



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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"Swimming for Life"

Thank you so much, Karen

Karen Andrus-Hughes, due to work pressures, has had to quit reporting on the front page for the Aqua Master. She did a great job, was always on time, and hung in for one year, although it was a struggle. I very much appreciate Karen and those good qualities in her. Now we need someone else who is willing to write.



Now is YOUR chance to be an Aqua Master Reporter!

This job could be divided; it involves getting something for the front page for each issue, which is 10 times per year. Usually it has been to highlight one of the recent meets or open water swims, but could change character according to the interests of the person/persons who volunteer. It would be nice if the reporters also took pictures to accompany the articles, but that is not a requirement. The reporter and editor would work closely together.

If needed, two or more people could share writing for the front page. One person could write the open water stories and another the pool meets.

Are you interested in this? Don't expect someone else to do the job — they are expecting you to do it! Then no one does it.

Another category where there is a need: writing the fun stories in the back part of the Aqua Master. So many nice people have volunteered to share their experiences with us. Do you like the stories? Keep them coming. Volunteer!

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**INSIDE IS
RECENT BOARD
ACTION
INFORMATION
THAT AFFECTS
YOU AS A
MEMBER OF
OMS AND USMS.**



Please read this issue carefully.

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Chair's Corner

by Jody Welborn

Hi Everyone,

Welcome to the November/December AquaMaster. This is an issue I am encouraging you to read closely as it contains lots of information about upcoming changes as well as information about volunteer opportunities. It is also the last issue of the paper Aqua Master as we know it; OMS is going green! And I hope to see everyone in Bend swimming hard.

As mentioned in the Aqua Master last month, this time of year is very important for Oregon Masters Swimming and United States Masters Swimming. The USMS convention was held last month and our representatives have returned with news for you as well as great ideas for the future. So stay tuned and read their summaries in the Aqua Master.

Oregon Masters Swimming followed this up with our yearly retreat where we discuss where we have been as an organization and where we are going. There are changes and many of them are reviewed in this issue. I would encourage everyone to read and comment to me or to your board representatives.

Importantly, it is election time for the OMS Board of Directors. Elections are held every 2 years for Chair, Vice-Chair, Secretary and Treasurer. If you are interested in these positions or know of anyone please let me know at jodywelborn@mac.com. Nominate yourself or someone you think would be interested. There are many talented individuals in our organization who are interested in becoming more involved. How about you? Nominations are due by November 15th.

Finally, as my term as Chair of OMS comes to a close I would like to thank everyone for allowing me to be part of and to promote a wonderful organization and sport.

And as always,

Remember, Swimming is for Life,

and Life Matters.



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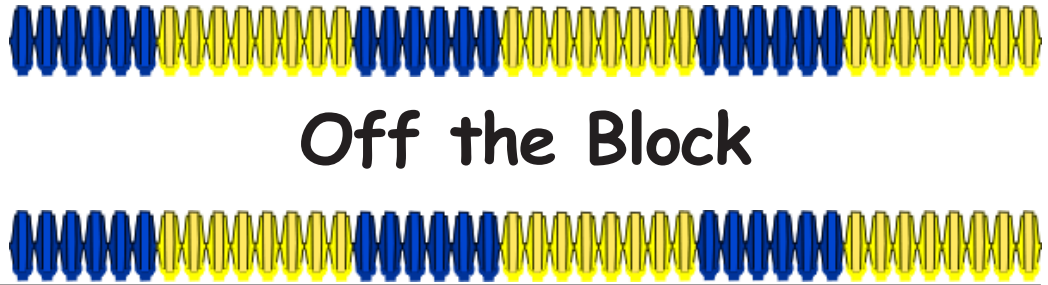
Photo credits: Pat Allender, Mark Braun, Fred Kawabata

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. It is the source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. A subscription is part of membership in OMS. Contact Susie Young (Registrar) or Jackie Parker (Membership) for membership information. 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.

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Off the Block

Your Dues at Work

by Mark Braun - OMS Treasurer

From time to time increases are made to our dues and we get questions on what our yearly USMS membership dues cover. Over the last several years, OMS has operated at a loss. The net income for the last several years for OMS is as follows:

2010	-\$7,500.00 (estimated)
2009	-\$10,559.46
2008	\$1,026.24
2007	-\$2,429.32

The board has intentionally chosen to manage OMS in this manner to provide members with the most benefits possible. However, we cannot operate in this manner long term and as a result, sometimes dues need to be increased. Dues for 2011 membership are as follows:

18-24	\$32
25-74	\$45
75+	\$32

Below are all of the benefits that our members get with a USMS/OMS membership.

OMS

Information and Content

- Subscription to monthly member publication AQUAMASTER
- Access to OMS website, calendar of events, etc.

Competition programs

- Opportunity to compete in USMS meets held in Oregon
- Lowest meet fees in the region
- Opportunity to compete in a very extensive open water season.

