



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

*"Swimming for Life"*

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## Oregon Rocks LC Nationals!

Charlie Helm

Oregon Masters had a group of 30 swimmers head down to sunny Mission Viejo, CA, for the 2013 USMS LC Nationals, and to say it simply-They Rocked! Like many of us who were not able to attend the event, I followed our team via the USMS website which offered live streaming video, live results, and the enjoyable daily highlight video each night from the meet. We also had some of our swimmers interviewed on the highlight show by co-host and Olympic gold medalist Misty Hyman, which was nice that our team made the big USMS show.

Just summing up the results for this meet, the big news is that Oregon finished in 2nd place for the Combined Regional Teams. The women finished in 2nd and the men finished in 3rd which earned OMS the 2nd place banner for the combined team. Great job gang! Most of our swimmers got at least one top ten individual or relay result for their efforts. We had 3 relays that placed 1st, plus we had 11 individuals who also get at least

one 1st place result in their age group. The swimmers who achieved a first place finish were Meghan Zimmer, Jody Smith, Val Jenkins, Karen Andrus-Hughes, Colette Crabbe, Janet Gettling, Joy Ward, Matt Miller, Dennis Baker, Dave Radcliff, and Willard "Wink" Lamb. Colette Crabbe, Joy Ward and Wink Lamb were perfect in their events as they each went 5 for 5 in first place finishes. Dave

Radcliff went 4 for 4 in first place finishes as well. Saving the best for last, Wink Lamb set 4 world and 2 national records in his events while Colette Crabbe and Dennis Baker also set new national records. Several of our swimmers who didn't finish at the top in any event in their respective age group did earn medals for a Top-10 relay finish, which is also why competing at Nationals is great. It was also nice to see all the photos our swimmers posted during the meet on their Facebook page to share with us—thanks guys!

As I'm full of Nationals fever after five days of highlights from the big meet, I'd like to issue a new challenge to our Oregon swimmers. Next year USMS Spring Nationals is even closer to us, at Santa Clara, California. Let's start planning now to take a big OMS team to that meet and go for the first place team banner this time! Many of you recall back in 2010 we made an effort a year prior to take more than our normal number of swimmers to Atlanta Nationals and we did it, and we had a great time. So let's make plans now to rule the pool in Santa Clara next spring. It's only an hour away by plane. I competed there back in 1999 for SC Nationals and our OMS men's team took 1st place—which was a great feeling and team effort. So let's go for it again! Spring 2014 let's go for the 1st place team banner at another great aquatic center.



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# Chair's Corner

Jeanne Teisher



## Michelle Macy

One of the Greatest Marathon Swimmers

This month I want to highlight an OMS swimmer who swims with the Tualatin Hills Barracudas. Her name is MICHELLE MACY. Since July 15 she has been in the news both internationally as well as locally. On July 15 Michelle became the first American-born swimmer, second female swimmer, and third person to ever complete the Oceans Seven, a series of open-water swims spanning the globe. At day break on that Monday morning Michelle took off from Northern Ireland to swim 21.7 miles to the southwestern tip of Scotland. This particular swim in the North Channel's black waters is considered one of the most challenging open water swims in the world. Not only do you have to endure water temperatures between 40 to 50 degrees but other such obstacles as packs of seals, swarms of giant jellyfish, commercial boats, etc. Not only did Michelle push herself to the brink of human endurance (and survived) she crushed the 25 year old North Channel record with an impressive 9 hours, 34 minutes, and 39 seconds. The previous record, set in August 1988, was 9 hours, 53 minutes.



What swims are included in the Oceans Seven? In the past 2-3 years Michelle has swum

- ✎ English Channel (3 times and counting) between England and France
- ✎ Molokai Channel between Hawaii's Oahu and Molokai islands
- ✎ The Tsugaru Channel between Japan's Honshu and Hokkaido islands
- ✎ The Strait of Gibraltar between Europe and Africa
- ✎ North Channel between Ireland and Scotland
- ✎ Cook Strait between the North and South Islands of New Zealand
- ✎ Catalina Channel between Catalina Island and the Southern California mainland

If you're interested in how Michelle prepares and trains for these long distance swims, try this work out regime along with holding down a full time job and occasionally fitting in some social time.

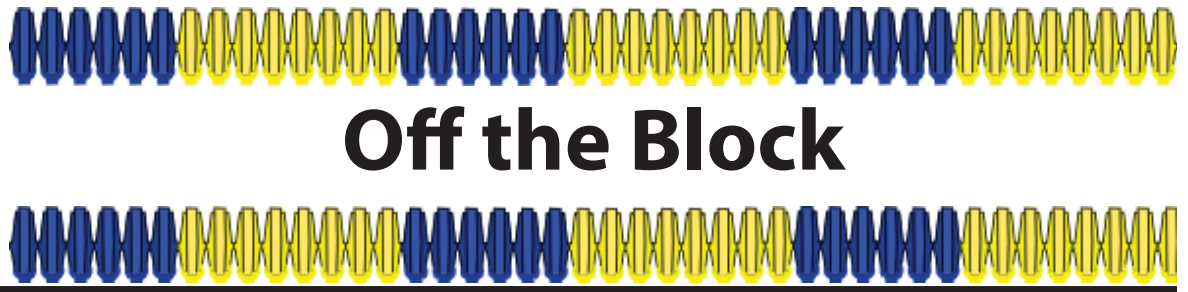
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Aqua-Master is the official publication of Oregon Masters Swimming. It is a source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. A subscription is part of membership in OMS. Contact Susie Young or Jackie Parker for membership 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](http://www.swimoregon.org).

Send address changes to [Susie Young](mailto:Susie Young) all other questions to [Jackie Parker](mailto:Jackie Parker)

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# Off the Block

## Paddle Shape and Design

Different paddles can help improve your technique

*The Professionals at FINIS, Inc.*

Masters swimmers have many more types of paddles available to them today as compared to our age grouper days. Styles, shapes, and sizes vary dramatically depending on the brand and purpose. The once traditional “garbage can lid” paddles, which can cause injury and a loss of feel for the water, remain popular with many swimmers. However, there are modern paddles coming onto the market that focus more on improving swimming technique. Although some swimmers are traditionalists when it comes to their training equipment, new, innovative paddle designs have a place in swim training.



After seeing how many categories and types of paddles are out there, it is easy to see why finding the right paddle for our stroke can be overwhelming. In a perfect world, we would all have at least four types of paddles in our gear bags to work on different things in a workout. Barring that, below is a “cliff notes” description of various different paddles to help you select the right type for your needs:

**Finger or sculling paddles** are generally smaller paddles that do not cover the entire hand, but rather stop just before the palm of the hand. They are great tools for swimmers who need to gain a “feel” for the water—perfect for sculling and drills—and work on technique before upgrading to larger paddles to crank out yardage.

Then there are **technique paddles**, which are also not intended for tight-interval and pulling main sets. Technique paddles can come in various shapes and sizes. Some extend further down the wrist to encourage the forearm pull, while others are more triangular or curved to improve the catch and ensure that the hand enters the water correctly.

**Strengthening paddles** are what we like to use on the sets

where we need more power to make the interval and build the shoulder muscles. While they do a good job of making us strong, incorrect use and poor technique prevent these paddles from being universal. Usually, a paddle maker will produce various sizes of strengthening paddles, and the individual swimmer’s strength will dictate the correct size for that swimmer to use.



Finally, there are “**non-paddles**” that do not conform to the traditional look of swimming paddles. Sometimes dubbed “anti-paddles,” these paddles are usually used strictly to improve technique. They come in a variety of shapes and sizes, and both are highly effective when used by tired swimmers at the end of workout when technique tends to become sloppy.

