	LSWM	3760
77	Maureen Busby	50	CGM	3730
90	Sherry Binder	50	LSWM	3565
112	Pat Rogers	50	ORM	3435
117	Valeria Anderson	52	Unat	3410
121	Maura Schwartz	50	COMA	3380
123	Lindy Mount	50	COMA	3365
143	Gail Kimberling	53	LCM	3195
145	Connie Peterson	54	COMA	3180
147	an Jeddeloh	54	THB	3150
150	Diane Thomsen	52	LSWM	3100
165	Kerry Messer	50	COMA	2945
178	Christy Quinn	50	LSWM	2815
193	Jan Callow	51	CGM	2610
199	Karen Stafford	54	CGM	2470

Women 55-59

20	Elizabeth Budd	55	CAT	4060
21	Madeleine Holmberg	57	COMA	4025*
26	Jeanna Summers	55	ORM	3910*
41	Darlene Staley	59	THB	3650*
53	Deb Hodesson	58	COMA	3445
55	June Mather	56	RVM	3415
58	Jane Gray	58	CGM	3395

97	Sarah Mason	55	COMA	3030
111	Diane Cardwell	58	COMA	2895
122	Terri Anderson	55	LSWM	2740
130	Linda Coffeen	58	ORM	2600 back
133	Lee Husk	58	COMA	2550
136	Nikki Hilton	56	LSWM	2515
146	Susan Maselli	57	NCMS	2300
154	Kay Cushing	58	ORM	2035
156	Ellen Summers	55	ORM	1910
157	Jo Carney	56	ORM	1900

Women 60-64

28	Jeannie Groesz	60	COMA	3280*
30	Tam Jenkins	61	ORM	3250
31	Ginny Saunders	62	ORM	3225*
43	Esther Ellis	64	LSWM	2760
45	Kristen Markwardt	63	NCMS	2665
54	Carol Stark	61	ORM	2500
61	Sandra Haynie	64	CGM	2260
69	Nadine Edwards	62	LSWM	1820

Women 65-69

7	Joy Ward	67	ORM	3410*
20	Judy Ziemer	65	COMA	2980*
25	Esther Ellis	65	LSWM	2870*
33	Peggie Hodge	69	COMA	2660
39	Bernice Howe	66	THB	2470*
42	Jeanette Bello	66	NCMS	2330
45	Peggy Whiter	66	COMA	2315
51	Claudia Noldge	66	CGM	1670

Women 70-74

15	Mary Alexandre	74	CGM	2850
----	----------------	----	-----	------

Women 75-79

6	Geri Kawabata	75	THB	2920* OR
10	Pat Hunt	78	COMA	2520* OR
18	Nina Gee	76	COMA	2210
19	Bonnie Speer	75	LSWM	2205*

Men 18-24

30	Andrew Mount	20	COMA	3625*
----	--------------	----	------	-------

Men 25-29

35	Brett Crandell	27	COMA	4425*
41	Michael Kalk	29	CAT	4160*
45	Ryan Dalton	27	OPEN	3950
59	Greg Davis	29	CGM	3525

Men 30-34

15	Nathan Boal	32	CAT	4925
47	Todd Lantry	34	RVM	4175
48	Brian Hemphill	34	COMA	4165
63	K.C. Kasberg	34	TOR	3880
74	Travis Overlay	31	COMA	3980
81	Jeremy Groesz	33	COMA	3475
87	Joel Hart	33	CGM	3255
89	Martin Held	30	COMA	3120 fly

Men 35-39

15	Sean O'Shea	35	CGM	4945*
39	Chris Tujo	38	COMA	4500
24	Mark Braun	38	ORM	4475
77	Edgar Rogge	36	TOR	3950
80	Brian Vegter	38	BASS	3850
88	Neil Hatler	39	THB	3700
89	Matt Browning	37	THB	3675
97	Jason Lassen	37	ORM	3560 breast
104	Aaron Smith	38	COMA	3440
105	Mark Bednorz	38	COMA	3435
112	Tom Meese	38	THB	3370
114	Scott Hamilton	38	CGM	3350
125	Jason Combs	38	TOR	3050

Men 40-44

15	Jamie Proffitt	44	COMA	5040*
----	----------------	----	------	-------

17	Cloninger, Dave	40	COMA	5020*
22	Higley, Rob	44	COMA	4975*
25	Tim Waud	42	ORM	4880*
31	Doug Kabel	44	LSWM	4785
55	Theodore Casterline	44	NCMS	4450
70	Andrew Bryan	44	BASS	4325
78	David Rice	42	ORM	4250
90	Nate Sanford	40	RVM	4125
103	Rutger Engbersen	44	CGM	3990
116	Brian Young	42	THB	3820
121	Steve Sloop	44	COMA	3785
134	Robert Lounsbury	41	Unat	3635
141	Gary Albrecht	40	ORM	3550
144	Eric Peterson	44	CGM	3515
153	Steven Olson	42	CGM	3405
156	Barry Paul	44	CGM	3360

Men 45-49

12	David Hathaway	49	ORM	4985*
18	Kris Calvin	47	COMA	4750
31	Bill Sumerfield	49	CGM	4575*
66	Stephen Flanagan	47	EA	4230
92	Tom Roberts	47	SCAM	4085
98	Jim Ivelich	47	COMA	4045
102	Lou Boone	48	OPEN	4025
116	David Livengood	46	OPEN	3900
126	Bill Kline	48	LSWM	3810
133	Scott Christian	47	NCMS	3735
153	Chris Loberg	49	THB	3560
153	Iddo Kadim	46	THB	3560
155	Magnus Nirell	45	COMA	3550
182	Mike Brinster	46	CGM	3150
203	John Visser	47	LSWM	2645