Scholarship program

- Opportunity to apply for scholarship on a need basis

USMS

Exclusive Information and Content

- Subscription to the bi-monthly member publication SWIMMER magazine
- Subscription to the monthly member e-newsletter
- Opportunity to receive the monthly coaches e-newsletter

- Opportunity to create your own blog on the usms.org website
- Opportunity to share your photo album with the swimming community on the usms.org website
- Opportunity to create a personal usms.org email forwarding address to identify yourself as a member of our aquatic community and protect your own personal email address from spam
- Opportunity to track your fitness activities via our personal online fitness logs
- Opportunity to rent instructional videos from the U.S. Masters Swimming video library

Fitness / Participation Programs

- Opportunity to participate or compete in the very popular 1-Hour Swim, you conduct the 1-Hour Swim in your local pool then submit your results for tracking and recognition
- Opportunity to participate or compete in the Postal 3000-yard swim, 6,000-yard swim, 5K swim and 10K swim, you conduct any or all of the distance swims in your local pool then submit your results for tracking and recognition
- Opportunity to participate in popular fitness programs such as Go the Distance and Check off Challenge
- Opportunity to attend U.S. Masters Swimming weekend swimmer development programs such as SwimFest

Competition Programs

- Opportunity to compete in any of U.S. Masters Swimming more than 500-sanctioned regional and local pool and open water events
- Opportunity to compete in U.S. Masters Swimming spring and summer pool national championships
- Opportunity to compete in U.S. Masters Swimming open water national championships
- Opportunity to attend U.S. Masters Swimming weekend programs such as the High Performance Clinic

Coaching

- Exclusive access to online weekly workouts provided by select U.S. Masters Swimming coaches

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Fitness

The Benefits of Massage

by Helen Thurlow



If you think that getting a massage is a luxury, you can stop reading. If you think it helps alleviate stress, soreness, aches and pains ... keep reading.

The therapists at Gresham Therapeutic Massage Center* are here to help whether you are a recreational athlete or a professional athlete. Helping you make wellness part of your life to create a healthy and well-rounded being.

After speaking to Angela, one of the therapists, she informed me that getting a massage replenishes oxygen to cells and tissues while removing waste such as lactic acid from our bodies. It also rejuvenates the nutrients in our bodies, literally "renewing" the body while it heals itself.

Along with dissolving stress, it also reduces muscular pain, depression and persistent aches and pains. I recently had an annoying neck and shoulder pain and she worked on me with hot packs and using a combination of both Swedish and deep tissue technique, and the annoyance is gone.

Angela also mentioned that massage also calms the nervous system and relaxes the mind, which improves both our emotional and physical health.

You also can't beat the price either. For your first massage \$40.00; follow-ups are \$55.00. There are 12 therapists so you could see all 12 for \$40.00. Sweet Deal!

I know this sounds like an advertisement for them, but hey, I live in Gresham and Angela just happens to be a swimmer. She knows my aches and pains very

well. But this is not the only place you can get a massage. Please look into your area for locations.

Most places should offer both Swedish and Deep Tissue massage. Others offer Hot Stone, Myofascial Release, Trigger Point, and Sports Massage.

One issue to point out: do you get a massage before or after a workout, a race, or another event? It completely depends on the individual. Some people find a massage too calming and become tired after being loosened up and may find that they do not perform well. Others find it to relieve their tensions prior to a race. After an event, massage will release any build up of waste in the body, and eases the aches while being turned into an overcooked spaghetti. Either way you will feel refreshed and rejuvenated after a massage.

If you are new to massages or are a seasoned pro, keep hydrated after your massage. As mentioned above, the massage releases the toxins from the body and increases the oxygen to the cells and tissues in our body, so one needs to continue to drink fluids to flush out any remaining toxins and continue the oxygen supply to the body.

Well, my hour is up with Angela so I'm going home to continue my relaxation. If you are out in the Gresham area give her a call; she'll fix you up in no time. Namaste.

*Gresham Therapeutic Massage Center;
www.greshammassage.com; 503-492-3910

Convention Report 2010

by Dennis Baker

This was my third Convention I participated in and I thought it was a really good one. We had some new delegates go from OMS and it was great to see new faces be active in the process, and we were really able to cover all of the meetings quite well. Being the Chair for OMS and on the Coaches Committee for USMS, I spent most of my time at those meetings. There are new certifications for USMS coaches being offered through

ASCA, (American Swimming Coaches Association) which is really great to see. It will insure more knowledgeable people standing on deck while you are training. Also, I spent some time at the Championship committee meetings, as OMS is considering putting in a bid to host the 2013 Long Course National Championships at Mt. Hood Aquatic Center. Lastly, we had a great Zone Meeting headed by Wes Edwards, who did a great job as Chair of the Pacific Northwest.

Shake and Swim with "Bake"

Mind Over Matter/It Does Matter

Coach Dennis Baker



swimgraphics.com

Our mind plays tricks on us all the time in life. Does it in swimming? Sure it does. I'm sure everyone has heard the saying "Swimming or a swimming race is 20% physical and 80% mental." I wouldn't necessarily put that much emphasis on the mental side in swimming but here are some tips and rules to live by if you want to be a successful swimmer.

1. The hardest thing to do in swimming is just to get to practice and jump in. That's mostly mental. Especially at 5am when it's cold outside or the water is a little cold. I have never ever heard a swimmer say, after making the plunge into the water, that they shouldn't have done that. They are always glad they did.
2. When you make a stroke correction you should over-correct a little bit. What your mind is telling you is not what is actually happening in reality. An example of this is when I tell a swimmer that their freestyle kick is too wide and they need to keep their legs and feet closer together. When they think they have corrected this I take a picture of it and show them their legs and feet are still very much too far apart. My rule of thumb is, what you think is a couple of inches

is really about a centimeter when correcting strokes or body position in swimming. Your mind is telling you that you have done it but it is completely unreal.

3. If you are trying to negative split, which means to swim the second part of your set or race faster, get a coach to time you or watch the clock to make sure you are doing it. Nine times out of ten, when I time someone and tell them to negative split, they don't. Your mind is telling your body, oh yeah I went much harder the second half of my swim so I must have gone faster. Nope, your mind is playing tricks on you. Once you hear the actual time and do it right then you can say, wow that's what it feels like, and truly understand how to negative split.

