



Aqua Master

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"Swimming for Life"

Puerto Rico Nationals: Through the Eyes of USMS Nationals Veteran, Tim Waud

by Tim Waud, with comments from Donna Buck and Allen Larson

We arrived late on Friday evening and decided that an ocean swim would help take away the aches and pains of flying for seven hours. Within 30 seconds of entering the warm Atlantic Ocean, I was stung by jelly fish. Needless to say we decided to retire to the Verdanza Hotel for a late night swim in the hotel pool. Sunday we arrived at the Natatorium for a general warm-up, meeting and social. We were treated to Salsa dancing lessons, and Puerto Rican musicians and dancers. Everyone danced and socialized before retreating to our hotels for a good night rest. Seven OMS swimmers competed at the 2010 USMS Summer National Championships: Donna Buck, Kevin Cleary, John Kinder, Kaleo Schroder, Allen Stark, Carol Stark and Tim Waud. (Note: Allen Larson, usually an OMS swimmer, joined his sister and mother on the Ft Lauderdale Aquatics team for this national meet). The facility was amazing. Though the facility had a roof, it was open on the sides which allowed the breeze, thunder and rain storms, sunshine, music, and dancing to flow through - adding to the camaraderie that naturally takes place at Master's nationals. Allen Larson said, "I made more new friends at this nationals than any other because the 600+ swimmers gave it more of a local meet feel, than happens with the thousands that usually attend." Donna Buck added, "The pool was fast, the atmosphere energetic and friendly. It was the smallest national event I have been to, but made it that much more relaxed and friendly."

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OMS swimmers at Nationals in Puerto Rico. Allen Larson, left, swam for a Florida team so he could swim relays with his sister and mother.

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Chairs Corner

by Jody Welborn

Hi Everyone:

I hope that things are going "swimmingly" as fall rapidly approaches.

This time of year is very important for USMS (and OMS) as the leaders of the organization as well as many volunteers gather for the USMS convention, held as part of the yearly United States Aquatic Sports convention. It is at this convention that rules and policies for the organization are discussed and finalized. Oregon Masters Swimming is well represented. OMS delegates Susie Young, Tim Waud and MJ Caswell, will be looking out for our interests as well as learning from other volunteers throughout the nation. Two of the designated delegates-at-large are OMS members: Sandi Rousseau and Dennis Baker. Bob Bruce will attend as part of the Long Distance committee and Wes Edwards will attend as the Northwest Zone representative. We are lucky to have such able people represent us at the national level.

After convention, OMS typically holds its yearly retreat and this year it will held on October 15th. In this setting we discuss swimming in the LMSC strategically and politically, locally and nationally. As Rich Juhala wrote in his recent editorial regarding fees at the local and national level, I will be conducting a survey to hear your wishes and concerns. In the meantime, I would like to know what is on your mind. What can OMS do to enhance your swimming experience? What do you like? What are your gripes? How can we improve communication?

Oregon Masters Swimming continues to grow and we (the board) want to hear from you. Send me an email or contact any board member.

And Remember, Swimming is for Life,
and Life Matters.

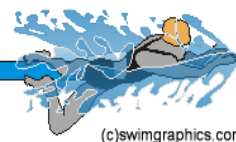


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Aqua-Master is the official publication of Oregon Masters Swimming. It is the source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. A subscription is part of membership in OMS. Nonmembers can subscribe using the membership form and sending a check for \$12.00 payable to 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.

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Fitness Burnout!

by Helen Thurlow



We've all been through it in some form or the other. We sometimes don't talk about it, or worse don't even admit that we are going through it. I'm talking about burnout. And whether you are training for an upcoming meet, open water, or triathlon, with the help of these useful tips from USAT certified Kim McDonald*; here's how to avoid it.

It's really a no-brainer that training and racing requires 100% of your mental and physical energy. It's also a no-brainer that it also zaps it out of you...100%. And if you have work, family or other responsibilities, you have to come to grips on how to learn how to balance training, racing, and everything else in your life. If you are not realistic and are not keeping things in perspective, you will crack and guarantee a poor performance is in the near future.

1. Take time off from big races. If you recently traveled to a big race, don't sign up for another race right after. Do some light training, jog in the park or simply rest before signing up for another race.
2. Don't sweat the small stuff. Race results weren't in your favor? What were the conditions: was it weather? time of day? distance of race? kids sick? job stressful? The race is done, let it go and compete later.
3. Perception is key: if you are a mom with 7 kids and a full time job, realistically training and racing should come last. Look what is in your life and balance it out. Banks charge overdraft fees. Charge yourself overdraft fees if not in balance.
4. Take your training to a higher calling. Just do something different. Switch it up. If you keep doing the same thing your training becomes plateau leveled. Do a fartleack run in the park, yoga, kickboxing...anything, just tweak your training up a bit.
5. Do the complete opposite of #4. If your schedule is so filled you can't even schedule a nap, clear it up and do one thing. If you like running; stick to running for a while. Just feel

what it's like to do just one thing before adding everything else back to your life.

6. Only swim and compete in short course? Try long course. Freaked about open water? Talk to your lane buddy and ask about training in open water. If you compete in only one thing you are not going to experience trying other events. At least try it once.
7. Train with people you don't know. You become familiar with the partners you train with and maybe get a little too comfortable. Training with a different set of people opens up a whole new perception. Sometimes you need another set of eyes to check out what's going on.
8. Take time off if you are feeling sluggish, not eating right, not training or racing right. Take a 2-week vacation. Don't set the alarm and sleep in. Literally do not exercise at all. Your body will thank you later.
9. If you are a triathlete, when your season is done take a huge chunk of time off. From September until mid November you should be resting, and anything else that you enjoy: lazily swimming laps in the pool, taking a tai chi class. Something, just not hard core training.
10. If you are an athlete period, when your season is done, repeat #9. Seriously, have fun, it doesn't matter what it is. Put-put golf, ultimate Frisbee, watching Star Trek marathon on T.V. Who knows, that smile and laugh might just come back.

To avoid burnout of any kind, to keep the passion of your sport lit, stop, and rest and enjoy. To keep loving what you are doing, take time out to focus on you. Remember why you got into this sport in the first place and look how much you've accomplished. You shouldn't look at this as a nagging moral requirement, but a healthy life-choice. So take care of yourself. That's an order!

*Triathlete, No 317, September, 2010, ppg. 72-80.

Shake and Swim with "Bake"

Staying on the Legs

Coach Dennis Baker



Many of my latest articles have addressed the value of legs and kicking to help improve your swimming. Even if you don't use your kick very much when you race we know that you still must train the legs. Here is a drill that will help your overall fitness and help your timing with Freestyle.

Breath-Kick Drill: Do a small set of 16x25s or 8x50s Freestyle with at least 30 seconds rest in-between each repeat. Every time you take a breath try to get 6 kicks in during the breath. When you are not breathing stop your kick. Any pattern of breathing will be ok.

This drill will be hard to do for a few reasons. First, as you know kicking will raise your heart rate. Make sure you take the 30 seconds rest so your heart rate will come down before the next repeat. Next, most swimmers do the opposite of this drill; they kick more and harder when they are not

breathing. The first time most swimmers try this drill they end up kicking both when breathing and when not breathing because it is so opposite of what they are used to. Don't worry, after a few repeats you will get it. You should start to feel a loping sensation in your stroke.

So why do this drill besides the fitness benefit? It's all about timing and distance per stroke (DPS). When we take a breath in Freestyle we are not in a very efficient body position. On top of that we stop our kick. Kicking harder while taking a breath will continue to propel your body forward in its least efficient position. Lastly, this drill will help you ride your anchor arm and not let it slip down too fast, thus creating a better distance per stroke.

Try this drill and you will be well on your way to stronger legs and a more efficient Freestyle.

Swim Bits

by Ralph Mohr



If anyone in Oregon is looking ahead to rain, gloom and winter weather in general here, you can always go to Australia and do nothing but swim one open water swim after another from November to April.

A friend of mine visited his daughter in Perth, Western Australia, last year, and brought me back a copy of their open water swim schedule. It's great! See www.mastersswimmingwa.asn.au for more information.

The first races start around November 1st with four swims: 1.25, 2.5, 5K and 10K. Choose. Every weekend after that has some swim somewhere: lake, river, and ocean. Most swims range from 1600 meters to 2.6K.

There are four different 10K swims, leading up to the 19.7K Rottnest Channel Swim, "solo, duo & teams of 4." There is an 8K at the Cocos Keeling

Islands (wherever they are) in the Pulu Kokos Lagoon.

Think of spending the winter lolling around Perth, seeing the sights, keeping in shape swimming in the surf and the many available 50 meter public pools, and then on the weekend swimming a long ways in all sorts of surf, tides, and freshwater lakes.

Several swims are from island to beach or vice versa. Imagine how much fun we would have in Oregon if we had an island to swim to from Coos Bay, Newport or Seaside. Australians can go from Cottesloe Beach to Rottnest Island, from Jurian Bay to Boullanger Island, or swim thru Perth down the Swan River to Matilda Bay.

They could sing during the last, "Swim to Matilda, swim to Matilda, will you swim t' Matilda with me..."



Long Distance Swimming

by Bob Bruce



What an amazing OMS Open Water Season! Let's recognize our season achievements and highlights, which set records in nearly every quantitative category possible (records indicated by *):

- We hosted 26 events* at 7 venues* this year, with huge variety in courses, distances, and events.
- 287 Oregon swimmers* from 22 Oregon local teams (and 92 unattached swimmers*) took part, totaling 1036 swims*. COMA again led local team participation by a wide margin with 64 swimmers having 311 swims*, with special mention for ORM for their improved participation of 27 swimmers and 152 swims.
- Visitors from other states joined us for 111 swims, more than 70% of them at Elk Lake. This is pretty good considering that we hosted no USMS championship events this summer.
- 48 Oregon swimmers swam in three or more venues*, nearly double the record set only last year. These swimmers all qualified for the Oregon Open Water Swim Series and the top three in each age group won handy glassware suitable for cold beverages. COMA again led with 16 qualifiers*, with special mention to OPEN for 8 qualifiers among their 9 swimmers!
- 7 Oregon swimmers* swam at all 7 venues this year! Keith Dow valiantly tried for the elusive 8th venue by driving to Applegate Lake one week early, but nobody else came with him.
- Gayle Orner swam in the maximum possible 22 events* (she couldn't swim all 26 only because four swims ran concurrently with others). Megan & Jason Lassen and Elizabeth Budd each had 21 swims (Jason's were all breaststroke!), followed closely by Robin Bragg with 19 and Aubrey Gustafson & Joni Young with 18.
- After a bracing start to the season due to the cool spring, we had reasonable water temperatures and nice days in July and August (without forgetting the 30 degree air temp overnight in the Elk Lake campgrounds).
- The hospitality was again fantastic. We know how to bring it! There is no race hospitality anywhere quite like that found in Oregon!
- We had fun!

Congratulations to:

- Our 19 1500-meter Association Individual Champions;
- Central Oregon Masters and OPEN Narwhals, again our Association Large and Small Team Open Water Champions respectively;
- Megan Lassen and David Hathaway, our Oregon Open Water Series Grand Champions;
- Gayle Orner and Dan Gray, our Mike Morehouse Award honorees;
- Those many Oregonians—and there were quite a few—who ventured (and who plan to venture still) far afield to find special open water challenges this year;
- Our race directors, host teams, and myriad volunteers, to whom we owe a great deal;
- Our sponsors, who made our swims financially and logistically possible;
- Everyone who participated!

Enough about open water for now. A new postal challenge awaits as we start a new school and swimming year! October and early November is the season for National 3000-yard & 6000-yard Postal Championships. These swims must be done in a 25-yard pool—making them easily accessible to most of us!—and completed between September 15th and

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Cascade Lakes Swim Series

July 30 - August 1, 2010

Race #1 : 3000 Meter Swim Results (Wetsuit)

AgGrp Pl Name	Age	Club	Team	Time	Overall M/F
Women					
25-29 1 Jessica Cavas	28	UNAT		0:46:12	21 3
30-34 1 Katie Wewer	33	UNAT		0:45:31	17 2
35-39 1 Elizabeth Henderson	39	OREG	EA	0:44:13	11 1
40-44 1 Krista Loercher	40	PNA		1:00:20	72 7
45-49 1 Lisa Nirell	48	OREG	COMA	0:52:02	44 5
45-49 2 Ann Thomas	47	OREG	UNAT	0:54:51	57 6
45-49 3 Marlene Hoard	48	OREG	AQDK	1:13:55	83 8
55-59 1 Deb Douglas	55	OREG	COMA	0:51:44	43 4
Men					
35-39 1 Eric Smith	38	UNAT		0:42:29	7 2
35-39 2 Matt Paz	39	UNAT		1:01:35	74 12
35-39 3 Scott Nelson	39	OREG	SYD	1:11:37	82 14
40-44 1 Chris Sullivan	41	OREG	FAST	0:49:24	34 7
45-49 1 Sam Peterson	49	UNAT		0:48:31	29 5
50-54 1 Ed Ramsey	54	OREG	THB	0:46:15	22 3
50-54 2 Mike Douglas	52	OREG	COMA	0:48:53	32 6
50-54 3 Michael Bingle	54	SWMS	VSC	0:58:08	64 10
50-54 4 Karl Baldessari	50	UNAT		1:01:58	75 13
55-59 1 William Penn	58	PNA		0:40:03	3 1
55-59 2 John Dewit	57	PNA		0:49:48	36 8
60-64 1 Byron Oberst	61	OREG	COMA	0:47:00	24 4
65-69 1 Jeff Jacobsen	66	PNA		0:54:46	56 9
65-69 2 Jerry Balser	66	UNAT		0:58:54	68 11

40-44 1 Mike Self	40	OREG	ORM	0:39:39	1 1
40-44 2 Tim Waud	43	OREG	ORM	0:43:59	10 7
40-44 3 John Gessner	44	OREG	COMA	0:44:22	14 8
40-44 4 Jeff Hackley	42	OREG	THB	0:46:10	20 11
45-49 1 David Brancamp	48	SNM		0:39:41	2 2
45-49 2 David Hathaway	49	OREG	ORM	0:43:02	8 5
45-49 3 Peter Collins	45	PNA		0:54:36	55 26
45-49 4 David Row	45	UNAT		0:56:50	60 28
45-49 5 John Griley	47	OREG	UNAT	0:58:34	67 31
50-54 1 Ron Thompson	50	OREG	COMA	0:47:48	26 13
50-54 2 Keith Dow	54	OREG	OPEN	0:52:25	46 22
50-54 3 Dan Mayhew	53	OREG	AQDK	0:55:57	59 27
50-54 4 Mike Neubig	50	UNAT		1:00:26	73 32
50-54 5 Robin Bragg	50	OREG	OPEN	1:04:42	79 35
50-54 6 Walter Carter	54	OREG	COMA	1:04:57	81 37
55-59 1 Charlie Swanson	58	OREG	EA	0:45:39	18 10
55-59 2 Brooks Richardson	57	OREG	COMA	0:51:27	41 19
55-59 3 Mark Becker	55	OREG	THB	0:51:40	42 20
55-59 4 Bob Needham	57	OREG	ORM	0:52:30	47 23
60-64 1 Jed Cronin	61	OREG	THB	0:48:50	30 16
60-64 2 Jim Teisher	60	OREG	THB	0:52:07	45 21
60-64 3 Hank McCurdy	62	UNAT		1:04:34	78 34
65-69 1 Ralph Mohr	68	OREG	COMA	0:52:52	51 24
65-69 2 Dan Gray	65	OREG	OPEN	1:03:15	76 33
75-79 1 David Radcliff	76	OREG	THB	0:47:52	27 14

Race #1 : 3000 Meter Swim Results (No Wetsuit)