Men 50-54

18	Pat Allender	50	CAT	4830*
29	Doug Goodman	53	CGM	4675
29	Gary Oliver	52	LCM	4675*
29	Doug Otto	50	MACO	4675*
55	Ron Thompson	50	COMA	4385
67	Mark Wren	51	ORM	4300
69	Ed Ramsey	53	THB	4295
110	Mark Tribe	50	EA	3945
118	Mike Dowd	51	MACO	3880
119	Ron Kaufmann	51	COMA	3850
127	Mark Neubert	52	NCMS	3815
128	Bob Moon	54	BASS	3800
128	Mike Van Dooren	51	CGM	3800
161	Charles Taylor	53	Unat	3460
163	Daniel Greenblatt	54	RVM	3450
169	Keith Stelzer	50	CGM	3405
178	Walt Carter	54	COMA	3315
184	Allen Sykora	52	COMA	3265

Men 55-59

18	Charlie Swanson	58	EA	4490*
26	Wes Edwards	56	LSWM	4360*
33	Michael Stephenson	57	CGM	4280
34	Mark Becker	55	THB	4270*
37	Allen Larson	56	ORM	4250*
37	Doug Brockbank	56	ORM	4250*
48	Jim Wallace	56	EA	4090
56	Reggie Sherwood	58	CGM	4025
57	Kermit Yensen	56	THB	4010
80	Chris Toole	58	THB	3840
82	Nick Furman	56	COMA	3820
83	Craig Mather	58	RVM	3800
124	Dallas Figley	57	COMA	3365
129	Patrick Cecil	55	THB	3320
129	Tom Shuman	56	COMA	3320
136	Larry Beck	58	ORM	3250

143	Ed Mierjeski	59	COMA	3100
155	Stephen Darnell	55	LSWM	2980
157	Amin Chisti	59	THB	2940
161	Michael Hauty	59	CGM	2825

Men 60-64

2	Steve Johnson	61	EA	4885
6	Bob Bruce	61	COMA	4525
9	Jed Cronin	61	THB	4460
44	Mike Carew	60	COMA	3690*
46	John Ellis	63	LSWM	3680
56	Bren Hirschberg	64	COMA	3540
87	Rick Jenkins	61	COMA	2975
92	Larry Gillham	60	COMA	2900
95	Mike Harris	64	COMA	2755

Men 65-69

5	Tom Landis	67	COMA	4360
13	Ralph Mohr	68	COMA	3910
18	Frank Philipps	68	RVM	3670
33	Roger Rudolph	66	COMA	3370*
36	John Spence	68	COMA	3240*
53	Bill Mellow	68	CGM	2890

Men 70-74

5	Richard Sylva	71	THB	3375*
12	George Thayer	73	COMA	3060
13	Jon Schlietz	71	THB	3000
17	Gary Dielman	70	BASS	2800*
20	Fred Kawabata	70	THB	2495

Men 75-79

1	Dave Radcliff	75	THB	4520* NR
6	Dick Weick	75	EA	3405*

Men 80-84

9	Ray Allen	83	SOM	2175
---	-----------	----	-----	------

Men 85-89

1	Charles Bushey	88	Unat	2115
---	----------------	----	------	------

Women 18+: 3 x One-hour

6	SWMS (Thayer, Johnson, Hornli)	12,330
---	--------------------------------	--------

Women 25+: 3 x One-hour

6	OREG (Gustafson, Popelka, K Holmberg)	13,765
---	---------------------------------------	--------

Women 35+: 3 x One-hour

4	OREG (Lassen, Watkins, Senkier)	14,285 OR
---	---------------------------------	-----------

Women 45+: 3 x One-hour

5	OREG (Sweat, Matson, Delmage)	13,915 OR
---	-------------------------------	-----------

Women 55+: 3 x One-hour

4	OREG (Summers, M Holmberg, Budd)	12,045
---	----------------------------------	--------

Women 65+: 3 x One-hour

4	OREG (Alexandre, Ziemer, Ward)	9,240 OR
---	--------------------------------	----------

Women 75+: 3 x One-hour

2	OREG (Gee, Hunt, Kawabata)	7,650 OR
---	----------------------------	----------

Men 25+: 3 x One-hour

8	OREG (Waud, Boal, O'Shea)	14,750
---	---------------------------	--------

Men 35+: 3 x One-hour

4	OREG (Higley, Cloninger, Proffitt)	15,035
---	------------------------------------	--------

Men 45+: 3 x One-hour

4	OREG (Calvin, Allender, Hathaway)	14,565 OR
---	-----------------------------------	-----------

Men 55+: 3 x One-hour

2	OREG (Swanson, Bruce, Johnson)	13,900
---	--------------------------------	--------

Men 65+: 3 x One-hour

2	OREG (Philipps, Mohr, Landis)	11,940
---	-------------------------------	--------

Men's 75+: 3 x One-hour

1	OREG (Allen, Weick, Radcliff)	10,100 OR
---	-------------------------------	-----------

Mixed 18+: 4 x One-hour

7	SWMS (Thayer, Hornli, Kabel, Edwards)	17,255
---	---------------------------------------	--------

Mixed 25+: 4 x One-hour

7	OREG (Popelka, K Holmberg, Boal, O'Shea)	19,115
---	--	--------

Mixed 35+: 4 x One-hour

7	OREG (Watkins, Senkier, Cloninger, Proffitt)	19,685
---	--	--------

Mixed 45+: 4 x One-hour

1	OREG (Matson, Delmage, Allender, Hathaway)	19,220
---	--	--------

Mixed 55+: 4 x One-hour

3	OREG (M Holmberg, Budd, Bruce, Johnson)	17,545
---	---	--------

Mixed 65+: 4 x One-hour

1	OREG (Ziemer, Ward, Mohr, Landis)	14,660
---	-----------------------------------	--------

Mixed 75+: 4 x One-hour

1	OREG (Hunt, Kawabata, Weick, Radcliff)	13,365 NR
---	--	-----------

2010 National Team Placement (Extra Large Club Category):

1	Davis Aquatic Masters	312 swimmers	1,084,425 yds
2	OREGON	228	830,595
3	New England Masters	209	790,935
4	Asphalt Green Masters	227	776,780