These are just a few tips, rules and examples of how your mind and body need to understand each other more in swimming. Once you have a better perspective of the signals your mind is sending your body and overcome the mental drudgery of getting to practice and taking the plunge, you will be well on your way to becoming a better swimmer. The mind matters.

Swim Bits

by Ralph Mohr

November and December are good times to think about goals for the new year. I said this last year at this time. It's still true.

I looked at my column on this subject a year ago and discovered I was wildly successful overall in my goals for 2010 and did not do one big goal. The negative first. I did not swim all five Postal events. Due to tiredness, illness, and mental fatigue, which all may be the same thing, I did not do the 10K in a 50 meter pool.

The rest of my goals were achieved. I started swimming in lakes in May. I did not relish the 61 degrees but I did it anyway, and that was without a wet suit. I wasn't as tough as Joni Young who started at Hagg Lake in March in 50+ water, but tough enough.

I focused on open water swimming for 2010 and did fine. I swam all five events at Elk (the "Survivor" series) along with 53 others and had the best weekend in open water ever. I made six of the seven venues and swam 14

Goals 2011

out of 22 events. I skipped Foster Lake due to high pollen in the Willamette valley.

Now what? I can talk all day about what I want to do, but what is important for you, dear Reader, is what now?

Have you looked ahead to 2011 and the meet schedules, both pools and open water? What will you focus on?

One consideration is how old will you be for Masters Swimming? I turn 70 on January 1, for short and long course meters and on August 20, for short course yards. If you do not move up to another five year segment, then maybe you should focus on open water to build a base for when you do. If you do change age groups in 2011, then maybe more pool meets are your bag.

So what will you do that will be different than last year? That is the important point for 2011. You need to figure out what type of swimming you want to do, what meets you want to go to, and last, what will you do different this next year to achieve your goals.





Long Distance Swimming

by Bob Bruce



In preparation for this year's annual Convention, the USMS Long Distance Committee undertook the huge job of reorganizing Part 3 of the Rulebook for clarity and ease of use, changing a few rules on the way. The Committee considered 105 changes or additions to the rules and forwarded 96 of them to the House of Delegates, where all passed but one (which failed for procedural reasons). Of course, there were also some rules changes that will affect us in the coming years.

Here is a summary of the significant changes:

SWIMWEAR FOR OPEN WATER: this is a complicated rule with several facets. Briefly...

1. "Wetsuit & non-wetsuit" divisions will be replaced by "Category I and II" divisions.
2. Category I swimwear will resemble suits now eligible for pool swims, although the rule is written a little more flexibly and does not refer to the FINA lists. Tech suits—full length and material—are banned from Category I.
3. Category II swimwear will include all swimwear not included in Category I.
4. There is a process for exemption from Category I restrictions authorized for religious or medical reasons, provided that no competitive advantage is given. [Note: the process itself is now being developed, so don't apply for exemption just yet!]
5. Reference to pacing devices has been removed.
6. Only swimmers wearing Category I swimwear may compete in national championship swims.

For your reading pleasure, here is the full text of the rules pertaining to open water swimwear that will go into effect starting in 2011:

303.6 Swimwear allowed for open water events is defined below and is not impacted by decisions of FINA, USA-Swimming or part 1 of USMS rules. It is the swimmer's responsibility to understand the appropriate swimwear allowed at a particular event.

1.1.1 Rules for all swimwear for open water events

- A Design**—Swimsuits shall be nontransparent and conform to the current concept of the appropriate. The referee shall have the authority to bar offenders from competition

until they comply with this rule.

- B Advertising**—Products involving tobacco, alcohol or pharmaceuticals containing drugs banned under IOC or FINA rules may not be advertised, but the advertiser's name only may be used. Offenders may be barred from competition until they comply with this rule.

1.1.2 Rules for Category I swimwear for open water events

- A** Swimwear shall include only a swimsuit, cap or caps (which may include those made of neoprene), and goggles. Swim caps shall be defined as head gear conforming to a traditional swim cap design and shall not extend to protect the neck and shoulders. Nose clips, ear plugs, wristwatches and grease are also allowed. Arm bands shall not be regarded as part of the swimsuit and are not allowed.
- B** The competitor shall wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knees.
- C** Exemptions to the restrictions in 303.6.2A & B may be granted to a swimmer, on a case by case basis, by the Chair of the Long Distance Committee or designee. Exemptions will be granted only for conflicts due to the swimmer's verified religious beliefs or verified medical conditions.
- 1 Procedures for applying for an exemption will be published by the Long Distance Committee and posted on the U.S. Masters website.
 - 2 No exemptions to these restrictions will be granted for swimwear that would give a swimmer a competitive advantage.
 - 3 The decision of the Long Distance Chair may be appealed only to the entire Long Distance Committee, whose decision shall be final and binding on all parties.
- D** Swimmers are not permitted to wear or use any device or substance to help their speed, buoyancy or endurance during a swim (such as

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BOARD ACTIONS OF INTEREST

OMS Goes Green

by Sandi Rousseau as requested by the Board

The OMS Board has recently decided to save trees and expense by sending the Aqua Master to everyone on line. **So please note that this is the last issue of the paper Aqua Master as we know it.** We have only an estimated 15 members out of over 1000 who do not have computer access, so arrangements are being made to accommodate getting a paper copy of the Aqua Master to those individuals. (This can be indicated on the 2011 registration form.)

OMS has been deficit spending for the past few years to keep your membership fees lower, but costs are increasing and by eliminating the printing and postage associated with the paper Aqua Master, the organization will save over \$3500 each year.

The OMS Board understands that the shiny paper in your hands feels good, but we need to leap into the 21st century for our delivery system.