FINIS makes two unique paddles that add to the broad array on the market:

**FINIS Agility Paddles**, which don’t have any straps. The paddles help the wearer remain “palm positive” throughout the pull. If, at any point, the swimmer loses pressure on the hand during the catch, the paddle will wobble and slide off of the palm. Not only is this instant feedback great for learning proper technique, but it also allows more experienced swimmers to play with their recovery and early catch position. Coaches love these paddles because they’re extremely easy to throw on and off during tight interval training sets.

**FINIS Freestyler Hand Paddles**, made specifically for freestyle, help to increase distance per stroke. Surfboards inspired the long shape and unique skeg design. Because the paddle is narrow, it reduces shoulder strain dramatically and allows for the swimmer to fully extend through each stroke cycle. About.com awarded the Freestyler its “Reader’s Choice Best Hand Paddle” in 2012.



Although not a traditional hand paddle, the **FINIS Forearm Fulcrum** helps keep the wrist rigid throughout the pulling motion. They

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# Fit to Swim

## Get Motivated

**Coach Aubree Gustafson**



It comes too soon every year, the end of the summer. National competitions are complete until next year. There isn't another vacation on the horizon for quite a while. Back to school sales everywhere you turn, the leaves beginning to change color, and rain, lots and lots of rain. This is a tough time of year to stay motivated and committed to your workout routine. However, there is no time like the present to start planning and training for the next big event on your list. The time and energy you put in now will pay off in the future.

First off, get back into your routine. If your summer vacation was a little too much fun and you find you've been away from the pool, road or gym more than planned, congrats to you for having had a fun-filled summer, but now it's time to get back to work! Start off slow. If you're used to working out five days a week, be cautious of jumping back in with both feet. This will likely lead to burn out and it's not like there aren't fun things to do away from the pool in the fall. Add on workouts slowly and get back to your "normal" over the course of a few weeks. Be flexible when you need to be, but once your schedule feels routine, make a commitment to stick with it.

It often helps to visualize your progress in order to stay

motivated. Write your progress down on paper, in a workout journal, or use an online tracking program like the USMS Fitness Log. Track your workouts, diet, weight, split times; whatever works best for you to visualize your own progress. This technique can be a great self-motivator to get you back on track towards your goals. Now is also a great time to look at those again. Start thinking about what you would like to have achieved by the end of next summer. Reanalyze goals that you might not have achieved this summer, set new SMART (Specific/Measurable/ Attainable/Relevant/Timely) goals for next year, and get those down on paper as well.

Above all, remember this is fun and don't forget to reward yourself for the small things as well as the big ones. It takes a lot of work to stay motivated and keep striving for your goals, but the payoff is worth it. This time next year, when you look back on your year of achievements, you'll be happy you got started early; you'll be proud you got motivated.

PS: If you need help writing a SMART goal, please read the "Fit to Swim-Goal Setting" article in the January 2013 edition of the *Aqua Master*.

—Some information modified from [www.mayoclinic.com](http://www.mayoclinic.com).



# Shake and Swim with "Bake"

## *Shorten the Back End*

**Coach Dennis Baker**



We have talked about the Freestyle a lot in recent articles and I just want to go over the crawl stroke again. There have been recent studies at the Olympic Training Center in Colorado that prove to be very interesting.

1. Recent studies show that the front part of your Freestyle or catch phase is much more powerful and important than the back end finish when the hand comes back out. They actually put velocity meters on the kids and the front quadrant proved to be more important in keeping the swimmers forward momentum going.
2. Shortening the back end of your stroke for a distance swimmer seems to me to be a "must" thing to try. Sprinters, maybe not so much. In the sprint events you need all you can get for a short amount of time. In distance events accentuating the back end will just tire you out quicker.
3. Over a long distance Freestyle race putting too much emphasis on the back end can lead to a breakdown in stroke technique. We often see the body start to sway and the arms start to swing out wide. Keeping the back end shorter allows for a nice relaxed high shoulder, high elbow over the water recovery which is what we want for a long distance.
4. Lastly, many good coaches describe the front catch or front quadrant in many different ways. A good way to think about the catch is to envision your hand or arm going around a barrel when entering the water. Once you have the barrel surrounded with your arm, pull in straight down the side of your body.

Give this a try Gang. I think you will like it. I know we were all taught to flip that hand out at the end. Change your mind-set on this one folks, from back end to front quadrant, and shorten the BACK END!



# Long Distance Swimming

*Coach Bob Bruce*



## Congratulations to the Survivors of the Cascade Lakes Swim Series

**The Survivors (41 Swimmers) Completed all Five Races**

Note from the Editor: With this issue of the Aqua Master, the 2013 OMS Open-Water season ends. The swims all went very well. A big thanks to Bob (who is a survivor also) for sticking with this tumultuous open-water season, which started in December with the USMS sanctions/insurance/liability issue. Not only did he stick with it, but he made it work without having to make the season less. He has worked extra hard on the open-water program, and for much longer than usual — he now gets a well-deserved break from open-water organization! Thank you Bob.

### Female

Name	Age	Club/Team	City State
<b>Age Group: 30-34</b>			
Lindsay Ergenekan	30	OREG/MAC	Portland OR
<b>Age Group: 35-39</b>			
Anicia Criscione	39	OREG/CAT	Corvallis OR
Shannon Keegan	38	OREG/RVM	Talent OR
<b>Age Group: 40-44</b>			
Shannon R Singer	43	PSM	Sedro Woolley WA
Marisa Frieder	43	OREG/THB	Portland OR
Kathy Farrell Guizar	40	HMS	Walla Walla WA
<b>Age Group: 45-49</b>			
Kim Young	45	OREG/COMA	Bend OR
Elizabeth A Watkins	48	OREG/ORM	Portland OR
Wendy K VanDeSompele	47	PSM/UNAT	Vashon WA
Judith L Leahy	45	UNAT	Portland OR
<b>Age Group: 50-54</b>			
Ann R Goodman	54	OREG/CGM	The Dalles OR
Kendra L Wheeler	51	OREG/KAM	Salem OR
Kris A Denney	53	OREG/COMA	Bend OR
<b>Age Group: 55-59</b>			
Paula J Moores	55	SAWS	Boise ID
Connie Shuman	58	OREG/COMA	Bend OR
<b>Age Group: 60-64</b>			
Jill M Wright	62	SAWS	Boise ID
Madeleine S Holmberg	60	OREG/COMA	Bend OR
Mary Anne Royle	60	OREG/ORM	Vancouver WA

### Male

Name	Age	Club/Local Team	City State
<b>Age Group: 30-34</b>			
Aaron M Rodriguez	30	OREG/COMA	Bend OR
Brett Crandall	30	OREG/COMA	Bend OR
<b>Age Group: 35-39</b>			
James E Dahl	39	PSM	Marysville WA
Todd Lantry	37	OREG/RVM	Ashland OR
<b>Age Group: 40-44</b>			
Christian F Tujo	42	OREG/MAC	Lake Oswego OR
Can (Jon) Ergenekan	41	OREG/MAC	Portland OR
Paul Duffield	43	CAN	Westbank BC
<b>Age Group: 45-49</b>			
Shaun Orchard	48	OREG	Tigard OR
Timur Kiykioglu	46	OREG/PSM	Portland OR
<b>Age Group: 50-54</b>			
Eric D Steinhauft	54	UNAT	Bend OR
Robin Bragg	53	OREG/OPEN	Gladstone OR
Mike W Carr	52	SRM	Santa Rosa CA
Ron J Thompson	53	OREG/COMA	Bend OR
Patrick Allender	54	OREG/CAT	Corvallis OR
<b>Age Group: 55-59</b>			
Walter R Carter	57	OREG/COMA	Prineville OR
Craig Mohler	58	PSM	Burlington WA
Michael J Bingle	57	OREG/VSC	Vancouver WA
Keith C Dow	57	OREG/OPEN	Milwaukie OR
<b>Age Group: 60-64</b>			
Robert B Richardson	60	OREG/COMA	Bend OR
Kermit D Yensen	60	OREG/COMA	Bend OR
Michael P Carew	63	OREG/COMA	Bend OR
Steve A Mann	61	OREG/COMA	Bend OR
<b>Age Group: 70-74</b>			
Ralph Mohr	71	OREG/COMA	Coos Bay OR



