



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

Volume 40, Number 5

Published 10 Times Yearly by OMS, Inc.

May/June 2013

"Swimming for Life"

Good Swims at Zone Champs

by Charlie Helm

The Northwest Zone SCY Championships was held at the Reynolds pool March 22nd-24th and many Oregon swimmers, as well as a few of the competitors from outside Oregon, reported some very good swims. Many were surprised by their unexpected personal records or good times since the Reynolds pool is an older pool and most of us just don't expect to do PR's in a pool that old. Our young 90-year old, Willard Lamb, continued his hot streak by setting either a Zone or National record in each of his events for the second meet in a row. Recently returned from a vacation in Australia, David Radcliff was also very happy with his times in his distance events. Several swimmers admitted to getting into the championships frame of mind by "shaving down" to help with their race efforts.

Just under 90 swimmers signed up for the meet, with swimmers coming from as far away as Montana and Victoria, B.C. as well as the expected Oregon and Washington competitors. Many of us used this meet to gage our fitness and technique for the coming PNA Championships and OMS Championships in April. Those of us who are hard core pool competitors have been in heaven as we've had two meets in March with two more coming soon in April—a meet nearly every two weeks during this period. Nice! Good thing I started my taper six months ago... Co-meet Directors Aubree Gustafson and Dennis Baker did their usual great job (plus did some racing of their own) as did the host team ORM volunteers and our always-great Officials. See you soon on the starting blocks!

Editors Note: The results of the Northwest Zone Championship Meet start on page 10 of the April, 2013, *Aqua Master*.

What's Inside

Chair's Corner.....	2
Off The Block.....	3
Fit to Swim.....	4
Shake & Swim with "Bake".....	5
Long Distance Swimming.....	6
Results of Oregon Swimmers:	
February Fitness Challenge.....	7
Oregon One-Hour Postal.....	8
San Luis Obispo.....	9
PN Association Championships SCY.....	10
News Items:	
Oregon Swimmers Challenge CA Swimmers.....	9
Oregon City Tankers News.....	12
Swim Bits.....	13
Come On In, The Water's Fine.....	17
Annual Awards Bios.....	20
Lance Armstrong Eligibility.....	22
Forms:	
Lake Juniper Buoy Swim.....	23
Schedule of Events.....	Back Page



Charlie, the 'Front Page' guy, at the Northwest Zone Championship Meet

Oregon Masters Swimming, Inc. Board Members

Chairman of the Board
Jeanne Teisher
Teisher97007@yahoo.com 503-574-4557

Vice Chairman - Sanctions
Wes Edwards
wesnad@comcast.net 360-896-8806

Secretary
Mechelle Jacobs-Brown
Goblin34.mjb@gmail.com 360-601-8132

Treasurer
Mark Braun
nyurfacelabs@gmail.com 971-533-5264

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

Aqua Master Editor..... Alice Zabudsky
azabudsky@msn.com 503-630-7499

Awards (Annual) Ginger Pierson
gingerpierson3946@gmail.com 360-253-5712

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

Data Manager (swim meets)..... Gary Whitman
all5reds@comcast.net 360-896-6818

Fitness Chair..... Aubree Gustafson
aubree.gustafson@gmail.com

HOST/Social Ginger Pierson
gingerp@qwest.net 360-253-5712

Long Distance Bob Bruce
coachbob@bendbroadband.com 541-317-4851

Membership
Database Christina Fox
foxkohnert@peak.org
Promotion..... Jackie Parker
parkerjacqueline@yahoo.com

Officials (swim meets) Jacki Allender
seewun@proaxis.com 541-753-5681

OMS email Group Maintenance..... Susie Young
swim.pdx@gmail.com 503-475-8004

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

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

Souvenirs..... Tim Waud
twaud@aol.com 503-341-3152

Sunshine..... Lynn Thompson
lthompsonata@yahoo.com 503-667-5094

Team Reps
OREG Carolyn Watling
cwatling@uoregon.edu
DUCK Tim Waud
twaud@aol.com
NW Zone..... Sandi Rousseau
swim@gorge.net

Top Ten..... MJ Caswell
mjcaswell@earthlink.net

Web Master Bonnie Edwards
pdxbon@comcast.net

Founders of OMS:
Karl VonTagen
Connie Wilson

Chair's Corner

Jeanne Teisher



What we swimmers go through so we can enjoy the sport of swimming! Above are two Barracuda swimmers helping each other post-shoulder surgery. Left is me, 1½ days after surgery, and Susan Albright, 2 weeks post-surgery (she's doing great!). The day before my surgery, Susan and I had lunch so she could give me some tips on how to manage post-surgery. On Sunday, she came by and picked me up so we could go clothes shopping. Both of us wear pull over tops, which are difficult to pull on when you have an arm in a sling and are not able to (or supposed to) move it too easily. We both bought ourselves some button down blouses and pajamas. We're set for a while!

Both of us are doing well with our physical therapy. We'll be back in the water before you know it.

Happy Swimming.
Jeanne



United States Masters Swimming Inc., can not and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming, Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming, Inc. or Oregon Masters Swimming.

Aqua-Master is the official publication of Oregon Masters Swimming. It is a source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. A subscription is part of membership in OMS. Contact Susie Young or Jackie Parker for membership information. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming, Inc. Information is also available on line at www.swimoregon.org.

Send address changes to Susie Young all other questions to Jackie Parker
Volume 40, Number 5, May/June 2013



Off the Block

or You Should Race Open Water How a Pool Swimmer Gave Up the Black Line

Pat Allender; Corvallis Aquatic Team (CAT)

"You should race open water! You have a great stroke for open water." I first heard those words at an informal workout in 1992. Open water??! I was a confirmed pool swimmer. I liked swimming along the black line. I had no desire to do open water swimming. There are other...things... in open water. "No thanks," I replied, "I'll stick to the pool."

I didn't really think about open water swimming very much. I was just getting involved in Masters Swimming and going to my first Masters meets. I was happy getting back into swimming after being out of the pool for 10 years. Besides, I had some serious objections to open water swimming.

Snapping turtles! Yes, I was afraid of snapping turtles. I remember going to a summer swim meet at Lake Floyd. We were swimming in a lake rather than a pool. The water was murky. We dove in, swam out to a dock 25 yards away, and swam back. On the shore, all the kids were whispering to each other that the lake was filled with snapping turtles. I imagined ferocious turtles hurtling up out of the dark void and latching onto my big toe while I was trying to out-swim my good friend Eric. Open water swimming meant I would be swimming with other animals. No thanks. I'd already seen Jaws!

The races are too long! I was really envious of sprinters, and wished that I was one; 200 was my best distance. That's still a sprint compared to 1500 meters or 3000 meters. I didn't even know they raced 10 kilometers, or, even more outrageously, 25 K!

The water is too cold! I had seen pictures of open water swimmers and triathletes wearing wetsuits while competing. Even worse, I had read of swimmers crossing the English Channel in Speedos while covering their bodies in grease to keep them warm. Really!? Grease? How warm can grease keep you? My swimming pool was 80 degrees and quite comfortable, thank you. Why would I want to swim in water so cold I had to cover my body in grease?

Finally, you have to walk on the bottom of the lake that has mud and rocks and sticks and other things that hurt or bite or pinch your feet. I had spent plenty of time goofing around in rivers and lakes, but I liked wearing my river shoes to protect my feet.

I had pretty much decided that open water racing was for crazy fanatics, and that I would never really consider it. Then, one summer, I went canoeing in Central Oregon with my family. It was a typical, beautiful summer day in the Cascades, 80 degrees with a clear blue, cloudless sky. We saw osprey and bald eagles and lots of fish swimming under the canoe. Just before we got to the lake, I noticed a group of swimmers in nearby Elk Lake. It was the Cascade Lakes Swim Festival that I had read about, and suddenly the swimming called to me. Here was a group of friends swimming and having a picnic on the beach. The water wasn't 80 degrees, but people weren't covering themselves with grease or huddling together to keep warm. The water was beautiful and clear, and there were no snapping turtles. For the first time, I thought, "Someday, I would like to try that."

That someday came a couple years later. I went on a camping, hiking, swimming weekend with my daughter, Megan, and some friends to the Cascade Lakes Swim Festival, the very place I had been drawn to a few years before. We all entered the 500 meter time trial and the 1500 meter swim. The 500 was first. I can't say that I really even thought about it being a lake swim. It was a cable swim, so I had a line to follow. It was a little cold, but my competitive instincts kicked in and I just... swam.

The 1500 was a different story. It was a triangular course, 600 meters out, 300 meters across, and 600 meters back. After making the first turn, the breeze calmed down. The sun was shining brightly and the water surface was still. The water was pretty clear and I could see about 20 feet down. Swimming seemed so easy and comfortable. I could see my friends swimming nearby. The water droplets that splashed from their arms sparkled in the sun before falling back onto the glassy surface. It's amazing that 10 years later, I can still recall so vividly how wonderful the next 300 meters felt. Then, when we turned for home, the racing was on again. I had swum too hard in that 300 meters and was passed by a handful of people on the home stretch, but it didn't really matter. I was hooked.

After the swim, we sat around on the beach together

Continued on page 5

Fit to Swim

What to Eat?

Coach Aubree Gustafson



Keeping your body fueled all day long will help you stay focused on race day. First off, eat breakfast to get your body going after being idle all night long. Keep the meal light if you are competing in the morning, and have something more substantial if you aren't racing until later in the day.

Pack a variety of snacks including fruits and a protein source to make sure your energy needs are met throughout the course of the event. Be sure to pack enough food to last the day.

Stay hydrated by drinking plenty of water before and during the meet. 100% fruit drinks are also a good choice during your event while milk is a great recovery drink post swim meet. Milk provides protein and carbohydrates to repair and re-fuel your muscles.

Before and after race days and in general, eat balanced meals throughout the day, 2-3 hours apart, and try not to go longer than 4 hours without eating. Limit refined sugars in your diet since these tend to increase your energy level temporarily but then "crash" abruptly. Don't avoid carbohydrates. Carbs are an important part of a balanced diet; veggies and protein will not support all of the nutrients the body needs to keep going. Healthy carbs include fruits, beans and whole grains. Following these tips can help you to feel satisfied longer, thus avoiding hunger pangs and the need to eat something less than ideal.