2010 National Team Placement (Medium Club Category):

1	North Carolina Masters	35 swimmers	136,940 yds
2	SW WASHINGTON MASTERS	40	136,275
3	Ft Lauderdale Aquatics	33	123,030



Oregon Open Water Preview

by Bob Bruce

The coming of spring reminds us that summer is not far away, and with it the 2010 Oregon open water season. Our Event Directors have been working hard to provide swimmers with our best Oregon season ever!

The OMS Long Distance Committee has updated the Oregon Open Water Series. Key changes include:

1. Swims come in three categories—featured (limited to two swims per venue), qualifying, and participation—and you may now earn point credit for all swims;
2. The highest point totals from up to twelve swims will count towards an individual series total; and
3. The limitations on points for wetsuits will be waived if the average water temperature on the course is 67 degrees or lower.

You can find complete information about the 2010 Oregon Open Water Series and schedule at www.swimoregon.org/longdistance/ldseries.php, and you can find the entry forms for all Oregon events at www.swimoregon.org/calendar.php.

Here is a short description the open water offerings at each venue this summer with basic camping and parking information, so that you can plan ahead and reserve your campsites early.

1. Hagg Lake (Sunday, May 23): The Gecko Tri Club, with assistance from OMS liaison Tim Cespedes from the Tualatin Hills Barracudas, will host their annual swims at Hagg Lake. We're thrilled to extend our open water season forward with the earliest opening date ever. There are three separate swims of 800, 2000, and 4000-meters. Look for water temperatures in the low 60s, which would mean no wetsuit deduction for race or series scoring. Event information and mail-in entry forms are available at www.geckotriclub.com, or you can register on-line at www.signmeup.com/68971. These events have proven to be a fine way to kick off the summer season.

On Saturday morning, May 22, in conjunction with these swims, the Barracudas will also be presenting an open water clinic at Hagg Lake featuring several strong clinicians and a practice swim. Details may be found at www.geckotriclub.com.

There is no camping available at or near Hagg Lake, a situation ameliorated somewhat by the Lake's proximity to the Portland Metro area. The McMenamins Grand Lodge in Forest Grove is the closest overnight accommodation; call 877-992-9533. Note: The race venue at Hagg Lake has a \$5 day use fee.

2. Devil's Lake (Sunday, June 13): Event Director Jason Garding and the Lincoln City Parks & Recreation Department will host our newest swims at Devil's Lake in the heart of Lincoln City at Regatta Park. All races will be on a diamond-shaped course with anticipated 68-71 degree water. The opening swim will be an 800 or 3000-meter swim, run concurrently, to be followed by a 400 or 1500-meter swim, also run concurrently. The last event will be the 1500-meter standing paddleboard race. This venue will have a USA-Swimming sanction for kids 10 & over.

On Saturday afternoon, June 12, there will also be an open water clinic given by Coach Bob Bruce at the Lincoln City Community Center Pool. This clinic will be primarily but not exclusively for open water newcomers, both kids and adults

You're in serious trouble if you can't find camping or hotels in Lincoln City. The official Meet Hotel is the Liberty Inn, located at 4990 NE Logan Rd. in the north end of town. Call 877-994-1777 for information and reservations; they will have a special rate for event swimmers on Saturday night.

3. Foster Lake (Saturday, June 26): Host team Central Oregon Masters and Event Director Bob Bruce will run a one-day event at Foster Lake, with an eye towards preparing for the 2011 USMS one-mile National Championship at Foster Lake planned for a cable course yet to be built. This year's swims include 1000 & 2000-meter swims run simultaneously, the popular 3 x 400-meter pick-up pursuit relay, and the exciting 50-meter Tandem Challenge for dogs and their significant others! We anticipate moderate to cool water (67-71). See www.comaswim.org for full details and entry form.

Continued on page 14

Continued from page 13

Foster Lake is a centrally-located venue within two hours of most Oregon-registered swimmers and the registration begins at 9:00am, which will allow many swimmers to travel to and from the venue on the day of the event. However, for those with camping in mind, Sunnyside Park is a fully-equipped Linn County campground 1.2 miles from the race site. Tent sites are \$13/night and hold up to 8 people, and hookup sites are \$18/night plus \$11 reservation fee/site. Call 541-967-3917. Note: The race venue at Lewis Creek County Park has a \$4 parking fee.

4. Applegate Lake (Saturday-Sunday, July 17-18): Event Directors Nate Sanford and host team Rogue Valley Masters (RVM) are on course for the 25th annual Southern Oregon open water swims at Applegate Lake. Saturday features the classic 1500-meter race—the Oregon Individual & Team Association Championship swim this year—followed by a 3 x 500-meter pursuit relay. Sunday's events will be 5000 & 10,000-meter swims, run simultaneously, perfect for this venue. This will be our first opportunity to swim an open water 10-km—to be run as four 2500-meter loops—since 2000! Look forward to hot weather, clear & balmy 73-75 degree water, fine camping, great recreational or cultural opportunities (bring your mountain or road bike, or your appetite for wine tasting), and the ever-bountiful RVM hospitality. RVM continues to need your support to help the cash-strapped Southern Oregon University Pool stay open for the community and for RVM to train during the year. So come swim in the lake, bring a friend, and have fun!