# Cascade Lakes Swim Series & Festival

August 2-4, 2013; Bend, OR

Water Temperature 68°F

## Race #1 : 3000 Meter Swim Results — Category I Suits Division

Age Group	Age Club	Local	Final	Gen	Ovral
PI Name	Team	Time	PI	PI	

### Female

Age Group: 25-29

1 Annie Muske-Dukes-Driggs 29 OREG COMA 1:07:20 19 61

Age Group: 30-34

1 Amy E Johnson 34 OREG COMA 0:44:20 1 5

2 Lindsay Ergenekan 30 OREG MAC 1:05:47 18 60

Age Group: 35-39

1 Wendy McGrane 37 UNAT 0:49:07 7 26

2 Shannon Keegan 38 OREG RVM 0:50:12 8 28

3 Anicia Criscione 39 OREG CAT 0:51:29 10 31

Age Group: 40-44

1 Julie E Himstreet 42 OREG AQDK 0:47:00 6 21

2 Gillian G Salton 44 OREG COMA 0:51:13 9 30

3 Cheryl A Morgen 43 OREG COMA 0:53:33 11 39

4 Marisa Frieder 43 OREG THB 1:01:25 16 54

5 Shannon R Singer 43 PSM 1:01:27 17 55

Age Group: 45-49

1 Elizabeth A Watkins 48 OREG ORM 0:44:31 2 9

2 Wendy K VanDeSompele 47 PSM UNAT 0:46:50 5 19

Age Group: 50-54

1 Kendra L Wheeler 51 OREG KAM 0:45:07 3 13

2 Kris A Denney 53 OREG COMA 0:45:13 4 16

3 Ann R Goodman 54 OREG CGM 0:58:44 14 50

Age Group: 55-59

1 Paula J Moores 55 SAWS 0:58:24 13 46

2 Connie Shuman 58 OREG COMA 1:15:34 20 66

Age Group: 60-64

1 Mary Anne Royle 60 OREG ORM 0:55:09 12 42

2 Jill M Wright 62 SAWS 1:01:18 15 52

### Male

Age Group: 30-34

1 Aaron M Rodriguez 30 OREG COMA 0:44:02 2 4

2 Brett Crandall 30 OREG COMA 0:44:24 4 7

Age Group: 35-39

1 Todd Lantry 37 OREG RVM 0:47:12 8 22

2 James E Dahl 39 PSM 1:01:04 15 51

Age Group: 40-44

1 Can (Jon) Ergenekan 41 OREG MAC 0:43:15 1 2

2 Ari Halpern 40 UNAT 1:04:01 18 58

3 Paul Duffield 43 CAN 1:04:16 19 59

Age Group: 45-49

1 Rob Higley 48 OREG COMA 0:47:54 7 20

2 Timur Kiykioglu 46 OREG PSM 0:49:03 9 25

Age Group: 50-54

1 Mike W Carr 52 SRM 0:44:24 3 6

2 Patrick Allender 54 OREG CAT 0:44:37 5 11

3 Doug Asbury 53 UNAT 0:45:44 6 17

4 Robin Bragg 53 OREG OPEN 1:01:23 16 53

Age Group: 55-59

1 Keith C Dow 57 OREG OPEN 0:51:56 10 32

2 Craig Mohler 58 PSM 1:03:09 17 56

3 Walter R Carter 57 OREG COMA 1:09:46 21 65

Age Group: 60-64

1 Robert B Richardson 60 OREG COMA 0:51:58 11 33

2 Kermit D Yensen 60 OREG COMA 0:53:20 12 37

3 Steve A Mann 61 OREG COMA 0:58:27 14 48

Age Group: 65-69

1 Daniel R Gray 68 OREG OPEN 1:08:33 20 63

Age Group: 70-74

1 Ralph Mohr 71 OREG COMA 0:54:07 13 41

## Race #1 : 3000 Meter Swim Results — Category II Suits Division

### Female

Age Group: 25-29

1 Heather Jackson 29 UNAT 0:44:00 1 3

2 Emily Schmitt 29 UNAT 0:47:33 3 23

Age Group: 40-44

1 Kathy Farrell Guizar 40 HMS 0:46:27 2 18

2 Cynthia M Smidt 43 OREG COMA 0:53:27 5 38

3 Jennifer E Woodruff 42 OREG ORM 1:08:57 11 64

Age Group: 45-49

1 Kim Young 45 OREG COMA 0:53:38 6 40

2 Judith L Leahy 45 UNAT 0:58:26 9 47

3 Sandra Schmitt 48 OREG COMA 0:58:39 10 49

Age Group: 50-54

1 Lisa L Nirell 52 ALEX 0:56:02 7 43

2 Mary S Molony 52 OREG COMA 0:56:07 8 44

Age Group: 60-64

1 Madeleine S Holmberg 60 OREG COMA 0:52:11 4 34

### Male

Age Group: 40-44

1 Christian F Tujo 42 OREG MAC 0:44:36 3 10

2 Andrew R Singer 40 OREG COMA 0:52:37 11 36

Age Group: 45-49

1 Grae Orchard 45 OREG 0:44:40 4 12

2 Shaun Orchard 48 OREG 0:45:12 5 15

3 Cornelius Peebles 47 UNAT 1:07:43 14 62

Age Group: 50-54

1 Ron J Thompson 53 OREG COMA 0:44:28 2 8

2 Eric D Steinhaff 54 UNAT 0:45:11 6 14

3 Karl Baldessari 53 UNAT 1:03:28 13 57

Age Group: 55-59

1 Mark Fairlee 55 UNAT 0:49:10 8 27

2 Michael J Douglas 55 OREG COMA 0:52:20 10 35

3 Michael J Bingle 57 OREG VSC 0:58:09 12 45

Age Group: 60-64

1 William J Penn 61 PSM 0:43:10 1 1

2 Michael P Carew 63 OREG COMA 0:48:25 7 24

3 Matt Henderson 64 OREG COMA 0:50:35 9 29

## Race #2: 500 Meter Swim Results — Category I Suits Division

Age Group	Age Club	Local	Final	Gen	Ovral
PI Name	Team	Time	PI	PI	

### Female

Age Group: 18-24

1 Amy Tennant 19 UNAT 0:08:36.37 14 45

## Age Group: 25-29

1 Rachel Hinze	29	UNAT		0:10:03.53	27	72
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## Age Group: 30-34

1 Kelly Reeves	30	OREG		0:09:14.19	22	64
2 Lindsay Ergenekan	30	OREG	MAC	0:09:23.87	24	67
3 Lindsey C Kiesz	33	OREG	COMA	0:10:02.75	26	71

## Age Group: 35-39

1 Wendy McGrane	37	UNAT		0:07:32.47	6	18
2 Shannon Keegan	38	OREG	RVM	0:07:35.38	7	19
3 Anicia Criscione	39	OREG	CAT	0:08:06.56	11	33

## Age Group: 40-44

1 Kathy Farrell Guizar	40	HMS		0:07:20.62	4	14
2 Julie E Himstreet	42	OREG	AQDK	0:07:36.72	8	22
3 Gillian G Salton	44	OREG	COMA	0:07:45.90	9	23
4 Cynthia M Smidt	43	OREG	COMA	0:08:03.66	10	32
5 Tori M Eisenbeis	40	OREG	COMA	0:08:10.84	12	35
6 Marisa Frieder	43	OREG	THB	0:09:01.66	20	58