Below are some ideas for healthy snacks to pack in your cooler for race day, or any day, depending on what you might be craving. Remember, you have to fuel your own engine, and it might take some time to find what works best for you. Regardless, healthy snacking will keep your nutrition on track and your body feeling ready for the race ahead.

Crunchy:

- 8-10 almonds & 1 sliced apple
- 1 Kashi regular granola bar
- 2 TB Hummus, 10 wheat thins & baby carrots
- 7 baked tortilla chips with salsa & 2 TB guacamole
- 1/2 cup dry high fiber cereal & 2 TB nuts
- 1 oz. pretzels

Salty:

- String cheese, 5 triscuits & grape tomatoes

3-5 cups of light popcorn

1 cup minestrone soup

7 baked tortilla chips with salsa & 2 TB guacamole

1/2 whole grain English muffin, 2 TB tomato sauce & 2 TB

shredded mozzarella cheese

1 oz. pretzels

Sweet:

1 cup low fat/nonfat yogurt & 1/2 cup sliced strawberries

1 Kashi Bar

1 Lara Bar

1/2 cup unsweetened applesauce & 1 TB chopped walnuts

- 1 cup of low fat or non fat milk & 1 small banana
- 1/4 cup dried fruit (no added sugar)

Chewy:

1 Clif Nectar bar

1/2 Clif bar

1 Kashi Chewy granola bar

Combination of salty & sweet:

1 apple & 1 TB all natural peanut butter

1 small banana & 1 TB all natural almond butter

1/4 cup low fat/nonfat cottage cheese & 1 cup berries

Information modified from USA Swimming and Amateur Endurance websites.



Shake and Swim with “Bake”

Goggles Tight?

Coach Dennis Baker



As we come to the end of the short course swimming season and approach the long course and open water/tri season, let's look at some helpful hints and tips to make it fun and successful. Here's the checklist and quick overview of previous items I have written about and things we forget about.

1. Set reasonable and fun goals for the upcoming season. Look over your work schedule and plan ahead. If you have a meet you want to swim fast in, clear your schedule a little beforehand so your mind is rested as well as your body.
2. Stretch but don't overstretch. Make sure you're loose, but overstretching can tire you out more than help.
3. Hydrate.
4. Warm up and warm down. Warming down enough is overlooked by many of us.
5. If you want to swim fast don't enter too many events. If you have goals plan your events and give yourself a

break between events. I see this a lot at meets.

6. Build into your swims no matter what distance your swimming. The fastest 50 swimmers in the world talk about using the first 4 or 5 strokes to build up to speed and get on top of the water. You can wreck a longer event also by over swimming the first 50 or 100.
7. Pick one or two things to focus on in the race and make sure you accomplish them. This will calm the nerves.
8. Train the legs. This is probably the most overlooked part of training in Masters swimming because of time restraints. Even if you're a distance swimmer and don't kick much you must train the legs. For sprinters they're your motor, for distance swimmers they're your rudders.

Try these tips and hints and you will have a great and fun summer season, and oh, I almost forgot, make sure your goggles are tight!

HOW SWIMMER GAVE UP BLACK LINE

Continued from page 3

and had a big lunch. We compared our race strategies. My friends told me they were glad to let me lead the middle 300 so they could draft, and save their energy for the race home. I instinctively knew this, and had tried to hold back, but had gotten carried away with the joy of swimming. Some of us talked about swimming with a great group that was just the right speed. Others complained that they had gotten blocked in traffic, fallen behind, and weren't able to catch up. I just remember thinking it was a really fun swim.

Elk Lake became a yearly camping weekend with Megan, and I eventually got the courage to enter the 5K race. Before trying it in the lake, I had to swim it nonstop in the pool to convince myself that I could finish. For me, it turns out to be much easier in the lake. No flip turns means less chance of leg cramps. My open water swimming branched out into other races. I started to relish open water swimming during my occasional trips to Hawaii, where the water is clear and warm,

and I look forward to watching the fish while I swim. I even entered and completed a 10K swim...twice! I have greased my body...to prevent chafing, not for warmth. I have begun contemplating new challenges, like the 11 mile Portland Bridge Swim and the Maui Channel Swim. An island to island swim vacation in the Caribbean or Mediterranean is now on my bucket list.

Now, every summer, I look forward to the open water swim season. I'm lucky to live in Oregon where we have many beautiful lakes with spectacular scenery for our open water series, and we have a wonderful organization that puts the series together. I often get that same feeling I had during that first lake swim. Maybe it's the lack of lane lines or chlorine. Maybe it's a feeling of freedom, that I don't have to measure each stroke until it's time to turn again. Maybe it's just swimming with friends. It's hard to go wrong with that.

I haven't given up pool swimming. Indeed, I spend far more time pool swimming than lake swimming. I'm a breastroker, and there are no breaststroke events in the lake. But my times

Continued on page 16

Long Distance Swimming

Coach Bob Bruce



2013 Open Water Preview

The coming of spring reminds us that summer is not far away, and with it the 2013 Oregon open water season

You can find complete information about the 2013 Oregon Open Water Series and schedule at www.swimmoregon.org/longdistance/ldseries.php, and you can find the entry forms for all Oregon events at www.swimmoregon.org/calendar.php.

Things have gotten complicated in the open water world during the winter:

1. Due to the giant leap in the USMS event liability insurance premium and the change in the sanction requirements (see the article that I wrote on this topic in the April *Aqua Master*), several Oregon swims will be held outside the USMS umbrella on a non-sanctioned basis. This does not diminish these events; it just means that they are using separate insurance to cover the event, with some resulting changes in operation.
2. All USMS-sanctioned events will carry a required insurance surcharge of \$6 for each swimmer entered at a venue. This will cover part of the event liability insurance increase, and OMS will graciously pick up the remaining portion.

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

1. Lake Juniper (Sunday, May 19)—USMS-sanctioned: Host team Central Oregon Masters and Event Director Bob Bruce will open the season by offering a unique event at Juniper Swim & Fitness Center (renamed Lake Juniper for this occasion), an open-water-style buoy-swim held in a 50-meter pool. The swim will be 1200-meters, run in small heats & smaller waves, feature the warmest water on the Oregon open water circuit, and include a pancake breakfast afterwards.

On Saturday afternoon, May 18, in conjunction with this

swim, COMA will also present a basic open water clinic at the same site, with Bob Bruce & Tim Nelson as clinicians. Find details at www.comaswim.org.

For most of us, it will be a bit brisk bit early for camping in Central Oregon. Even noting that this event shares a weekend with Bend's famous & large Polo-Pedal-Paddle multi-sport event (held on Saturday morning, May 18), you should be able to find lodging in all categories and price ranges.

2. Hagg Lake (Sunday, June 16)—USA-Triathlon sanctioned only: The Gecko Tri Club will host their annual swims at Hagg Lake. There are three separate swims of 800, 2000, & 4000 meters. This event is very popular with triathletes, so we expect a big turnout. Look for water temperatures in the low-to-mid 60s, which would mean no wetsuit deduction for race or series scoring. Event information, mail-in entry forms, and on-line registration info are available at www.hagglakeswim.com. These events are a fine way to kick off our summer season.

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

3. Foster Lake (Saturday, June 29)—USMS-sanctioned: Host team Central Oregon Masters and Event Director Bob Bruce will run a one-day event at Foster Lake, just east of Sweet Home, on the only permanent cable swim course in the western U.S. They will offer both one & two-mile swims; both races are on a certified, measured course, so National & Oregon records will count if you set them. And don't forget the 50-meter Tandem Challenge for dogs and their significant others! Go to www.comaswim.org for mail-in or on-line entry forms. Many of you have never done a cable swim, so be sure to visit the COMA website (above) for all of the down-and-dirty details that you're gonna need to know for these swims.

Continued on page 15



Oregon February Fitness Challenge Results 2013

Twenty two years ago the Southern LMSC and the Crawfish Masters from Baton Rouge started the February Fitness Challenge. In 1999 the Tualatin Hills Barracudas became the hosts for this event. 2013 saw another fun and challenging year for the swimmers who participated. We want to acknowledge and recognize those swimmers from the OMS LMSC who took part.

Special recognition goes to Michael Carew and Julie Andrade, male and female swimmers with the most distance; they also placed first and second in the overall listing. Congratulations to everyone who took part this year. Here is the list of participants and their total yardage. As a group, OMS swimmers swam 3,308,210 yards, compared with 4,167,021 yards last year.