RVM has reserved all 7 tent camping sites and 4 self-contained RV camping spaces (there are no hookups) at race site Hart-Tish Park. You can reserve a spot on the entry form; \$15/site/night which includes day use, and some sites are big enough to share. For information call 541-899-9220 or www.applegatelake.com. If you want something more scenic and secluded away from the race site you can reserve a camping spot at Beaver Sulfer campground at www.reserveamerica.com. Note: The race venue at Hart-Tish Park has a \$7 day use fee.

5. Cascade Lakes Swim Series & Festival at Elk Lake (Friday-Sunday, July 30-31 & August 1):

Event Director Bob Bruce and host team Central Oregon Masters will present the 16th edition of this major event, which will retain the traditional 'five swims in three days' format. Start your festival late Friday afternoon with a 3000-meter swim and a snack buffet. Saturday will feature the traditional individual-start 500-meter sprint and the 1500-meter race. Sunday will open with the 5000-meter swim and conclude with the tactically-challenging 1000-meter swim with small group send-offs. There are cumulative awards for the three-swim Short and Long Series, as well as Survivor awards for those maniacs who complete all five swims. COMA promises a festival atmosphere with fun family-oriented events and the usual groaning hospitality table. This venue will also have a USA-Swimming sanction for kids 10 & over. See www.comaswim.org for full details.

COMA has again reserved the Little Fawn Group Site, and you may pay for Friday & Saturday night camping with your entry at \$5/adult/day. If you wish other days, you may buy them at the Lake from the Camp Host. The Group Camp is a large area designed to hold 50 campers & 30 cars (small & medium motor homes too). COMA will have a Camp Host on site to help you get settled in. Dogs are allowed in the campground—always on a leash of 6 feet or less—but not at the race site. Parking will be limited to the pullouts off the Cascade Lakes Highway or in the Little Fawn campground, and there will be no parking at the race site until all event activities have been concluded, so please plan to park at the campground even if you are not camping. Shuttle vans will run between the campground and the race site during registration hours and after the lunch & awards, and there are now paths between the campground and the beach that require only a 12-minute walk.

All other camping sites at Elk Lake are on a first-come basis, so send a teammate early to secure sites. Nearby lakes offer reserved sites through www.recreation.gov. For cabins at the lake, go to www.elklakeresort.com. Bend and Sunriver offer many lodging choices at various price levels, but reserve your place EARLY—there are other big events in Bend on this weekend.

6. Cottage Grove Lake (Sunday, August 15): Emerald Aquatics will try a new site at the

Continued on page 15

Continued from page 14

northeast corner of Cottage Grove Lake at Wilson Creek Park, which features a bigger boat ramp and much more parking than before. We'll start our day with the classic 1500-meter swim, move to the popular all-equipment-legal 1000-meter event, and exhaust our legs with the kicking-only 500-meter race. The meeting will conclude with a picnic. This venue will have a USA-Swimming sanction for kids 10 & over.

There are several camping options, still being explored: Pine Meadow (a Corps of Engineers site about one-half mile from race site), a private campground even closer, and even Schwarz Park by Dorena Lake about five miles away.

7. Eel Lake (Saturday, August 21): Eel Lake will again conclude our open water season. The weekend promises to be special with the renowned Charley Tuna Festival in Charleston the same weekend. Camp at Tugman State Park, swim three races on Saturday morning, and then party in the traditional fishing village near three walking beaches: Bastendorff, Sunset Bay, and South Cove at Cape Arago. Walk through the gardens at Shore Acres and hear the sea lions at Simpson Reef Lookout. A great way to end the Oregon Open Water Swimming season! The swimming will start at 9:00am with a two-circuit 3000 meter swim featuring the famed swim/run corner. Then comes the 500-meter Predicted Time swim, free to all swimmers. We'll finish a 1500-meter race, the annual season-ending Oregon Open Water awards, and the famous Eel Lake brownies along with cookies, fruit, and hot drinks.

Camping reservations at Tugman State Park can be made at Reservations Northwest at (800) 452-5687 or <http://www.oregon.gov/OPRD/PARKS/reserve.shtml>. Reserve early, especially for yurts. For further info on the event or other camping in the area, contact Ralph Mohr at rmohr1565@charter.net or 541-269-1565.

As always, the Oregon open water season offers variety...

- § Seven attractive venues (our most ever)—mountain & coastal lakes and various scenic reservoirs.
- § Venue formats—five single-day, one two-day, and one three-day meeting.
- § Race distances—26 total swims ranging

from 500 to 5000-meter distances.

- § Race courses—out-and-back to triangular to diamond to free-form.
- § Race formats—individual-start to small group to traditional mass start.
- § Novelty events—equipment to kicking to relay to dogs.
- § Water temperatures—ranging from low 60s to mid 70s.
- § Clinics—two great opportunities to hone your skills.
- § Most importantly, the great variety of friends who will come together again this summer to swim, camp, and frolic in the fellowship that is Oregon open water swimming.

We have an active, challenging, and fun Oregon open water season planned for you. Look for entry information and details about the Oregon Open Water Series in the OMS newsletter *Aqua Master*, on the OMS website www.swimoregon.org, or on individual team websites listed above. Please join us for a wonderful summer of fitness, fellowship, and fun!