## Age Group: 45-49

1 Elizabeth A Watkins	48	OREG	ORM	0:07:11.66	1	10
2 Wendy K VanDeSompel	47	PSM	UNAT	0:07:31.53	5	17
3 Dorothy Bothwell	48	UNAT		0:08:18.59	13	38
4 Karen E Daniels	48	OREG	COMA	0:08:37.38	16	47
5 Kim Young	45	OREG	COMA	0:09:01.73	21	59
6 Mary Ann Ahmed	48	UNAT		0:11:33.97	30	81

## Age Group: 50-54

1 Kris A Denney	53	OREG	COMA	0:07:12.00	2	11
2 Kendra L Wheeler	51	OREG	KAM	0:07:14.63	3	12
3 Ann R Goodman	54	OREG	CGM	0:08:44.54	18	51
4 Debbie M Pappa	52	OREG	COMA	0:08:55.51	19	55

## Age Group: 55-59

1 Paula J Moores	55	SAWS		0:09:22.94	23	66
2 Connie Shuman	58	OREG	COMA	0:11:32.62	29	80

## Age Group: 60-64

1 Madeleine S Holmberg	60	OREG	COMA	0:08:36.59	15	46
2 Mary Anne Royle	60	OREG	ORM	0:08:42.09	17	49
3 Jill M Wright	62	SAWS		0:09:41.40	25	70
4 Anne R Thomas	62	UNAT		0:10:10.47	28	74

## Male

## Age Group: 18-24

1 Travis G Smith	18	OREG	COMA	0:06:57.28	6	7
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## Age Group: 30-34

1 Aaron M Rodriguez	30	OREG	COMA	0:06:32.66	2	2
2 Brett Crandall	30	OREG	COMA	0:06:48.90	4	5

## Age Group: 35-39

1 Todd Lantry	37	OREG	RVM	0:07:04.38	8	9
2 Travis Davidson	37	OREG		0:07:52.97	14	26
3 James E Dahl	39	PSM		0:08:54.72	27	54

## Age Group: 40-44

1 Can (Jon) Ergenekan	41	OREG	MAC	0:06:44.53	3	4
2 Chris A Sullivan	44	OREG		0:08:02.16	19	31
3 Andrew R Singer	40	OREG	COMA	0:08:13.62	20	37
4 Paul Duffield	43	CAN		0:09:37.81	31	68

## Age Group: 45-49

1 Timur Kiykioglu	46	OREG	PSM	0:07:28.06	11	16
2 Grae Orchard	45	OREG		0:07:49.25	13	25
3 Shaun Orchard	48	OREG		0:07:54.23	16	28
4 Steven E Sloop	48	OREG	COMA	0:09:14.00	30	63

## Age Group: 50-54

1 Greg H Holles	50	OREG	ORM	0:06:29.37	1	1
2 Mike W Carr	52	SRM		0:06:49.00	5	6
3 Patrick Allender	54	OREG	CAT	0:07:00.62	7	8
4 Eric D Steinhaff	54	UNAT		0:07:47.72	12	24
5 Ron J Thompson	53	OREG	COMA	0:08:22.90	21	40
6 Jan Voeller	52	OREG	COMA	0:09:11.35	29	62

7 Robin Bragg	53	OREG	OPEN	0:10:07.72	32	73
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## Age Group: 55-59

1 Keith C Dow	57	OREG	OPEN	0:07:54.78	17	29
2 Mark Fairlee	55	UNAT		0:08:42.38	24	50
3 Michael J Douglas	55	OREG	COMA	0:08:50.56	25	52
4 Craig Mohler	58	PSM		0:08:59.34	28	57
5 Walter R Carter	57	OREG	COMA	0:11:06.28	34	79

## Age Group: 60-64

1 Mike J Tennant	60	OREG	COMA	0:07:19.40	9	13
2 Steve A Mann	61	OREG	COMA	0:07:53.66	15	27
3 Robert B Richardson	60	OREG	COMA	0:07:59.75	18	30
4 Kermit D Yensen	60	OREG	COMA	0:08:31.09	22	44
5 Joseph P Tennant	61	OREG		0:08:50.75	26	53
6 Randy S Sargent	61	OREG	COMA	0:11:02.90	33	78

## Age Group: 65-69

1 Steve M Johnson	65	OREG	EA	0:07:26.60	10	15
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## Age Group: 70-74

1 Ralph Mohr	71	OREG	COMA	0:08:41.34	23	48
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## Race #2: 500 Meter Swim Results — Category II Suits Division