Name	City	Gender	Age	Yards	Brad Johnson	Beaverton	M	49	37,300
Michael Carew	Bend	M	63	125,900	Roy Lambert	Portland	M	66	36,000
Julie Andrade	Beaverton	F	51	114,400	Matt Browning	Portland	M	56	35,800
Mark Knutz	McMinnville	M	44	110,000	Chris Toole	Forest Grove	M	61	35,525
Paul Slotemaker	Beaverton	M	38	108,950	Pam Head	Portland	F	61	35,400
Tim Waud	Oregon City	M	45	106,573	Neil Hatler	Beaverton	M	42	34,800
Sue Phillips	Corvallis	F	48	105,248	David Galbriath	Aloha	M	48	34,600
Mike Baele	Beaverton	M	48	104,400	Jo Ann Casselberry	Corvallis	F	58	33,900
David Head	Portland	M	64	101,200	LoRee LeFon	Lincoln City	F	52	32,535
Kevin Cleary	Portland	M	29	100,102	Chris Loberg	Beaverton	M	52	31,650
Dianne Viales	Damascus	F	51	100,048	Molly Clark	Beaverton	F	31	29,050
Andrei Karyukin	Lake Oswego	M	47	98,800	Iddo Kadim	Portland	M	49	28,850
Elizabeth Harrison	Portland	F	38	92,000	Geraldine Kawabata	Beaverton	F	78	28,700
Kathy Lewis	Beaverton	F	47	85,500	Julie Peterson	Beaverton	F	37	28,300
Timothy Kirby	McMinnville	M	51	82,650	Pierre Blouin	Portland	M	46	28,250
David Radcliff	Hillsboro	M	78	82,247	Aubree Legault	Portland	F	30	26,500
Bill Heinemann	Beaverton	M	54	71,500	Amin Chisti	Beaverton	M	62	25,650
Jon Schieltz	Beaverton	M	74	66,850	Mark Becker	Portland	M	58	24,100
Lori Lamoureux	Tigard	F	53	66,400	Tom Meese	Beaverton	M	42	22,700
Jim Teisher	Beaverton	M	63	65,350	Jed Cronin	Beaverton	M	65	20,200
Anna Casey	Beaverton	F	36	59,850	Paul Jeffrey	Beaverton	M	20	19,700
Erin Scott	Beaverton	F	32	56,800	Marcelo Silva	Beaverton	M	44	19,100
Cathy Law	Corvallis	F	45	53,300	Andy Hahs	Beaverton	M	56	17,200
Allen Stark	Lake Oswego	M	64	51,062	Darrin McCarthy	Sherwood	M	47	16,600
Jon Stout	McMinnville	M	66	50,100	Neil Shepherd	Lake Oswego	M	53	16,600
Michael Kelber	Salem	M	65	50,020	Jan Jeddelloh	Portland	F	57	15,050
Barbara Frid	Portland	F	70	48,850	Ed Ramsey	Hillsboro	M	56	15,000
Joy Suppes	Coos Bay	F	44	48,500	Darby Sitter	Portland	F	69	14,450
Brett Miller	Beaverton	M	48	48,200	Michaela Ramsey	Portland	F	40	13,150
Floyd Goodrich	Portland	M	49	46,500	Marisa Rieder	Portland	F	43	12,800
Brian August	Beaverton	M	42	44,000	Alanna Woods	Beaverton	F	38	9,350
Mark Wren	Portland	M	54	42,050	Richard Sylva	Hillsboro	M	74	8,500
Mark Phillips	Portland	M	48	40,950	Fred Kawabata	Beaverton	M	73	8,200
Todd Brunhoff	Portland	M	60	40,900	Elfie Stevenin	Salem	F	91	3,300
Chris Ludwick	McMinnville	M	52	40,200	Total				3,308,210

One-Hour Postal Swim Results

Oregon LMSC — 2013

Place numbers are National Places

N = National Record (includes Zone & OR)

O = Oregon Record

***** = Swimmer made the Oregon All-Time Top Twelve

Women 25-29

23 Bowen, Kelsey	27	MACO	4380
65 Hudec, Jessica	27	CGM	3515

Women 30-34

53 Brewer, Aimee	31	CGM	3640
62 Callahan, Amanda	30	NCMS	3475
96 Ayala Vela, Mariana	34	CGM	1760

Women 35-39

12 Johnson, Serena	35	LH	4570*
22 Criscione, Anica	39	CAT	4235
64 Kepple, Trisha	36	CGM	3525
69 Bassett, Nicole	36	CGM	3455
102 Ashworth, Charity	39	LH	2895

Women 40-44

2 Tomac, Jayna	40	COMA	4690*
20 Salton, Gillian	44	COMA	4255
25 Feola, Jen	42	COMA	4205
30 Werhane, Cynthia	43	ORM	4150
45 Sandoval, Lisa	40	CGM	3950
50 Ready, Jodi	41	CGM	3880
63 Wardell, Jennifer	44	CGM	3715
83 Boyd, Patti	43	CGM	3525
112 Danner, Stacey	44	CGM	3175
158 Suppes, Joy	44	COMA	2300
163 Franklin, Kristina	40	OCT	1915

Women 45-49

9 Matson, Karen	49	COMA	4555
23 Daubersmith, Britta	43	OCT	4275
42 Sanford, Jocelyn	47	RVM	4075
75 Negron, Ines	47	ORM	3750
81 Fadlovich, Angela	46	LH	3700
84 Mack, Jaime	45	CGM	3630
117 Burkard, Anita	49	LH	3325
179 Austin, Sherrie	45	Unat	2175

Women 50-54

12 Delmage, Arlene	50	ORM	4500*
15 Tynnismaa, Terri	50	CGM	4455*
27 Caswell, MJ	51	CGM	4240*
35 Goodman, Ann	53	CGM	4170*
52 Stuntzner, Denise	50	COMA	4005
53 Cappaert, Marlys	54	CBAT	4000
76 Sutherland, Susan	50	CGM	3825
86 Reid, LaDawn	50	OCT	3660
111 Pappa, Debbie	51	COMA	3485
140 Dittebrandt, Ellen	51	CGM	3295

163 Bender, Sherry	53	LH	3125
217 LaFon, LoRee	52	COMA	2620

Women 55-59

1 Sweat, Mary	55	Unat	4735*O
36 Summers, Jeanna	58	ORM	3720
64 Mather, June	59	RVM	3300
74 Shuman, Connie	57	COMA	3215

Women 60-64

21 Mathewson, Geri	64	RVM	3480
22 Kastberg, Ann	60	Unat	3450*
23 Olson, Sarah	62	COMA	3425*
66 Towne, Charris	61	CGM	2795
82 Stark, Carol	64	ORM	2560

Women 65-69

6 Binder, Lauren	65	MACO	3520
8 Kay, Rebecca	66	RVM	3400
15 Delgado, Joan	67	Unat	3225
37 Markwardt, Kristen	66	NCMS	2710
48 Bello, Jeanette	69	NCMS	2305

Women 70-74

34 Magmer, Jeanne	73	NCMS	2165
-------------------	----	------	------

Women 75-79

13 Speer, Bonnie	78	LH	2190
------------------	----	----	------

Men 30-34

23 Grayson, Andy	34	OACM	4190
29 Olsen, Byron	34	OCT	4045

Men 35-39

4 Miller, Matt	35	RVM	4975*
12 Donnermeyer, Chris	36	CGM	4655
59 Hiller, Patrick	35	CGM	3695

Men 40-44

34 Tujo, Christian	41	MACO	4490
90 Bednorz, Mark	41	COMA	3740
117 Hightower, Trent	41	CGM	3360

Men 45-49

8 Lussier, Hardy	47	COMA	5355
19 Frost, Mark	45	CGM	4735
38 Casterline, Theodore	47	NCMS	4440
39 Waud, Tim	45	OCT	4415
63 Grall, Charles	48	LH	4125
65 Engberson, Roger	47	CGM	4105
83 Parmenter, Rod	47	CGM	3880
87 Olson, Steven	45	CGM	3830
111 Bogard, Clint	45	CGM	3595

135 Watt, Bryan	47	OCT	3280
143 Kersey, Kyle	48	NCMS	3060

Men 50-54

39 Washburne, Brent	51	MACO	4440
61 Christian, Scott	50	NCMS	4250
148 Muller, Ken	53	KBM	3400

Men 55-59

27 Phipps, Tom	59	OCT	4385*
35 Larson, Allen	59	ORM	4275
48 Yensen, Kermit	59	COMA	4135
51 Ramsey, Ed	56	THB	4125
53 Mann, Edward	55	MACO	4115
105 Hill, Gerry	56	OCT	3580
137 Carter, Walt	57	COMA	3120
139 Lane, Mark	55	COMA	3055
142 Darnell, Stephen	58	LH	3025

Men 60-64

11 Swanson, Charlie	60	EA	4320*
13 Stephenson, Michael	60	CGM	4230*
14 Bruce, Bob	64	COMA	4220
21 Richardson, Brooks	60	COMA	4110*
34 Carew, Mike	63	COMA	3880
41 Toole, Chris	61	THB	3775
55 Mather, Craig	61	RVM	3500
68 Harfst, Michael	60	NCMS	3325
82 Mierjeski, Ed	62	COMA	3140
95 Hauty, Michael	61	CGM	2780

Men 65-69

18 Hirschberg, Bren	67	COMA	3920
49 Richards, John	68	COMA	3250
53 Foges, John	68	Unat	3200

Men 70-74

1 Landis, Tom	70	COMA	4325*
4 Mohr, Ralph	71	COMA	3950*
8 Phillipps, Frank	70	RVM	3670*
19 Spence, John	71	COMA	3175
30 Lake, Brent	74	COMA	2955
32 Mellow, Bill	71	CGM	2925
35 Crawford, John	70	COMA	2875

Men 75-79

1 Radcliff, Dave	78	THB	4285
7 Thayer, George	76	COMA	3040

Men 90-94

2 Bushey, Charles	91	Unat	1705
-------------------	----	------	------

Women 25+: 3 x One-hour

4 OREG (Caswell, Daubersmith, Bowen) 12,895

Women 35+: 3 x One-hour

4 OREG (Salton, Johnson, Tomac) 13,515

Women 45+: 3 x One-hour

4 OREG (Tyynismaa, Delmage, Matson) 13,510

Women 55+: 3 x One-hour

3 OREG (Olson, Summers, Sweat) 11,935

Women 65+: 3 x One-hour3 OREG (Delgado, Kay, Binder) 10,145 **OR****Men 35+: 3 x One-hour**

5 OREG (Tujo, Donnermeyer, Miller) 14,120

Men 45+: 3 x One-hour

3 OREG (Casterline, Frost, Lussier) 14,530

Men 55+: 3 x One-hour

8 OREG (Larson, Swanson, Phipps) 12,980

Men 65+: 3 x One-hour

1 OREG (Mohr, Radcliff, Landis) 12,580

Mixed 35+: 4 x One-hour

4 OREG (Johnson, Tomac, Donnermeyer, Miller) 18,890

Mixed 45+: 4 x One-hour

3 OREG (Delmage, Matson, Frost, Lussier) 19,145

Mixed 55+: 4 x One-hour

3 OREG (Summers, Sweat, Swanson, Phipps) 17,160

Mixed 65+: 4 x One-hour2 OREG (Kay, Binder, Radcliff, Landis) 15,530 **OR****2013 National Club Placement (Large Club Category):**

Place	Club	Yds/Swimmer	Swimmers	Yards
1	OREGON	3654.3	112	409,280
2	SCA	3620.8	95	343,980
3	MOST	3484.4	79	275,270

2013 National Club Placement Overall:

Place	Club	Yds/Swimmer	Swimmers	Yards
1	New England Masters	3542.9	625	2,214,295
2	Davis (CA) Aquatic Masters	3513.7	298	1,047,070
3	OREGON	3654.3	112	409,280

**Men 60-64 50 LC Meter Freestyle**

1 Edwards, Wes 60 28.50

Men 60-64 100 LC Meter Freestyle

1 Edwards, Wes 60 1:04.25

Men 60-64 100 LC Meter Backstroke1 Edwards, Wes 60 1:13.14 **O, Z**

Oregon Swimmers from the Southern Oregon Coast Challenge California Swimmers

Ralph Mohr

A quartet of female Masters from the Southern Oregon coast excelled in the 2013 Tamalpais Aquatic Masters (CA) Postal 1650 competition. With most of the competition from California Masters teams, the four women had two firsts, a second and a seventh in the individual age groups. In addition they entered as a relay, which swam better than anyone else.