Women					
18-24 1 Anita Isch	23	PMST		0:50:02	37 8
18-24 2 Katie Rice	24	UNAT		0:57:13	62 18
25-29 1 Kelsey Holmberg	28	OREG	COMA	0:42:26	6 1
25-29 2 Aubree Gustafson	29	OREG	ORM	0:46:28	23 6
30-34 1 Jackie Parker	32	OREG	OPEN	0:52:37	49 13
35-39 1 Megan Lassen	39	OREG	ORM	0:44:15	12 2
35-39 2 Julie Himstreet	39	OREG	EA	0:45:54	19 5
35-39 3 Bonnie Edwards	38	OREG	ORM	0:51:15	40 11
40-44 1 Kim Young	42	OREG	COMA	0:52:33	48 12
40-44 2 Cyndi Smidt	40	OREG	COMA	0:53:13	52 15
40-44 3 Dee Davis	43	EXCL		0:57:23	63 19
40-44 4 Shannon Singer	40	PNA		0:58:27	66 20
45-49 1 Myla Houlihan	46	CMS		0:44:18	13 3
45-49 2 Joni Young	49	OREG	UNAT	0:49:09	33 7
45-49 3 Jennifer Fordham	46	PNA		0:59:07	69 21
45-49 4 Gayle Orner	47	OREG	CBAT	1:03:18	77 24
50-54 1 Kris Denney	50	OREG	COMA	0:44:27	16 4
50-54 2 Laura Schob	51	OREG	COMA	0:50:12	38 9
50-54 3 Dallas Turner	52	SAWS		0:51:03	39 10
50-54 4 Ann Goodman	51	OREG	CGM	0:55:34	58 17
50-54 5 Paula Moores	52	SAWS		1:00:04	71 23
55-59 1 Elizabeth Budd	56	OREG	CAT	0:52:50	50 14
55-59 2 Madeleine Holmberg	57	OREG	COMA	0:54:10	54 16
55-59 3 Jill Wright	59	SAWS		0:59:36	70 22
70-74 1 Bea Minor	73	UNAT		1:17:14	84 25
Men					
17Over1 Scott James	42	UNAT		0:57:07	61 29
25-29 1 Tim Farrington	26	OREG	COMA	0:40:55	5 4
25-29 2 Henry Holmberg	25	UNAT		0:43:45	9 6
25-29 3 Brett Crandall	27	OREG	COMA	0:44:23	15 9
25-29 4 Ian McCurdy	25	UNAT		0:47:03	25 12
30-34 1 Evan Morrison	30	CSMT		0:40:34	4 3
30-34 2 Todd Lantry	34	OREG	RVM	0:48:52	31 17
30-34 3 Brian Hemphill	34	OREG	COMA	0:49:28	35 18
35-39 1 Mark Braun	38	OREG	ORM	0:47:55	28 15
35-39 2 Andrew Singer	37	OREG	COMA	0:53:59	53 25
35-39 3 Christian Smelser	38	UNAT		0:58:22	65 30
35-39 4 Jason Lassen	37	OREG	ORM	1:04:43	80 36



Race #2: 500 Meter Swim Results (Wetsuit)

Wetsuit					
Women					
13-14 1 Bella Wiener	13	BEND-OR		0:07:16.1	22 1
13-14 2 Abby Sorlie	14	BEND-OR		0:08:24.8	58 5
15-16 1 Kiki Nakamura-Koyama	15	BEND-OR		0:08:41.8	74 8
25-29 1 Andrea Frank	26	OREG	UNAT	0:09:36.8	99 10
30-34 1 Katie Wewer	33	UNAT		0:07:34.9	31 2
30-34 2 Mikenzie Matteson	32	UNAT		0:08:05.0	47 3
35-39 1 Eva Varga	38	OREG	COMA	0:12:14.0	131 12
40-44 1 Kelly Richards	41	PNA		0:08:11.8	50 4
45-49 1 Mary Molony	49	OREG	COMA	0:08:34.4	65 7
45-49 2 Sandra Schmidt	45	OREG	COMA	0:09:00.6	86 9
55-59 1 Deb Douglas	55	OREG	COMA	0:08:28.8	60 6
65-69 1 Judy Ziemer	66	OREG	COMA	0:10:48.9	123 11
70-74 1 Peggine Hodge	70	OREG	COMA	0:12:31.2	132 13
Men					
17Over1 Scott James	42	UNAT		0:07:18.0	24 4
40-44 1 William Clydesdale	43	OREG	ORM	0:06:41.4	11 3
45-49 1 David Hathaway	49	OREG	ORM	0:06:13.8	2 1
50-54 1 Robin Bragg	50	OREG	OPEN	0:10:26.4	118 9
55-59 1 William Penn	58	PNA		0:06:32.8	8 2

60-64 1	Gregory Frank	61 OREG MACO	0:09:18.2	91	6
60-64 2	Richard Jenkins	62 OREG COMA	0:10:01.0	111	8
65-69 1	John Spence	68 OREG COMA	0:07:53.6	42	5
70-74 1	Paul Olmstead	70 PNA	0:09:34.7	96	7

Race #2: 500 Meter Swim Results (No Wetsuit)

Women

11-12 1	Meg Houlihan	12 UN-CO	0:08:46.8	76	29
18-24 1	Sarah Tomscha	19 OREG KAM	0:07:26.1	28	9
18-24 2	Anita Isch	23 PMST	0:08:01.9	46	17
18-24 3	Katie Rice	24 UNAT	0:09:02.0	87	35
18-24 4	Sophie Diepenheim	18 UNAT	0:09:57.9	107	46
25-29 1	Kelsey Holmberg	28 OREG COMA	0:07:06.6	17	5
25-29 2	Aubree Gustafson	29 OREG ORM	0:07:47.3	39	15
25-29 3	Trista Hedlind	29 UNAT	0:08:54.4	78	31
30-34 1	Kristin Wigle	33 UNAT	0:06:50.6	12	2
30-34 2	Amy Holcomb	30 UNAT	0:07:09.4	19	6
30-34 3	Diana Follette	31 CAST	0:07:10.7	21	7
30-34 4	Abigail Olson	32 EXCL	0:07:56.3	44	16
30-34 5	Jackie Parker	32 OREG OPEN	0:08:55.7	81	32
35-39 1	Megan Lassen	39 OREG ORM	0:07:27.7	29	10
35-39 2	Julie Himstreet	39 OREG EA	0:07:39.1	33	12
35-39 3	Megan McCook	37 OREG COMA	0:07:43.9	37	14
40-44 1	Kristine Senkier	40 OREG COMA	0:06:38.1	10	1
40-44 2	Connie Austin	42 OREG COMA	0:08:14.7	52	19
40-44 3	Cyndi Smidt	40 OREG COMA	0:08:24.0	57	21
40-44 4	Cheryl Morgen	40 OREG COMA	0:08:29.2	61	22
40-44 5	Dee Davis	43 EXCL	0:08:37.2	68	25
40-44 6	Kim Young	42 OREG COMA	0:08:47.8	77	30
40-44 7	Maureen Mauer	44 OREG COMA	0:09:02.2	88	36
40-44 8	Shannon Singer	40 PNA	0:09:36.4	98	39
40-44 9	Margaret Finestone	43 OREG COMA	0:09:44.5	103	42
40-44 10	Susan Gorman	44 OREG COMA	0:09:51.7	104	43
40-44 11	Krista Loercher	40 PNA	0:10:01.9	112	47
40-44 12	Maya Kroener	40 UNAT	0:10:38.1	121	50
40-44 13	Ann Angvick	43 OREG EA	0:10:51.0	126	52
45-49 1	Arlene Delmage	47 OREG ORM	0:07:01.4	16	4
45-49 2	Valerie Jenkins	47 OREG ORM	0:07:36.1	32	11
45-49 3	Kendra Wheeler	48 OREG KAM	0:07:40.2	36	13
45-49 4	Joni Young	49 OREG UNAT	0:08:11.2	48	18
45-49 5	Nancy Sorlie	47 OREG COMA	0:08:36.5	67	24
45-49 6	Jennifer Fordham	46 PNA	0:08:57.7	82	33
45-49 7	Debbie Pappa	49 OREG COMA	0:09:28.1	95	37
45-49 8	Ann Thomas	47 OREG UNAT	0:09:56.3	105	44



45-49 9	Gayle Orner	47 OREG CBAT	0:10:30.5	120	49
45-49 10	Marlene Hoard	48 OREG AQDK	0:13:12.1	133	56
50-54 1	Mary Sweat	53 OREG UNAT	0:06:59.2	15	3
50-54 2	Kris Denney	50 OREG COMA	0:07:18.7	23	8
50-54 3	Donna Buck	51 OREG CAT	0:08:20.2	54	20
50-54 4	Karen Andrus-Hughes	52 OREG ORM	0:08:38.0	69	26
50-54 5	Ann Goodman	51 OREG CGM	0:08:39.6	70	27
50-54 6	Dallas Turner	52 SAWS	0:08:41.6	73	28
50-54 7	Caryn Krasne	53 UNAT	0:09:42.9	100	40
50-54 8	Paula Moores	52 SAWS	0:09:57.3	106	45
55-59 1	Elizabeth Budd	56 OREG CAT	0:08:33.8	64	23
55-59 2	Madeleine Holmberg	57 OREG COMA	0:09:00.1	85	34
55-59 3	Jill Wright	59 SAWS	0:09:35.7	97	38
55-59 4	Toni Brown	55 OREG COMA	0:09:44.2	102	41
55-59 5	Leslie Weigand	56 OREG COMA	0:10:14.8	115	48
55-59 6	Connie Peterson	55 OREG COMA	0:11:57.8	128	53
60-64 1	Sarah Olson	60 OREG COMA	0:10:49.0	124	51
60-64 2	Lynn Sacks	64 OREG OPEN	0:13:52.4	135	57
65-69 1	Pam Himstreet	66 OREG COMA	0:12:04.3	129	54
70-74 1	Bea Minor	73 UNAT	0:12:08.1	130	55

Men

11-12 1	Ian Wilson	12 BEND-OR	0:09:19.3	92	41
11-12 2	Ian King	12 BEND-OR	0:09:23.6	93	42
17 & Over 1	Nicolas Morrell	18 UNAT-OR	0:06:29.5	5	4
25-29 1	Tim Farrington	26 OREG COMA	0:06:28.5	4	3
25-29 2	Henry Holmberg	25 UNAT	0:06:35.8	9	7
25-29 3	Brett Crandall	27 OREG COMA	0:07:09.3	18	10
25-29 4	Ian McCurdy	25 UNAT	0:07:22.6	27	14
30-34 1	Evan Morrison	30 CSMT	0:06:30.7	6	5
30-34 2	Todd Lantry	34 OREG RVM	0:07:30.5	30	15
30-34 3	Nick Thorpe	30 OREG UNAT	0:07:47.3	39	19
30-34 4	Brian Hemphill	34 OREG COMA	0:07:47.7	41	20
30-34 5	Rob Shatting	33 UNAT	0:08:30.4	62	29
30-34 6	Kevin Lutz	33 OREG	0:09:09.2	89	39
35-39 1	Mark Braun	38 OREG ORM	0:07:39.1	33	16
35-39 2	Andrew Singer	37 OREG COMA	0:07:39.5	35	17
35-39 3	Cameron Coker	36 UNAT	0:09:59.1	109	46
35-39 4	John Notis	37 OREG OPEN	0:09:59.8	110	47
35-39 5	Jason Lassen	37 OREG ORM	0:10:16.0	116	50
40-44 1	Mike Self	40 OREG ORM	0:06:02.4	1	1
40-44 2	Tim Waud	43 OREG ORM	0:06:58.0	14	9
40-44 3	Jeff Hackley	42 OREG THB	0:07:10.6	20	11
40-44 4	Chris Sullivan	41 OREG FAST	0:08:14.3	51	24
40-44 5	Steve Wursta	44 OREG COMA	0:08:32.6	63	30
40-44 6	Chris Cole	43 UNAT	0:08:39.9	72	33
40-44 7	Mark Keel	40 UNAT	0:09:43.9	101	44
45-49 1	David Brancamp	48 SNM	0:06:15.1	3	2
45-49 2	Jamie Proffitt	45 OREG COMA	0:06:32.3	7	6
45-49 3	Peter Collins	45 PNA	0:08:23.3	56	27
45-49 4	John Griley	47 OREG UNAT	0:09:26.6	94	43
50-54 1	Ron Thompson	50 OREG COMA	0:07:46.9	38	18
50-54 2	Ed Ramsey	54 OREG THB	0:07:55.4	43	21
50-54 3	Keith Dow	54 OREG OPEN	0:08:11.7	49	23
50-54 4	Tom Williams	50 OREG AQDK	0:08:15.6	53	25
50-54 5	Mark Fairlee	52 UNAT	0:08:25.1	59	28
50-54 6	Dan Mayhew	53 OREG AQDK	0:08:39.6	70	32
50-54 7	Mike Douglas	52 OREG COMA	0:08:55.1	80	36



50-54 8	Mike Neubig	50 UNAT	0:08:58.9	83	37
50-54 9	Michael Bingle	54 SWMS VSC	0:09:11.3	90	40
50-54 10	Steve Jensen	54 UNAT	0:10:07.8	113	48
50-54 11	Walter Carter	54 OREG COMA	0:10:43.2	122	53
50-54 12	Greg Hoard	51 OREG AQDK	0:10:50.6	125	54
50-54 13	Mitch Hanan	51 OREG AQDK	0:10:52.7	127	55
55-59 1	Doug Brockbank	56 OREG ORM	0:07:21.1	25	12
55-59 1	Mike Tennant	57 OREG COMA	0:07:21.1	25	12
55-59 3	Charlie Swanson	58 OREG EA	0:07:56.9	45	22
55-59 4	Brooks Richardson	57 OREG COMA	0:08:20.9	55	26
55-59 5	John Dewit	57 PNA	0:08:35.6	66	31
55-59 6	Mike Warren	59 OREG COMA	0:10:10.6	114	49
60-64 1	Steve Johnson	62 OREG EA	0:06:52.8	13	8
60-64 2	Jim Teisher	60 OREG THB	0:08:42.6	75	34
60-64 3	Bren Hirshberg	64 OREG COMA	0:09:58.3	108	45
60-64 4	James Jenkins	62 OREG ORM	0:13:16.2	134	56
65-69 1	Ralph Mohr	68 OREG COMA	0:08:54.9	79	35
65-69 2	Dan Gray	65 OREG OPEN	0:10:25.6	117	51
65-69 3	Jeff Jacobsen	66 PNA	0:10:28.0	119	52
75-79 1	David Radcliff	76 OREG THB	0:08:59.9	84	38



Race #3 : 1500 Meter Swim Results (Wetsuit)

Women

13-14 1	Bella Wiener	13 BEND-OR	0:23:29	40	2
15-16 1	Kiki Nakamura-Koyama	15 BEND-OR	0:27:30	98	8
18-24 1	Katie Rice	24 UNAT	0:30:15	118	11
25-29 1	Andrea Frank	26 OREG UNAT	0:30:57	122	12
30-34 1	Katie Wewer	33 UNAT	0:22:37	33	1
40-44 1	Kelly Richards	41 PNA	0:25:09	57	3
45-49 1	Lisa Nirell	48 OREG COMA	0:25:37	67	4
45-49 2	Ann Thomas	47 OREG UNAT	0:26:13	84	5
45-49 3	Mary Molony	49 OREG COMA	0:26:19	88	7
45-49 4	Sandra Schmidt	45 OREG COMA	0:28:38	102	9
45-49 5	Connie Speck	47 UNAT	0:30:01	115	10
45-49 6	Marlene Hoard	48 OREG AQDK	0:39:25	147	14
55-59 1	Deb Douglas	55 OREG COMA	0:26:18	87	6
65-69 1	Judy Ziemer	66 OREG COMA	0:35:04	143	13

Men

17 & Over 1	Scott James	42 UNAT	0:25:27	62	8
35-39 1	Jeremy Kwitt	38 UNAT	0:28:27	101	16
35-39 2	Jeff Keith	39 UNAT	0:28:57	106	17
35-39 3	John Notis	37 OREG OPEN	0:29:15	109	18
40-44 1	William Clydesdale	43 OREG ORM	0:21:47	22	3
40-44 2	Patrick Howard	41 UNAT	0:21:51	23	4
40-44 3	Steve Wursta	44 OREG COMA	0:23:48	45	5
45-49 1	Rick Rodriguez	47 OREG AQDK	0:21:10	17	2
45-49 2	Peter Collins	45 PNA	0:23:49	46	6
45-49 3	Andy Lewis	46 OREG AQDK	0:25:51	72	10
50-54 1	Mitch Hanan	51 OREG AQDK	0:26:38	91	12
50-54 2	Michael Bingle	54 SWMS VSC	0:27:53	99	14
50-54 3	Ronald Levine	51 UNAT	0:27:59	100	15
50-54 4	Greg Hoard	51 OREG AQDK	0:29:20	111	19
55-59 1	William Penn	58 PNA	0:20:16	6	1
55-59 2	John Dewit	57 PNA	0:25:11	58	7
60-64 1	Gregory Frank	61 OREG MACO	0:26:20	89	11

60-64 2	Richard Jenkins	62 OREG COMA	0:31:07	128	21
60-64 3	James Jenkins	62 OREG ORM	0:41:52	150	23
65-69 1	John Spence	68 OREG COMA	0:25:45	70	9
65-69 2	Jeff Jacobsen	66 PNA	0:26:44	93	13
65-69 3	Jerry Balser	66 UNAT	0:30:19	119	20
70-74 1	Paul Olmstead	70 PNA	0:31:08	129	22

Race #3 : 1500 Meter Swim Results (No Wetsuit)