## Female

## Age Group: 35-39

1 Tiffany White	36	UNAT		0:08:26.25	4	42
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## Age Group: 40-44

1 Shannon R Singer	43	PSM		0:08:58.54	6	56
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## Age Group: 45-49

1 Maureen H Mauer	47	OREG	COMA	0:07:36.35	1	21
2 Judith L Leahy	45	UNAT		0:08:29.94	5	43

## Age Group: 50-54

1 Lisa L Nirell	52	ALEX		0:08:21.81	2	39
2 Mary S Molony	52	OREG	COMA	0:08:24.47	3	41

## Age Group: 55-59

1 Susan J White	58	UNAT		0:10:23.41	7	76
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## Age Group: 65-69

1 Judy Ziemer	69	OREG	COMA	0:10:23.72	8	77
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## Male

## Age Group: 18-24

1 Peter Tennant	21	UNAT		0:08:12.94	4	36
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## Age Group: 40-44

1 Christian F Tujo	42	OREG	MAC	0:06:34.90	1	3
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## Age Group: 45-49

1 Cornelius Peeples	47	UNAT		0:09:40.56	8	69
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## Age Group: 55-59

1 Mark Lane	56	OREG	COMA	0:09:08.16	5	60
2 Michael J Bingle	57	OREG	VSC	0:09:14.88	7	65

## Age Group: 60-64

1 Michael P Carew	63	OREG	COMA	0:07:35.59	2	20
2 John Hammarley	61	OREG	COMA	0:09:08.47	6	61

## Age Group: 70-74

1 John L Spence	71	OREG	COMA	0:08:06.87	3	34
2 John B Crawford	70	OREG	COMA	0:10:16.19	9	75

## Race #3 : 1500 Meter Swim Results — Category I Suits Division

Age Group	Age	Club	Local	Final	Gen	Ovral
PI Name			Team	Time	PI	PI

## Female

## Age Group: 18-24

1 Hannah Cutts	19	UNAT		0:20:41	1	1
2 Amy Tennant	19	UNAT		0:27:53	24	65

## Age Group: 25-29

1 Rachel Hinze	29	UNAT		0:34:06	36	92
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## Age Group: 30-34



1 Kelsey Holmberg	31	UNAT	0:21:18	2	5
2 Amy E Johnson	34	OREG COMA	0:21:38	3	13
3 Kelly Reeves	30	OREG	0:28:51	28	74
4 Lindsay Ergenekan	30	OREG MAC	0:30:38	33	84
5 Lindsey C Kiesz	33	OREG COMA	0:32:45	34	88
Age Group: 35-39					
1 Wendy McGrane	37	UNAT	0:24:15	11	29
2 Shannon Keegan	38	OREG RVM	0:24:23	13	31
3 Anicia Criscione	39	OREG CAT	0:25:12	14	39
4 Tiffany White	36	UNAT	0:27:14	23	60
5 Leonore B Faulds	39	UNAT UNAT	0:34:38	37	93
Age Group: 40-44					
1 Julie E Himstreet	42	OREG AQDK	0:23:44	9	25
2 Kathy Farrell Guizar	40	HMS	0:24:05	10	27
3 Gillian G Salton	44	OREG COMA	0:24:21	12	30
4 Tori M Eisenbeis	40	OREG COMA	0:25:27	15	40
5 Cynthia M Smidt	43	OREG COMA	0:25:46	16	41
6 Bethany Graham	40	UNAT	0:27:09	22	58
7 Andrea L Simpson	42	OREG AQDK	0:27:57	25	66
8 Marisa Frieder	43	OREG THB	0:29:18	30	76
9 Mary Carroll	44	UNAT	0:41:46	43	103
Age Group: 45-49					
1 Elizabeth A Watkin	48	OREG ORM	0:22:08	5	15
2 Stephanie Wahab	45	OREG	0:22:26	6	17
3 Wendy K VanDeSompele	47	PSM UNAT	0:23:18	8	22
4 Dorothy Bothwell	48	UNAT	0:26:38	17	48
5 Karen E Daniels	48	OREG COMA	0:27:04	21	57
6 Kim Young	45	OREG COMA	0:28:23	27	71
7 Sally B Pressler	49	OREG COMA	0:35:30	39	97
8 Mary Ann Ahmed	48	UNAT	0:39:08	40	100
9 Karen K O'Brien	48	PSM	0:39:37	41	101
10 Lee A Chamberlain	49	OREG CAT	0:41:00	42	102
Age Group: 50-54					
1 Kendra L Wheeler	51	OREG KAM	0:21:49	4	14
2 Kris A Denney	53	OREG COMA	0:22:27	7	18
3 Ann R Goodman	54	OREG CGM	0:28:06	26	67
4 Debbie M Pappa	52	OREG COMA	0:28:53	29	75
Age Group: 55-59					
1 Brenda Wilks	58	UNAT	0:26:47	19	51
2 Paula J Moores	55	SAWS	0:29:59	31	78
3 Connie Shuman	58	OREG COMA	0:35:28	38	96
Age Group: 60-64					
1 Mary Anne Royle	60	OREG ORM	0:26:45	18	49
2 Madeleine S Holmberg	60	OREG COMA	0:26:55	20	54
3 Jill M Wright	62	SAWS	0:30:24	32	83
4 Anne R Thomas	62	UNAT	0:32:57	35	89
Male					
Age Group: 18-24					
1 Travis G Smith	18	OREG COMA	0:21:34	6	10
Age Group: 30-34					
1 Aaron M Rodriguez	30	OREG COMA	0:21:03	2	4
2 Patrick Lee	32	OREG CAT	0:21:27	3	6
3 Brett Crandall	30	OREG COMA	0:21:30	4	8
Age Group: 35-39					
1 Todd Lantry	37	OREG RVM	0:22:17	8	16
2 Travis Davidson	37	OREG	0:26:10	17	44
3 James E Dahl	39	PSM	0:30:03	27	81
Age Group: 40-44					
1 Can (Jon) Ergenekan	41	OREG MAC	0:20:59	1	3
2 Andrew R Singer	40	OREG COMA	0:26:47	19	50
3 Chris A Sullivan	44	OREG	0:26:54	20	53
4 Paul Duffield	43	CAN	0:31:04	28	85
Age Group: 45-49					
1 Rob Higley	48	OREG COMA	0:22:37	9	19

2 Timur Kiykioglu	46	OREG PSM	0:24:14	12	28
3 Shaun Orchard	48	OREG	0:24:58	14	38
Age Group: 50-54					
1 Mike W Carr	52	SRM	0:21:32	5	9
2 Patrick Allender	54	OREG CAT	0:21:34	7	11
3 Ron J Thompson	53	OREG COMA	0:25:50	15	42
4 Robin Bragg	53	OREG OPEN	0:29:46	26	77
Age Group: 55-59					
1 Keith C Dow	57	OREG OPEN	0:24:29	13	32
2 Michael J Douglas	55	OREG COMA	0:27:02	21	56
3 Mark Fairlee	55	UNAT	0:27:17	22	62
4 Craig Mohler	58	PSM	0:31:12	29	86
5 Walter R Carter	57	OREG COMA	0:33:06	31	90
Age Group: 60-64					
1 Mike J Tennant	60	OREG COMA	0:23:14	10	21
2 Robert B Richardson	60	OREG COMA	0:25:56	16	43
3 Kermit D Yensen	60	OREG COMA	0:27:26	23	63
4 Joseph P Tennant	61	OREG	0:27:49	24	64
5 Steve A Mann	61	OREG COMA	0:28:25	25	72
6 Randy S Sargent	61	OREG COMA	0:34:51	32	95
Age Group: 65-69					
1 Steve M Johnson	65	OREG EA	0:23:36	11	24
2 Daniel R Gray	68	OREG OPEN	0:32:41	30	87
3 Hank J Mccurdy	65	UNAT	0:36:39	33	98
Age Group: 70-74					
1 Ralph Mohr	71	OREG COMA	0:26:15	18	45

## Race #3 : 1500 Meter Swim Results — Category II Suits Division

## Female

Age Group: 18-24					
1 Claire F Michel	24	OREG ORM	0:20:52	1	2
Age Group: 25-29					
1 Emily Schmitt	29	UNAT	0:23:09	2	20
Age Group: 40-44					
1 Shannon R Singer	43	PSM	0:28:15	8	69
Age Group: 45-49					
1 Maureen H Mauer	47	OREG COMA	0:24:36	3	33
2 Karen Allen	49	OREG COMA	0:24:54	4	35
3 Susan Gorman	47	OREG COMA	0:28:16	9	70
4 Judith L Leahy	45	UNAT	0:28:29	10	73
Age Group: 50-54					
1 Lisa L Nirell	52	ALEX	0:26:56	5	55
2 Mary S Molony	52	OREG COMA	0:27:11	6	59
Age Group: 55-59					
1 Deb J Douglas	58	OREG COMA	0:27:16	7	61
2 Susan J White	58	UNAT	0:34:39	12	94
Age Group: 65-69					
3 Judy Ziemer	69	OREG COMA	0:33:18	11	91

## Male

Age Group: 18-24					
1 Peter Tennant	21	UNAT	0:24:58	7	37
Age Group: 40-44					
1 Christian F Tujo	42	OREG MAC	0:21:28	1	7
Age Group: 45-49					
1 Kreg Lindberg	49	UNAT	0:24:57	6	36
2 Steven E Sloop	48	OREG COMA	0:26:52	10	52
3 Cornelius Peebles	47	UNAT	0:30:10	14	82
Age Group: 50-54					
1 Eric D Steinhauft	54	UNAT	0:21:36	2	12
Age Group: 55-59					
1 William Kerns	56	UNAT	0:26:27	8	46
2 Michael J Bingle	57	OREG VSC	0:28:14	11	68
3 Mark Lane	56	OREG COMA	0:30:01	13	80

## Age Group: 60-64

1 William J Penn	61	PSM		0:23:33	3	23
2 Michael P Carew	63	OREG	COMA	0:23:46	4	26
3 Matt Henderson	64	OREG	COMA	0:24:40	5	34
4 John Hammarley	61	OREG	COMA	0:30:00	12	79

## Age Group: 70-74

1 John L Spence	71	OREG	COMA	0:26:33	9	47
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## Age Group: 80-84

1 Lew Hollander	83	OREG	COMA	0:38:10	15	99
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## Race #4 : 5000 Meter Swim Results — Category I Suits Division

PI	Name	Age	Club	Local Team	Final Time	Gen PI	Ovral PI
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## Female