OMS Request for Nominations

by Sandi Rousseau as requested by the Board

It is time for election of the four OMS officers: Chair, Vice Chair, Secretary, and Treasurer. These positions are open to any interested members. You can nominate yourself or be nominated by any other member.

The responsibilities for these positions can be found in our Policies and Procedures. Go to <http://www.swimoregon.org/forms/policies.pdf> pages 2-5. If you have an interest in joining the OMS Board in one of these positions or have further questions, please contact Jody Welborn, OMS Chair, jodywelborn@mac.com

The deadline for submitting nominations is November 15, 2010.

OMS Board Composition

by Sandi Rousseau as requested by the Board

The OMS Board recently enlarged its membership to include a representative from each USMS registered club. Currently the Oregon LMSC has two registered clubs: Oregon and Southwest Washington Masters Swimming. Wes Edwards is the club rep from SWMS since he is the designated club representative with USMS. The Board is now seeking a representative from the Oregon club.

Responsibilities include attending Board meetings (approximately 10 per year) in person or via conference call, receiving communications from USMS, relaying this information to the Board or other appropriate persons within OMS, and responding to requests for information.

If you have an interest in joining the OMS Board in this position or further questions, please contact Jody Welborn, Chair, jodywelborn@mac.com.

Open Water Rules Change

USMS Convention Update

The burning question on the suits in open water was answered when the HOD voted to follow new regulations regarding swimsuits for open water competitions, effective January 1, 2011.

There are now two categories for open water swimwear: Category I is required for all Open Water National Championships and shall be scored separately from Category II, whether in a National Championship event or not.

Category I swimwear shall be made from textile materials. For men, the swimsuit shall not extend above the navel or below the knee. For women, the swimsuit shall not cover the neck, extend past the shoulder, nor extend below the knees. There are no "fastener" specifications. Everything else, such as wetsuits, rash guards, arm warmers, arm bands, etc., is considered to be included in Category II.

Remember To Register On Line!

by Sandi Rousseau as requested by the Board

It is OMS/USMS registration time again, so plan now to get this done for 2011. Starting November 1, you can register or renew your membership on line and it is by far the easiest way to do this, i.e. no checkbook, envelope, stamp, copy machine, or mailbox needed.

How to Do It: Go to swimoregon.org, click on 'Join OMS' at the bottom of the page, and follow instructions for first time registration or renewal. It is super easy if you are renewing as all of your prior information is provided once you are identified. Remember, there are two OMS Clubs: Oregon and SWMS. Make sure you are registering for the correct Club.

Added Incentive: Eight USMS sponsors are making available online gift codes to any member that renews or joins between November 1 and December 31, 2010. The total value of the gift codes exceeds the cost of an annual USMS membership. Once a member registers, he/she will receive an e-mail containing the gift code. Many of the gift codes expire by the end of January, 2011.

Also, consider being an OMS Gold Medal (\$50) or Diamond (\$100 or more) level sponsor. These monies are used for OMS scholarships for those who want to swim Masters but financially are having a difficult time affording the cost, as well as helping OMS provide some support for local swim meets. OMS is a non-profit organization and you can deduct your donation and will receive a letter of confirmation for your donation.

Another New Lane Mate in Cadiz!

by Sue Calnek

New Lane Mates come into our lives daily, even for a short time on a bus bench in Spain.

"And Then Came The Deluge", *A Tale of Two Cities*, by Charles Dickens. The Poniente winds brought one of the most memorable days in my life. What a miserable, stormy day for grocery shopping in the barrio. I wore boots, wool scarf, long pants, coat, knit cap and a purse around my neck.

There were five of us sitting on the bus bench under a partial bus shelter, when I saw him, The Umbrella Man - My Knight. He was about 75, well dressed, attractive and trying to navigate up the block toward our bus bench while struggling with a black umbrella. I would not mislead you by saying he was listing, no, he was hove to at 45 degrees to the bow. His black umbrella had turned inside out and had morphed into numerous metal spines and flapping nylon pieces. I call it the Mary Poppins umbrella syndrome.

This newcomer to our bench had more important matters needing his attention. He said something to his umbrella then threw it down onto the sidewalk and aggressively stomped on the spines. Not satisfied with that, he walked in a complete circle back over the slain spines, and then jumped on them! Apparently still not satisfied with the punishment, he returned to the umbrella and kicked it yet again! This nice man, with a peaceful mien, then calmly sat next to me. What I found interesting was that the other men on the bench had no interest or surprise in this drama. One man had kind of a sideways smile, but only momentarily.

I turned to look at the umbrella man square in the eyes; quite difficult while trying to suppress laughter and keep a straight face. I held my breath, my cheeks puffed up with air, my eyes were like saucers and my eyebrows had taken flight, joining my hair line! My chest puffed out and suddenly my laugh exploded; first into a snicker then

it all came out. My friend sat straight up, puffed out his chest, lifted his head and began to laugh. His eyes followed mine as I looked toward the hapless umbrella. Then we both laughed again, my friend proceeded to tell me all about his bad umbrella, using normal, yet enthusiastic, Spanish gestures while re-enacting the episode.

Suddenly he jumped up and returned to the dead umbrella, picking it up once again and throwing it down, making sure to stomp on every single angle this time. Of course, watching me watch him! He came back to his post next to me on the bench and again repeatedly reviewed the episode using increasingly enthusiastic body language, each time telling as if for the first time.