Women

13-14 1	Erin Houlihan	14 UN-CO	0:24:10	49	20
18-24 1	Sarah Tomscha	19 OREG KAM	0:22:41	34	14
18-24 2	Anita Isch	23 PMST	0:25:16	61	24
25-29 1	Kelsey Holmberg	28 OREG COMA	0:20:51	8	1
25-29 2	Aubree Gustafson	29 OREG ORM	0:23:35	41	17
30-34 1	Kristin Wigle	33 UNAT	0:20:52	9	2
30-34 2	Amy Holcomb	30 UNAT	0:21:15	19	6
30-34 3	Diana Follette	31 CAST	0:22:31	30	12
30-34 4	Abigail Olson	32 EXCL	0:24:12	50	21
30-34 5	Mikenzie Matteson	32 UNAT	0:24:58	56	23
30-34 6	Jackie Parker	32 OREG OPEN	0:25:59	77	29
35-39 1	Megan Lassen	39 OREG ORM	0:21:18	20	7
35-39 2	Kira Pfisterer	38 SAWS	0:21:41	21	8
35-39 3	Elizabeth Henderson	39 OREG EA	0:22:06	29	11
35-39 4	Julie Himstreet	39 OREG EA	0:23:10	37	16
35-39 5	Megan McCook	37 OREG COMA	0:25:28	63	25
35-39 6	Julia Austin	36 CAST	0:25:55	73	28
35-39 7	Bonnie Edwards	38 OREG ORM	0:26:06	80	30
35-39 8	Dorothy Miller	37 UNAT	0:30:59	123	47
35-39 9	Tara Hare	35 OREG COMA	0:31:02	125	49
40-44 1	Kristine Senkier	40 OREG COMA	0:20:55	12	3
40-44 2	Stephanie Wahab	42 UNAT	0:22:02	26	10
40-44 3	Connie Austin	42 OREG COMA	0:25:33	65	26
40-44 4	Cheryl Morgen	40 OREG COMA	0:26:09	81	31
40-44 5	Kim Young	42 OREG COMA	0:26:16	85	34
40-44 6	Cyndi Smidt	40 OREG COMA	0:26:27	90	35
40-44 7	Dee Davis	43 EXCL	0:28:50	105	39
40-44 8	Susan Gorman	44 OREG COMA	0:29:08	108	40
40-44 9	Shannon Singer	40 PNA	0:30:56	121	46
40-44 10	Margaret Finestone	43 OREG COMA	0:31:00	124	48
40-44 11	Krista Loercher	40 PNA	0:33:06	141	54
40-44 12	Ann Angvick	43 OREG EA	0:33:07	142	55
45-49 1	Arlene Delmage	47 OREG ORM	0:21:07	16	5
45-49 2	Myla Houlihan	46 CMS	0:22:33	31	13
45-49 3	Kendra Wheeler	48 OREG KAM	0:22:56	35	15
45-49 4	Valerie Jenkins	47 OREG ORM	0:23:51	48	19
45-49 5	Joni Young	49 OREG UNAT	0:24:42	55	22
45-49 6	Nancy Sorlie	47 OREG COMA	0:26:11	83	33
45-49 7	Jennifer Fordham	46 PNA	0:29:18	110	41
45-49 8	Willee Broberg	45 UNAT	0:29:37	113	43
45-49 9	Debbie Pappa	49 OREG COMA	0:30:05	116	44
45-49 10	Gayle Orner	47 OREG CBAT	0:31:45	138	53
50-54 1	Mary Sweat	53 OREG UNAT	0:21:05	15	4





50-54 2	Kris Denney	50 OREG COMA	0:21:59	25	9
50-54 3	Karen Andrus-Hughes	52 OREG ORM	0:23:37	42	18
50-54 4	Laura Schob	51 OREG COMA	0:25:49	71	27
50-54 5	Dallas Turner	52 SAWS	0:26:10	82	32
50-54 6	Ann Goodman	51 OREG CGM	0:27:21	97	38
50-54 7	Caryn Krasne	53 UNAT	0:31:10	130	50
50-54 8	Paula Moores	52 SAWS	0:31:14	132	51
55-59 1	Madeleine Holmberg	57 OREG COMA	0:26:57	95	36
55-59 2	Elizabeth Budd	56 OREG CAT	0:27:03	96	37
55-59 3	Jill Wright	59 SAWS	0:29:30	112	42
55-59 4	Toni Brown	55 OREG COMA	0:30:09	117	45
55-59 5	Leslie Weigand	56 OREG COMA	0:31:37	136	52
55-59 6	Connie Peterson	55 OREG COMA	0:36:49	145	56
60-64 1	Lynn Sacks	64 OREG OPEN	0:43:59	153	61
65-69 1	Pam Himstreet	66 OREG COMA	0:39:37	149	59
70-74 1	Betsy Jordan	73 SDSM	0:38:14	146	57
70-74 2	Bea Minor	73 UNAT	0:39:33	148	58
70-74 3	Peggie Hodge	70 OREG COMA	0:43:35	151	60
Men					
11-12 1	Bayley Guy	12 PAC-OR	0:28:40	103	40
11-12 2	Ian King	12 BEND-OR	0:31:04	126	45
11-12 3	Ian Wilson	12 BEND-OR	0:31:35	134	49
17&Over 1	Nicolas Morrell	18 UNAT-OR	0:20:45	7	6
25-29 1	Henry Holmberg	25 UNAT	0:19:52	3	3
25-29 2	Tim Farrington	26 OREG COMA	0:20:11	5	5
25-29 3	Brett Crandall	27 OREG COMA	0:22:36	32	15
25-29 4	Ian McCurdy	25 UNAT	0:22:59	36	16
30-34 1	Evan Morrison	30 CSMT	0:19:58	4	4
30-34 2	Nick Thorpe	30 OREG UNAT	0:23:47	44	20
30-34 3	Todd Lantry	34 OREG RVM	0:24:23	52	23
30-34 4	Brian Hemphill	34 OREG COMA	0:25:13	59	26
30-34 5	Rob Shatting	33 UNAT	0:25:56	74	32
35-39 1	Mark Braun	38 OREG ORM	0:24:15	51	22
35-39 2	Andrew Singer	37 OREG COMA	0:25:36	66	29
35-39 3	Jason Lassen	37 OREG ORM	0:31:36	135	50
35-39 4	Cameron Coker	36 UNAT	0:32:37	140	53
40-44 1	Mike Self	40 OREG ORM	0:19:50	2	2
40-44 2	Andrew Gramley	42 OREG RVM	0:20:55	11	8
40-44 3	Tim Waud	43 OREG ORM	0:21:02	14	10
40-44 4	Jeff Hackley	42 OREG THB	0:21:52	24	12
40-44 5	John Gessner	44 OREG COMA	0:22:04	27	13
40-44 6	Chris Sullivan	41 OREG FAST	0:26:02	79	36
45-49 1	David Brancamp	48 SNM	0:19:49	1	1
45-49 2	Jamie Proffitt	45 OREG COMA	0:20:53	10	7
45-49 3	David Hathaway	49 OREG ORM	0:20:57	13	9
45-49 4	Mike Riley	49 UNAT	0:25:40	68	30
45-49 5	Don Hanson	48 OREG AQDK	0:26:00	78	35
45-49 6	Warren Barne	48 OREG AGDK	0:26:17	86	37
45-49 7	Chris Guy	48 UNAT	0:28:49	104	41
45-49 8	John Griley	47 OREG UNAT	0:29:58	114	43
50-54 1	Curt La Count	51 OREG PCCM	0:23:14	38	17

50-54 2	Ron Thompson	50 OREG COMA	0:23:45	43	19
50-54 3	Ed Ramsey	54 OREG THB	0:24:24	53	24
50-54 4	Tom Williams	50 OREG AQDK	0:25:14	60	27
50-54 5	Keith Dow	54 OREG OPEN	0:25:41	69	31
50-54 6	Mark Fairlee	52 UNAT	0:25:57	75	33
50-54 7	Mike Douglas	52 OREG COMA	0:26:45	94	39
50-54 8	Dan Mayhew	53 OREG AQDK	0:29:07	107	42
50-54 9	Mike Neubig	50 UNAT	0:31:06	127	46
50-54 10	Robin Bragg	50 OREG OPEN	0:31:12	131	47
50-54 11	Steve Jensen	54 UNAT	0:31:17	133	48
50-54 12	Walter Carter	54 OREG COMA	0:31:50	139	52
55-59 1	Mike Tennant	57 OREG COMA	0:22:05	28	14
55-59 2	Doug Brockbank	56 OREG ORM	0:23:21	39	18
55-59 3	Charlie Swanson	58 OREG EA	0:23:50	47	21
55-59 4	Brooks Richardson	57 OREG COMA	0:25:58	76	34
55-59 5	Mike Warren	59 OREG COMA	0:30:20	120	44
55-59 6	Randy Sargent	58 OREG COMA	0:36:19	144	54
60-64 1	Steve Johnson	62 OREG EA	0:21:13	18	11
60-64 2	Jim Teisher	60 OREG THB	0:25:32	64	28
60-64 3	Hank McCurdy	62 UNAT	0:43:58	152	55
65-69 1	Ralph Mohr	68 OREG COMA	0:26:41	92	38
65-69 2	Dan Gray	65 OREG OPEN	0:31:38	137	51
75-79 1	David Radcliff	76 OREG THB	0:24:27	54	25



Race #4 : 5000 Meter Swim Result (Wetsuit)

Women					
18-24 1	Katie Rice	24 UNAT	1:46:27	65	8
30-34 1	Katie Wewer	33 UNAT	1:18:19	27	1
40-44 1	Kelly Richards	41 PNA	1:22:31	31	2
40-44 2	Kim Young	42 OREG COMA	1:22:58	34	3
40-44 3	Cyndi Smidt	40 OREG COMA	1:24:13	36	4
40-44 4	Krista Loercher	40 PNA	1:43:02	60	6
45-49 1	Connie Speck	47 UNAT	1:45:10	62	7
45-49 2	Marlene Hoard	48 OREG AQDK	2:04:21	71	9
55-59 1	Deb Douglas	55 OREG COMA	1:29:15	47	5
Men					
17 & Over 1	Scott James	42 UNAT	1:22:22	30	9
35-39 1	Mark Braun	38 OREG ORM	1:15:20	17	6
40-44 1	Jeff Hackley	42 OREG THB	1:12:29	12	4
45-49 1	Kris Calvin	48 OREG COMA	1:06:22	3	1
45-49 2	David Hathaway	49 OREG ORM	1:08:00	5	3
50-54 1	Dan Mayhew	53 OREG AQDK	1:22:46	32	10
50-54 2	Mike Douglas	52 OREG COMA	1:27:09	44	11
50-54 3	Michael Bingle	54 SWMS VSC	1:35:40	54	13
50-54 4	Ronald Levine	51 UNAT	1:41:28	58	15
55-59 1	William Penn	58 PNA	1:07:05	4	2
55-59 2	Charlie Swanson	58 OREG EA	1:13:22	13	5
55-59 3	John Dewit	57 PNA	1:18:01	25	8
65-69 1	Jeff Jacobsen	66 PNA	1:27:27	45	12
65-69 2	Jerry Balser	66 UNAT	1:40:22	56	14
75-79 1	David Radcliff	76 OREG THB	1:15:47	18	7

Race #4 : 5000 Meter Swim Result (No Wetsuit)

Women

18-24 1	Anita Isch	23 PMST	1:24:15	37 10
25-29 1	Kelsey Holmberg	28 OREG COMA	1:09:55	10 1
25-29 2	Aubree Gustafson	29 OREG ORM	1:17:52	23 6
30-34 1	Jackie Parker	32 OREG OPEN	1:33:30	51 14
35-39 1	Kira Pfisterer	38 SAWS	1:10:22	11 2
35-39 2	Megan Lassen	39 OREG ORM	1:15:11	16 4
35-39 3	Julie Himstreet	39 OREG EA	1:18:12	26 7
35-39 4	Bonnie Edwards	38 OREG ORM	1:25:58	40 12
40-44 1	Dee Davis	43 EXCL	1:34:47	52 15
45-49 1	Joni Young	49 OREG UNAT	1:24:10	35 9
45-49 2	Gayle Orner	47 OREG CBAT	1:46:59	67 20
50-54 1	Mary Sweat	53 OREG UNAT	1:13:42	14 3
50-54 2	Kris Denney	50 OREG COMA	1:16:22	19 5
50-54 3	Laura Schob	51 OREG COMA	1:22:55	33 8
50-54 4	Dallas Turner	52 SAWS	1:25:36	39 11
50-54 5	Ann Goodman	51 OREG CGM	1:34:52	53 16
50-54 6	Paula Moores	52 SAWS	1:43:21	61 19
55-59 1	Elizabeth Budd	56 OREG CAT	1:26:03	41 13
55-59 2	Madeleine Holmberg	57 OREG COMA	1:36:51	55 17
55-59 3	Jill Wright	59 SAWS	1:40:47	57 18
55-59 4	Connie Peterson	55 OREG COMA	1:59:28	70 21

Men

25-29 1	Tim Farrington	26 OREG COMA	1:08:44	6 3
25-29 2	Henry Holmberg	25 UNAT	1:17:16	20 8
25-29 3	Brett Crandall	27 OREG COMA	1:17:28	22 10
30-34 1	Evan Morrison	30 CSMT	1:06:14	1 1
30-34 2	Todd Lantry	34 OREG RVM	1:22:17	29 13
30-34 3	Brian Hemphill	34 OREG COMA	1:26:22	42 15
35-39 1	Jason Lassen	37 OREG ORM	1:46:54	66 24
40-44 1	Tim Waud	43 OREG ORM	1:14:06	15 7
40-44 2	John Gessner	44 OREG COMA	1:17:25	21 9
40-44 3	Steve Wursta	44 OREG COMA	1:30:05	48 18
45-49 1	David Brancamp	48 SNM	1:06:15	2 2
45-49 2	Hardy Lussier	45 UNAT	1:08:48	7 4
45-49 3	Jamie Proffitt	45 OREG COMA	1:08:54	8 5
45-49 4	Gregory Holles	47 UNAT	1:09:07	9 6
45-49 5	John Griley	47 OREG UNAT	1:42:55	59 21
50-54 1	Curt La Count	51 OREG PCCM	1:17:57	24 11
50-54 2	Ron Thompson	50 OREG COMA	1:21:18	28 12
50-54 3	Keith Dow	54 OREG OPEN	1:30:14	49 19
50-54 4	Mike Neubig	50 UNAT	1:46:15	64 23
50-54 5	Walter Carter	54 OREG COMA	1:47:00	68 25
50-54 6	Robin Bragg	50 OREG OPEN	1:47:32	69 26
55-59 1	Bob Needham	57 OREG ORM	1:24:58	38 14
55-59 2	Brooks Richardson	57 OREG COMA	1:28:14	46 17
60-64 1	Jim Teisher	60 OREG THB	1:26:29	43 16
65-69 1	Ralph Mohr	68 OREG COMA	1:30:24	50 20
65-69 2	Dan Gray	65 OREG OPEN	1:46:14	63 22



Race #5 : 1000 Meter Swim Results (Wetsuit)

Women

13-14 1	Bella Wiener	13 BEND-OR	0:15:27	16 1
13-14 2	Abby Sorlie	14 BEND-OR	0:17:27	47 3
15-16 1	Kiki Nakamura-Koyama	15 BEND-OR	0:18:55	70 5
18-24 1	Katie Rice	24 UNAT	0:20:27	83 9
25-29 1	Andrea Frank	26 OREG UNAT	0:20:11	78 8
30-34 1	Katie Wewer	33 UNAT	0:15:59	29 2
40-44 1	Dee Davis	43 EXCL	0:20:05	77 7
45-49 1	Mary Molony	49 OREG COMA	0:18:13	59 4
45-49 2	Sandra Schmidt	45 OREG COMA	0:19:18	72 6
45-49 3	Marlene Hoard	48 OREG AQDK	0:26:26	106 11
65-69 1	Judy Ziemer	66 OREG COMA	0:21:29	92 10

Men

17 & Over 1	Scott James	42 UNAT	0:16:41	36 5
35-39 1	Jeremy Kwitt	38 UNAT	0:18:39	69 9
40-44 1	William Clydesdale	43 OREG ORM	0:14:12	6 2
50-54 1	Mitch Hanan	51 OREG AQDK	0:17:52	53 7
50-54 2	Michael Bingle	54 SWMS VSC	0:20:13	79 10
55-59 1	William Penn	58 PNA	0:14:03	4 1
55-59 2	Charlie Swanson	58 OREG EA	0:15:33	20 3
55-59 3	John Dewit	57 PNA	0:16:35	35 4
60-64 1	Gregory Frank	61 OREG MACO	0:18:09	58 8
60-64 2	Richard Jenkins	62 OREG COMA	0:20:42	86 12
65-69 1	John Spence	68 OREG COMA	0:17:24	45 6
70-74 1	Paul Olmstead	70 PNA	0:20:32	85 11