Age Group: 25-29							
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1 Sarah Gallops	29	UNAT			1:31:35	9	41
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Age Group: 30-34							
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1 Amy E Johnson	34	OREG	COMA		1:13:03	1	11
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2 Lindsay Ergenekan	30	OREG	MAC		1:53:20	15	58
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Age Group: 35-39							
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1 Shannon Keegan	38	OREG	RVM		1:22:24	6	27
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2 Mary A Christopher	38	UNAT			1:28:19	8	35
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3 Leonore B Faulds	39	UNAT	UNAT		2:01:16	16	59
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Age Group: 40-44							
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1 Kathy Farrell Guizar	40	HMS			1:21:56	5	26
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2 Cheryl A Morgen	43	OREG	COMA		1:26:47	7	32
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3 Marisa Frieder	43	OREG	THB		1:39:28	13	51
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Age Group: 45-49							
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1 Elizabeth A Watkins	48	OREG	ORM		1:14:40	2	15
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2 Wendy K VanDeSompel	47	PSM	UNAT		1:18:35	4	21
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Age Group: 50-54							
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1 Kendra L Wheeler	51	OREG	KAM		1:17:43	3	18
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2 Ann R Goodman	54	OREG	CGM		1:34:24	11	45
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Age Group: 55-59							
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1 Brenda Wilks	58	UNAT			1:32:57	10	42
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2 Jeanna Summers	59	OREG	ORM		1:34:41	12	46
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3 Paula J Moores	55	SAWS			1:43:47	14	54
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4 Connie Shuman	58	OREG	COMA		2:01:21	17	60
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## Male

Age Group: 30-34							
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1 Brett Crandall	30	OREG	COMA		1:11:28	5	6
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2 Aaron M Rodriguez	30	OREG	COMA		1:11:29	6	7
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3 Patrick Lee	32	OREG	CAT		1:13:07	7	12
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Age Group: 35-39							
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1 Todd Lantry	37	OREG	RVM		1:18:08	9	19
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2 James E Dahl	39	PSM			1:44:14	18	56
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Age Group: 40-44							
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1 Can (Jon) Ergenekan	41	OREG	MAC		1:10:52	2	3
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2 Paul Duffield	43	CAN			1:48:38	19	57
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Age Group: 45-49							
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1 Hardy C Lussier	48	OREG	COMA		1:06:46	1	1
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2 James Proffitt	48	OREG	COMA		1:11:23	3	4
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3 Rob Higley	48	OREG	COMA		1:18:37	10	22
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4 Timur Kiykioglu	46	OREG	PSM		1:24:54	11	31
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Age Group: 50-54							
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1 Greg H Holles	50	OREG	ORM		1:11:27	4	5
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2 Mike W Carr	52	SRM			1:14:18	8	14
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3 Ron J Thompson	53	OREG	COMA		1:27:02	12	33
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4 Robin Bragg	53	OREG	OPEN		1:43:26	16	53
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Age Group: 55-59							
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1 Keith C Dow	57	OREG	OPEN		1:28:26	14	37
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2 Walter R Carter	57	OREG	COMA		2:01:23	20	61
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Age Group: 60-64							
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1 Robert B Richardson	60	OREG	COMA	1:28:24	13	36
2 Kermit D Yensen	60	OREG	COMA	1:28:54	15	38
3 Steve A Mann	61	OREG	COMA	1:44:03	17	55

## Race #4 : 5000 Meter Swim Results — Category II Suits Division

## Female

Age Group: 25-29							
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1 Emily Schmitt	29	UNAT			1:21:03	2	25
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Age Group: 35-39							
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1 Anicia Criscione	39	OREG	CAT		1:27:57	5	34
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Age Group: 40-44							
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1 Shannon R Singer	43	PSM			1:33:15	7	43
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Age Group: 45-49							
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1 Kim Young	45	OREG	COMA		1:31:28	6	40
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2 Judith L Leahy	45	UNAT			1:36:30	8	49
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Age Group: 50-54							
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1 Kris A Denney	53	OREG	COMA		1:12:54	1	9
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Age Group: 60-64							
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1 Madeleine S Holmberg	60	OREG	COMA		1:23:41	3	28
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2 Mary Anne Royle	60	OREG	ORM		1:23:46	4	30
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3 Jill M Wright	62	SAWS			1:39:41	9	52
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## Male

Age Group: 35-39							
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1 Nate Simonson	35	UNAT			1:30:22	11	39
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Age Group: 40-44							
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1 Christian F Tujo	42	OREG	MAC		1:12:57	3	10
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Age Group: 45-49							
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1 Grae Orchard	45	OREG			1:14:16	4	13
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2 Shaun Orchard	48	OREG			1:18:38	8	23
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Age Group: 50-54							
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1 Patrick Allender	54	OREG	CAT		1:07:46	1	2
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2 Eric D Steinhaff	54	UNAT			1:15:06	5	16
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Age Group: 55-59							
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1 Jay B Buckley	58	UNAT			1:16:42	6	17
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2 Craig Mohler	58	PSM			1:33:22	12	44
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3 Michael J Bingle	57	OREG	VSC		1:36:19	14	48
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Age Group: 60-64							
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1 William J Penn	61	PSM			1:12:11	2	8
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2 Mike J Tennant	60	OREG	COMA		1:18:27	7	20
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3 Michael P Carew	63	OREG	COMA		1:20:47	9	24
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4 Matt Henderson	64	OREG	COMA		1:23:42	10	29
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Age Group: 65-69							
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1 Daniel R Gray	68	OREG	OPEN		1:36:19	13	47
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Age Group: 70-74							
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1 Ralph Mohr	71	OREG	COMA		1:37:40	15	50
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## Race #5 : 1000 Meter Swim Results — Category I Suits Division

Age Group	PI	Name	Age	Club	Local Team	Final Time	Gen PI	Ovral PI
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## Female