We sat there for 45 minutes and I never stopped laughing. Meantime, my boots had filled with water. I wanted to dump the water out of the boots, but found it impossible to hold onto the two plastic bags of groceries and remove my boots at the same time. Enter stage right, Umbrella Man Knight! With one magnificent, sweeping gesture, my Casanova was on one knee in the rain water removing my boot, dumping the water, then very gently guiding my foot back in; repeating with the other foot. I said "Thank You!" Then, continuing in the age old Spanish custom, he retold the entire umbrella sequence. Each time puffing out his chest and sitting straight up, we would look into one another's eyes, and each time I was rewarding his story with new laughter. The older Spanish especially, are very good story tellers; the age old custom before TV, cell phones and iPods, just retelling stories and passing them on to future generations. This could have been a classic pantomime, tailored just for Charlie Chaplin; the stuff movies are made of, or books, (*Don Quixote*)

My Knight of the Umbrellas boarded his bus and never looked back to wave good-by.



Your Dues at Work

Continued from page 3

- Access to coached workout programs in your area
- Access to more than 800 local Masters clubs and workout groups that provide coached workouts all across the country, for when you are traveling
- Opportunity to receive support including visits from U.S. Masters Swimming Club & Coach Services mentor 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

- Liability and excess accident insurance for both medical and dental while participating in a U.S. Masters Swimming insured activities
- Accidental death & disability coverage while participating in a U.S. Masters Swimming insured activities

Volunteerism

- Opportunity to serve in a leadership position within your Local Masters Swim Committee and U.S. Masters Swimming

Grants

- Opportunity to access available grants for your local club development through U.S. Masters Swimming Club & Coach Services division

Sponsors Discounts

- Exclusive sponsor discounts

Swimmer Spotlight

Compiled by Karen Andrus-Hughes

Milton R. "Mickey" Marks, 80
Retired President, Esbeco Distilling Corp., Stamford, CT
Local Team: Oregon Reign Masters (ORM)

I learned to swim as a toddler in Long Island Sound, Stamford, CT, where I was born, and have enjoyed being in, on and around water, ever since. I took up competitive swimming at the age of 7 at a summer camp in Maine, and went on to compete at The Bronx High School of Science in New York City, and at Syracuse University, Syracuse, NY where I majored in Geology, and went on to receive my MS at Syracuse in Geology.

During the Korean War era, I served in the US Army Signal Corps at Ladd Air Force Base in Fairbanks, Alaska, on a then-secret project detecting Russian nuclear tests. After my service, I returned to Stamford, CT, and entered the distilled spirits industry.

I married Lynn Lowenson of Portland, OR, in February, 1959, and brought her back with me to Westport, CT, where we lived for 26 years, raising a girl and two boys.

In 1970, I was diagnosed with Type 2 diabetes, and was advised by my MD to take up a sport, and lose weight. That was the incentive to begin competing again, as Masters Swimming was just getting under way around the same time. My first Masters meet was the first Masters meet held east of the Mississippi River, at the YMCA in Wilton, CT, on April Fools' Day, 1972. In the 50 breast, I swam the first lap under water, as we had in high school and college, and was almost DQed. The judges decided that there were no rules in effect for Masters to disallow under-water swimming, so they let my result stand. I joined the Westport, CT, YMCA swim team, and competed with them until 1985.

After I retired, we moved from Connecticut to Lake Oswego in 1985. At that time, I joined the Mt. Hood Masters Swim Team, although I did not work out with the team at MHCC. Since 1985, I have worked out by myself at the Barbur Blvd. Y, which was sold last year, and is now All Star Fitness. I usually swim 2400 meters, five days a week, and try to vary my workouts to include all strokes. Unless there is a meet coming up, my swims are mostly "maintenance" swims, with no interval training. About six weeks before a meet, I increase the intensity of my workouts, and start intervals, mostly 100s, 50s, and 25s. In the meantime, I have done some dryland training with barbells.

My favorite competitive swimming memory is a recent one. I was fortunate to be able to join some great Oregon swimmers, Gil Young, Wink Lamb and Dave Radcliff on a 200 meter freestyle relay to set a Masters National record. To me, that was a big WOW!

Aside from swimming, my main passions are gardening, mineral collecting, hiking, and travel. My wife and I are fortunate to have been able to travel to all 7 continents, and to many countries across the globe. However, my favorite trip of all time was going down the Colorado River



in dories for 14 days through the Grand Canyon in 1986. We loved it so much we did it again the following year.

In the spirit of making lemonade from lemons, I tell people that it may have been a good thing that I developed diabetes. If I hadn't, I would probably now be a sedate, big, fat old couch potato.

Taking up swimming after a 20 year layoff was a Godsend. Any achievements, which I have made in Masters Swimming, I attribute to that.

From USMS

USMS Clubs are currently registering for 2011, and member registration will begin November 1. This year, for the first time ever, we are excited to announce that when you register, you will receive a receipt with special online gift codes, collectively worth more than your membership fee, from a variety of our sponsors. Essentially, when you use your gift codes before they expire in January, on stuff you need for swimming throughout the year, you have the opportunity to recoup your membership fee.

Why is Pat Allender jumping into the North Sea with his clothes on?

He visited this Sea during his trip to the World Championships in Sweden this 2010 summer. The photo was NOT Photoshopped.



Sure looks like he is going into the water. It is a photo he carefully set up to give one an optical illusion! Great photo, Pat!

If You Swim the Catalina Channel You, Too, Might be the Biggest Loser

by Mark Braun

Most of you know Jason Lassen as the fanatical breaststroke guy that has swum all of his pool and open water events breaststroke for the past year. All of this was in preparation for the Catalina Channel crossing that he recently completed ... yes, breaststroke! The following are some facts about the crossing along with a timeline of Jason's swim.

Facts about the crossing (www.swimcatalina.org):

- The Catalina Channel is the only major channel crossing on the American Continent, which compares to the English Channel in both distance and difficulty.
- The distance is 22 miles
- As of December 31st, 2009, 173 swimmers have successfully completed the crossing
- The record for crossing the channel breaststroke was set by Henry Sullivan on January 30th, 1927, in 22:45. Jason replicated this swim by swimming from the island to the mainland without the assistance of GPS.