Race #5 : 1000 Meter Swim Results (No Wetsuit)

Women

18-24 1	Sarah Tomscha	19 OREG KAM	0:15:35	21 8
18-24 2	Anita Isch	23 PMST	0:17:12	41 17
25-29 1	Kelsey Holmberg	28 OREG COMA	0:14:40	12 5
25-29 2	Aubree Gustafson	29 OREG ORM	0:16:23	33 14
30-34 1	Kristin Wigle	33 UNAT	0:14:29	8 2
30-34 2	Diana Follette	31 CAST	0:14:38	11 4
30-34 3	Abigail Olson	32 EXCL	0:15:57	27 11
30-34 4	Jackie Parker	32 OREG OPEN	0:18:04	57 24
35-39 1	Julie Himstreet	39 OREG EA	0:16:23	33 14
35-39 2	Megan Lassen	39 OREG ORM	0:16:47	38 16
35-39 3	Bonnie Edwards	38 OREG ORM	0:17:33	49 19
40-44 1	Kristine Senkier	40 OREG COMA	0:14:24	7 1
40-44 2	Stephanie Wahab	42 UNAT	0:15:31	17 7
40-44 3	Cheryl Morgen	40 OREG COMA	0:17:37	51 21
40-44 4	Connie Austin	42 OREG COMA	0:17:51	52 22
40-44 5	Cyndi Smidt	40 OREG COMA	0:18:02	56 23
40-44 6	Kelly Richards	41 PNA	0:18:15	61 26
40-44 7	Kim Young	42 OREG COMA	0:18:38	68 30
40-44 8	Margaret Finestone	43 OREG COMA	0:20:29	84 36
40-44 9	Krista Loercher	40 PNA	0:26:17	104 43
45-49 1	Arlene Delmage	47 OREG ORM	0:14:31	9 3
45-49 2	Kendra Wheeler	48 OREG KAM	0:15:45	24 10
45-49 3	Valerie Jenkins	47 OREG ORM	0:15:59	29 13
45-49 4	Joni Young	49 OREG UNAT	0:17:36	50 20
45-49 5	Nancy Sorlie	47 OREG COMA	0:18:32	66 29
45-49 6	Debbie Pappa	49 OREG COMA	0:20:23	82 35
45-49 7	Gayle Orner	47 OREG CBAT	0:24:47	100 40



50-54 1 Mary Sweat	53 OREG UNAT	0:14:53	14	6	35-39 4 Cameron Coker	36 UNAT	0:20:56	88	31
50-54 2 Kris Denney	50 OREG COMA	0:15:44	23	9	35-39 5 Jason Lassen	37 OREG ORM	0:22:39	97	36
50-54 3 Karen Andrus-Hughes	52 OREG ORM	0:15:57	27	11	40-44 1 Tim Waud	43 OREG ORM	0:14:53	14	7
50-54 4 Ann Goodman	51 OREG CGM	0:18:18	62	27	40-44 2 Jeff Hackley	42 OREG THB	0:15:42	22	10
50-54 5 Dallas Turner	52 SAWS	0:18:28	65	28	40-44 3 Steve Wursta	44 OREG COMA	0:19:13	71	27
50-54 6 Caryn Krasne	53 UNAT	0:20:14	80	33	45-49 1 David Brancamp	48 SNM	0:13:55	3	3
50-54 7 Paula Moores	52 SAWS	0:21:08	89	37	45-49 2 Jamie Proffitt	45 OREG COMA	0:14:04	5	4
55-59 1 Elizabeth Budd	56 OREG CAT	0:18:14	60	25	45-49 3 David Hathaway	49 OREG ORM	0:14:45	13	6
55-59 2 Deb Douglas	55 OREG COMA	0:19:28	74	31	45-49 4 Kris Calvin	48 OREG COMA	0:15:49	25	11
55-59 3 Madeleine Holmberg	57 OREG COMA	0:19:35	75	32	45-49 5 John Griley	47 OREG UNAT	0:21:35	93	33
55-59 4 Toni Brown	55 OREG COMA	0:20:16	81	34	50-54 1 Ron Thompson	50 OREG COMA	0:16:12	30	13
55-59 5 Jill Wright	59 SAWS	0:21:08	89	37	50-54 2 Tom Williams	50 OREG AQDK	0:17:19	43	19
55-59 6 Leslie Weigand	56 OREG COMA	0:22:29	96	39	50-54 3 Mark Fairlee	52 UNAT	0:17:57	54	22
55-59 7 Connie Peterson	55 OREG COMA	0:25:10	103	41	50-54 4 Keith Dow	54 OREG OPEN	0:17:58	55	23
60-64 1 Cathy Imwalle	60 OREG COMA	0:17:23	44	18	50-54 5 Mike Douglas	52 OREG COMA	0:18:28	65	25
60-64 2 Lynn Sacks	64 OREG OPEN	0:27:39	109	46	50-54 6 Dan Mayhew	53 OREG AQDK	0:19:18	72	28
65-69 1 Pam Himstreet	66 OREG COMA	0:25:10	103	41	50-54 7 Steve Jensen	54 UNAT	0:21:20	91	32
70-74 1 Peggie Hodge	70 OREG COMA	0:26:52	107	44	50-54 8 Mike Neubig	50 UNAT	0:22:01	94	34
70-74 2 Bea Minor	73 UNAT	0:26:57	108	45	50-54 9 Robin Bragg	50 OREG OPEN	0:22:25	95	35
Men									
25-29 1 Henry Holmberg	25 UNAT	0:13:46	1	1	50-54 10 Walter Carter	54 OREG COMA	0:24:04	99	38
25-29 2 Tim Farrington	26 OREG COMA	0:14:37	10	5	50-54 11 Greg Hoard	51 OREG AQDK	0:24:53	101	39
25-29 3 Brett Crandall	27 OREG COMA	0:15:31	17	9	55-59 1 Mike Tennant	57 OREG COMA	0:15:31	17	8
30-34 1 Evan Morrison	30 CSMT	0:13:53	2	2	55-59 2 Brooks Richardson	57 OREG COMA	0:17:24	45	20
30-34 2 Nick Thorpe	30 OREG UNAT	0:15:51	26	12	60-64 1 Jim Teisher	60 OREG THB	0:18:33	67	26
30-34 3 Todd Lantry	34 OREG RVM	0:17:02	40	17	60-64 2 Bren Hirshberg	64 OREG COMA	0:19:42	76	29
30-34 4 Brian Hemphill	34 OREG COMA	0:17:14	42	18	60-64 3 James Jenkins	62 OREG ORM	0:31:39	110	41
30-34 5 Rob Shatting	33 UNAT	0:17:30	48	21	65-69 1 Ralph Mohr	68 OREG COMA	0:18:21	63	24
35-39 1 Mark Braun	38 OREG ORM	0:16:23	33	14	65-69 2 Dan Gray	65 OREG OPEN	0:22:46	98	37
35-39 2 Andrew Singer	37 OREG COMA	0:16:56	39	16	65-69 3 Jeff Jacobsen	66 PNA	0:26:18	105	40
35-39 3 John Notis	37 OREG OPEN	0:20:52	87	30	75-79 1 David Radcliff	76 OREG THB	0:16:45	37	15



The 54 Cascade Swim (Elk Lake) "Survivors"

<i>Name</i>	<i>Age</i>	<i>Club</i>	<i>Local Team</i>	<i>City State</i>				
WOMEN								
18-24								
Anita Isch	23	PMST		Sioux Falls SD	Tim Farrington	26	OREG COMA	Bend OR
Katie Rice	24	UNAT		Bend OR	Henry Holmberg	25	UNAT	Bend OR
25-29								
Aubree Gustafson	29	OREG	ORM	Portland OR	30-34			
Kelsey Holmberg	28	OREG	COMA	Redmond OR	Brian Hemphill	34	OREG COMA	Bend OR
30-34					Todd Lantry	34	OREG RVM	Ashland OR
Jackie Parker	32	OREG	OPEN	Portland OR	Evan Morrison	30	CSMT	Chicago IL
Katie Wewer	33	UNAT		Eden UT	35-39			
35-39					Mark Braun	38	OREG ORM	Fairview OR
Julie Himstreet	39	OREG	EA	Eugene OR	Jason Lassen	37	OREG ORM	Portland OR
Megan Lassen	39	OREG	ORM	Portland OR	40-44			
40-44					Jeff Hackley	42	OREG THB	Portland OR
Dee Davis	43	EXCL		Nashville TN	Tim Waud	43	OREG ORM	Oregon City OR
Krista Loercher	40	PNA		Langley WA	45-49			
Cyndi Smidt	40	OREG	COMA	Bend OR	David Brancamp	48	SNM	Reno NV
Kim Young	42	OREG	COMA	Bend OR	John Griley	47	OREG UNAT	Bend OR
45-49					David Hathaway	49	OREG ORM	Portland OR
Marlene Hoard	48	OREG	AQDK	Eugene OR	50-54			
Gayle Orner	47	OREG	CBAT	Corvallis OR	Michael Bingle	54	SWMS VSC	Vancouver WA
Joni Young	49	OREG	UNAT	Salem OR	Robin Bragg	50	OREG OPEN	Gladstone OR
50-54					Walter Carter	54	OREG COMA	Prineville OR
Kris Denney	50	OREG	COMA	Bend OR	Mike Douglas	52	OREG COMA	Bend OR
Ann Goodman	51	OREG	CGM	The Dalles OR	Keith Dow	54	OREG OPEN	Milwaukie OR
Paula Moores	52	SAWS		Boise ID	Dan Mayhew	53	OREG AQDK	Eugene OR
Dallas Turner	52	SAWS		Boise ID	Mike Neubig	50	UNAT	
55-59					Ron Thompson	50	OREG COMA	Bend OR
Elizabeth Budd	56	OREG	CAT	Corvallis OR	55-59			
Deb Douglas	55	OREG	COMA	Bend OR	John Dewit	57	PNA	Clinton WA
Madeleine Holmberg	57	OREG	COMA	Bend OR	William Penn	58	PNA	Olympia WA
Jill Wright	59	SAWS		Boise ID	Brooks Richardson	57	OREG COMA	Bend OR
MEN					Charlie Swanson	58	OREG EA	Eugene OR
17 & Over					60-64			
Scott James	42	UNAT		Springfield OR	Jim Teisher	60	OREG THB	Beaverton OR
25-29					Dan Gray	65	OREG OPEN	Ashland OR
Brett Crandall	27	OREG	COMA	Bend OR	Jeff Jacobsen	66	PNA	Clinton WA
					Ralph Mohr	68	OREG COMA	Coos Bay OR
					75-79			
					David Radcliff	76	OREG THB	Hillsboro OR



Gil Young Memorial, LCM

August 7-8, 2010

Fifteen Oregon, 16 Zone, 3 National and 8 FINA World Records broken.

Women 25-29

50 LC Meter Free			
1 Gustafson, Aubree	29	OREG	30.54
2 Sujanaprawira, Ava	29	OREG	48.25
100 LC Meter Free			
1 Somera, Christine	25	OREG	1:06.62
2 Sujanaprawira, Ava	29	OREG	1:49.71
200 LC Meter Free			
1 Somera, Christine	25	OREG	2:26.01
50 LC Meter Back			
1 Sujanaprawira, Ava	29	OREG	1:04.33
100 LC Meter Back			
1 Blair, Heather	25	OREG	1:22.91
50 LC Meter Breast			
1 Gustafson, Aubree	29	OREG	40.00
100 LC Meter Breast			
1 Blair, Heather	25	OREG	1:22.96
2 Gustafson, Aubree	29	OREG	1:28.53
200 LC Meter Breast			
1 Blair, Heather	25	OREG	2:55.38
2 Gustafson, Aubree	29	OREG	3:12.94
50 LC Meter Fly			
1 Sujanaprawira, Ava	29	OREG	1:11.75
100 LC Meter Fly			
1 Blair, Heather	25	OREG	1:17.58
2 Somera, Christine	25	OREG	1:18.90
200 LC Meter IM			
1 Blair, Heather	25	OREG	2:41.77
2 Gustafson, Aubree	29	OREG	2:58.38
400 LC Meter IM			
1 Blair, Heather	25	OREG	5:51.95

Women 30-34

50 LC Meter Free			
1 Sitler, Kealey	33	SWMS	32.50
100 LC Meter Free			
1 Johnson, Serena	33	SWMS1	06.47
200 LC Meter Free			
1 Johnson, Serena	33	SWMS2	30.98
2 Jackson, Maresa	31	SWMS2	40.22
400 LC Meter Free			
1 Jackson, Maresa	31	SWMS5	43.76
50 LC Meter Back			
1 Sitler, Kealey	33	SWMS	43.29
100 LC Meter Back			
1 Johnson, Serena	33	SWMS1	19.49
200 LC Meter Back			
1 Johnson, Serena	33	SWMS2	50.52
2 Jackson, Maresa	31	SWMS2	58.77
200 LC Meter IM			
1 Johnson, Serena	33	SWMS2	51.81

Women 35-39



50 LC Meter Free

1 Hart, Sheri	39	PNA	27.43
2 Jeter, Kimberly	38	PNA	28.65
3 Davis, Shannon	35	MSBC	34.53
4 Edwards, Bonnie	38	OREG	35.43
5 Harrison, Elizabeth	36	OREG	48.09
100 LC Meter Free			
1 Jeter, Kimberly	38	PNA	1:01.91
2 Davis, Shannon	35	MSBC	1:16.55
200 LC Meter Free			
1 Jeter, Kimberly	38	PNA	2:19.04
2 Edwards, Bonnie	38	OREG	2:50.72
400 LC Meter Free			
1 Jeter, Kimberly	38	PNA	4:57.56
2 Edwards, Bonnie	38	OREG	5:59.96
3 Harrison, Elizabeth	36	OREG	7:48.14
1500 LC Meter Free			
1 Jeter, Kimberly	38	PNA	19:37.28



50 LC Meter Back

1 Hart, Sheri	39	PNA	30.17 ZNW
2 Harrison, Elizabeth	36	OREG	1:06.38
100 LC Meter Back			
1 Hart, Sheri	39	PNA	1:04.99 ZNW
100 LC Meter Breast			
1 Davis, Shannon	35	MSBC	1:45.32
50 LC Meter Fly			
1 Davis, Shannon	35	MSBC	37.84
2 Harrison, Elizabeth	36	OREG	59.17
100 LC Meter Fly			
1 Jeter, Kimberly	38	PNA	1:13.72
2 Davis, Shannon	35	MSBC	1:31.39
200 LC Meter IM			
1 Harrison, Elizabeth	36	OREG	4:53.85

Women 40-44

50 LC Meter Free			
1 Corbeau, Shannon	44	OREG	28.78 O
2 Walters, Melinda	40	SWMS	33.52
200 LC Meter Free			
1 Lassen, Megan	40	OREG	2:26.64
400 LC Meter Free			
1 Lassen, Megan	40	OREG	5:17.98
800 LC Meter Free			
* Lassen, Megan	40	OREG10	55.44
1500 LC Meter Free			



1 Lassen, Megan	40	OREG20	30.24
2 Young, Susie	41	OREG20	49.86
50 LC Meter Back			
1 Walters, Melinda	40	SWMS	46.50
50 LC Meter Breast			
1 Corbeau, Shannon	44	OREG	37.78 OZ
100 LC Meter Breast			
1 Corbeau, Shannon	44	OREG	1:27.50
50 LC Meter Fly			
1 Corbeau, Shannon	44	OREG	31.91
100 LC Meter Fly			
1 Walters, Melinda	40	SWMS1	29.35
200 LC Meter Fly			
1 Young, Susie	41	OREG	3:12.84
Women 45-49			
50 LC Meter Free			
1 Dahl, Lisa	49	PNA	28.81
2 Andrade, Julie	49	OREG	37.85
3 Burkard, Anita	47	SWMS	42.62
100 LC Meter Free			
1 Delmage, Arlene	48	OREG	1:07.01
2 Andrade, Julie	49	OREG	1:29.79
200 LC Meter Free			
1 Reynolds, Ellen	46	SAWS2	17.73
2 Delmage, Arlene	48	OREG	2:26.77
3 Burkard, Anita	47	SWMS3	24.62
400 LC Meter Free			
1 Delmage, Arlene	48	OREG	5:06.52
2 Black, Jill	48	OREG	5:39.86
3 Burkard, Anita	47	SWMS7	07.46
800 LC Meter Free			
* Delmage, Arlene	48	OREG10	57.25
1500 LC Meter Free			
1 Delmage, Arlene	48	OREG20	45.26
50 LC Meter Back			
1 Reynolds, Ellen	46	SAWS	32.11
2 Black, Jill	48	OREG	38.27
3 Burkard, Anita	47	SWMS	56.15
100 LC Meter Back			
1 Reynolds, Ellen	46	SAWS1	08.55 Z
200 LC Meter Back			
1 Reynolds, Ellen	46	SAWS2	30.41 Z
50 LC Meter Breast			
1 Andrade, Julie	49	OREG	48.93
2 Manny, Janine	48	PNA	57.16
100 LC Meter Breast			
1 Andrade, Julie	49	OREG	1:45.18
50 LC Meter Fly			
1 Andrade, Julie	49	OREG	45.69
100 LC Meter Fly			