Jayna Tomac won the Womens 40-44 year age group with a time of 20:17.25. After turning 50, Karen Matson won her first event in 21:14.39. Matson was followed by teammate, Denise Stuntzner who was second in the same 50-54 year age group in 23:19.20. The fourth member of the South Coast group was Jen Feola, who was seventh in the Womens 40-44 year age group with 22:08.44.

Swimmers were allowed either to swim the event as a time trial, which the four women did, or use a split time from the Postal Hour Swim. Ralph Mohr from the Coos Bay area won the 70-74 Men's competition in 24:57.16, using his split time for the first 1650 of the 2013 Hour Swim.

The TAM Postal 1650 is an annual event run in January and February of the new year to raise funds for the Lung Cancer Research Foundation in the memory of TAM Masters swimmer Jon Steiner. The Oregon Coast swimmers treated the event as a "sprint 1650" after the Hour swim. They also want to thank Jana Sadler, Karen's daughter, for helping in timing.



Left to right, Denise Stuntzner, Karen Matson, Jayna Tomac, and Jen Feola, outdoors in Mingus Park Pool, Coos Bay, OR.

Oregon Swimmers at PN Association Championships

SCY; Federal Way, WA; April 13-14, 2013

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

N = National Record (includes Zone & OR)

***** = Split

Z = Zone Record (includes OR)

O = Oregon Record

Women 25-29

100 Yard Freestyle		
5 Somera, Christine	27	58.24
100 Yard IM		
4 Somera, Christine	27	1:10.30
400 Yard IM		
2 Somera, Christine	27	5:14.29

Women 30-34

50 Yard Freestyle		
3 Faith, Jenny	31	27.66
50 Yard Breaststroke		
1 Faith, Jenny	31	33.66
100 Yard Breaststroke		
1 Faith, Jenny	31	1:13.63
200 Yard Breaststroke		
1 Faith, Jenny	31	2:44.48
100 Yard IM		
2 Faith, Jenny	31	1:09.63
200 Yard IM		
2 Faith, Jenny	31	2:34.98

Women 50-54

100 Yard Freestyle		
1 Wheeler, Kendra	51	1:04.69
500 Yard Freestyle		
1 Wheeler, Kendra	51	5:57.76
1000 Yard Freestyle		
1 Wheeler, Kendra	51	12:05.18
1650 Yard Freestyle		
1 Wheeler, Kendra	51	20:19.44
50 Yard Breaststroke		
1 Andrade, Julie	52	40.09
100 Yard Breaststroke		
1 Andrade, Julie	52	1:29.52
200 Yard Breaststroke		
2 Andrade, Julie	52	3:14.89
50 Yard Butterfly		
5 Andrade, Julie	52	38.21
100 Yard IM		
4 Andrade, Julie	52	1:24.77

Women 60-64

100 Yard Freestyle		
1 Gettling, Janet	64	1:12.45
50 Yard Breaststroke		
1 Gettling, Janet	64	39.54
100 Yard Breaststroke		
1 Gettling, Janet	64	1:28.32
200 Yard Butterfly		
1 Gettling, Janet	64	3:17.21
100 Yard IM		
2 Gettling, Janet	64	1:21.95

Women 70-74

50 Yard Freestyle		
1 Frid, Barbara	70	32.99
2 Ward, Joy	70	33.52
200 Yard Freestyle		
1 Frid, Barbara	70	2:43.92
50 Yard Backstroke		
1 Ward, Joy	70	39.45
2 Frid, Barbara	70	40.88
100 Yard Backstroke		
1 Ward, Joy	70	1:21.68 N
200 Yard Backstroke		
1 Ward, Joy	70	2:57.22 N
50 Yard Breaststroke		
1 Frid, Barbara	70	43.21
50 Yard Butterfly		
1 Frid, Barbara	70	35.68
2 Ward, Joy	70	37.67
100 Yard Butterfly		
1 Ward, Joy	70	1:33.95 Z
100 Yard IM		
1 Frid, Barbara	70	1:25.24

Men 25-29

50 Yard Butterfly		
5 Cleary, Kevin	29	27.06
100 Yard Butterfly		
3 Cleary, Kevin	29	57.42
200 Yard Butterfly		
1 Cleary, Kevin	29	2:11.84

Men 30-34

50 Yard Freestyle		
4 Matthews, Jonathan	34	24.75
100 Yard Freestyle		
5 Matthews, Jonathan	34	54.06
1000 Yard Freestyle		
1 Matthews, Jonathan	34	11:54.12
100 Yard IM		
6 Matthews, Jonathan	34	1:05.32

Men 35-39

50 Yard Freestyle		
2 Slotemaker, Paul	38	23.65
9 Juarez Martinez, Jorge	37	38.33
100 Yard Freestyle		
3 Slotemaker, Paul	38	52.15
9 Juarez Martinez, Jorg	37	1:04.41
200 Yard Breaststroke		
1 Polito, Chip	36	2:25.26
400 Yard IM		
1 Polito, Chip	36	4:29.74

Men 40-44

50 Yard Freestyle		
7 Ferguson, Scott	44	29.55
100 Yard Freestyle		
7 Ferguson, Scott	44	1:05.53
100 Yard IM		
8 Ferguson, Scott	44	1:15.13

Men 45-49

50 Yard Freestyle		
1 Baele, Michael	48	22.70
100 Yard Freestyle		
1 Baele, Michael	48	49.46 O
200 Yard Freestyle		
1 Baele, Michael	48	1:49.22
1650 Yard Freestyle		
1 Waud, Timothy	45	19:53.01
100 Yard Backstroke		
1 Sullivan, Scot	46	1:00.76
50 Yard Breaststroke		
4 Waud, Timothy	45	31.75
100 Yard Breaststroke		
4 Waud, Timothy	45	1:09.72
200 Yard Breaststroke		
1 Sullivan, Scot	46	2:29.41
4 Waud, Timothy	45	2:34.74
50 Yard Butterfly		
1 Baele, Michael	48	24.42 O
100 Yard Butterfly		
1 Baele, Michael	48	53.45
2 Sullivan, Scot	46	59.61
100 Yard IM		
1 Baele, Michael	48	57.33
2 Sullivan, Scot	46	59.80
200 Yard IM		
1 Sullivan, Scot	46	2:11.76
400 Yard IM		
1 Waud, Timothy	45	5:08.50
2 Christensen, Douglas	50	5:00.81

Men 50-54

50 Yard Freestyle		
2 Washburne, Brent	51	24.07
8 Howell, Richard	53	26.70
100 Yard Freestyle		
3 Allender, Patrick	54	54.90
4 Christensen, Douglas	50	55.34
1650 Yard Freestyle		
4 Hathaway, David	52	19:49.65
100 Yard Backstroke		
4 Washburne, Brent	51	1:04.97
5 Hathaway, David	52	1:05.03

50 Yard Breaststroke			50 Yard Backstroke			1650 Yard Freestyle		
1 Allender, Patrick	54	31.18	5 Helm, Charlie	56	52.44	1 Landis, Tom	71	20:57.52
2 Howell, Richard	53	32.00	50 Yard Breaststroke			200 Yard Butterfly		
6 Hathaway, David	52	33.55	9 Helm, Charlie	56	57.25	1 Landis, Tom	71	2:53.22 Z
100 Yard Breaststroke			100 Yard Breaststroke			100 Yard IM		
1 Allender, Patrick	54	1:06.40	7 Helm, Charlie	56	2:12.39	1 Landis, Tom	71	1:11.09
4 Washburne, Brent	51	1:12.61	100 Yard IM			Men 75-79		
5 Hathaway, David	52	1:12.90	16 Helm, Charlie	56	1:51.86	50 Yard Freestyle		
200 Yard Breaststroke			Men 65-69			1 Thayer, George	77	32.76
1 Allender, Patrick	54	2:22.62	50 Yard Freestyle			200 Yard Freestyle		
4 Howell, Richard	53	2:39.09	2 Bruce, Bob	65	27.46	1 Radcliff, David	78	2:22.36
50 Yard Butterfly			3 Kelber, Michael	65	29.52	500 Yard Freestyle		
2 Christensen, Douglas	50	25.37 O	100 Yard Freestyle			1 Radcliff, David	78	6:20.46
100 Yard Butterfly			2 Kelber, Michael	65	1:06.76	1000 Yard Freestyle		
1 Christensen, Douglas	50	58.53	500 Yard Freestyle			1 Radcliff, David	78	12:48.35
3 Washburne, Brent	51	1:03.25	2 Kelber, Michael	65	8:02.54	50 Yard Backstroke		
100 Yard IM			100 Yard Backstroke			1 George Thayer	77	39.98
2 Christensen, Douglas	50	1:01.11	2 Bruce, Bob	65	1:14.53	100 Yard Backstroke		
4 Hathaway, David	52	1:03.54	50 Yard Breaststroke			1 Thayer, George	77	1:28.38
5 Washburne, Brent	51	1:03.56	1 Bruce, Bob	65	36.79	50 Yard Breaststroke		
200 Yard IM			4 Kelber, Michael	65	42.62	1 Thayer, George	77	43.19
2 Allender, Patrick	54	2:14.04	100 Yard Breaststroke			100 Yard Breaststroke		
4 Christensen, Douglas	50	2:17.09	2 Bruce, Bob	65	1:22.88	1 Thayer, George	77	1:47.07
6 Washburne, Brent	51	2:23.13	200 Yard Breaststroke			Relay		
400 Yard IM			1 Lambert, Roy	66	2:57.90 O	Mixed 25+ 200 Yard Freestyle Relay		
2 Christensen, Douglas	50	5:00.81	2 Bruce, Bob	65	3:01.23	1		1:43.84
Men 55-59			100 Yard IM			Oregon Masters		
50 Yard Freestyle			2 Kelber, Michael	65	1:23.71	1) Matthews, Jonathan M34		
10 Helm, Charlie	56	36.75	Men 70-74			2) Faith, Jenny W31		
500 Yard Freestyle			500 Yard Freestyle			3) Somera, Christine W27		
7 Helm, Charlie	56	8:54.66	1 Landis, Tom	71	6:04.48	4) Polito, Chip M36		

PN Association Championships in Federal Way, WA

Charlie Helm



Twenty-eight Oregonians signed up to compete at the 2013 PN Association Championships and were part of the 425 total swimmers at that event. Just about everyone from OMS reported swimming a PR or doing a great time and was happy with their efforts during the weekend at that world class aquatic center.