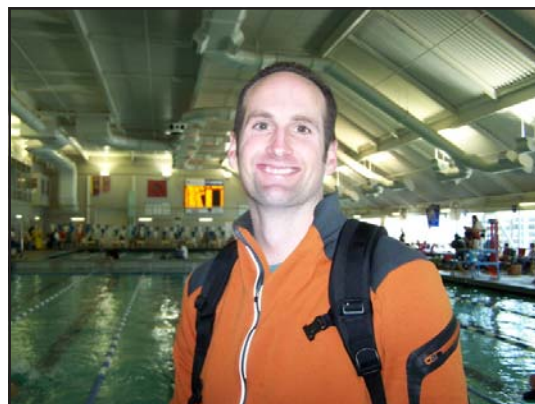
Good luck and good swimming!

Announcement

The city of McCall, Idaho, Parks and Recreations Department and a number of local swimmers are currently working on putting together a one mile open water swim. We scheduled this event for Saturday, August 7, and would like to get this onto calendars and start marketing the event, which will be run as a fund-raiser for youth programs and equipment. We will pass on additional information as the event develops. Please help spread the word.

Kurt K Wolf
Recreation Supervisor
City of McCall, Parks & Recreation Department
www.mccallparksandrec.com





Swim Bits

by Ralph Mohr

A recent study from Norway shows that aerobic interval training — in which people push their heart rate almost to its limits briefly, followed by a more moderate pace, several times during a workout — may be even better at reigning in metabolic syndrome for people than just regular exercise.

We Master's swimmers have known this for a long time. What was interesting in the study (Search: Norway interval training) was how few intervals were needed to have a positive effect.

For four months, the patients in the exercise groups walked or ran "uphill" on a treadmill for about 40-50 minutes, three times a week, while wearing heart rate monitors. After warming up, the patients in the interval training group walked or ran for four minutes at 90% of their maximum heart rate, slowed down to 70% of their maximum heart rate for three minutes, and then repeated that cycle several times.

That would be like swimming a set of 4 or 5 x 200 at 1650 pace with an easy, continuous swim in between, and running the



200s on 6 or 7 minutes. For most Masters swimmers, this would be an easy workout.

The patients in the continuous moderate exercise group worked out steadily at 70% of their maximum heart rate throughout each session. Session duration was adjusted between the two groups to ensure similar calorie expenditures.

As expected, metabolic syndrome didn't budge in the no-exercise group, but both exercise groups got healthier. Although both exercise groups lost the same amount of weight, the interval training group showed more improvements in how their bodies handled blood sugar and responded to insulin, a hormone that controls blood sugar. Also, HDL ("good") cholesterol increased by about 25% in the interval training group, but not at all in the other groups.

Stress is good, and the next time your coach says 5x200 on 4' (or less) as part of a workout, just smile, do the intervals, and check your pulse. Isn't it nice that researchers continue to find out that what we do in the pool regularly is good for you!



ATLANTA BY STORM!

Seventh in a series
by Jeanna Summers

As many of you know, this series of articles has had a purpose: persuading you to be a part of taking Atlanta by Storm, i.e. bringing a big, strong contingent of Oregon swimmers to Short Course Nationals in Atlanta, GA, May 20-23. The series now needs to take a different turn since, by the time you read this, registration for Short Course Nationals will be closed. This particular article will be a short quiz. I'll stay mum on the topic for now so as not to ruin the quiz. This series will finish up with two additional articles; one in June and a final report in July.

Here's the quiz. Question: What do the following five pieces of advice have in common?

1. Negative split means that you swim the second half faster than the first. Descend means that each one is faster than the last.
2. Hook your fingers lightly under the starting block. Then you're ready to lunge forward as soon as the start sounds.
3. If you slap your hand against the water when you do an open turn, it uses up a lot of energy and stalls the start of your streamline.

4. When the coach says to swim easy, you should swim one of the long-axis strokes.
5. Go, Go, Goooooooooooo

Answer: all of this good advice, (plus a lot more) has been given to me by fellow swimmers. The advice came from people who just noticed that I could use the pointer and volunteered their thoughts. Many thanks to them! Of course one always needs to weigh suggestions carefully in your own mind. Does it conflict with what the coach tells you? Is it consistent with the things you read in swimming magazines/books/websites? Does it work for YOU?

As we enter the home stretch of preparing for Atlanta, remember to continue supporting and encouraging one another!

(Credits above: 1. Megan Lassen 2. Ginger Pierson 3. Joy Ward 4. Jason Lassen 6. Elizabeth Budd)

Male competition swimsuit available for use at Nationals and beyond. No charge - swimmers recycling. Size 40L Contact Jeanna Summers for details. jeannabike@aol.com or 503-313-8389

GO OREGON! TAKE ATLANTA BY STORM!



SWIMMER SPOTLIGHT

compiled by Karen Andrus-Hughes

Elizabeth Harrison, 35
Library Clerk, City of Hillsboro
Tualatin Hills Barracudas (THB)

My mother started me swimming at about six months old. My grandmother used to tell me that I tried to swim in the bathtub and that amused her to no end! I didn't compete much as a child. I was on the swim team my freshman year of high school, but after that, I was too cool for sports. I hung out with the wrong crowd, and though I didn't get in trouble, they sure did!



I took a couple swimming classes in college - swimming for fitness and lifeguard training. I also tried to swim on my own several times a week. Fast forward to October 2001. I hadn't been in the pool since college (I graduated in 1997) and I missed it. So, I went out and bought a suit and started lap swimming two days a week. I tried to do about a mile each time. That went on for several years, until October of 2006.

I noticed when I was swimming there appeared to be coached workouts going on also. I think I asked the coach what was going on, and she invited me to join them. The rest, as they say, is history. I've been on the team ever since, and I love it!