1 Delmage, Arlene 48 OREG 1:10.42
 200 LC Meter IM
 1 Delmage, Arlene 48 OREG 2:53.21
 2 Andrade, Julie 49 OREG 3:45.50

Women 50-54

50 LC Meter Free
 1 Lamoureux, Lori 51 OREG 35.05
 2 Bender, Sherry 51 SWMS 37.13
 3 Fox, Christina 50 OREG 41.56
 4 Thompson, Lynn 52 OREG 50.50
 100 LC Meter Free
 * Karen Andrus-Hughes 53 OREG 1:07.53
 1 Lamoureux, Lori 51 OREG 1:19.73
 2 Thompson, Lynn 52 OREG 1:55.14
 400 LC Meter Free
 1 Worden, Laura 53 OREG 6:11.73
 2 Lamoureux, Lori 51 OREG 6:30.44
 3 Snyder, Lynn 54 OREG 6:32.52
 4 Fox, Christina 50 OREG 6:35.84
 5 Bender, Sherry 51 SWMS6:44.76
 1500 LC Meter Free
 1 Lamoureux, Lori 51 OREG26:07.97
 50 LC Meter Back



1 Andrus-Hughes, Karen 53 OREG 35.67
 2 Bender, Sherry 51 SWMS 45.25
 3 Snyder, Lynn 54 OREG 50.65
 200 LC Meter Back

1 Andrus-Hughes, Karen 53 OREG 2:55.17
 50 LC Meter Breast
 1 Lamoureux, Lori 51 OREG 46.37
 100 LC Meter Breast
 1 Fox, Christina 50 OREG 1:47.56
 50 LC Meter Fly

1 Andrus-Hughes, Karen 53 Free
 1 Gettling, Janet 62 OREG 1:24.86
 2 Welch, Sarah 63 PNA 1:27.10
 200 LC Meter Free
 1 Welch, Sarah 63 PNA 3:12.84
 1500 LC Meter Free

1 Gettling, Janet 62 OREG26:27.83
 50 LC Meter Breast
 1 Pierson, Ginger 64 OREG 45.19
 2 Gettling, Janet 62 OREG 45.95
 100 LC Meter Breast
 1 Pierson, Ginger 64 OREG 1:42.71
 2 Gettling, Janet 62 OREG 1:44.09
 200 LC Meter Breast

1 Pierson, Ginger 64 OREG 3:48.56
 50 LC Meter Fly
 1 Welch, Sarah 63 PNA 42.13
 100 LC Meter Fly
 1 Welch, Sarah 63 PNA 1:40.91

Women 65-69

50 LC Meter Free
 1 Frid, Barbara 68 OREG 37.33
 2 Brooks, Nancy 68 RINC 40.44
 3 Ellis, Esther 65 SWMS 48.59

100 LC Meter Free
 1 Frid, Barbara 68 OREG 1:26.56
 2 Ellis, Esther 65 SWMS1:52.50

200 LC Meter Free
 1 Dills, Suzanne 65 PNA 2:55.10
 2 Ellis, Esther 65 SWMS4:04.66

400 LC Meter Free
 1 Dills, Suzanne 65 PNA 6:12.64
 2 Pronk, Bonnie 68 MSBC6:43.93
 3 Ellis, Esther 65 SWMS8:33.58

1500 LC Meter Free
 1 Ellis, Esther 65 SWMS33:50.21
 50 LC Meter Back

1 Ward, Joy 68 OREG 44.19
 2 Frid, Barbara 68 OREG 47.82
 3 Brooks, Nancy 68 RINC 49.03

100 LC Meter Back
 1 Ward, Joy 68 OREG 1:35.15
 2 Pronk, Bonnie 68 MSBC 1:35.28
 3 Dills, Suzanne 65 PNA 1:41.15
 4 Delgado, Joan 65 PNA 1:59.38

200 LC Meter Back
 1 Ward, Joy 68 OREG 3:25.60
 50 LC Meter Breast

1 Brooks, Nancy 68 RINC 48.92
 2 Frid, Barbara 68 OREG 50.01
 3 Ellis, Esther 65 SWMS1:13.95

100 LC Meter Breast
 1 Brooks, Nancy 68 RINC 1:48.91
 2 Frid, Barbara 68 OREG 1:52.01

200 LC Meter Breast
 1 Brooks, Nancy 68 RINC 4:16.27
 50 LC Meter Fly

1 Ward, Joy 68 OREG 41.18
 2 Frid, Barbara 68 OREG 41.86

200 LC Meter IM
 1 Dills, Suzanne 65 PNA 3:22.92
 2 Pronk, Bonnie 68 MSBC3:38.38

400 LC Meter IM
 1 Dills, Suzanne 65 PNA 7:23.09
 2 Pronk, Bonnie 68 MSBC7:44.03

Women 75-79

50 LC Meter Free
 1 Kawabata, Geraldine 76 OREG 51.91
 2 Speer, Bonnie 76 SWMS1:13.81

100 LC Meter Free
 1 Speer, Bonnie 76 SWMS2:48.68
 2 L'Esperance, Beverly78 OREG 2:57.71

200 LC Meter Free
 1 Speer, Bonnie 76 SWMS5:49.60
 2 L'Esperance, Beverly78 OREG 6:11.80

400 LC Meter Free
 1 Kawabata, Geraldine 76 OREG 8:16.31
 2 L'Esperance, Beverly78 OREG12:39.34

1500 LC Meter Free
 1 Speer, Bonnie 76 SWMS52:08.85
 50 LC Meter Back

1 Kawabata, Geraldine 76 OREG 1:05.31
 2 L'Esperance, Beverly78 OREG 1:27.64

**100 LC Meter Back**

1 L'Esperance, Beverly78 OREG 3:09.13

200 LC Meter Back

1 L'Esperance, Beverly78 OREG 6:43.59

50 LC Meter Breast

1 Speer, Bonnie 76 SWMS1:42.29

100 LC Meter Breast

1 Speer, Bonnie 76 SWMS3:41.50

50 LC Meter Fly

1 Kawabata, Geraldine 76 OREG 1:17.66

Men 25-29**50 LC Meter Free**

1 Daly, Sean 25 OREG 28.42

200 LC Meter Free

1 Daly, Sean 25 OREG 2:20.29

100 LC Meter Breast

1 Daly, Sean 25 OREG 1:24.29

Men 30-34**50 LC Meter Free**

1 Adams, James 33 HMS 27.40

100 LC Meter Free

1 Adams, James 33 HMS 1:00.82

2 Donnermeyer, Chris 34 OREG 1:05.04

200 LC Meter Free

1 Adams, James 33 HMS 2:14.77

400 LC Meter Free

1 Adams, James 33 HMS 4:50.24

1500 LC Meter Free

1 Polito, Chip 34 OREG18:15.19

2 Donnermeyer, Chris 34 OREG20:15.37

50 LC Meter Back

1 Polito, Chip 34 OREG 32.16

2 Adams, James 33 HMS 34.32

200 LC Meter IM

1 Polito, Chip 34 OREG 2:23.61

2 Adams, James 33 HMS 2:34.25

400 LC Meter IM

1 Polito, Chip 34 OREG 5:06.33

Men 35-39**50 LC Meter Free**

1 Kreps, Eric 38 OREG 37.54

100 LC Meter Free

1 Kreps, Eric 38 OREG 1:34.83

400 LC Meter Free

1 Braun, Mark 39 OREG 5:25.48

1500 LC Meter Free

1 Braun, Mark 39 OREG22:03.64

50 LC Meter Back

1 Kreps, Eric 38 OREG 55.14

50 LC Meter Breast

1 Kreps, Eric 38 OREG 48.38

Men 40-44**50 LC Meter Free**

1 Wan, Eric 44 OREG 26.16

2 Clydesdale, William 43 OREG 27.49

100 LC Meter Free

1 Wan, Eric 44 OREG 57.94

2 Hay, David 40 OREG 1:02.53

50 LC Meter Breast
 1 Hay, David 40 OREG 33.84
 2 Clydesdale, William 43 OREG 34.70
 100 LC Meter Breast
 1 Clydesdale, William 43 OREG 1:21.22
 200 LC Meter IM
 1 Clydesdale, William 43 OREG 2:36.68
Men 45-49
 50 LC Meter Free
 1 Washburne, Brent 49 OREG 27.67
 2 Gaarder, Chris 45 OREG 38.33
 200 LC Meter Free
 1 Christensen, Douglas 47 OREG 2:27.59
 50 LC Meter Back
 1 Washburne, Brent 49 OREG 36.30
 2 Gaarder, Chris 45 OREG 40.01
 50 LC Meter Breast
 1 Corbeau, James 46 OREG 31.72
 2 Washburne, Brent 49 OREG 40.28
 100 LC Meter Breast
 1 Gaarder, Chris 45 OREG 1:26.86
 200 LC Meter Breast
 1 Christensen, Douglas 47 OREG 3:08.32
 50 LC Meter Fly
 1 Washburne, Brent 49 OREG 30.43
 400 LC Meter IM
 1 Christensen, Douglas 47 OREG 5:59.65
Men 50-54
 200 LC Meter Free
 1 Otto, Douglas 51 OREG 2:33.99
 400 LC Meter Free
 1 Hathaway, David 50 OREG 4:47.28 O
 800 LC Meter Free
 * Hathaway, David 50 OREG 10:23.03
 1500 LC Meter Free
 1 Hathaway, David 50 OREG 19:25.57
 2 Helm, Charlie 54 OREG 32:35.12
 50 LC Meter Back
 1 Otto, Douglas 51 OREG 36.64
 200 LC Meter Back
 1 Dowd, Mike 52 OREG 3:32.58
 50 LC Meter Breast
 1 Dowd, Mike 52 OREG 41.68
 2 Helm, Charlie 54 OREG 1:00.45
 100 LC Meter Breast
 1 Dowd, Mike 52 OREG 1:32.23
 200 LC Meter Breast
 1 Otto, Douglas 51 OREG 3:05.25
 2 Dowd, Mike 52 OREG 3:20.44
 50 LC Meter Fly
 1 Helm, Charlie 54 OREG 52.21
 100 LC Meter Fly
 1 Hathaway, David 50 OREG 1:10.36
 200 LC Meter IM
 1 Hathaway, David 50 OREG 2:35.53
 2 Dowd, Mike 52 OREG 3:09.42
 400 LC Meter IM
 1 Otto, Douglas 51 OREG 6:08.54

2 Dowd, Mike 52 OREG 6:47.73
Men 55-59
 50 LC Meter Free
 1 Edwards, Wes 57 SWMS 28.28
 2 Brockbank, Doug 57 OREG 29.00
 3 Sherwood, Reggie 59 OREG 34.64
 100 LC Meter Free
 1 Brockbank, Doug 57 OREG 1:05.62
 2 Sherwood, Reggie 59 OREG 1:19.82
 3 Darnell, Stephen 56 SWMS1:31.39
 200 LC Meter Free
 1 Edwards, Wes 57 SWMS2:32.38
 400 LC Meter Free
 1 Penn, William 59 PNA 5:21.72
 1500 LC Meter Free
 1 Penn, William 59 PNA 20:49.90
 50 LC Meter Back
 1 Brockbank, Doug 57 OREG 36.36
 2 Darnell, Stephen 56 SWMS 46.57
 100 LC Meter Back
 1 Edwards, Wes 57 SWMS1:25.25
 2 Darnell, Stephen 56 SWMS1:46.09
 200 LC Meter Back
 1 Darnell, Stephen 56 SWMS3:51.28
 50 LC Meter Breast
 1 Dwight, Charles 55 OREG 41.79
 2 Sherwood, Reggie 59 OREG 43.99
 100 LC Meter Breast
 1 Dwight, Charles 55 OREG 1:33.80
 2 Sherwood, Reggie 59 OREG 1:39.13
 3 Darnell, Stephen 56 SWMS1:58.10
 50 LC Meter Fly
 1 Brockbank, Doug 57 OREG 31.59
 2 Dwight, Charles 55 OREG 33.70
 3 Penn, William 59 PNA 36.31
 100 LC Meter Fly
 1 Penn, William 59 PNA 1:25.48
 200 LC Meter IM
 1 Penn, William 59 PNA 3:10.03
 400 LC Meter IM
 1 Penn, William 59 PNA 6:42.76
Men 60-64
 50 LC Meter Free
 1 Dasch, Vern 61 OREG 31.10
 2 Cronin, Jed 62 OREG 32.02
 3 Kehoe, Bob 64 OREG 32.10
 100 LC Meter Free
 1 Bell, Alan 60 PNA 1:03.96
 2 Dasch, Vern 61 OREG 1:12.37
 3 Kehoe, Bob 64 OREG 1:13.12
 4 Ellis, John 64 SWMS1:27.30
 200 LC Meter Free
 1 Bell, Alan 60 PNA 2:20.55
 2 Dasch, Vern 61 OREG 2:43.29
 3 Cronin, Jed 62 OREG 2:44.35
 4 Kehoe, Bob 64 OREG 2:54.20
 5 Ellis, John 64 SWMS3:09.61
 400 LC Meter Free
 1 Dasch, Vern 61 OREG 5:55.91
 2 Ellis, John 64 SWMS6:44.53
 1500 LC Meter Free
 1 Cronin, Jed 62 OREG 22:15.64
 2 Dasch, Vern 61 OREG 23:59.13
 50 LC Meter Back
 1 Walker, Thomas 63 PNA 53.69
 100 LC Meter Back
 1 Bell, Alan 60 PNA 1:16.83
 2 Walker, Thomas 63 PNA 1:52.42
 200 LC Meter Back
 1 Bell, Alan 60 PNA 2:48.58
 2 Walker, Thomas 63 PNA 4:16.80
 50 LC Meter Breast
 1 Dasch, Vern 61 OREG 43.06

100 LC Meter Breast
 1 Walker, Thomas 63 PNA 2:09.19
 200 LC Meter Breast
 1 Walker, Thomas 63 PNA 4:36.46
 50 LC Meter Fly
 1 Cronin, Jed 62 OREG 36.18
 100 LC Meter Fly
 1 Bell, Alan 60 PNA 1:14.12
 400 LC Meter IM
 1 Walker, Thomas 63 PNA 9:19.17
Men 65-69
 50 LC Meter Free
 1 Smith, Robert 67 OREG 31.29
 2 Silvey, Michael 65 OREG 31.84
 100 LC Meter Free
 1 Silvey, Michael 65 OREG 1:16.28



400 LC Meter Free
 1 Dills, John 69 PNA 8:15.69
 1500 LC Meter Free
 1 Smith, Robert 67 OREG 26:49.25
 2 Dills, John 69 PNA 33:54.04
 50 LC Meter Back
 1 Smith, Robert 67 OREG 38.01
 2 Silvey, Michael 65 OREG 42.01
 100 LC Meter Breast
 1 Smith, Robert 67 OREG 1:36.85
 200 LC Meter Breast
 1 Smith, Robert 67 OREG 3:39.43 O
 50 LC Meter Fly
 1 Silvey, Michael 65 OREG 37.11
Men 70-74
 50 LC Meter Free
 1 Keudell, David 70 OREG 40.13
 50 LC Meter Back
 1 Hiatt, Chris 70 OREG 39.65 O,Z
 2 Keudell, David 70 OREG 56.63
 100 LC Meter Back
 1 Hiatt, Chris 70 OREG 1:25.21 O,Z
 200 LC Meter Back
 1 Hiatt, Chris 70 OREG 3:11.19 O,Z
 50 LC Meter Breast
 1 Keudell, David 70 OREG 46.38
 100 LC Meter Breast
 1 Keudell, David 70 OREG 1:43.90
 200 LC Meter Breast
 1 Keudell, David 70 OREG 3:52.45
 50 LC Meter Fly
 1 Hiatt, Chris 70 OREG 38.02
Men 75-79
 100 LC Meter Free
 1 Radcliff, Dave 76 OREG 1:10.50
 200 LC Meter Free
 1 Radcliff, Dave 76 OREG 2:33.65
 400 LC Meter Free
 1 Radcliff, Dave 76 OREG 5:31.69
 1500 LC Meter Free
 1 Radcliff, Dave 76 OREG 22:08.13