Age Group: 18-24								
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1 Amy Tennant	19	UNAT			0:19:02	16	44	
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Age Group: 25-29								
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1 Rachel Hinze	29	UNAT			0:22:14	29	65	
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2 Annie Muske-Dukes-Driggs	29	OREG	COMA		0:22:47	30	68	
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Age Group: 30-34								
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1 Kelly Reeves	30	OREG			0:19:14	20	49	
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2 Lindsay Ergenekan	30	OREG	MAC		0:20:52	23	58	
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3 Lindsey C Kiesz	33	OREG	COMA		0:21:56	27	63	
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Age Group: 35-39								
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1 Shannon Keegan	38	OREG	RVM		0:17:15	8	26	
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2 Anicia Criscione	39	OREG	CAT		0:18:15	11	34	
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3 Tiffany White	36	UNAT		0:18:37	14	41
4 Leonore B Faulds	39	UNAT	UNAT	0:26:33	32	76
Age Group: 40-44						
1 Kathy Farrell Guizar	40	HMS		0:16:16	4	14
2 Gillian G Salton	44	OREG	COMA	0:17:01	7	22
3 Cynthia M Smidt	43	OREG	COMA	0:17:23	9	27
4 Tori M Eisenbeis	40	OREG	COMA	0:17:30	10	30
5 Bonnie B Edwards	41	OREG	ORM	0:19:13	19	48
6 Marisa Frieder	43	OREG	THB	0:20:53	24	59
7 Shannon R Singer	43	PSM		0:20:59	25	60
Age Group: 45-49						
1 Elizabeth A Watkins	48	OREG	ORM	0:15:39	2	11
2 Stephanie Wahab	45	OREG		0:15:57	3	12
3 Wendy K VanDeSompele	47	PSM	UNAT	0:16:51	6	19
4 Dorothy Bothwell	48	UNAT		0:18:20	12	37
5 Karen E Daniels	48	OREG	COMA	0:18:49	15	43
6 Kim Young	45	OREG	COMA	0:19:10	18	46
7 Sally B Pressler	49	OREG	COMA	0:24:27	31	74
Age Group: 50-54						
1 Kendra L Wheeler	51	OREG	KAM	0:14:55	1	8
2 Kris A Denney	53	OREG	COMA	0:16:27	5	16
3 Ann R Goodman	54	OREG	CGM	0:19:05	17	45
4 Christina M Malango	53	UNAT		0:31:17	34	79
Age Group: 55-59						
1 Jeanna Summers	59	OREG	ORM	0:19:38	21	51
2 Paula J Moores	55	SAWS		0:21:07	26	61
3 Connie Shuman	58	OREG	COMA	0:26:54	33	77
Age Group: 60-64						
1 Madeleine S Holmberg	60	OREG	COMA	0:18:27	13	39
2 Jill M Wright	62	SAWS		0:20:42	22	57
3 Anne R Thomas	62	UNAT		0:22:08	28	64
Male						
Age Group: 18-24						
1 Travis G Smith	18	OREG	COMA	0:14:45	4	4
Age Group: 25-29						
1 Kevin H Cleary	29	OREG	THB	0:17:09	12	23
Age Group: 30-34						
1 Aaron M Rodriguez	30	OREG	COMA	0:14:36	2	2
2 Brett Crandall	30	OREG	COMA	0:14:39	3	3
3 Patrick Lee	32	OREG	CAT	0:14:48	5	5
Age Group: 35-39						
1 Todd Lantry	37	OREG	RVM	0:16:13	9	13
2 Travis Davidson	37	OREG		0:18:38	20	42
3 James E Dahl	39	PSM		0:20:16	23	54
Age Group: 40-44						
1 Can (Jon) Ergenekan	41	OREG	MAC	0:14:35	1	1
2 Christian F Tujo	42	OREG	MAC	0:15:37	8	10
3 Andrew R Singer	40	OREG	COMA	0:17:56	17	33
4 Paul Duffield	43	CAN		0:22:58	26	70
Age Group: 45-49						
1 Timur Kiykioglu	46	OREG	PSM	0:16:53	11	20
2 Shaun Orchard	48	OREG		0:17:32	15	31
3 Grae Orchard	45	OREG		0:18:21	18	38
Age Group: 50-54						
1 Patrick Allender	54	OREG	CAT	0:14:49	6	6
2 Mike W Carr	52	SRM		0:14:52	7	7
3 Ron J Thompson	53	OREG	COMA	0:17:13	13	24
4 Jan Voeller	52	OREG	COMA	0:19:42	22	52
5 Robin Bragg	53	OREG	OPEN	0:26:58	30	78
Age Group: 55-59						
1 Keith C Dow	57	OREG	OPEN	0:17:27	14	29
2 Craig Mohler	58	PSM		0:20:41	24	56
3 Walter R Carter	57	OREG	COMA	0:24:26	28	73
Age Group: 60-64						

1 Mike J Tennant	60	OREG	COMA	0:16:18	10	15
2 Robert B Richardson	60	OREG	COMA	0:17:41	16	32
3 Joseph P Tennant	61	OREG		0:19:11	21	47
4 Steve A Mann	61	OREG	COMA	0:21:46	25	62
5 Randy S Sargent	61	OREG	COMA	0:23:02	27	71
Age Group: 65-69						
1 Hank J Mccurdy	65	UNAT		0:25:13	29	75
Age Group: 70-74						
1 Ralph Mohr	71	OREG	COMA	0:18:32	19	40

### Race #5 : 1000 Meter Swim Results — Category II Suits Division

#### Female

Age Group: 45-49						
1 Maureen H Mauer	47	OREG	COMA	0:16:36	1	18
2 Judith L Leahy	45	UNAT		0:19:54	4	53
Age Group: 50-54						
1 Mary S Molony	52	OREG	COMA	0:18:18	3	36
Age Group: 55-59						
1 Susan J White	58	UNAT		0:22:38	6	67
Age Group: 60-64						
1 Mary Anne Royle	60	OREG	ORM	0:17:26	2	28
Age Group: 65-69						
1 Judy Ziemer	69	OREG	COMA	0:22:21	5	66
Male						
Age Group: 18-24						
1 Peter Tennant	21	UNAT		0:16:29	2	17
Age Group: 50-54						
1 Eric D Steinhauft	54	UNAT		0:15:35	1	9
2 David W Dallas	51	OREG	COMA	0:22:54	8	69
Age Group: 55-59						
1 Michael J Bingle	57	OREG	VSC	0:19:27	6	50
2 Mark Lane	56	OREG	COMA	0:20:41	7	55
Age Group: 60-64						
1 Kermit D Yensen	60	OREG	COMA	0:16:58	3	21
2 Michael P Carew	63	OREG	COMA	0:17:13	4	25
Age Group: 70-74						
1 John L Spence	71	OREG	COMA	0:18:16	5	35
2 John B Crawford	70	OREG	COMA	0:23:21	9	72

### MICHELLE MACY

Continued from page 2

- ☞ Swim between 40 – 100 miles a month which includes 2-3 workouts a day.
- ☞ On weekends complete longer swims. In April, Michelle did a 24 hour swim.
- ☞ Prepare your body for the cold water by not turning on your heat during the winter, taking cold showers and ice baths, wearing summer clothes in January, not using a blanket on your bed during the winter.
- ☞ Bedtime is by 10:00 PM at the latest.

Now that Michelle has conquered the ultimate in marathon swimming, what's next? In an article in the 'Oregonian', she stated "I hope to do this until I'm old and crotchety and the lifeguards are like, 'There she is again in her saggy suit, cap and goggles, puttering along in the pool.' I want to be that cranky woman." I know Michelle and we haven't seen the last of her feats.



## 2013 Cascade Lakes Swim Series SHORT Series Results

Pl	Name	Age	Club/Team	Age Group Points	Gender Series Group Points	Place
Female Age Group: 18-24						
1	Amy Tennant	19	UNAT	5	60	12
Female Age Group: 25-29						
1	Rachel Hinze	29	UNAT	4	112	19
Female Age Group: 30-34						
1	Kelly Reeves	30	OREG	5	78	14
2	Lindsey C Kiesz	33	OREG/COMA	11	107	17
Female Age Group: 35-39						
1	Anicia Criscione	39	OREG/CAT	8	37	5
2	Tiffany White	36	UNAT	11	67	13
Female Age Group: 40-44						
1	Gillian G Salton	44	OREG/COMA	8	29	4
2	Tori M Eisenbeis	40	OREG/COMA	13	38	7
3	Cynthia M Smidt	43	OREG/COMA	12	37	5
Female Age Group: 45-49						
1	Elizabeth A Watkins	48	OREG/ORM	3	8	1
2	Dorothy Bothwell	48	UNAT	12	45	8
3	Maureen H Mauer	47	OREG/COMA	13	49	9
4	Karen E Daniels	48	OREG/COMA	16	56	11
5	Judith L Leahy	45	UNAT	25	100	16
Female Age Group: 50-54						
1	Kris A Denney	53	OREG/COMA	5	14	3
2	Kendra L Wheeler	51	OREG/KAM	4	8	1
3	Mary S Molony	52	OREG/COMA	16	85	15
Female Age Group: 55-59						
1	Susan J White	58	UNAT	10	123	21
Female Age Group: 60-64						
1	Madeleine S Holmberg	60	OREG/COMA	4	52	10
2	Anne R Thomas	62	UNAT	12	111	18
Female Age Group: 65-69						
1	Judy Ziemer	69	OREG/COMA	7	122	20
Male Age Group: 18-24						
1	Travis G Smith	18	OREG/COMA	3	16	2
2	Peter Tennant	21	UNAT	6	81	10
Male Age Group: 30-34						
1	Brett Crandall	30	OREG/COMA	7	11	1
Male Age Group: 35-39						
1	Travis Davidson	37	OREG	6	58	6
Male Age Group: 40-44						
1	Christian F Tujo	42	OREG/MAC	6	29	4
2	Andrew R Singer	40	OREG/COMA	10	62	7
Male Age Group: 45-49						
1	Steven E Sloop	48	OREG/COMA	9	69	14
Male Age Group: 50-54						
1	Patrick Allender	54	OREG/CAT	6	20	3
Male Age Group: 55-59						
1	Mark Lane	56	OREG/COMA	16	111	13
Male Age Group: 60-64						
1	Mike J Tennant	60	OREG/COMA	3	30	5
2	Michael P Carew	63	OREG/COMA	12	66	8
3	Steve A Mann	61	OREG/COMA	16	79	9
4	Joseph P Tennant	61	OREG	18	84	11
5	Randy S Sargent	61	OREG/COMA	25	121	14
Male Age Group: 70-74						
1	John L Spence	71	OREG/COMA	6	91	12