An account of Jason's swim:

Wednesday, September 29th, 2010

At 5:30 pm Jason and his support crew (Megan Lassen, David Hathaway, Lisa Kaufman, Mark Braun, Beth Barnes, 2 observers and a boat crew of 4) met at the dock. Here, last minute preparations were made. Megan kept everyone on task, stowing gear and preparing food for Jason's feedings, while others affixed chem lights on the boat and the kayaks.

By 7pm the group was underway. The 2 hour trip to the island allowed Jason and his crew a few hours to catch a nap. The boat arrived at the island just after 9 pm, stopping in a little cove where the water was calm.



Surrounded by darkness, the only light coming from the boat and the far-off harbor lights of San Pedro, squid and other marine life could be made out swimming around the boat. It was time to prepare Jason. Megan donned gloves and began spreading a thick layer of sunscreen followed by a thicker layer of "channel grease": a mixture of Vaseline and lanolin, intended to reduce the shock of the cold water to the swimmer.

A few minutes before 10 pm, it was time for Jason to swim to shore to begin his channel crossing. At approximately 10:01 pm Jason left the bank of Catalina Island to begin the long trek ahead of him. For the next few hours things were uneventful, except for the feedings that occurred at regular 20 minute intervals. At 1:30 am there were splashes around the boat that freaked everyone out. Was it a fish, sharks, dolphins...what? The kayaker on duty did a great job of calmly moving Jason closer to the boat for safety reasons without getting him excited. Jason looked up at the kayaker and said, "Is something wrong?" She responded "no" and that she just wanted him closer to the boat. A few minutes later, everyone on board figured out that it wasn't a shark, just Jason's first encounter with a pod of dolphins - whew! The next couple of hours were again uneventful. At around 4 am Jason started complaining about the cold, although the water temp was a consistent 68 degrees. The water had gotten rough, the currents stronger and Jason was not making much headway. During one of his feedings, Jason asked about his progress and when told, the crew could see his heart sink. The going was tough and things were getting progressively worse for Jason. They say the darkest hour is the hour before dawn. At one point Jason started getting confused and the crew could tell



that the swim was taking a mental toll on him. His team recognized that if they could not get him out of this funk he would have to abandon his crossing attempt. Quickly the support team began giving him hot feeds at 15 minute intervals, making him count his strokes to get his mind focused on other things and constantly reminding him that the sun was coming soon and with that ... warmth.

FINALLY LIGHT, and with light came a renewed Jason and a thick fog. Dawn broke and the support team could finally see where they were going, well, at least they could see each other. However, with the fog came calm waters. This was a godsend for Jason. He had ideal swimming conditions and could not see the coast he was swimming to; probably a mental break for him. Jason caught his second wind and began picking up his pace. He was back in the game and on the down side of the hump. The fog stuck around for the majority of the rest of the swim. At 10:30 Thursday morning, Jason was again joined by a pod of dolphins. It was an incredible sight; the pod must have been at least 60-70 strong! At around noon, the support team really began pushing him. The crew had the luxury of an electronic chart showing them how close they were to the coastline; Jason could only see fog. At every feeding he was reminded that the coast was close and he was almost there. At that point, Jason was probably thinking the crew was full of BS and he was swimming in circles.

Slowly the fog would lift, sometimes only momentary and then it would roll back in. At this point the support crew knew Jason had this in the bag. At around 1:30 pm the fog lifted again, allowing Jason to see how close he really was to the coast, and the excitement rose. Off in the distance you could see blue cabanas lining the shore where he was supposed to land. At around 500 meters from the shore, Forrest Nelson swam out to escort Jason in. There was a crowd on the beach where he was landing, and everyone on the boat started yelling "go ... go ... go!" Soon people from the cabanas came down to the shore and were also cheering him in. He was getting close to the rocky shore now - 25 meters,

15 meters, 5 meters. A surge of water pushed him in, then pulled him back out. "GOOOO JASON!" Finally, he crawled out onto the rocks on all fours, exhausted.

On September 30th at 2:00 pm PST, Jason Lassen completed the Catalina Channel Crossing in 15 hours, 59 minutes, smashing the old record by 6 hours, 46 minutes.

By the way, the people on the beach ... they were there filming the Biggest Loser. What a way to end an awesome swim.

We're proud of you Jason!



Long Distance Swimming

Continued from page 6

wetsuits, webbed gloves, fins, snorkels, etc.). Any kind of tape on the body is not permitted unless approved by the referee. Any devices used to maintain body heat are not permitted, except for those listed in 303.6.2A.

1.1.3 Rules for Category II swimwear for open water events

- A** Swimwear that does not meet the requirements for Category One swimwear shall be considered Category Two swimwear. Swimwear may include a wetsuit or wetsuit, cap or caps, goggles, arm bands, and rash guards. Nose clips, ear plugs, wristwatches and grease are also allowed.
- B** Wetsuits or any other heat-retaining swimwear may be allowed at the discretion of the event director when the water temperature does not exceed 78 degrees Fahrenheit. Any published results or records must clearly indicate which swimmers wore wetsuits.
- C** Swimmers are not permitted to wear or use any additional device or substance to help their speed, buoyancy or endurance during a swim

Continued on page 12

Long Distance Swimming

Continued from page 11

(such as webbed gloves, fins, snorkels, etc.), except in designated events where all swimmers may use similar devices or substances. Any kind of tape on the body is not permitted unless approved by the referee.