**Men 80-84**

50 LC Meter Free			
1 Marks, Milton	80	OREG	37.92
2 Popovich, Michael	83	OREG	57.76
100 LC Meter Free			
1 Popovich, Michael	83	OREG	2:23.24
200 LC Meter Free			
1 Popovich, Michael	83	OREG	5:28.68
50 LC Meter Back			
1 Marks, Milton	80	OREG	48.00
50 LC Meter Breast			
1 Marks, Milton	80	OREG	47.21 O,Z
100 LC Meter Breast			
1 Marks, Milton	80	OREG	1:50.93 O,Z
200 LC Meter Breast			
1 Marks, Milton	80	OREG	4:15.75 O,Z

Men 85-89

50 LC Meter Free			
1 Lamb, Willard	88	OREG	39.00
2 Fixott, Rupert	89	OREG	1:08.26
100 LC Meter Free			
1 Lamb, Willard	88	OREG	1:31.22
400 LC Meter Free			
1 Lamb, Willard	88	OREG	7:26.57
1500 LC Meter Free			
1 Lamb, Willard	88	OREG	30:18.44
50 LC Meter Back			
1 Lamb, Willard	88	OREG	52.68
2 Fixott, Rupert	89	OREG	1:34.86
100 LC Meter Back			
1 Lamb, Willard	88	OREG	1:54.38
100 LC Meter Breast			
1 Fixott, Rupert	89	OREG	3:16.28

Men 90-94

50 LC Meter Free			
1 Holden, Andrew	91	OREG	58.44
50 LC Meter Breast			
1 Holden, Andrew	91	OREG	1:54.08
50 LC Meter Fly			
1 Holden, Andrew	91	OREG	1:40.52

Relays

Women 120-159 400 LC Meter Free			
1 SWMS	4:47.16	O,Z,W	
1) Sitler, Kealey	2) Jackson, Maresa		
3) Walters, Melinda	4) Johnson, Serena		
Women 240-279 400 LC Meter Free			
1 OREG	5:23.10	O,Z,N,W	
1) Andrus-Hughes, Karen	2) Ward, Joy		
3) Lamoureux, Lori	4) Frid, Barbara		

Men 200-239 400 LC Meter Free

1 OREG	4:16.39	O,Z	
1) Washburne, Brent	2) Brockbank, Doug		
3) Otto, Douglas	4) Wan, Eric		

Men 280-319 400 LC Meter Free

1 OREG	6:48.09	W	
1) Sherwood, Reggie	2) Keudell, David		
3) Fixott, Rupert	4) Cronin, Jed		

Men 320-359 400 LC Meter Medley

1 OREG	10:34.72	O,Z,W	
1) Smith, Robert	2) Marks, Milton		
3) Holden, Andrew	4) Lamb, Willard		

Mixed 120-159 400 LC Meter Free

1 OREG	4:21.37	O,Z	
1) Washburne, Brent	2) Somera, Christine		
3) Lassen, Megan	4) Wan, Eric		

Mixed 200-239 400 LC Meter Medley

1 OREG	4:54.71	W	
1) Andrus-Hughes, Karen	2) Corbeau, James		
3) Worden, Laura	4) Washburne, Brent		

Mixed 240-279 200 LC Meter Free

1 PNA	3:02.43		
1) Watson, Peter	2) Manny, Janine		
3) Delgado, Joan	4) Perkins, James		

Mixed 240-279 400 LC Meter Free

1 OREG	5:00.61	W	
1) Brockbank, Doug	2) Andrus-Hughes, Karen		
3) Smith, Robert	4) Pierson, Ginger		

Code

O = Oregon
Z = Zone
N = National

W = World
* = Split



Oregon Open Water Series 2010 Final Summary



Forty-eight swimmers qualified for the 2010 Oregon Open Water Series

Women

AgeGr	Pl	Name	Team	Pts	Swims	Venue	Overall
25-29	1	Gustafson, Aubree	ORM	241	18	6	4
25-29	2	Hudson, Rachel	Unat	63	4	3	18
30-34	1	Parker, Jackie	OPEN	175	12	4	8
35-39	1	Himstreet, Julie	EA	143	10	3	9
35-39	2	Edwards, Bonnie	ORM	119	9	4	12
40-44	1	Lassen, Megan	ORM	264	21	7	1
40-44	2	Young, Susie	THB	204	12	5	6
40-44	3	Smidt, Cyndi	COMA	139	12	4	10
45-49	1	Young, Joni	Unat	244	18	7	3
45-49	2	Orner, Gayle	CBAT	192	22	7	7
45-49	3	Delmage, Arlene	ORM	117	7	4	13+
45-49	4	Pappa, Debbie	COMA	66	7	3	17
45-49	5	Nirell, Lisa	COMA	40	4	3	21
50-54	1	Schob, Laura	COMA	229	15	7	5
50-54	2	Buck, Donna	CAT	55	4	3	19
55-59	1	Budd, Elizabeth	CAT	260	21	7	2
55-59	2	Douglas, Deb	COMA	124	11	3	11
60-64	1	Sacks, Lynn	OPEN	85	6	3	15
65-69	1	Himstreet, Pam	COMA	117	7	3	13+
65-69	2	Ziemer, Judy	COMA	69	5	3	16
65-69	3	Whiter, Peggy	COMA	47	3	3	20

*Dave Radcliff and Steve Johnson have each won the overall Oregon Open Water Series five times previously, and have thus been awarded the Oregon Open Water Lifetime Award and "retired" from the official competition (making more room for others). —Bob Bruce

Men

AgeGr	Pl	Name	Team	Pts	Swims	Venue	Overall
35-39	1	Braun, Mark	ORM	211	15	5	5
35-39	2	Lassen, Jason	ORM	202	21	7	6
35-39	3	Notis, John	OPEN	123	11	4	14
35-39	4	Sawyer, Ralph	RAC	102	6	3	18
40-44	1	Waud, Tim	ORM	187	13	4	8
40-44	2	Young, Brian	THB	86	6	4	22
45-49	1	Hathaway, David	ORM	234	15	6	1
45-49	2	Proffitt, Jamie	COMA	113	7	3	17
45-49	3	Griley, John	Unat	98	8	3	20
50-54	1	Thompson, Ron	COMA	216	15	6	3
50-54	2	Ramsey, Ed	THB	175	14	6	9
50-54	3	Bragg, Robin	OPEN	133	19	7	13
50-54	4	Carter, Walt	COMA	120	16	6	16
50-54	5	Douglas, Mike	COMA	99	11	3	19
50-54	6	Bingle, Michael	VSC	67	11	4	24
50-54	7	Helm, Charlie	OPEN	28	4	3	25
55-59	1	Dow, Keith	OPEN	214	7	7	4
55-59	2	Needham, Bob	OPEN	73	4	3	23
60-64	1	Carew, Mike	COMA	191	17	6	7
60-64	2	Bruce, Bob	COMA	160	9	5	10
60-64	3	Teisher, Jim	THB	138	10	3	12
60-64	4	Johnson, Steve	EA	110	6	3	xx
60-64	5	Warren, Mike	COMA	97	8	4	21
65-69	1	Mohr, Ralph	COMA	231	14	6	2
65-69	2	Gray, Dan	OPEN	155	11	3	11
65-69	3	Balser, Jerry	Unat	121	10	5	15
75-79	1	Radcliff, Dave	THB	221	15	5	xx

Cottage Grove Lake 2010

August 15, 2010

1500-meter Results

AgGrp	Pl Name	Age Club	Time	F/M	Ovrl
Women					
25-29	1 Gustafson, Aubree	29 OREG-orm	25:02.1	5	8
35-39	1 Henderson, Elizabeth	39 OREG-ea	24:03.1	1	3
35-39	2 Himstreet, Julie	39 OREG-ea	25:05.4	6	9
35-39	3 Edwards, Bonnie	38 OREG-orm	27:06.6	9	19
35-39	4 Foytek, Terry	39 OREG-ea	33:22.7	13	33
40-44	1 Lassen, Megan	40 OREG-orm	24:36.3	2	4
40-44	2 Young, Susie	41 OREG-thb	24:41.8	3	5
40-44	3 Smith, Lisa	40 UNAT	24:41.8	4	6
45-49	1 Young, Joni	49 OREG-unat	26:25.0	7	14
45-49	2 Orner, Gayle	47 OREG-cbat	33:24.0	14	34
50-54	1 Schob, Laura	51 OREG-coma	26:32.2	8	16
50-54	2 Hamman, Mari	52 OREG-ea	32:45.1	12	30
50-54	3 Maile Wall, J	51 UNAT	37:07.1	16	39
55-59	1 Summers, Jeanna	56 OREG-orm	27:06.6	10	20
55-59	2 Budd, Elizabeth	56 OREG-cat	27:48.1	11	21
60-64	1 Saunders, Ginny	63 OREG-ea	34:17.1	15	35
65-69	1 Himstreet, Pam	66 OREG-coma	38:02.7	17	42
65-69	2 Newton, Gail	65 OREG-ea	46:38.6	18	43
Men					
35-39	1 Braun, Mark	38 OREG-orm	25:37.2	7	13
35-39	2 Notis, John	37 OREG-open	31:55.7	18	29
35-39	3 Lassen, Jason	37 OREG-orm	35:27.1	22	37
40-44	1 Young, Brian	43 OREG-thb	31:50.8	17	28
45-49	1 Hathaway, David	49 OREG-orm	22:28.9	1	1
45-49	2 Sevier, Richard	46 UNAT	28:10.3	12	23
50-54	1 Thompson, Ron	50 OREG-coma	24:53.5	3	7
50-54	2 Ramsey, Ed	54 OREG-thb	25:26.7	5	11
50-54	3 Wash, David	50 OREG-scum	26:51.3	10	18
50-54	4 Tribe, Mark	51 OREG-ea	29:05.1	14	25
50-54	5 Rogers, Terry	54 OREG-ea	29:12.6	15	26
50-54	6 Bragg, Robin	50 OREG-open	33:20.2	20	32
50-54	7 Carter, Walt	54 COMA	34:40.0	21	36
50-54	8 Helm, Charlie	54 OREG-open	37:18.9	24	40
55-59	1 Dow, Keith	55 OREG-open	25:31.9	6	12
55-59	2 Dwight, CB	55 OREG-pccm	29:23.2	16	27
60-64	1 Johnson, Steve	62 OREG-ea	23:12.4	2	2
60-64	2 Teisher, Jim	60 THB	26:28.2	8	15
60-64	3 Bruce, Bob	62 OREG-coma	26:37.9	9	17
60-64	4 Carew, Michael	60 OREG-coma	28:47.0	13	24
60-64	5 Duffy, Michael	63 OREG-open	36:21.4	23	38
65-69	1 Mohr, Ralph	68 OREG-coma	27:51.5	11	22
65-69	2 Williamson, Leonard	65 UNAT	33:14.7	19	31
65-69	3 Balser, Jerry	66 OREG-unat	37:50.4	25	41
75-79	1 Radcliff, David	76 OREG-thb	25:21.2	4	10

1500-meter Results (wetsuit)

AgGrp	Pl Name	Age Club	Time	F/M	Ovrl
Men					
50-54	1 Boosinger, Jerry	54 UNAT	24:08.1	1	1
50-54	1 Hammon, Kipp	52 OREG-ea	26:32.9	2	2



1000-meter Whitely Equipment Results

AgGrp	Pl Name	Age Club	Time	F/M	Ovrl
Women					
25-29	1 Gustafson, Aubree	29 OREG-orm	13:57.2	3	8
30-34	1 Parker, Jackie	32 OREG-open	14:29.8	4	12
35-39	1 Himstreet, Julie	39 OREG-ea	14:39.8	5	13
35-39	2 Edwards, Bonnie	38 OREG-orm	15:03.4	7	17
35-39	3 Foytek, Terry	39 OREG-ea	17:54.4	13	29
35-39	4 Waguespack, Stephanie	38 OREG-ea	18:50.3	15	33
40-44	1 Lassen, Megan	40 OREG-orm	12:07.6	1	2
40-44	2 Young, Susie	41 OREG-thb	13:27.9	2	6
40-44	3 Smith, Lisa	40 UNAT	18:12.1	14	31t
45-49	1 Young, Joni	49 OREG-unat	17:12.9	9	24
45-49	2 Ferguson, Ellen	48 OREG-maco	17:28.1	11	26
45-49	3 Orner, Gayle	47 OREG-cbat	17:30.7	12	27
50-54	1 Anderson, Valerie	53 UNAT	15:44.4	8	21
50-54	2 Schob, Laura	51 OREG-coma	17:12.9	10	25
55-59	1 Budd, Elizabeth	56 OREG-cat	14:53.9	6	16
55-59	2 Summers, Ellen	56 OREG-orm	25:13.3	17	36
65-69	1 Himstreet, Pam	66 OREG-coma	20:17.9	16	34
Men					
35-39	1 Braun, Mark	38 OREG-orm	13:42.4	5	7
35-39	2 Notis, John	37 OREG-open	14:44.1	9	14
35-39	3 Lassen, Jason	37 OREG-orm	21:10.2	19	35
40-44	1 Smith, Dustin	40 UNAT	18:12.1	18	31t
45-49	1 Hathaway, David	49 OREG-orm	12:29.3	2	3
45-49	2 Westlake, Robert	48 OREG-maco	17:34.3	16	28
50-54	1 Ramsey, Ed	54 OREG-thb	12:50.8	3	4
50-54	2 Hammon, Kipp	52 OREG-ea	14:09.8	6	9
50-54	3 Carter, Walt	54 OREG-coma	14:25.6	7	10
50-54	4 Tribe, Mark	51 OREG-ea	15:05.0	11	18
50-54	5 Bragg, Robin	50 OREG-open	15:30.4	13	20
50-54	6 Thompson, Ron	50 OREG-coma	18:00.5	17	30
55-59	1 Dow, Keith	55 OREG-open	16:01.6	14	22
60-64	1 Johnson, Steve	62 OREG-ea	12:05.1	1	1
60-64	2 Carew, Mike	60 OREG-coma	14:28.1	8	11
60-64	3 Bruce, Bob	62 OREG-coma	14:46.6	10	15
60-64	4 Teisher, Jim	60 OREG-thb	16:06.5	15	23
65-69	1 Mohr, Ralph	68 OREG-coma	15:21.6	12	19
75-79	1 Radcliff, Dave	76 OREG-thb	12:55.4	4	5

500-meter Flatfoot Kicking Results

AgGrp	Pl Name	Age Club	Time	F/M	Ovrl
Women					
25-29	1 Gustafson, Aubree	29 OREG-orm	9:26.54	2	2
30-34	1 Dhom, Gina	32 OREG-ea	8:59.57	1	1
30-34	2 Parker, Jackie	32 OREG-open	11:20.44	8	9
35-39	1 Himstreet, Julie	39 OREG-ea	9:56.80	3	3
40-44	1 Lassen, Megan	40 OREG-orm	10:42.00	6	6
40-44	2 Smith, Lisa	40 UNAT	11:25.74	9	10
40-44	3 Young, Susie	41 OREG-thb	12:06.75	10	14
45-49	1 Ferguson, Ellen	48 OREG-maco	10:30.64	4	4
45-49	2 Young, Joni	49 OREG-unat	10:53.29	7	8
45-49	3 Orner, Gayle	47 OREG-cbat	19:30.50	13	20
55-59	1 Summers, Jeanna	56 OREG-orm	10:35.88	5	5
55-59	2 Budd, Elizabeth	56 OREG-cat	14:13.75	11	15
55-59	3 Casselberry, Jo Ann	55 UNAT	19:21.59	12	19
Men					
35-39	1 Braun, Mark	38 OREG-orm	11:37.05	2	11
35-39	2 Lassen, Jason	37 OREG-orm	11:52.42	4	13
35-39	2 Notis, John	37 OREG-open	14:54.90	6	17
50-54	1 Ramsey, Ed	54 OREG-thb	10:43.00	1	7
50-54	2 Thompson, Ron	50 OREG-coma	14:54.84	5	16
50-54	3 Carter, Walt	54 OREG-coma	19:03.75	7	18
65-69	1 Williamson, Leonard	65 UNAT	11:52.41	3	12
60-64Exh	Carew, Mike	60 OREG-coma	11:05.99 fins	fins	fins

Eel Lake 2010

August 21, 2010

In the 500-meter Predicted Time Swim, each swimmer was measured not by how fast they swam but rather by how close they came to the time that they predicted before the swim. They are ranked in order by how well they did this, as indicated by "difference". Very interesting and often surprising results!
—Bob Bruce