I swim a minimum of four days a week (coached workouts) and I average a couple miles each time; sometimes more, sometimes less. In February during the February Fitness Challenge, I

did 8,000 yards in one day! I was going for 100,000 yards in February, so I was swimming 6 days a week, frequently over 4,000 yards a day. I'm proud to say that my total yardage for February was 101,400 yards.

My favorite strokes are free and butterfly. I've been working on back and breast, and they're getting better, but they're not where I'd like them to be. I will continue to work on them with the coaches and hopefully have them in good shape for the meet in June.

I compete simply because I enjoy it. I like to challenge myself to meet a time, and am always happy when I do it. In looking over my times in the past years, I have improved by leaps and bounds! Of course, I'm sure losing 75 pounds over the last year didn't hurt!

My health finally came to a crossroad last year - I was obese, had high blood pressure, sleep apnea, was close to becoming diabetic, and had high cholesterol. I decided it was time to do something about it. At 231 pounds, I was not happy in my own skin, and I needed to do something about it. My father sent me to his personal trainer and we set up a diet and exercise routine. I swim four days a week and hit the gym once or twice. I still need to lose about 25 - 30 pounds, but I'm looking & feeling much better! All my problems - the high blood pressure, apnea, etc. have gone away.

In my free time (who has any these days?) I like to read, hike, make beaded jewelry, travel and spend time with my family and friends. I enjoy going to the zoo, the Gardens in the area, and finding new hiking trails.

Allen Larson, 57
Retired from Federal Express
Oregon Reign Masters (ORM)

July 10th 2008 is a date I will always remember because that is the day I started back in the pool - just five weeks before the 2008 LCM Nationals at Mt Hood, which was my first masters meet. The road to that date has many twists and turns, so to get there let's start at the beginning.

Everything to do with my swimming starts with my younger sister, Linda Larson who now swims for Ft. Lauderdale Aquatics. She was the first to join the David Douglas Swim Club when she



was in 5th grade. I remember going to some of her meets and it looked like everyone was having a good time and most importantly they liked each other, so I thought I would try out.

When I was a sophomore in high school I joined the team. During my three years of high school swimming, I was able to get good enough to make a college swim team. I swam four years at Southern Oregon College and for once I led the way as Linda ended up following me there. After college and various jobs, I ended up working for Fed Ex, where I stayed for 30 years. At age 55 I took early retirement.

Now here's where swimming "twists" into the picture. The summer before I retired, Linda and I attended a David Douglas Swim Club reunion, where I ran into Dennis Baker. He told me about the Master's swim team at Mt. Hood, so I got his phone number. The summer after I retired in January, 2008, the Long Course Nationals were being held at Mt. Hood Aquatics Center. Some of the folks that swam at Southern Oregon decided to get a mini team together, as part of the larger Oregon team. This is where my sister Linda goaded me into joining in, so I called Dennis, and the rest, as they say, is history.

And what a history it has been for Allen during his first year and a half of Master's swimming. In one year, from August 2008, at Mt Hood USMS Nationals, to Nationals in Indianapolis in August, 2009, Allen dropped over four minutes in the 1500 LCM, more than 30 seconds in 200 LCM and 7 seconds in 100 LCM! He has had similar drops in yard swim meets. And he has medaled at all three USMS nationals he has attended - 10th in the 1650 in Clovis, 7th in Indianapolis in the 1500 (plus 5th and 8th on relays), and in his first nationals, Allen says "I was lucky enough to be on a 10th place medley relay swimming the fly leg!" His coach Dennis Baker explains, "Allen has a really good work ethic, and is very studious about working on his stroke - and it shows with the tremendous improvements he has made since he started swimming in the summer of 2008."



More New Lane Mates!

by Sue Calnek

Christmas break in Madrid with my new friends,
Toni and Maria

I was invited to travel with Toni and Maria to visit family over the holiday in Madrid. We boarded the AVE (a super fast train) to Madrid. Members of her family arrived from Bedajoz, Asturias, Cordova and Madrid. They were bankers, farmers, shop owners, and all were great cooks! Santa Claus is called Papa Noel and the holiday gift giving was for the very young children, with gift givers usually spending under \$5.00 on each gift. We feasted on pork roast cooked over cut up potatoes in an open roaster. Next to that was a roasted leg of lamb seasoned with fresh rosemary, laurel, garlic, olive oil, salt and pepper. After dinner while still seated at the table, Grandma started a game of passing around the leg bone of the roasted pork, similar to the 'hot potato.' This fun, old tradition would predict our Good Luck for the coming year. Everyone was laughing and clapping. I noticed they never discussed religion or politics at the table. They said to talk about such things would be rude, besides, who could hear anything over the singing and story telling. Almost everyone smoked, and the second hand smoke was oppressive, thick and dark. I would find excuses to go out on the balcony and breathe in the cold fresh air; to complain would not only be rude, but futile. They did not seem to be aware of the effect of smoke on everyone, including the very old people and the new babies.

New Year's Eve was replete with fire crackers, music, singing and the famous Jamon Iberico (Iberian Ham.) There are many grades of this famous ham. The best grade is pastured in the ancient oak forests near the Extremadura, and thrive on the *bellotas* (acorns) of the encino oak. Jamon Iberico de Bellota. The jamon is packed in sea salt and cured often much longer than two years, and the result is "an orchestra of flavors." The highest grade of jamon is from the black Iberian pig, not to be confused with the seranno hams, which are more common and fed very differently. The most expensive Jamon Iberico is allowed to free range feed on the acorns. To serve, the jamon is secured in a vise like tool and using a very special sharp knife, that probably has been handed down for generations, the pork is shaved off in small pieces. Perhaps one could compare this jamon to prosciutto.....remotely, sort of. For dessert, a sorbet, by combining boxes of

lemon ice cream and large bottles of champagne, mixing until just the right consistency. Served in tall, slender crystal glasses.