307.7.6

Swimwear—

- A. Only swimmers wearing Category I swimwear as defined in 303.6.1 and 303.6.2 may compete in national championship swims.
- B. At the discretion of the event director, swimmers wearing Category II swimwear as defined in 303.6.1 and 303.6.3 may participate in events containing national championship swims, but shall be excluded for the purposes of articles 305.8 through 306.1. In addition, Category Two competitors shall have a separate start time.
2. OEVT: One-event USMS registrants are not eligible to compete in national championships. Full USMS membership is required. Editorial comment: Long overdue.
3. NEW CHAMPIONSHIP DISTANCE: An annual National Championship of greater than nine miles is authorized. Editorial comment: More opportunities for the real long distance aces.
4. CHEATING: Pulling or resting on watercraft, buoys, lines, etc. has been clearly defined as a disqualifying offense. This clarifies the difference between USA-Triathlon rules (in which swimmers may rest on craft, buoys, lines, etc without penalty as long as they are not moving forward) and USMS rules. Editorial comment: This ain't triathlon!
5. DISABILITIES: Open water event directors are now authorized to make accommodations for

swimmers with disabilities, provided that the athlete or coach follows a set process and that no competitive advantage is given. Editorial comment: Excellent flexibility for event directors and opportunities for athletes.

6. POSTALS: Starting in 2011—NOT THIS YEAR, PLEASE—swims in 25-meter pools have been authorized for inclusion in the 3000 & 6000-yard postal championships, thus removing a large barrier to participation for swimmers who do not have ready access to 25-yard pools. The process is now being developed. Editorial comment: None needed, as I proposed this measure.

In other long distance news from Convention, Oregon achieved an historic milestone in championship bidding. Two years from now, for the first time in at least 25 years, a single LMSC—yup, us—will host two national open water championships in the same season! On June 30, 2012, COMA will host the USMS Two-Mile Cable Championships at Foster Lake. Two weeks later, RVM will host the USMS 10-Kilometer Open Water Swim Championships at Applegate Lake. Great opportunities for you!

Good luck and good swimming!



This is the group who went to the Huntsman World Games in St. George, Utah. Pictured Left to Right: Rich Jahala (67), Nancy Radcliff, Bert Singer (91), Laura Schob (52), Dave Radcliff (70), Bev Lesperance (78), Ginger Pierson (64), Judy Larson, Allen Larson (57). All swimmers medaled; Nancy and Judy were cheerleaders and counters.

Thank You

OMS SPONSORS

\$100 Diamond

Willard Lamb
Michael Silvey
Allen Stark
David Hathaway
Roy Lambert

Mike Peyton
Elizabeth Budd
Jody Welborn
Keith Dow

\$50 Gold Medal

James Coakley
Stephen Darnell
William Holman
Bill King
Brent Lake
Lee Miesen
Ronald Nakata

Keith Peters
Nancy Vincent
Margaret Wells
Christina Fox
Edward Chastaney
Sandi Rousseau
Bill Sumerfield

Short Course Meters Pentathlon and Brute Squad Meet
 Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #370-09
 Eligibility: Currently registered USMS swimmers, 18 years and older.

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

DATE: Saturday, November 13, 2010

25 meters
 6-8 lanes competition-Colorado electronic timing system
 At least 4 lanes of continuous warm-up/down

WARM-UPS: NOON
MEET STARTS: 1PM

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

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

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

ENTRY DEADLINE: RECEIVED BY Tuesday, November 2, 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 OR 2011 USMS # _____
 USMS CLUB (OREG, SWMS, ETC) _____

AGE GROUPS: 18-24, 25-29, 30-34, ETC. RELAY AGE GROUPS: 72-99, 100-119, 120-159, ETC. **YOU MAY ENTER 5 INDIVIDUAL EVENTS AND ONE (1) RELAY (SAME SEX OR MIXED) PER RELAY EVENT.** ENTER RELAYS AT THE MEET. THE 400M AND 800M RELAYS WILL BE SEDED IN HEATS FOLLOWING THE 200M RELAYS OF THE SAME TYPE. **ENTRY DEADLINE FOR RELAYS IS BEFORE THE 1500 FREE. CHECK IN DEADLINE FOR THE 1500 FREE IS BEFORE THE 400 IM.** ALL EVENTS WILL BE SEDED SLOW TO FAST.

*Regular OMS ribbons for places 1-3. Special ribbons for places 1-3 for Pentathlon and Brute Divisions, based on cumulative time. Short pentathlon events include 50 fly, 50 back, 50 breast, 50 free & 100 IM (marked * below). Medium Pentathlon events include 100's of each stroke & 200 IM (marked ** below). Long Pentathlon events include 200's of each stroke & 400 IM (marked *** below) Brute Squad events are 200 fly, 400 IM, 1500 free (marked # below). The 1500 will be limited to one (1) heat unless there are more than 16 Brute Squad entrants. First priority goes to Brute Squad entrants. Second priority is based on date of entry mailing.*

Saturday, November 13, 2010

200 FLY*# (1)** _____ : _____ . _____
100 FLY (2)** _____ : _____ . _____
50 FLY* (3) _____ : _____ . _____
200 BACK* (4)** _____ : _____ . _____
100 BACK (5)** _____ : _____ . _____
50 BACK* (6) _____ : _____ . _____
200 BREAST* (7)** _____ : _____ . _____
100 BREAST (8)** _____ : _____ . _____
50 BREAST* (9) _____ : _____ . _____
200 FREE* (10)** _____ : _____ . _____
100 FREE (11)** _____ : _____ . _____
50 FREE* (12) _____ : _____ . _____

400 IM*# (13)** _____ : _____ . _____
200 IM (14)** _____ : _____ . _____
100 IM* (15) _____ : _____ . _____
1500 FREE# (16) _____ : _____ . _____

(Two swimmers per lane, hand timed)

200 MEDLEY RELAY (17, 18, 19)
400 MEDLEY RELAY (20, 21, 22)
200 FREE RELAY (23, 24, 25)
400 FREE RELAY (26, 27, 28)
800 FREE RELAY (29, 30, 31)

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training & competition), including possible permanent disability or death, and agree to assume all 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



OMS/USMS 2011 REGISTRATION



Register online at:
<http://www.usms.org/reg/>

Renewal - 2010 USMS # _____

New Member

Last Name: _____ First Name: _____ M.I.: _____
(Please register with the name you will use for competition.)