500-meter Predicted Time Final Results						
Sx	AgGr	PI	Name	Age	Club-team	Time Diff
M	50-54	1	White, Jim	51	OREG-thb	3.0
F	40-44	2	Lassen, Megan	40	OREG-orm	12.3
F	55-59	3	Douglas, Deb	56	OREG-coma	20.4
F	75-79	4	Gee, Nina	77	OREG-coma	22.9
M	50-54	5	Ramsey, Ed	54	OREG-thb	23.5
M	18-24	6	Waller, Johnny	23	UNAT	24.9
F	40-44	7	Young, Susie	41	OREG-thb	32.7
F	45-49	8	Orner, Gayle	47	OREG-cbat	33.6
F	35-39	9	Tomac, Jayna	38	OREG-coma	33.7
M	50-54	10	Douglas, Mike	53	OREG-coma	36.6
M	75-79	11	Radcliff, David	76	OREG-thb	41.7
M	50-54	12	Bragg, Robin	53	OREG-coma	47.6
F	25-29	13	Gustafson, Aubree	29	OREG-orm	52.6
M	60-64	14	Carew, Michael	60	OREG-coma	1:02.8
F	55-59	15	Budd, Elizabeth	56	OREG-cat	1:04.4
M	50-54	16	Bragg, Robin	50	OREG-open	1:13.0
M	50-54	17	Helm, Charlie	54	OREG-open	1:16.1
F	50-54	18	Schob, Laura	51	OREG-coma	1:17.2
M	65-69	19	Gray, Dan	65	OREG-open	1:19.8
F	45-49	20	Pappa, Debbie	49	OREG-coma	1:23.6
M	60-64	21	Warren, Mike	60	OREG-coma	1:44.7
M	35-39	22	Notis, John	37	OREG-open	1:48.1
M	35-39	23	Lassen, Jason	37	OREG-orm	2:29.6
M	30-34	24	Donahoo, Jimmy	32	UNAT	3:09.8
F	55-59	25	Casselberry, Jo	55	UNAT	3:15.6
F	60-64	26	Sacks, Lynn	64	OREG-open	3:29.0
F	45-49	Exh	Young, Joni	49	OREG-unat	NPT

1500-meter Results

AgGrp	PI	Name	Age	Club-team	Time	F/M	Ovrl
Women							
25-29	1	Gustafson, Aubree	29	OREG-orm	24:59	4	7
35-39	1	Tomac, Jayna	38	OREG-coma	24:35	3	4
35-39	2	Jackson, Nicole	39	OREG-scama	26:02	5	9
40-44	1	Lassen, Megan	40	OREG-orm	23:01	1	2
40-44	2	Young, Susie	41	OREG-thb	24:24	2	3
40-44	3	Smidt, Cynthia	40	OREG-coma	27:38	6	14
45-49	1	Young, Joni	49	OREG-unat	30:53	10	24
45-49	2	Orner, Gayle	47	OREG-cbat	33:43	11	27
50-54	1	Schob, Laura	51	OREG-coma	28:04	7	16
55-59	1	Budd, Elizabeth	56	OREG-cat	28:10	8	17
55-59	2	McIntosh, Linnea	56	OREG-coma	40:30	12	30
60-64	1	Sacks, Lynn	64	OREG-open	46:54	13	31
65-69	1	Calnek-Morris, Sue	67	OREG-orm	30:26	9	22
Men							
30-34	1	Donahoo, Jimmy	32	UNAT	28:29	10	18
35-39	1	Braun, Mark	38	OREG-orm	25:59	4	8
35-39	2	Notis, John	37	OREG-open	30:38	14	23
35-39	3	Lassen, Jason	37	OREG-orm	33:27	16	26
45-49	1	Hathaway, David	49	OREG-orm	21:55	1	1
45-49	2	Griley, John	47	OREG-unat	29:54	12	20
50-54	1	Ramsey, Ed	54	OREG-thb	24:43	3	6
50-54	2	Wash, David	50	OREG-scama	26:10	5	10
50-54	3	White, Jim	51	OREG-thb	26:50	6	11
50-54	4	Thompson, Ron	50	OREG-coma	27:22	7	12
50-54	5	Douglas, Mike	53	OREG-coma	27:38	9	15
50-54	6	Waller, John	53	OREG-coma	31:17	15	25
50-54	7	Bragg, Robin	50	OREG-open	34:59	18	29

60-64	1	Carew, Michael	60	OREG-coma	28:32	11	19
60-64	2	Warren, Mike	60	OREG-coma	30:25	13	21
65-69	1	Mohr, Ralph	69	OREG-coma	27:28	8	13
65-69	2	Gray, Dan	65	OREG-open	34:11	17	28
75-79	1	Radcliff, David	76	OREG-thb	24:41	2	5

1500-meter Results (Wetsuit)

AgGrp	PI	Name	Age	Club-team	Time	F/M	Ovrl
F 55-59	1	Douglas, Deb	56	OREG-coma	28:15	1	1
M 60-64	1	Duffy, Michael	63	UNAT	31:01	1	2

3000-meter Results

AgGrp	PI	Name	Age	Club-team	Time	F/M	Ovrl
Women							
25-29	1	Gustafson, Aubree	29	OREG-orm	50:02	5	9
35-39	1	Tomac, Jayna	38	OREG-coma	48:07	2	4
40-44	1	Lassen, Megan	40	OREG-orm	46:11	1	3
40-44	2	Young, Susie	41	OREG-thb	49:58	4	7
40-44	3	Smidt, Cynthia	40	OREG-coma	56:31	8	19
45-49	1	Matson, Karen	47	OREG-coma	49:39	3	6
45-49	2	Pappa, Debbie	49	OREG-coma	1:03:59	9	24
45-49	3	Orner, Gayle	47	OREG-cbat	1:08:01	10	26
50-54	1	Schob, Laura	51	OREG-coma	52:12	6	11
55-59	1	Budd, Elizabeth	56	OREG-cat	56:04	7	18
Men							
25-29	1	Dalton, Ryan	28	UNAT	57:00	12	20
30-34	1	Donahoo, Jimmy	32	UNAT	55:03	9	15
35-39	1	Braun, Mark	38	OREG-orm	50:00	4	8
35-39	2	Shaw, Christopher	39	UNAT	54:29	7	13
35-39	3	Lassen, Jason	37	OREG-orm	1:08:51	17	27
40-44	1	Oeler, Kurt	44	TOC	44:13	2	2
45-49	1	Hathaway, David	49	OREG-orm	42:38	1	1
45-49	2	Roberts, Tom	48	OREG-scama	55:54	11	17
45-49	3	Griley, John	47	OREG-unat	1:00:31	13	21
50-54	1	Wash, David	50	OREG-scama	52:08	5	10
50-54	2	Douglas, Mike	53	OREG-coma	54:52	8	14
50-54	3	Thompson, Ron	50	OREG-coma	55:48	10	16
50-54	4	Bragg, Robin	50	OREG-open	1:06:29	16	25
55-59	1	Dow, Keith	55	OREG-open	1:03:57	15	23
60-64	1	Bruce, Bob	62	OREG-coma	49:14	3	5
60-64	2	Carew, Michael	60	OREG-coma	54:22	6	12
65-69	1	Gray, Dan	65	OREG-open	1:03:13	14	22

3000-meter Results (Wetsuit)

AgGrp	PI	Name	Age	Club-team	Time	F/M	Ovrl
W 55-59	1	Douglas, Deb	56	OREG-coma	55:25	2	3
W 65-69	1	Calnek-Morris, Sue	67	OREG-orm	54:36	1	2
M 35-39	1	Notis, John	37	OREG-open	1:00:17	2	4
M 75-79	1	Radcliff, David	76	OREG-thb	46:25	1	1



Marisa's Bridge Swim

by Marisa Frieder

I am a breaststroker. I'm also a sprinter. I've never even swum the 200 breaststroke, because to me that's long-distance. I want to get in, pass some people, and get out. Several years ago I started swimming as part of a triathlon relay team because I discovered that I could pass even more people, but that's about as much as I'm willing to do.

In January of 2009, I was walking my dogs along the Willamette and as we passed under the Ross Island bridge, I thought about the thrill I got swimming under the Hawthorne and Morrison Bridges in the Portland Triathlon. I started thinking about what a thrill it would be to swim under all the bridges. And, sure, why not all at once? I have no idea why the sprinter alarm didn't go off in my brain, but I just figured with some work, I could do it. I knew it would be a great swim for the open water folks and I imagined it as a semi-organized event.

I was in the middle of a year of heavy breaststroke training, as we overhauled my stroke for the first time in 25 years, so the bridge swim had to wait. When I returned from Long Course Nationals, I sat down with my coach, Jon Clark, and my teammate, Tim Cespedes. Aside from being the person I rely on for all things swimming, Jon also coached Michelle Macy (see her website at <http://www.macyswim.com/>) through her transformation into the amazing marathon swimmer that she is today. Tim is an accomplished marathon swimmer as well, with a long history of experience with cold water training. When I told them what I wanted to do, neither one thought it was an unrealistic goal for me and we got down to a discussion of training and logistics. However, they did persuade me to hold off on making it an organized event this year, so that I could focus on my own training without going into meet director mode.

The first change: I switched from stroke workouts to freestyle-only workouts. Jon sent me out to do 3-4000 yard swims on my own on Saturdays, working mainly on my 100 pace. The last week of December, he informed me that as of January 1, I was officially a long-distance freestyler. That was the last time I swam any breaststroke, and he wasn't kidding; that first weekend I did 6400-yard swims on Saturday and Sunday. The first weekend in February, I swam a 10,000-yard workout, by far the most I'd ever swum in my life. My 100 pace became strong and



steady, and I learned how to do 100s and 50s exactly the same, every time.

I'm generally very cold all the time, it's just the way my body works. I got hypothermic snorkeling in Hawaii. So even though I expected the Willamette to be in the upper 60s or low 70s, I knew I was going to need to prepare. In January, I started dropping the temperature in my house by 2 degrees about every 2 weeks. I got it down from 72 to 60 before my partner (John Todd) started wearing a coat in the house and asked me not to take it any lower. In March, Tim informed me that it was time to put on my "big girl panties" and start the cold water training for real. At the end of the month, we went out to Hagg Lake and I swam 5 minutes in 52 degree water. It was hard, but I managed to put my face in for a few strokes. We went out every weekend after that, and eventually I was able to swim for an hour at that temperature. I got to train with the real marathon swimmers, who were training to do 20+ mile swims in water much colder than I was expecting. It was so inspiring, and such an honor to be allowed to come

along. I learned a great deal from them during our post-swim warmup sessions, as we tried to drink our tea between shivers. I found that a spill-proof cup was a good investment.

Every once in a while, on a long or cold swim, I would think "Wow, check you out!" I never, ever would have thought that I could feel comfortable, even good, swimming in cold water, or that I would consider an 8000 a light workout. I had this new confidence in practice, because I knew how I was going to swim the set of 100s, or the fast 200, or whatever Jon threw at us. During the longer sets, I was even passing people.

When I started telling others what I was going to do, many, many people expressed concern (to put it politely) about the water quality in the Willamette. I'm a research scientist by training, so I don't start anything new without finding out everything I can. My area of interest is infectious diseases, and to amuse myself I sometimes come up with a list of diseases possible in a given situation. I was well aware of the risk, and even thought of a couple of possibilities that my doctor hadn't considered. I work in the Division of Environmental and Biomolecular Systems at OHSU, and many of the researchers deal with water quality issues. So I walked around the building and asked people what they thought. The water contamination guy said the chemical contamination in the river was a non-issue because it was largely particle-bound and because I wasn't going to be in long enough to get any real exposure. Having grown up swimming in Lake Ontario, which is full of PCBs and stank of dead fish, I was pretty sure I already had higher concentrations of bad things in my body fat than I was going to find in the river anyway. I decided to schedule the swim for July, thinking it was unlikely to rain and cause sewage to be released into the river, which was the only major infectious disease

issue. I got a high-resolution map of the sewage outlet pipes from Willamette Riverkeeper, so that we could steer clear of them, rain or no.

Willamette Riverkeeper also does *E. coli* counts in the river every other week, so I got on the list to receive the results. The counts for June and July were well below the EPA limit, and I was confident that the risks were as minimal as possible. I also contacted the Portland Harbormaster, the Multnomah County Sheriff River Patrol, and the Coast Guard, to get advice and make sure we didn't need any special permits. They were all incredibly helpful, supportive, and great sources of information.

Starting in June, Jon had me going out to Hagg Lake (and then, when the rain stopped, the river) for 3-4 hour swims each Saturday and Sunday. Michelle Macy came out to show me the ropes, figure out my feeding schedule, and teach John (my partner) and me how to kayak and swim together. My house got dirtier and dirtier, as my weekends came to consist of eating, swimming, eating, napping, eating, and going to bed. My friends and family wondered why they never heard from me.

We assembled a crew for the swim: Michelle, who has taught me so much about her world, was my pace swimmer. Tim was in the boat for communications and to monitor us. My friend and weight-training boss, Amy Marluke, came along for encouragement. Her one job, if I got whiny, was to tell me to "shut up and swim". She was disturbingly enthusiastic about this. Michelle's friends Cathy McElevey and Ted Clarke ran the boat. We scheduled the swim for July 31, because that was when the crew would all be in town. Until then, I swam every weekend and watched as my cold water training buddies went off to do their swims. I was so excited for all of them that I could barely talk, but it was also hard to still be waiting, back at the clubhouse.

Finally, July came to an end and we were getting ready to go. Michelle ordered me to get my toenails painted with an auspiciously-named polish. She said it could make or break the swim. I was skeptical, but since I wanted the full marathon swimming experience, I did what I was told. I chose "Electric Eel", in hopes that it would scare away the giant fish that I feared might be underneath us. The Monday before the swim I got news that a dear, dear friend was killed in a storm on Sunday evening. She was initially a lanemate on my swim team in Maryland, and talked me into doing my first open water race. I can't get into the water without remembering her. She was so





excited about this swim, which is the only reason that I continued rather than dropping everything to attend her funeral on Friday. Michelle said simply "We will do this swim to honor your friend." and she was exactly right. However, it was an incredibly hard decision, and I struggled to get my focus back in the water.

On Saturday morning we went down to the boat ramp under the Sellwood bridge. It was chilly and gray, and despite the good forecast I was afraid it might rain. The air temperature was chilly, but the water was about 74, which felt like bathwater in contrast with the air. I was also disappointed that there was no sun. It wound up being a good thing, however, because it meant that there were almost no recreational boats out to make wakes during the swim. Some of our friends came out to see us off, which was incredibly lovely. While we were putting the kayak in and getting things organized, a bald eagle flew across the river toward us. Not a bad start. We got in a little before 7:00 AM.

We swam South to get on the other side of the Sellwood bridge, turned around and started out. The river was as calm and flat as I have ever seen it, and we had a tailwind. This was really the best set of conditions I could have asked for, and it stayed like that until the wind died down in the last hour. I told myself that was my friend, doing what she could to make sure the swim was a success.

So we were off. I found my pace, got my breathing rhythm, and went to that special place in my head. I managed to start swimming without any tears, but I asked my friend to please stay out of my head for a while so I could get through the next few hours. I did go over some good memories, but I actually made it through almost the whole thing without getting choked up. I've had some shoulder trouble the last couple of weeks that forced me to breathe only on my right side, so I mostly looked at

John. It definitely helps to have eye candy in the kayak! He was looking particularly good to me on Saturday, and a couple of times I tried to convince him to take off his shirt. No luck. Every 5-10 breaths, I'd breathe on my left side so I could see where Michelle was. It was so, so reassuring to see her there. Throughout the swim Tim was posting updates on my Facebook page and emailing a group of people; mostly other swimmers and my mom. He brought along a huge posterboard with the title "Marisa's Bridge Swim", and a checklist of all the bridges. He's the best! As we passed under each bridge, Michelle and I rolled onto our backs to get a good look and Tim put a big red check mark next to the bridge name on the sign. The gang on the boat cheered and honked the horn.

The first section, from the Sellwood bridge to the Ross Island bridge, is fairly familiar because we've done it a couple of times on our training swims. It took me about an hour and 20 minutes, or 2 feedings — I feed every 30 minutes. Once we passed the Ross Island bridge, they started coming fast through downtown, where some of the bridges are only about 1/4 mile apart. It was pretty exciting. Tim had brought along a whiteboard and wrote the notes of encouragement that people were posting on Facebook and emailing to him. It was so lovely! I think some of my loved ones spent the entire duration of the swim sitting in front of their computers and tracking our progress. Amy did her job of keeping my spirits up in a very special way, somewhere around the Burnside bridge. I'm sorry I can't go into more detail, but what goes on on the boat stays on the boat.