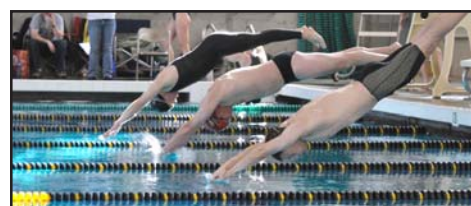
Jamon quarters are found in all shops hanging on hooks from the ceiling in mesh bags. This open air curing allows shoppers to see the shape of the pork and also to see the wax hoof color, the higher grades have a black hoof. Village shops in the smaller towns were like a one-stop shopping center for special food; hand dipped chocolates, candies, meats, eggs, gourmet and farm fresh cheeses, olives and special baked breads and pastry. Inside, mothers were pushing strollers, children on roller skates looking into the glass cases and often a dog in the open doorway. Men would often stand at the ledge counter by a wall and have a drink, while talking and telling stories.



This picture shows the tip of Cadiz looking back toward Spain. Mediterranean Sea is on the right. This is part of the older section of Cadiz. OMS member Helen Moss, on Dennis Baker's team, took this picture.

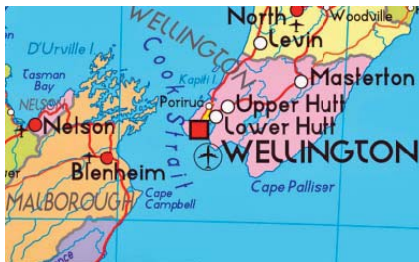


Pat Allender captured this 2-part series of photos as these three swimmers started their race.



Michelle Macy Conquers Cook Strait

by Dave Radcliff



On March 8, 2010, Michelle Macy became the first person to swim across Cook Strait in New Zealand this year. There had been 6 failed attempts before she successfully conquered the Strait. She completed the swim in 8 hours and 1 minute. She became only the 75th person to complete the swim.



I made it!

Cook Strait is one the coldest, roughest, most challenging marathon swims in the World. Michelle and Steve Junk from Perth did the swim as a duo. This is not a relay, as they each swam the full distance, but there was only one support boat. They each swam approximately the same speed until the last push into the finish. Michelle pulled slightly ahead of Steve in this part. Steve finished in 8 hours and 8 minutes, just seven minutes behind Michelle and became the 76th person to swim the Strait.

Here are some facts that Michelle listed on her "MacySwim" blog:

- Steve and I were the first successful swims this season, #65 and #66 swimmers to cross for the 75th and 76th successful crossing. (Several swimmers have done multiple crossings)
- 37th woman to make crossing, but 19th woman from North to South island (4th fastest female North to South crossing)
- 5th American to make the crossing.
- I swam 35 years after the first successful crossing by an American woman, Lynne Cox.
- I negative split the swim, which will make my coach (Jon Clark) happy.

Nancy and I were in New Zealand and had hoped to see either the end or the start of the swim.



Michelle and Steve training



The finish was a touch to a rugged cliff like this

However, that was not possible. The crossing starts and finishes at remote points without road access. Michelle and Steve were taken by their support boat to the starting point. The starting point was a section of rocks extending out into the Strait. The shore (cliff) break made it too dangerous to actually touch there. The finish did involve swimming in and touching a cliff. She had to time her touch between the breaking waves and then swim like mad to get away from the cliff before the next break. I have included a picture of what the finishing point in the Cook Strait was like. While this is not the actual finish

spot, it is very similar and it does point out the extreme conditions that were part of this swim.

Nancy and I were on the Ferry Boat and there was a rumor that we would be able to see the swimmers. Sorry, it was a false rumor. Our Ferry Boat took 3 and a half hours to make the crossing.

The good news is that we saw Michelle do a great open water swim the day before swimming the Cook Strait. She and Steve had met some locals who invited them to a "Wharf to Wharf" swim. Michelle dominated the woman's division and was the first woman finisher and sixth overall. Steve was the fifth finisher, and the four in front all wore wet suits. Michelle and Steve just wore ordinary suits for this race and for the actual swim across the Strait. An interesting side light to this swim was discovered after their swim. This wharf to wharf swim had been the favorite training swim of the first person to swim the Cook Strait in 1962. When I found that out, I thought what a good omen for them. Michelle took no chances - that afternoon she also visited the famous Te Papa Museum in Wellington and touched the Maori God of good luck. Congratulations Michelle - What a Great Swim!



Michelle wins the Wharf to Wharf swim

Hood River Short Course Meters Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #370-05

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

Unregistered swimmers must submit a 2010 registration form and fee with this form.

Hosted by: Columbia Gorge Masters &
Hood River Valley Swim Team
Hood River Aquatic Center
1601 May Street
Hood River, Oregon
6-8 lanes competition-electronic timing
Separate warm-up/down area

DATE: Sunday, May 16, 2010

WARM-UPS: 8AM • MEET STARTS: 9AM

Meet director: Sandi Rousseau, 503-806-7020, swim@gorge.net

Directions to the pool: Eastbound: Take I-84 to Exit#62 (first Hood River Exit), turn right onto Cascade and go toward town for 1.2 miles to the first stoplight. Turn right on 13th, go up the hill and turn right on May St (just past the hospital on the left). Pool will be on your left just past the park. Westbound: Take I-84 to Exit #63 (second Hood River Exit), turn left and go into town. Go through the blinking red light and go one block to State Street. Turn right and go .6 mile to 13th Street. Turn left, proceed up the hill and turn right on May Street (just past hospital). Pool will be on your left just past the park.