Oregon City Tankers Have Fun Times



The Tankers had a Easter Party and Easter egg hunt for the children. Shown are some Tankers who attended.

Congratulations to Tankers members Tom Phipps and Britta Daubersmith in the One Hour Postal Swim Relays. They are shown here with Olympian Roque Santos. Britta's relay was 4th Place in the Women's 25+OMS Relay. Tom's relay was 8th Place in the Men's 55+OREG Relay and 3rd in the Mixed 55+OREG Relay.



If you would like to have your workout group featured in the Aqua Master, send photos and notes of what you are doing to the Aqua Master editor; email address (azabudsky@msn.com) is listed on page 2 of every issue.



Oregon City Spring Ahead Dual Sanction USA-S/USMS Swim Meet



Tim Waud



Last month, the Oregon City Swim Team and the Oregon City Tankers Masters Swimming held the First Dual Sanctioned USA-S/USMS swimming competition in Oregon. The Oregon City Municipal Swimming Pool, having gone through some major facility improvements was the venue for the SCM meet held on March 9-10, 2013.

The competition was held as an "interwoven" format which allowed for USA Swimmers to compete according to USA Swimming Rules and USMS Swimmers to compete according to USMS Rules. USA Swimmers performed their races first followed by heats of USMS swimmers. The greatest part of swimming this format allowed the younger swimmers to race and see if they were able to match up to the Masters swimmers. Masters swimmers were able to cheer on their children and children of the Master's swimmers were able to cheer and coach their parents.

Stanford Masters Swimmer Darren Phelan and his daughter Maggie traveled up from Palo Alto to compete in this unique event. When they heard about the Oregon City Dual Sanctioned Meet they made a pact that they would be each other's coach on deck. Darren's swim mom and dad (Maggie's grandparents), made a special trip to come watch their son and granddaughter swim together. There were several other families who were able to compete in the same meet. We even had a relay with two sisters and a brother/sister, nephew/niece swim in a "family" relay. This was the most exciting part of hosting a dual sanctioned event. To have families swim in the same competition and cheer for each other was amazing.

Many of the younger swimmers were excited to see 90 years young, Willard Lamb set a World Record in the 400 Freestyle and a National Record in the 100 Backstroke. This was exciting not only for the Oregon City Pool to have a World Record set, but to see that "Swimming is for Life"! An Olympian for Turkey in 1992 and 1996, Can (Jon) Ergenekan, swam several events, including the 200 Butterfly in which he placed 12th at the Barcelona Olympics in 1992. It's always exciting to have an Olympian participating in your home pool.

There are so many people to thank for helping put on such a unique event. I couldn't have done it without my swimming family: the Oregon City Swim Team and the Oregon City Tankers. We look forward to hosting this event again next year.

Swim Bits

by Ralph Mohr

Each year that I write this column I have written about the necessity for sunblocking if you swim outdoors. Twice a year I see my dermatologist, and she takes a little more skin off my ears and face.

I'm lucky. I have had (so far) only pre-k, pre-cancerous, skin lesions. They are usually crusty, wrinkly skin that can be taken off with a few squirts of liquid nitrogen. The squirts sting briefly. The spot blisters up in a day or two. Eventually the spot heals.

I say I'm lucky with only a few spots as I know people who have had full-flung melanomas that needed major excavation and cure. The hole left after excision eventually heals, too, but there is a far distance from my little excrescences to the threat of a major melanoma.

As a doctor who was a friend once said, "You've already done the damage to your skin." I did not cover up, as I should have when I was a lifeguard. I did not put sunblock on my face, as I should have when I was a coach for more than 20 years at outdoor pools. I did not put on UV proof glasses back then to avoid the cataract operations that I have already had in both eyes.

My ophthalmologist after looking in my eyes said, "Hmm. These are subcapsular cataracts." "Huh?" I said. "Usually fishermen on the east coast get them," he continued. "You been around water much?"

Sunlight harms anyone twice who is around a swimming pool or body of water. First are the direct rays from the sky; second is the bounce off the water. We don't think of the latter much, but it is no different than the first.

Prevention is necessary to slow down if not stop further

damage. I wear UV proof glasses now even though I am bionic in both eyes. I put on sunscreen as I go out the front door to get groceries, and I put on a wide brimmed hat.



I wear long sleeved shirts or jackets almost all of the time. I swim in the shade, if there is any, at the outdoor pool I prefer for the clean air. If there is no shade, I try to swim in the morning before the sun is very high or in the evening. I can not understand how anyone who has full sun all day would ever swim at noon in an outdoor pool in the summer.

I wear a cap that comes down below my ear lobes as a fair amount of sun-damaged skin has come off from them in blasts of nitrogen. I do all of this on the Oregon coast where we are not known for many consecutive sunny days, which is not true, but such myths do exist.

Clothing and sunblock are my main defenses against any more sun damage, but not all sunblocks are equal. Notice, too, that I say sun block, not sunscreen. My good dermatologist says if the lotion does not have a physical sunblock, such as titanium dioxide (TiO₂) or zinc oxide (ZnO), the skin will be damaged.

I know of only two sun blocks on the shelves that meet this requirement: Coppertone Kids 50 SPF with 14% ZnO, and Banana Boat Kids 50+ with TiO₂. Everything else has only chemicals which can work reasonably well if you put the lotion on at least 15 minutes before swimming. TiO₂ and ZnO work immediately.

And for those who worry about these compounds, Wikipedia says "zinc oxide (and the other most common physical sunscreen, titanium dioxide) are not absorbed into the skin; they are nonirritating, nonallergenic, and non-comedogenic." Use them.

2013 USMS Long Distance Championships

Make sure you register for all the great [2013 Open Water Championships](#).

- | | | | |
|-----------------------|--|-----------|--|
| • 3-6 Mile Open Water | Miromar Lakes, Fla., (5K) | April 27 | Online entry |
| • 6-9 Mile Open Water | Lake Mead, Las Vegas, Nev., (10K) | May 18 | Online entry |
| • 1 Mile Open Water | Lake Del Valle, Livermore, Calif. | June 9 | Contact: Bill McCracken |
| • 1-3 Mile Open Water | Pacific Ocean, Dana Point, Calif., (2.4 miles) | August 4 | Mark Moore |
| • 2 Mile Cable Swim | Mirror Lake, Lake Placid, N.Y. | August 17 | Contact: David Dammerman |

Oregon Masters Swimming: Tentative Open Water Race Schedule for 2013 (as of March 12)

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category	Sanction
May 18 Sat	1	JSFC Pool	Bend	COMA	Bob Bruce	Basic Open Water Clinic	xx	No
19 Sun	1	Lake Juniper (pool)	Bend	COMA	Bob Bruce	1200-meter	Featured	Yes (pool)
June 16 Sun	1	Hagg Lake	Forest Grove	THB	Mike Healey//	800-meter	Featured	No
					Jim Teisher	2000-meter (with 4000-meter)	Qualifying	
						4000-meter (with 2000-meter)	Qualifying	
Jun 29 Sat	1	Foster Lake Cable	Sweet Home	COMA	Bob Bruce	2-mile cable	Featured	Yes
		Swims				1-mile cable	Featured	
						Dog Tandem Challenge	Participation	
Jul 13 Sat	2	Applegate Lake	Ruch	RVM	Andrew Gramley	5000-meter (with 10,000-meter)	Qualifying	Yes
						10,000-meter	Featured	
Jul 14 Sun						1500-meter	Featured	
						3 x 500-meter Pursuit Relay	Participation	
Jul 21 Sun	1	Willamette River	Portland	THB	Marisa Frieder	17-km downriver	Featured	No
Aug 2 Fri	3	Cascade Lakes Swim	Bend	COMA	Bob Bruce	3000-meter	Qualifying	Yes
3 Sat		Series & Festival				500-meter	Qualifying	
		at Elk Lake				1500-meter	Featured	
4 Sun						5000-meter	Featured	
						1000-meter	Qualifying	
Aug 17 Sat	1	Eel Lake	Lakeside	COMA	Jayna Tomac	3000-meter	Featured	Yes
						500-meter	Participation	
						1500-meter (Ass'n Champs)	Featured	
Aug 18 Sun	1	Cottage Grove Lake	Cottage Grove	EA	Steve Johnson	1500-meter	Featured	Yes
						1000-meter Equipment	Featured	
						500-meter Kick	Qualifying	

Swimmers must participate at three venues to be eligible for the Oregon Open Water Series. Swimmers may score Series points in all events. Featured events score points by place: 22-18-16-14-12-10-8-6-4-2. Qualifying events score points by place: 11-9-8-7-6-5-4-3-2-1. Participation events score 7 points. Top 10 scores count towards a swimmer's final Series total.

OPEN WATER PREVIEW

Continued from page 6

Foster Lake is centrally located within two hours of most Oregon-registered swimmers. Check-in begins at 8:00 am, allowing many swimmers to travel to and from the venue on the day of the event. For those with camping in mind, we have gained special permission to offer tent camping (sorry, no RVs) in Lewis Creek Park for the very first time! The fee is \$10 per tent, payable with your entry. Also, Sunnyside Park is a fully-equipped Linn County campground 1.2 miles from the race site. Tent sites are \$13/night and hold up to 8 people, and hookup sites are \$18/night plus \$11 reservation fee/site. Call 541-967-3917, but do it soon—this campground will fill quickly on the weekend before Independence Day. Note: The race venue at Lewis Creek County Park has a \$5 parking fee.