Past the Freemont bridge, it's about 5 miles to the next bridge, just about half the distance of the entire swim. I wasn't planning to get into any trouble, and not finishing wasn't an option because I'd never forgive myself if I had missed my friend's funeral for nothing. However, in planning this



adventure I was pretty sure this stretch past the Freemont bridge was going to be the challenging part. I figured it would take about 2 1/2 hours to get through, it's all industrial so there are no distinctive landmarks by which to mark our progress (didn't I just pass that tanker?), and even though we could see the St. John's bridge up ahead I didn't think it was going to look any closer for a long time. I was right about all of this. It was a slog. We could actually see the St. John's bridge from the Freemont bridge, but that didn't help. I just swam. I told myself "2 more feedings", and then I fed, and then I said "2 more feedings..." I just had to keep going. Like the last episode of a TV series in which all the old characters come back to make a cameo appearance, all the aches I had had at any point during training flared up and died down in this section. My shoulders got tired and achy. My left calf started to cramp and then popped — I thought for a moment that I had just snapped my achilles tendon, but I didn't much care (because I was going to finish no matter what) and then I realized I could still move my foot. I wanted to take a nap, and fantasized about the one I was going to take when I got out.

The tailwind died down but thankfully the wind pretty much stopped blowing, rather than turning against us. Before the swim the Coast Guard said they would broadcast an alert to commercial boaters, to let them know we were out there. I assumed this was a basic "please don't kill the swimmers" broadcast, but the crew tell me that a tug pushing a barge pulled over about half a mile away and waited for us to pass before continuing on in the middle of the river. Amazing. No wake!

Finally, we reached the railroad bridge that's about 1/2 mile before the St. John's bridge. I had thought it was 1/4 mile away so I had more work ahead of me than I thought, but it was still pretty great. Michelle popped her head up with a maniacal grin and chirped "Last one, fast one!" I can't say I really picked up my speed much. I definitely didn't sprint, but I'm sure seeing the end so close gave me a little bit more juice. We swam under the St. John's bridge and I could hear people cheering on shore. We got our only real boat wake just about here, which allowed me to look super-tough to my friends as I plowed through the waves. They didn't know how easy it had been the rest of the way. About 10 feet from the waterline, the loss of my friend flooded back into my head and I started to sob... which makes me kind of hyperventilate. I thought "oh crap, I can't look like I'm drowning in front of all these people", so I fought it back down and came out smiling. We hugged friends and drank



champagne. Michelle brought a rose for my friend, and John and I floated it down the river to say goodbye. I didn't really say goodbye because I'm not ready yet, but it was a start. We went home and I took a 3 hour nap that was everything I had hoped it would be back between the Freemont and the St. John's bridges.

We did the swim in 5 hours and 18 minutes. I'm grateful to all my crew for their time, support and enthusiasm. I have to say that there is no way I could have gotten through the last 2 months, and especially the last week, without Michelle and Tim's support. I think the accomplishment and the meaning of it all are still sinking in for me. My coach, Jon Clark, did a really, really great job of training and preparing me for this. There were no surprises and I knew I could do it. On the other hand, there were no surprises. I swam an hour longer on Saturday than I did on my training swim the week before. So it felt — normal. One of my teammates said something about how my transforming myself from a breaststroke sprinter to a long-distance freestyler gives her hope that we can all do things that we don't expect from ourselves. I hadn't thought of that, and it definitely changes how I think about the past 10 months. This whole experience has been so humbling. So many more people than I ever expected have been interested in and excited about my swim. Complete strangers got excited and asked to join me for some of it. So many people, friends family teammates and coworkers, came out to see us start and finish. We occasionally have moments when we can look around and see- almost count- how much we are loved. This has been one for me, and I'm so grateful. I have two rocks on my dresser, taken from the shore after the swim. One is for me and the other is to take to my friend, when I'm finally ready to say goodbye.

I am a breastroker. Again.

Happy Birthday, ME!

by Joe Oakes

Some birthdays are better than others, maybe even much better. Today was one of those very good days. But lets go back a couple of weeks to when I had to (hate that word) work.

My job involved the care and feeding of almost 1,000 swimmers in a new triathlon event, The San Francisco Triathlon at Alcatraz on August 29th. You might call me a 'hired gun' swim director. My job is to make sure that all the swimmers who enter the water come out of the water. I have been directing swims from Alcatraz for thirty years, and no two swims have been alike: you never know what the weather and the sea gods will give you on race day. The best approximation for the tides and currents is what happens the day before the race, so we always do a test swim that day. For the test swim I took eleven experienced swimmers out to Alcatraz, supported by two power boats, a large rowboat and two kayaks. When we got to our jump point near Alcatraz the wind was kicking up six foot waves, and it was so rough that the rowboat was taking in water and one of our kayaks overturned. My decision was that we would allow only our four hardest swimmers into the water, all four English Channel caliber. The other seven were relieved. The four struggled bravely to shore and the rest of the swimmers jumped in about 200 yards from the beach. *What in creation will we do if we have the same conditions tomorrow?*

Well, fickle Mother Nature smiled on us for the triathlon. The early morning sun came up over Berkeley, the breeze was light and the sea was as flat as a pancake. So much for our test swim! The test swim did give us a good line to follow, and almost every swimmer was successful, including former Barracudas coach Laurie Kilbourne, who did the entire triathlon.

I used my few days there to train in 66 degree SF Bay, before heading up to Lake Tahoe for more training at elevation for a week. *Why would I train in cold water at 6,000 feet?* Because I was getting ready for my 76th birthday, which I celebrate on Labor Day, that being the day my mother went into labor in 1934. For the last few years I have gone to Hood River on Labor Day to swim in the annual Roy Webster Cross-Channel Swim. This year was the 68th year for the Cross-Channel Swim, and it had reached its maximum capacity of 500 early. This non-competitive swim is a dandy. They take you across the river to the Washington side in a stern-

wheeler ferry then allow swimmers to jump into the Columbia River in waves (flights) of ten. The route is well marked by boats at anchor, kayaks and paddle boards to the left and right. My goal this year was to finish the 1.1 miles in 30 minutes.

They placed me in the ninth flight of ten swimmers, so I got an early start. The water temperature seemed to be in the low 70s and the current was mild. Most of the swimmers were in wetsuits, but after putting in time in SF Bay and Lake Tahoe, I was ready to swim naked. I started my stopwatch when I jumped and started stroking. My strategy was to break the swim into four legs of about 400 meters, with a short reconnoiter and breather after each leg. Because I was aware of the current, I swam a bit further upstream than most swimmers, knowing that the current would help me as I got closer to shore.

The idea of breaking the swimmers into groups of ten is a great one for both safety and for avoiding that kicking and scratching that sometimes accompanies mass open-water swims. Most of the time I was swimming pretty much alone, and as the orange markers came into view on the far shore I was pretty confident that I would be climbing out of the water onto the rocky beach quite close to my goal. When I punched the stop watch off it read 30.21, just a few seconds off. But if you allow a few seconds for taking off my fins (okay, yeah, I was wearing cheaters) then maybe....

Part two of my birthday celebration was a great brunch at the Best Western right at the finish line. Part three was a run across the Bridge of the

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Summer Nationals

Continued from page 1

Everyone from Oregon had a top ten finish in all of their races. Several accomplished personal best times. Donna Buck won her first National Championship in the 50 breaststroke. It was quite an amazing race with the top six finishing times within less than 1.0 second. Oregon Masters finished 6th place overall, in the Regional Team division, which was quite a remarkable feat, considering we had seven Oregon swimmers, and only two relays.

The One Mile National Open Water swim was held in the beautiful Laguna del Condado. The water was fairly clear but an extremely warm 85 degrees. Oregon Swimmers Tim Waud and Donna Buck, placed 2nd (13th overall), and 8th (30th overall), respectively. Later that night we decided to celebrate, by going for a late night ocean swim. This time within seconds Donna Buck was stung on her face, side, and legs, by jelly fish. Obviously we didn't learn our lesson from a week earlier.

Saturday, we decided to sight see in the city Old San Juan. We toured Castillo de San Cristobal, an old military fortification, and wandered the streets of Old San Juan, into the evening. Sunday, we headed to Fajardo, on the west side of San Juan, to catch a ferry ride to the Island Culebra. After waiting for an eternity, and hearing about all of the bus loads of partygoers heading to Culebra, we decided to take an hour long ferry ride to the Island Vieques. Once we arrived in Vieques, and having no hotel reservations, we decided to go south to the town of Esperanza. We stayed at a Hacienda which overlooked the Caribbean Sea. Sunday night, we experienced Bahia de Fosforescente (Mosquito Bay), where bioluminescent micro-organisms would glow when

the water was disturbed. Monday was spent SCUBA diving, on a two-tank boat dive. The diving was amazing. We saw lobster, moray eels, rays, barracuda and many species of tropical fish. Tuesday, we spent the day cruising through Vieques Wildlife Refuge with beaches, coastal lagoons, mangrove wetlands and upland semi-deciduous forests.

Tuesday morning, we had plans to do an open water swim, to one of the islands off of the coast in Esperanza. Our dive masters told us this would be a great snorkeling excursion with many varieties of marine life. All of our plans for the day were thwarted when our moped was missing from where we had parked it the night before. After contacting the police, walking a mile into town and a mile back, we were told we were responsible for the theft. We packed our suitcases and took a shuttle back to the Vieques Airport. Unfortunately, our plane to San Juan wasn't leaving until 5:00pm and it was only noon. We spent the next four hours beachcombing and picked up a new hobby — collecting sea glass. The eight seat twin prop airplane ride was awesome. It was nice to fly over the Atlantic Ocean, over San Juan, and see the island from the air. We spent the night in Condado, which was next to the lagoon in which the Open Water swim was held. Dinner was authentic Puerto Rican food, and it was delicious. Wednesday morning we packed our bags, and headed back to the airport for our flight to Portland. Our two week vacation was wonderful. I would recommend a trip to Puerto Rico to anyone. The culture is amazing, the people very friendly and helpful. We would definitely go to Puerto Rico again.

Congratulations to everyone who swam at this Summer Nationals. I am happy to report, that everyone had great swims. More importantly, USMS Nationals is an awesome experience, no matter the location. The people that make USMS are the reason why this was my eighth USMS Nationals in a row and my 15th Nationals total. I have a bunch of new friends and memories that will last a lifetime!

Happy Birthday, ME!

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Gods in Cascade Locks back to the Washington side of the Columbia River.

So here is what I would like to propose: Next year we should invade the Roy Webster Cross-Channel swim en masse. You do not have to run across the Bridge of the Gods with me. No birthday presents, please. If you are interested, let me know. We can carpool and swim as a team. Why not? They have been waiting 68 years for us. And don't forget to register early: you snooze, you lose. (If anyone is interested in doing the swim next year, contact Joe at Alcatrazjoe@hotmail.com)

LOST STRAW HAT

My straw, SPEEDO hat with a blue Speedo band around the brim is missing. Most importantly, it contains about 18 swimming pins that have sentimental value to me. The pins are all USMS National, World Championship and misc. pins. I am not sure where I left/lost it. It had to have been at one of the OMS swim competitions. Contact Tim Waud; twaud@aol.com

Long Distance Swimming

Continued from page 5

November 15th. As a coach, I believe strongly that these swims provide solid early season training swims, great conditioning benchmarks, and fun team-building events, and are a must for aspiring distance swimmers. As the OMS Long Distance Chair, I would like to see you participate and would love to see us successfully defend our National Team Title in both 3000 and 6000-yard events. In particular, the 3000 team title has been hotly contested in the past four years, and we'll need a lot of swims to repeat. And don't forget the 6000 turn derby! See http://www.usms.org/longdist/ldnats10/3000_6000_entry.pdf for information & entry blanks, and get to it!

Good luck and good swimming!



OMS Swimmers at LCM (Summer) Nationals in Puerto Rico

August 9-13, 2010

<i>Pl</i>	<i>Event</i>	<i>Time</i>	<i>Pl</i>	<i>Event</i>	<i>Time</i>	<i>Pl</i>	<i>Event</i>	<i>Time</i>
Donna M. Buck, 51			Kevin H. Cleary, 27			Allen L Stark, 61		
6	50 Free	31.07	8	50 Breast	36.13	2	50 Breast	35.28
6	100 Free	1:10.38	8	50 Fly	30.30	2	100 Breast	1:17.50
1	50 Breast	40.01	5	100 Fly	1:08.54	2	200 Breast	2:52.74
4	100 Breast	1:29.56	2	200 Fly	2:40.24	3	100 Fly	1:18.22
5	50 Fly	36.59	John S. Kinder, 38			2	200 Fly	3:06.48
6	200 IM	3:04.01	7	50 Breast	36.64			
Carol R. Stark, 62			4	100 Breast	1:21.04	RELAYS		
2	800 Free	20:09.66	Timothy P. Waud, 43			Mixed 200	200 Medley Relay	
6	50 Back	56.11	3	1500 Free	19:24.00	11	OMS	2:41.01
8	100 Back	2:11.95	6	50 Breast	35.98	Carol R Stark	Allen L Stark	
8	200 Back	4:51.28	6	100 Breast	1:18.66	Timothy P Waud	Donna M Buck	
Kaleo B. Schroeder, 74			2	200 Breast	2:49.33	Men 160 200 Free Relay		
4	50 Back	1:07.40	6	200 IM	2:33.64	7	OMS	1:59.28
5	100 Back	2:29.51	3	400 IM	5:29.90	Kevin H Cleary	Allen L Stark	
4	200 Back	5:11.94				John S Kinder	Timothy P Waud	
3	50 Breast	1:16.55						

Allen Stark set Oregon and Zone records at Nationals in Puerto Rico in the
50 LCM Breast with a 35.28

Short Course Meters Pentathlon

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #370-09

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

Unregistered swimmers must submit a 2011 registration form and fee with this form.

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

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

DATE: Saturday, November 13, 2010

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 OR 2011 REGISTRATION FORM WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY, OCTOBER 29, 2010

 FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY 

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE (AS OF 12-31-10) _____ SEX _____

2010 USMS # _____

USMS CLUB (OREG, SWMS, ETC) _____

IS THIS YOUR FIRST MASTERS MEET? ____ Yes ____ No

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 SEED 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 SEED 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



OREGON MASTERS SWIMMING UNITED STATES MASTERS SWIMMING YEAR 2010 REGISTRATION

For September - December ONLY

☐ Renewal - 2009 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: _____
(Please print carefully)

Aqua Master - Electronic delivery is automatic. Please check the box if you would prefer a paper copy. <input type="checkbox"/> Paper Copy by USPS	Club: OMS is comprised of the following clubs as of Jan. 2010, or you may form a new club*, or you may register unattached (unattached members cannot swim in relays). Please select one. <input type="checkbox"/> SWMs <input type="checkbox"/> OREG <input type="checkbox"/> UNATTACHED	Do you coach a Masters Team <input type="checkbox"/> Yes <input type="checkbox"/> No
--	---	--

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

Allstar Triathlon	AST	LaCamas SW Wash. Masters	LSWM	Pendleton Masters	PEND
Aquaducks Masters	AQDK	Lincoln City Masters	LCM	Portland Community College Masters	PCCM
Baker Area Seasoned Swimmers	BASS	Middleman Jewish Community Center	MJCC	Portland State Masters	PSM
Central Oregon Masters Aquatics	COMA	Multnomah Athletic Club	MAC	Riverplace Athletic Club	RAC
Circumnavigating Beavers Aquatic Team	CBAT	North Clackamas Masters	NCMS	Rogue Valley Masters	RVM
Columbia Gorge Masters	CGM	Northwest Blue Crush Aquatic Club	BCAC	Salem Kroc Masters	KAM
Corvallis Aquatic Team Masters	CAT	Oregon City Swim Team	OCST	Salem YMCA Masters	SYM
Emerald Aquatics	EA	Oregon Pool-Less Elite Narwhals	OPEN	Sherwood YMCA Dragons	SYD
Klamath Basin Masters	KBM	Oregon Reign Masters	ORM	Southern Oregon Masters	SOM
				Tualatin Hills Barracudas	THB

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

\$25.00 Single

\$10.00 Age Group 18 to 24 years and Seniors 65 years and older

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

- ☐ 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 \$1.00 (or \$_____) to the United States Masters Swimming Foundation.

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.

Use of Image/Likeness: I grant permission to U.S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose.

Signature: _____ 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

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

Aqua Master

September 2010

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

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

RESULTS:

Cascade Lakes Swim Series OW
Gil Young Memorial LCM
Cottage Grove Lake OW
Eel Lake OW

2010 Meet SCHEDULE

(c)swimgraphics.com

Date	**Type	Meet/Location	Deadline/Website entry address
*Nov. 13	SCM	Bend/COMA Pentathlon	

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

**OW — Open Water

SCY — Short Course Yards

SCM — Short Course Meters

LCM — Long Course Meters

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

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