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date of Birth: _____ Age: _____ Sex: M F

E-mail Address: _____ I do not have access to a computer/email.
(Please print clearly. Your email address is used for OMS and USMS communications.)

RELATED MEMBERSHIPS & CERTIFICATIONS

I am a: _____ Masters Coach
_____ Certified Official

I am a member of: _____ YMCA
_____ USA Triathlon
_____ USA Swimming

Local Team: Name _____ Abbreviation _____
(Choose name and abbreviation from list below.)

<input type="checkbox"/> OREG (Club)	Lake Oswego Masters LOM	Salem Kroc Masters KAM
Allstar Triathlon YTSM	Mittleman Jewish Community Center MJCC	Salem YMCA Masters SYM
Aquaducks Masters AQDK	Multnomah Athletic Club MAC	Sherwood YMCA Dragons SYD
Baker Area Seasoned Swimmers BASS	North Clackamas Masters Swimming NCMS	Southern Oregon Masters SOM
Central Oregon Masters Aquatics COMA	Northwest Blue Crush Aquatic Club BCAC	Tualatin Hills Barracudas THB
Circumnavigating Beavers Aquatic Team CBAT	Oregon Pool-Less Elite Narwhals OPEN	<input type="checkbox"/> SWMS (Club)
Columbia Gorge Masters CGM	Oregon Reign Masters ORM	LaCamas SW Wash. Masters LSWM
Corvallis Aquatic Team Masters CAT	Pendleton Masters PEND	Tornadoes Masters TOR
Emerald Aquatics EA	Portland Community College Masters PCCM	
Klamath Basin Masters KBM	Portland State Masters PSM	
	Rogue Valley Masters RVM	

Registration: Valid November 1, 2010 to December 31, 2011. Make checks payable to OMS, Inc.

\$45.00 Single

\$32.00 Age Groups: 18-24, and 75 and older

Fee breakdown: USMS = \$29.00; (which includes \$8.00 for a subscription to USMS's magazine, *SWIMMER*; OMS = \$16.00 (OMS covers the additional cost for our younger and older members.)

- I have added a contribution of \$_____ for Oregon Masters Swimming. We value your support!
- I have added a contribution of \$50 as a Gold Medal Sponsor of Oregon Masters Swimming.
- I have added a contribution of \$100 as a Diamond Medal Sponsor of Oregon Masters Swimming.
- I have added a contribution of \$_____ to the USMS "Swimming Saves Lives" Fund.

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES 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: (required) _____ Date: _____

MAIL TO: SUSIE YOUNG, OMS REGISTRAR, 14565 NW Salvia Ct. Portland, OR 97229

This form is available on the OMS website: www.swimoregon.org

Registering at the same time you're entering a meet? Send BOTH forms to the meet entry address.

Contact the OMS Registrar for more information on forming an OMS club. Susie Young: swim.pdx@gmail.com or 503-475-8004



2011

Local Team/Workout Group Registration

This form must be postmarked by the entry deadlines of the 2011 OMS Association Championship and the 2011 OMS Open Water Championships, in order for a team to compete as a "Local Team" at those events.

Team Name _____ **Abbreviation** (up to 4 letters) _____
Website _____

Team Representative Information (must be an OMS member)

Rep. Name _____
Address _____
Phone # 1 _____ **Phone # 2** _____
Email _____

Team Information

Approximate number of swimmers _____
Practice Schedule (attach additional sheet if necessary)
Mon _____ Tues _____
Wed _____ Thurs _____
Fri _____
Sat _____ Sun _____

Coaches Information

Head Coach _____
Address _____
Phone # 1 _____ **Phone # 2** _____
Email _____

Assistant Coach _____
Address _____
Phone # 1 _____ **Phone # 2** _____
Email _____

Pool Information

Pool Name _____
Address _____
Phone _____

Mail to: Christina Fox, Membership, 30587 Stout Lane, Corvallis OR 97333
foxkohnert@peak.org

Aqua Master

November/December 2010

Oregon Masters Swimming, Inc.
31701 SE Currin Road
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Peaceful Thanksgiving
Blessed Christmas
Prosperous New Year!

2010

Meet SCHEDULE

(c)swimgraphics.com

Looking Ahead . . .

Date	Type	Meet/Location
*Nov. 13, 2010	COMA Pentathlon, SCM	Bend
April 1 - 3, 2011	Association Championships SCY	Mt. Hood Community College, Gresham
April 28 - May 1, 2011	Spring Nationals, SCY	Mesa, Arizona
August 3 - 6, 2011	Summer Nationals, LCM	Auburn University, Auburn, Alabama
April 26 - 29, 2012	Spring Nationals, SCY	Greensboro, North Carolina
July 5 - 8, 2012	Summer Nationals, LCM	Omaha, Nebraska

*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 Meeting Schedule (Location to be announced later)

November 21, 2010 (Sunday), 6 PM
January 16, 2011 (Sunday), 6 PM
February 20, 2011 (Sunday), 6 PM