3. Applegate Lake (Saturday-Sunday, July 13-14)—USMS-sanctioned: Event Director Andrew Gramley and host team Rogue Valley Masters (RVM) will present the 28th annual Southern Oregon open water swims at Applegate Lake. Saturday's events will be 2500, 5000 & 10,000-meter swims, run simultaneously, perfect for this venue. Sunday features the classic 1500-meter race followed by a 3 x 500-meter pursuit relay. Look forward to hot weather, clear & balmy 72-75 degree water, fine camping, great recreational or cultural opportunities (bring your mountain or road bike, or your appetite for wine tasting), and the ever-bountiful RVM hospitality. So come swim in the lake, bring friends and family, and have fun!

RVM has reserved tent camping sites and self-contained RV camping spaces (no hookups) at race site Hart-Tish Park. For Hart-Tish camping, contact Jocelyn Sanford at 541-488-6435. Other camping sites near Hart-Tish include Jackson, Watkins, and Carberry Campgrounds—call the Hart-Tish Concessionaire (Glenn, Sue, or Mark) at 541-899-9220 or www.applegatelake.com. Beaver Sulfer campground may be reserved at 1-877-444-6777 or www.reserveamerica.com. For other accommodations away from the race site, search the web for lodgings in Ruch, Jacksonville, Medford, or Ashland. Note: The race venue at Hart-Tish Park has a \$5 per day vehicle parking fee; please include the time to drive down the hill to the general store, purchase your parking pass, and park before the event. No dogs are allowed in Hart-Tish Park.

5. Portland Bridge Swim (Sunday, July 21)—unsanctioned: See Portland like you never have before, from the water! Event Director Marisa Frieder will host our longest event of the season, a 17-km swim in the river benefitting Willamette Riverkeeper. The swim will also include 3-person relays. Starting from Sellwood Riverfront Park, you will pass under all 11 of Portland's bridges and end at Cathedral Park. For

safety reasons, this swim will start early, will require an individual escort (non-motorized boat or kayak), and entry will be limited. Additionally, there will be a qualifying swim of 5-km; think about swimming your postal 5-km May 15, or after, to use as your qualifying swim. Planning for this event is evolving, so ramp up your training, cast your net for a friendly boat escort, and stay tuned for further details.

I strongly suspect that you won't be planning to camp the night before this swim, and there are plenty of hotel accommodations in the Portland Metro area.

6. Cascade Lakes Swim Series & Festival at Elk Lake (Friday-Sunday, August 2-3-4): Event Director Bob Bruce and host team Central Oregon Masters will present the 19th edition of this major event, which will retain the traditional 'five swims in three days' format. Start late Friday afternoon with a 3000-meter swim and a snack buffet. Saturday will feature the traditional individual-start 500-meter sprint and the 1500-meter race. Sunday will open with the 5000-meter swim and conclude with the tactically-challenging 1000-meter swim with small group send-offs. There are cumulative awards for the three-swim Short and Long Series, as well as Survivor awards for those compulsive maniacs who complete all five swims. COMA promises a festival atmosphere with fun family-oriented events and the usual groaning hospitality table. See www.comaswim.org for full details and entry forms.

COMA has again reserved the Lava Lake Group Site (sorry, our traditional site at Little Fawn was unavailable this year), and you may pay for camping with your entry at \$8/adult/day—there is a limit, so enter and reserve early as there will be no last-minute drop-in camping! Like last year, the campground is available for FOUR days, Thursday through Sunday. The Group Camp is a large area designed to hold 45 campers & 12 cars (small & medium motor homes too), and COMA will have a Camp Host on site to help you get settled in. Dogs are allowed in the campground—always on a leash of 6 feet or less—but not at the race site. Parking will be limited to the pullouts off the Cascade Lakes Highway or in the Little Fawn campground, and there will be no parking at the race site until all event activities have been concluded, so please plan to park at the campground even if you are not camping. Shuttle vans will run between the campground and the race site during registration hours and after the lunch & awards.

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

Continued on page 16

OPEN WATER PREVIEW

Continued from page 15

big events in Bend on this weekend.

7. Eel Lake (Saturday, August 17): Eel Lake will open our first-ever “double-header” weekend with swims on Saturday, to be followed with swims on Sunday at Cottage Grove Lake. The Eel Lake event will start with a two-loop 3000-meter swim featuring the famed swim/run corner. Then comes the 500-meter Predicted Time Swim, allowing use of all equipment (except motors & timepieces) and free to all swimmers. We'll finish with a 1500-meter race, which will serve as the Oregon Open Water Association Championships. Look for the famous Eel Lake brownies along with cookies, fruit, and hot drinks.

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

8. Cottage Grove Lake (Sunday, August 18): Emerald Aquatics will conclude our open water season, by returning to the northeast corner of Cottage Grove Lake at Wilson Creek Park, which features a bigger boat ramp and lots of parking. Although all details aren't settled yet, it looks like we'll start our day with the classic 1500-meter swim, move to the popular all-equipment-legal 1000-meter event, and exhaust our legs with the kicking-only 500-meter race. The meeting will conclude with a picnic and the drawing for goodies. This venue plans to have a USA-Swimming sanction for kids 10 & over.

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

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

- Eight attractive venues—mountain, coastal lakes, scenic reservoirs, the Willamette River, and even a 50-meter pool!
- Venue formats—six single-day, one two-day, and one three-day meeting.
- Race distances—26 total swims ranging from 500-meter to 17-kilometers.
- Race courses—out-and-back to triangular to diamond to free-form to point-to-point.
- Race formats—individual-start to small group to traditional mass start.
- Novelty events—predicted time to equipment to kicking to relay to dogs.

- Water temperatures—normally ranging from low 60s to mid 70s.
- Clinics—opportunities to learn and hone your open water skills.
- Most importantly, the great variety of friends who will come together again this summer to swim, camp, and frolic in the fellowship that is Oregon open water swimming.

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

Good luck and good swimming!

HOW SWIMMER GAVE UP BLACK LINE

Continued from page 5

aren't as good as they used to be, and I miss my body suit, which helped me even before the polyurethane tech suit craze came along. I suppose we all have to deal with getting slower as we age. Finding new things to enjoy about swimming is one way I am adjusting. Besides, in open water, the times don't really matter. You can either swim just for the joy of swimming, or you can try to swim faster than your friends, but the courses are all a little different, and it's less meaningful to compare times from year to year, or course to course.

If you're a pool swimmer, and you've never been to a Masters meet, you should enter one. You've heard this before, because your friends have all had the same skepticism that you have until they go to a meet and realize just how much fun it is. Then, they return home and try to convince you to go, too, because they want to share the fun. If you've never done an open water swim, you should do one. The same reasoning applies.

When you decide to try it, I recommend that you start small; 500-1500 meters are common race lengths. Pick a race in a lake with calm protected water, preferably warm for your first outing. Be safe. Talk to the race director about the safety plan if you have your doubts. Escape from Alcatraz, or the Chesapeake Bay Bridge might be quite adventurous, but those are not places where you want to find out that you really don't like open water.

Once you decide to try it, chances are you'll be the one trying to convince your friends to try it, too. Just watch out for snapping turtles.

BTW, according to Wikipedia, snapping turtles are really ugly, and can be aggressive when cornered on land, but generally try to avoid humans in the water. They also don't live in Oregon.

Come On In, The Water's Fine

Interview by [Lynn Green](#)

Swim: Why We Love the Water

Written by [Lynn Sherr](#)

In the fitness world, swimmers don't seem to get the attention that runners do, but dedicated swimmers are every bit as committed to their chosen form of exercise as the many distance runners out pounding the pavement. Just take a look at the swimmers doggedly completing their laps early one morning in a crowded community pool. They're determined—you might even say they're "in deep."

Journalist Lynn Sherr, best known for her work as a correspondent on ABC's "20/20," describes her interest in swimming as "an obsession, benign but obstinate." In ***Swim: Why We Love Water***, she chronicles her love of the sport, culminating in her landmark long-distance swim of the Hellespont, the strait that separates Turkey from Asia. Along with her personal journey, she offers a quick trip through the history of swimming, with fascinating tidbits about swimmers of old and their modern counterparts.

We jumped in with some questions for Sherr about her own passion for swimming and mankind's long fascination with being in the water.

How did you get started as a swimmer? What are your earliest memories of swimming?

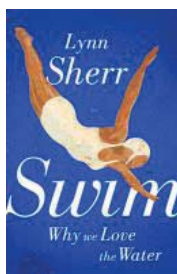
It began with frogs. As a toddler I used to watch them, mesmerized, at the edge of the lake at the camp my parents owned in Pennsylvania's Pocono Mountains. And I learned. No kidding—my breast stroke is very strong and my frog kick is terrific.

When I got old enough to be a proper camper—all of five years old—I also got some proper human lessons. There were always (as there are now) faster swimmers than I, but I always relished jumping into the water and making it to the other side.

Tell us about your swimming routine. Do you swim regularly for fitness?

Ever since I joined U.S. Masters Swimming last year, I've been doing drills at least twice a week in winter, sometimes accompanied by hour-long swims on other days. In the summer, I swim daily—outside—in the ocean or the bay or in the pool. My goal last year, when I was training for the Hellespont swim, was to swim longer distances, at a faster pace. I had worked up to two hours or more in the water before I went there.

Today I'm just trying to perfect my freestyle and pick up my speed. And while half an hour used to satisfy me on the off days, I've gotten so used to the longer workouts that I feel cheated if I have to stop before an hour is up.



You describe some of the gadgets now available for swimmers—lap counters, fancy goggles, etc. What's the one swimming accessory you can't live without?

If I could only have one piece of equipment it would be goggles. They've changed so much about the sport: the ability to swim for long stretches in both chlorine and salt. The ability to actually see underwater. And for those of us who are nearsighted, the ability to wear contact lenses—or prescription goggles—and actually see what's in front of us.

I just wish they didn't make you look so weird. We all look like extra-terrestrials about to invade planet Earth.

Where is your favorite place to swim?

Anywhere the water is warm and the lane is free. When it comes to the debate between pools and open water, I'm an equal-opportunity addict. Yes, you're bouncing between walls in a blue box—but pools have a beauty of their own that I find irresistible. And yes, there is a special joy in the wild waters of a natural bay, or lake, or ocean, especially when you start in one place (or one continent) and finish in another. Come to think of it, I miss lake swimming and would love to find a wonderful new (warm) lake swim.