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

HOST (HOUSE OUR SWIMMERS TONIGHT): CONTACT SANDI ROUSSEAU 541-354-2580 OR E-MAIL SWIM@GORGE.NET

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY APRIL 30, 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) _____

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319 AND 320-359 ETC. YOUR COMPETITION AGE IS THE AGE YOU WILL BE AS OF DEC 31, 2010. **YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS, PLUS UNLIMITED RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200M, 400M OR 800M (800M FOR FREE RELAYS ONLY). THE 400 & 800 FREESTYLE & 400 IM WILL BE DECK SEEDED. **CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM.** ALL EVENTS WILL BE SEEDED SLOW TO FAST.

Sunday, May 16, 2010

400 FREE (1) _____ : _____ . _____
50 BACK (2) _____ : _____ . _____
200 BREAST (3) _____ : _____ . _____
100 FREE (4) _____ : _____ . _____

break

MIXED MEDLEY RELAYS (5-6)

400 IM (7) _____ : _____ . _____
50 BREAST (8) _____ : _____ . _____
200 BACK (9) _____ : _____ . _____
100 FLY (10) _____ : _____ . _____

break

FREE RELAYS (11-16)

200 IM (17) _____ : _____ . _____
50 FREE (18) _____ : _____ . _____
200 FLY (19) _____ : _____ . _____
100 BACK (20) _____ : _____ . _____

break

MIXED FREE RELAYS (21-23)

50 FLY (24) _____ : _____ . _____
200 FREE (25) _____ : _____ . _____
100 BREAST (26) _____ : _____ . _____
100 IM (27) _____ : _____ . _____

MEDLEY RELAYS (28-31)

break

800 FREE (32) _____ : _____ . _____

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

SIGNATURE _____ DATE _____

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

TUALATIN HILLS "SIZZLING SUMMER" LONG COURSE METERS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #370-06

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

Place: Tualatin Hills Aquatic Center Pool

15707 SW Walker Rd.

Beaverton, Oregon

50 meters - 6-8 lanes competition-electronic timing

50 meter races will be 3 button timing

Continuous warm-up/down in 1-2 lanes

DATE: Saturday, June 5, 2010

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

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

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

Submit a 2010 registration card or 2010 registration form and fee with this form.

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY MAY 21, 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, ETC) _____

IS THIS YOUR FIRST MASTERS MEET? _____ Yes _____ No

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOUR COMPETITION AGE IS THE AGE YOU WILL BE AS OF DEC. 31ST, 2010. **YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS, PLUS UNLIMITED RELAYS.** ENTER RELAYS AT THE MEET. 200, 400 AND 800 METER RELAYS WILL BE AVAILABLE WITH THE LONGER RELAYS SWUM AFTER 200 RELAYS OF THE SAME TYPE. THE 400 IM AND 800 FREESTYLE WILL BE DECK SEEDED. CHECK-IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS ARE TO BE SWUM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

THE 800 FREE WILL BE LIMITED TO THE FIRST 16 ENTRIES RECEIVED.**Saturday, June 5, 2010****800 FREE* (1) _____ : _____ . _____****100 FLY (2) _____ : _____ . _____****200 FREE (3) _____ : _____ . _____****50 BREAST (4) _____ : _____ . _____***** BREAK *****MEDLEY RELAYS (5-8)****100 BACK (9) _____ : _____ . _____****200 BREAST (10) _____ : _____ . _____****50 FREE (11) _____ : _____ . _____****200 IM (12) _____ : _____ . _____***** BREAK *****MIXED FREE RELAYS (13-15)****100 BREAST (16) _____ : _____ . _____****200 BACK (17) _____ : _____ . _____****50 FLY (18) _____ : _____ . _____****MIXED MEDLEY RELAYS (19-20)****100 FREE (21) _____ : _____ . _____****200 FLY (22) _____ : _____ . _____****50 BACK (23) _____ : _____ . _____****FREE RELAYS (24-29)****400 IM (30) _____ : _____ . _____**

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

SIGNATURE _____ DATE _____

MEET ENTRY FEE: **\$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

May/June 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:
Tualitin Hills Pentathlon SCY
One Hour Postal Swim

2010 Meet SCHEDULE

Date	Type	Meet/Location	Deadline (approximately 2 weeks before the meet)
*May 16	SCM	Hood River/Hood River	April 30
May 20-23	SCY	USMS Nationals/Atlanta, GA	April 8
May 22	OW	Clinic/Beaverton	
May 23	OW	Hagg Lake/Forest Grove	
*June 5	LCM	Summer Sizzler/Tualitin Hills	May 21
June 12	OW	OW Clinic/Lincoln City	
June 13	OW	Devil's Lake/Lincoln City	
June 26	OW	Foster Lake/Sweet Home	June 16: after June 16, \$10 extra
July 17-18	OW	Applegate Lake/Ashland	
July 30-31	OW	Elk Lake/Bend	July 19: July 20-24, \$10 extra; after July 24, \$20 extra
Aug 1	OW	Elk Lake/Bend	July 19: July 20-24, \$10 extra; after July 24, \$20 extra
Aug 7-8	LCM	Gil Young/Gresham	July 23
Aug. 9-13	LCM	USMS Nationals/Puerto Rico	
Aug 15	OW	Dorena Lake/Cottage Grove	
Aug 21	OW	Eel Lake/Reedsport, OR	Aug. 9: Late or day-of-race \$10 extra

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

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

May 11, 2010 Oregon Clinic
June 8, 2010 TBD
July , 2010 Gil Young Meet
August 24, 2010 Oregon Clinic

**KEEP
SWIMMING!**