And I'd say that a golden sun and blue sky certainly help, but then, I like to swim at night, also, when the stars reflect on the surface; and I like to swim in a steaming hot pool when the snow is falling. That's one of the cool things about swimming: there's always another body of water.

One of the statements in the book that surprised me was: "I have never had a bad swim." C'mon! Hasn't the water ever been too cold? Or the pool too crowded? Or your body too tired to enjoy a swim?

No, no and no. Let me explain: I just don't go in when it's too cold. I am NOT a polar bear type. I know my limits. As for the crowds: well, sure, I prefer my own lane, and I'm not crazy about mass start in open water races. But just last weekend, while I was swimming in a hotel pool, I actually invited a waiting swimmer to share my lane because I knew I'd be in for an hour and didn't want to deprive her. And then there's last summer, when I voluntarily joined 431 swimmers from around the world to cross the Hellespont. If you'd looked closely, you would have noticed that I held back during the start—to keep from getting swallowed up by the crowd. There are ways.

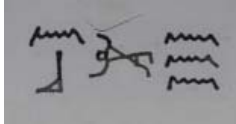
As for the fatigue, call me crazy, but I like that feeling after a good, hard swim. And if I'm tired going in, the water wakes me up.

So I'm not a Pollyanna about it. Just sensible. And lucky.

I love the Egyptian hieroglyph of a swimmer that's included in the book. Where or how did you come across that?

Me too—in fact I love all the images I found illustrating the remarkable history of swimming. I did a huge amount of re-

search, consulting hundreds of books and articles and websites, not to mention scholars and swimming professionals. And the idea that taking a swim was so familiar to the ancient Egyptians that they had a symbol for it, made me dig even deeper. For that one I found an Egyptologist, Bob Brier, through a Greek classicist (it was my college major), and he sent me the hieroglyph.



By the way, I'm especially proud to have included two ancient coins showing swimming—one with the goddess Aphrodite and one, the mythical Leander. Wouldn't it be nice if our modern quarters showed a swimmer?

There are many references in your book to the spiritual aspects of swimming. How would you describe the experience of swimming and what it does for you in a spiritual or emotional sense?

It lifts my soul and it calms my body; it energizes me and soothes me, all at once. I can think about things in the water with a laser-like focus that is often not possible on dry land, in a noisy office. I have written some of my best ledes while swimming laps. And figured out some of the thorniest problems.

I have a friend who split from her husband and then spent hours a day in the pool, just going back and forth in her singleness. She worked it out. Me? I've cried in the water and laughed there, too; it's so non-judgmental, I can enter it without reservation. It probably helps that we're near-naked when we swim: no barriers, no hidden secrets.

Not that it's all so serious. I like to play in the water, too, especially with my grandchildren. I do a wicked sea monster.

Now that you've swum the Hellspon, do you have any other long-distance swimming goals?

Let me first say that accomplishing the Hellspon was, hands down, the purest jolt of exuberance I've ever experienced. I was on a high for days—maybe weeks—afterwards, and I cherish the friendships that were forged in and around the waters. Perhaps more important, I proved to myself that I could challenge my body and push it to a new sense of power. *[In the photo, Sherr shows the medal she received last summer for swimming the Hellspon—a storied channel that divides Europe and Asia.]*

So yes, it's very tempting to find a new goal and go for that feeling again. And certainly there are channels and lakes that tempt me. I'm looking at a few, but there's nothing specific at the moment. Although I am considering a smaller but equally iconic crossing: the race from Brooklyn to Manhattan across New York's East River and under the Brooklyn Bridge.

Do you have any encouraging words for adults who don't know how to swim or aren't confident about their swimming skills?

May I quote Dory, the bighearted blue fish from the movie *Finding Nemo*?" Just keep swimming, swimming, swimming, swimming." Several of the people in my USMS class didn't start until they were in their 30s or 40s, and they're doing major marathons today. But you don't have to aim for the English Channel. I think there's a major sense of satisfaction waiting for anyone who can make it down the lane for the first time. It's fun, it's good for you, and as you get older, it's probably the only strenuous activity you can do comfortably, without wrecking your joints. Also, it can save your life.

Who do you hope will read this book?

I hope it reaches a wide cross-section of readers (and listeners—there's an audiobook too). Obviously, the swimming community, whose devotion to this activity reflects my own passion. Swimmers love—LOVE—to swim, and I'm so eager for them to learn more about the rich history and lore of this wonderful activity. Did you know that Julius Caesar escaped from the enemy by swimming? That Chairman Mao performed his famous Yangtze River swim mostly on his back—with his arms and legs afloat in what one wag called his "lounge-chair style"? That the first person to cross the English Channel (Matthew Webb) used the breast stroke? That President John Quincy Adams nearly drowned in the Potomac? And that no bathing cap in the world will keep your hair dry?

But I also hope that non-swimmers will be intrigued enough to see what they're missing. To appreciate that this ancient activity indeed has something for everyone; that even if you're just a fan of Esther Williams movies (or lucky enough to be experiencing those magnificent spectacles for the first time), or tired of being a fashion victim in the ghastly lighting of most bathing suit dressing rooms, there's something in swimming, and **Swim**—for everyone.

So I'm hoping that those who can't swim will be inspired to take some lessons and dive in themselves. I hope it makes people want to get wet.



CREDITS: Egyptian hieroglyph from R. O. Faulkner, "A Concise Dictionary of Middle Egyptian."

Photo of Lynn Sherr with Hellspon medal by Sharon Young.

Annual Oregon Association Awards

Presented at the Oregon Association Meet in Bend, Oregon, April 27, 2013

**Connie Wilson
Memorial Award**



Todd Lantry

**Ol' Barn
Award**



Tim Waud

**Gil Young
Award**



Milton Marks

**Gil Young
Award**



David Radcliff

**Hazel Bressie
Award**



Angela Fadlovich

**Special Service
Award**



Jim Teisher

Outstanding Swimmer — 49 and Under

Women



Serena Johnson
1st



Natascha Mangan
2nd



Karissa DeRousseau
3rd



Nick Wood
1st



Mike Self
2nd



Benjamin Weston
3rd

Outstanding Swimmer — 50 and Over

Women



Colette Crabbe
1st



Arlene Delmage
2nd



Sandi Rousseau
3rd



Tom Landis
1st



Allen Stark
2nd



George Thayer
3rd

Most Splashes

Women



Ginger Pierson
1st — 43



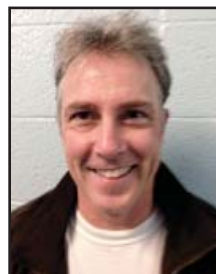
Christina Fox
2nd — 38



Julie Andrade
3rd — 37



Tim Waud
1st — 31



Richard Howell
2nd — 30



Charlie Helm
3rd — 30

These were nominated because...



Todd Lantry

Connie Wilson Memorial Award



Todd stepped into the role of president of our workout group some years ago and has done remarkable things. His leadership is stellar. Good leaders often go unnoticed because they solve problems before they surface, Todd is such a leader. Todd has developed a full swim program for RVM again, and his winning ways have resulted

in our workouts being well attended with many participants and *many of our* swimmers currently attending Masters events, including the State Championships! Many new swimmers have joined our organization as a result of his fine leadership. It has been a slow, but steady process for our workout group. Todd is at the base of *RVM* rebuilding, and not without good reason. He *has earned and* deserves the credit for raising our group to this level of participation. We have, as a group, been able to once again produce a National Open Water Championship 2012, along with many Open Water events over the past several years at our Applegate Lake. His ideas continue to grow, i.e. we have a group of swimmers attending the Maui Channel swim again this year and many more participants in the Open Water events of Oregon Masters.

As an individual he is calm, rational and fair, which has been very helpful in our ongoing relationship with Southern Oregon University. He is well respected by the University and has made certain that the interests of RVM are always well represented.

As a team leader, he sets the perfect example by "doing." He participates in too-numerous-to-mention local, state and national competitions and encourages all his team-mates, young and old, to do the same. He is goal-oriented and focused, while always acknowledging and congratulating his rivals' victories.

Todd, as president of RVM, has built the current RVM board into a tight-knit group that has increased our membership, added more participation in swimming events, and enabled pool access for swimming to 6 days a week. We acknowledge and celebrate his leadership each year in a standing ovation at our Christmas party, it would be nice to extend that ovation to the membership of OMS. He deserves the recognition.

Tim Waud

Ol' Barn Award



Tim has worked tirelessly to develop the Oregon City Tankers into a viable workout group. He has not only created an environment where competitive swimmers are attracted and challenged, but at the same time, a place where swimmers who never have and may never yet swim in a meet can enjoy swimming with a supportive group and improving their health and fitness.

Those who saw his leadership in the team spirit that won the Tankers the Team Spirit Award at the Association meet had a taste of what Tim brings to 5 am workouts at the OC municipal pool.

His enthusiasm is not limited to us old folk, he supports the USA swimming team at our pool, with whom he works out. He also brought an innovative and fun meet to our pool this spring by mixing Masters and our kids in a single event in the first OMS dual-sanctioned swim meet utilizing an interwoven format and allowing USMS swimmers to compete according to USMS rules.

Throughout the last year, Tim has shown outstanding leadership, dedication, and devotion to OMS and to Masters swimming evidenced by his eager and enthusiastic participation on the Board as the Souvenir Chair. He has approached that job with vigor, provided OMS with more and more new items to market our program, and is thorough in providing the Board with an accounting of expenditures and income. He is an enthusiastic supporter of OMS and has represented OMS at the National Convention. When an opening occurred in the Northwest Zone Chair position in 2012, Tim stepped forward and volunteered to serve in that position, making him much more interactive and visible to other LMSCs within the zone. He coordinated a very successful clinic on USMS/USA-S Partnerships at the USA Aquatics Convention. Tim has been an unsung hero of OMS. He is an enthusiastic guy who works on and on like the energizer bunny!

Milton Marks

Gil Young Award



Milton Marks is one of the friendliest guys around. He is a genuine friendly guy with a big smile on his face every time you see him. He has a way of making you feeling warm, important, and he lets you know that he is glad you are present. Mickey, as his friends call him, is an enthusiastic and nice guy; he'll challenge you to a dual in the pool and will be the first to congratulate you if you are the winner.

David Radcliff

Gil Young Award

Dave Radcliff from Tualatin Hills Barracudas has been a long time Masters swimmer, and over the years he has continually demonstrated his enthusiasm for getting people involved. He is encouraging and nurturing to swimmers at all ability levels. He is an enthusiastic supporter of open water swimming, and takes his spirit with him when he and Nancy camp with a group of Masters swimmers. Dave has long been involved in the February Fitness Challenge and always encourages everyone and anyone to participate. He is supportive of others in achieving their goals, and readily shares his knowledge of swimming.



Jim Teisher

Special Service Award



If you ever wonder who tabulates all of the data for the OMS Outstanding Swimmer awards, a 'behind the scenes' worker is Jim Teisher. He has been the OMS "go-to-guy" for this function for years. When he first started doing this, he would research the Aqua Master and the web and then tally (by hand) swims in each course for all OMS swimmers who swam in any meet. Since computeriza-

tion of meets, he produces a spreadsheet for each course and a composite tally that assists the organization in recognizing our swimmers.

Angela Fadlovich

Hazel Bressie Award

Angela Fadlovich on the Lacamas Headhunters workout team, is always enthusiastic about swimming — not only in her own swimming, but is also interested in how everyone else is doing. She never hesitates to time anyone on the postal awards, participates in many swim events where she is always cheering for EVERYONE, and is a volunteer official with the USA kids' swim meets.



She knows the birthday of everyone on our team and always goes out of her way to celebrate every swimmer on "their day". She is all-around awesome! Since she joined us we've been a much tighter-knit group, and have had even more fun. She is goofy and serious all at the right times, is thoughtful and caring and is so great at pulling folks together outside of practice time. Angela has made me feel welcome and encouraged since I started swimming with Masters this fall as a newbie. She has transformed our workout group into a group of friends.

She has organized team events such as after-practice get-togethers, evening potluck parties, and a women's weekend get-away. Angela is also the mastermind behind getting team suits for Halloween in 2011 and 4th of July in 2012. She submitted the pictures to the Dolphin Miss Uglies suit picture contest as well as the OMS and USMS newsletters. For each team suit we purchased, Angela also made sure a small amount was collected for donation to a worthy cause.

Angela is relatively new to Masters Swimming. She learned to swim at LaCamas Swim & Sport three years ago and decided to join the Masters Swimming practices two years ago as a novice swimmer. She made it very clear that she would NEVER swim in a swim meet and just wanted to improve her swimming skills. As she improved, she gradually became more involved in the sport. She completed the one-hour postal swim and was one of only a couple of swimmers from LaCamas to complete the OMS Postal Series last year.

She began contributing articles for her club newsletter and the Aqua Master. She organized parties for her teammates, and finally entered her first swim meet, the 2012 OMS Association Championship Meet. She nervously entered six events and placed in all six. Angela continues to swim and provide support and encouragement for her teammates. Her spirit and determination are a driving force behind the LaCamas Masters team.

Angela's advice to all: "...most importantly, make sure you're doing something you enjoy doing and realize how truly fortunate you are to be able to do it. ... Make every lap a victory lap.



Lance Armstrong Eligibility

USMS clarifies eligibility to race after doping ban

USMS: April 4, 2013

Lance Armstrong is not eligible to race in U.S. Masters Swimming competitions.

The former competitive cyclist has been a member of U.S. Masters Swimming for several years. The spirit and purpose of USMS is to encourage adults to swim.

USMS is affiliated with FINA (Federation Internationale de Natation) through United States Aquatic Sports.

When we became aware that Mr. Armstrong entered the 2013 South Central Zone Championship in Austin, Texas, April 5-7, a local event sanctioned by USMS, we contacted United States Aquatic Sports and FINA to clarify our responsibilities in this case. The event in question is conducted in a 25-yard pool, a non-Olympic course not contested on the international stage.

After discussion with United States Aquatic Sports and FINA, it was agreed that although Mr. Armstrong is eligible for membership in U.S. Masters Swimming, he is not currently eligible to compete in sanctioned swimming competitions, regardless of the type of course.

The World Anti-Doping Agency has banned Mr. Armstrong from competition. FINA accepts the WADA Code and USMS, as a member of United States Aquatic Sports, recognizes and respects adjudications under the Code.





LAKE JUNIPER BUOY SWIM

Open Water Clinic & 1200-meter Pool Buoy Swim

Bend, Oregon – May 18-19, 2013

Hosted by Central Oregon Masters Aquatics
Swim Sanctioned by U.S. Masters Swimming #373-S005



GENERAL INFORMATION

SITE: Juniper Swim & Fitness Center, 800 NE 6th St., Bend, OR. Both events will be held in the JSFC 50-meter pool (also known as 'Lake Juniper' for this event). Expected water temperature is 80-81 degrees F.

REGISTRATION: Register using the attached entry form. Sorry, due to the expected moderate size of this event, there is NO ONLINE REGISTRATION!

ENTRY DEADLINE: MAILED by May 11 or RECEIVED by May 15, 2012. Due to seeding & logistics, LATE OR DAY-OF-EVENT ENTRIES WILL NOT BE ACCEPTED.

SCHEDULE:

Saturday, May 18, 2012

2:45-3:00pm Check-in for Open Water Clinic
3:00-5:00pm Open Water Clinic

Sunday, May 13, 2012

7:00-7:45am Check-in for Buoy Swim
7:10-7:55am Warm-up
8:00am Mandatory Pre-race Meeting
8:15am Heat #1 of the 1200-meter Swim & subsequent heats as needed
At the end Brunch & Awards

CLINIC INFORMATION

SANCTION: This clinic is NOT SANCTIONED by USMS.

CLINIC: This basic open water clinic is targeted specifically to those with little or no experience in open water swimming (although all are welcome). It will feature in-water instruction & practice of these skills and a pool-side Q & A session:

- Straight-line swimming
- Swimming in crowds
- Navigating
- Drafting
- Rounding buoys

CLINICIANS: Bob Bruce, COMA Head Coach, longtime Oregon Masters Swimming Long Distance Chair, and expert clinician. Tim Nelson, COMA Assistant Coach and an outstanding open water swimmer with tons of experience and lots of success.

ELIGIBILITY: Open to all adults aged 18+ on Saturday, May 18, 2013.

FEE FOR CLINIC: \$20. This clinic is limited to 24 swimmers on a first come first served basis.

BUOY SWIM INFO

1200-METER SWIM: This is a pool open-water-style-swim held as 12 loops of a rectangular 100-meter course marked with buoys. Swims will start in-water in seeded heats & waves, with 12-18 swimmers each heat, and finish with an in-water touch. Swim direction will be decided by coin toss at the pre-race meeting. This is planned to be an early-season open water learning experience & fun challenge for first time racers & experienced competitors alike!

ELIGIBILITY: Open ONLY to current USMS member swimmers, who must be adults aged 18+ on Sunday, May 19, 2013. A legible photocopy of your 2013 USMS membership card (or foreign equivalent) MUST accompany mailed entries. USMS "One-Event membership—covering the swim—is available for adults 18+ only for \$18.

RULES: Current USMS long distance rules apply. Only Category I swimwear is allowed; see the event website for swimwear details. Propulsive devices (such as fins & paddles) and flotation aids (such as pull-buoys & wetsuits) are not allowed. Swim caps are not required, but all swimmers must have their race number written on both arms.

SEEDING: Swimmers will be seeded in heats fastest to slowest by 1000-yard times. 'No Time' entries will not be accepted. Seeding changes will not be allowed after the heat sheet is posted. Enter an accurate time, not a predicted time!

FEE FOR BUOY SWIM: \$25. Fee includes the swim, pre-swim snacks & drinks, and the post-swim brunch.

AWARDS: USMS age groups are 18-24, 25-29, 30-34, and so on in five-year increments. All finishers placing 1st to 3rd in their age group will be awarded custom race ribbons.

RESULTS: Results will be posted at the event site and at www.comaswim.org and www.swimoregon.org.

OREGON OPEN WATER SERIES: The swim is a featured swim for the Series (22-18-16-14-12-10-8-6-4-2 pts).

BRUNCH: After the swim, all swimmers, officials, & guests are invited to stay for brunch on the pool deck. This hefty brunch features eggs, pancakes, sausage, bacon, coffee, juice, and other fixings. Swimmers & officials free; guests \$8 with the entry form or at the event.

DIRECTIONS: From North or South, take Business 97 (3rd St.). Do not take the Bypass Parkway. Turn on Highway 20 (Greenwood Av.), traveling east. Turn right on 6th St., and go south two blocks to the pool. Park in the upper lot or on adjacent streets.

COMPLETE INFO & EXTRAS: www.comaswim.org

EVENT DIRECTOR: Bob Bruce
coachbob@bendbroadband.com

541-317-4851

Aqua Master

May/June 2013

Results of Oregon Swimmers

February Fitness Challenge 2013
Postal One-Hour Swim
San Luis Obispo LCM Spring Splash
PN Association Championship SCY

2013



Looking Ahead . . .

DATE	COURSE	MEET	LOCATION
May 9-12, 2013	SCY	USMS National Championships	Indianapolis, IN
May 18-19, 2013	OW*	Clinic and Lake Juniper (pool)	Bend, OR
June 5-9, 2013	LCM	Pan American Masters Meet	Sarasota, FL
June 15-16	OW*	Hagg Lake	Forest Grove, OR
June 29	OW*	Foster Lake Cable Swims	Sweet Home, OR
July 13-14	OW*	Applegate Lake	Ruch, OR
July 21	OW*	Willamette River	Portland, OR
August 2-4	OW*	Cascade Lakes Swims	Bend, OR
August 7-11, 2013	LCM	USMS Nationals Championships	Mission Viejo, CA
August 17	OW*	Eel Lake	Lakeside, OR
August 18	OW*	Cottage Grove Lake	Cottage Grove, OR
August 23-25, 2013	LCM	Gil Young Meet — OMS LCM Association Championship	Gresham, OR

*See page 14 for important sanctioning information, and for more detail of each venue

Oregon LMSC Board Meetings

May 13
June 10
July 15
August 12
October 12 - Retreat



PRACTICE