## 2013 Cascade Lakes Swim Series LONG Series Results

Pl	Name	Age	Club/Team	Age Group Points	Gender Series Group Points	Place
Female Age Group: 25-29						
1	Emily Schmitt	29	UNAT	4	40	5
Female Age Group: 30-34						
1	Amy E Johnson	34	OREG/COMA	4	5	1
2	Lindsay Ergenekan	30	OREG/MAC	8	92	12
Female Age Group: 35-39						
1	Shannon Keegan	38	OREG/RVM	5	30	4
Female Age Group: 40-44						
1	Kathy Farrell Guizar	40	HMS	5	27	3
2	Marisa Frieder	43	OREG/THB	17	74	8
Female Age Group: 45-49						
1	Wendy K VanDeSompel	47	PSM/UNAT	7	18	2
2	Kim Young	45	OREG/COMA	14	70	7
Female Age Group: 50-54						
1	Ann R Goodman	54	OREG/CGM	9	63	6
Female Age Group: 55-59						
1	Paula J Moores	55	SAWS	6	75	9
2	Connie Shuman	58	OREG/COMA	10	104	13
Female Age Group: 60-64						
1	Jill M Wright	62	SAWS	9	83	10
Male Age Group: 30-34						
1	Aaron M Rodriguez	30	OREG/COMA	4	10	2
Male Age Group: 35-39						
1	Todd Lantry	37	OREG/RVM	3	25	4
2	James E Dahl	39	PSM	8	93	17
Male Age Group: 40-44						
1	Can (Jon) Ergenekan	41	OREG/MAC	3	4	1
2	Paul Duffield	43	CAN	13	104	20
Male Age Group: 45-49						
1	Rob Higley	48	OREG/COMA	5	29	5
2	Timur Kiykioglu	46	OREG/PSM	9	42	7
3	Shaun Orchard	48	OREG	13	50	10
Male Age Group: 50-54						
1	Mike W Carr	52	SRM	4	16	3
2	Eric D Steinhauft	54	UNAT	12	42	7
3	Ron J Thompson	53	OREG/COMA	13	47	9
4	Robin Bragg	53	OREG/OPEN	17	91	16
Male Age Group: 55-59						
1	Keith C Dow	57	OREG/OPEN	4	53	11
2	Michael J Bingle	57	OREG/VSC	14	99	19
3	Craig Mohler	58	PSM	13	95	18
4	Walter R Carter	57	OREG/COMA	19	112	22
Male Age Group: 60-64						
1	William J Penn	61	PSM	4	38	6
2	Robert B Richardson	60	OREG/COMA	8	57	12
3	Matt Henderson	64	OREG/COMA	16	73	14
4	Kermit D Yensen	60	OREG/COMA	15	71	13
Male Age Group: 65-69						
1	Daniel R Gray	68	OREG/OPEN	4	104	20
Male Age Group: 70-74						
1	Ralph Mohr	71	OREG/COMA	3	76	15

# USMS Nationals Championships LCM

August 7-11, 2013; Mission Viejo, CA

O = Oregon Record

Z = Zone Record (includes Oregon)

N = National Record (includes Oregon & Zone)

W = World Record (includes Oregon, Zone, National)

Pl	Name	Age	Time
<b>Women 18-24</b>			
50	Meter Freestyle		
1	Zimmer, Meghan F	24	27.45 Z
100	Meter Freestyle		
1	Zimmer, Meghan F	24	59.89 Z
<b>Women 40-44</b>			
200	Meter Freestyle		
8	Smith, Jody L	44	2:26.09
50	Meter Backstroke		
1	Smith, Jody L	44	34.71
100	Meter Backstroke		
3	Smith, Jody L	44	1:14.70
200	Meter Backstroke		
4	Smith, Jody L	44	2:37.83 O
50	Meter Butterfly		
1	Smith, Jody L	44	31.44
<b>Women 45-49</b>			
50	Meter Freestyle		
4	Asch, Jill M	47	30.16
100	Meter Freestyle		
5	Asch, Jill M	47	1:07.36
12	Phillips, Sue	49	1:13.40
200	Meter Freestyle		
8	Phillips, Sue	49	2:36.69
400	Meter Freestyle		
5	Phillips, Sue	49	5:30.03
800	Meter Freestyle		
9	Phillips, Sue	49	11:32.87
1500	Meter Freestyle		
4	Phillips, Sue	49	22:05.85
50	Meter Backstroke		
3	Asch, Jill M	47	36.27
<b>Women 50-54</b>			
50	Meter Freestyle		
4	Jenkins, Valerie G	50	30.41
12	Campagna, Janice M	53	32.61
200	Meter Freestyle		
11	Delmage, Arlene	51	2:31.66
12	Ferguson, Ellen	51	2:32.30
18	Campagna, Janice M	53	2:50.66
400	Meter Freestyle		
9	Ferguson, Ellen	51	5:19.90
1500	Meter Freestyle		
6	Delmage, Arlene	51	21:23.18
50	Meter Backstroke		
1	Jenkins, Valerie G	50	33.40
100	Meter Backstroke		
1	Jenkins, Valerie G	50	1:14.25
50	Meter Breaststroke		
4	Jenkins, Valerie G	50	40.45
11	Campagna, Janice M	53	44.90
15	Redwine-Baker, Roxanne J	54	51.35
100	Meter Breaststroke		
5	Ferguson, Ellen	51	1:30.66

9	Delmage, Arlene	51	1:34.49
11	Campagna, Janice M	53	1:37.95
16	Redwine-Baker, Roxanne J	54	1:51.02
200	Meter Breaststroke		
6	Campagna, Janice M	53	3:27.86
50	Meter Butterfly Finals		
1	Jenkins, Valerie G	50	32.15 O
200	Meter Individual Medley		
6	Ferguson, Ellen	51	2:55.37
10	Delmage, Arlene	5	2:57.25
<b>Women 55-59</b>			
100	Meter Backstroke		
1	Andrus-Hughes, Karen	56	1:18.58
200	Meter Backstroke		
2	Andrus-Hughes, Karen	56	2:55.12
50	Meter Breaststroke		
1	Crabbe, Colette M	57	38.55 N
100	Meter Breaststroke		
1	Crabbe, Colette M	57	1:25.70 O
200	Meter Breaststroke		
1	Crabbe, Colette M	57	3:07.24 O
50	Meter Butterfly		
5	Andrus-Hughes, Karen	56	34.67
200	Meter Individual Medley		
1	Crabbe, Colette M	57	2:45.39 Z
400	Meter Individual Medley		
1	Crabbe, Colette M	57	5:53.27 Z
<b>Women 65-69</b>			
50	Meter Breaststroke		
1	Gettling, Janet	65	44.76
100	Meter Breaststroke		
1	Gettling, Janet	65	1:41.89
200	Meter Breaststroke		
2	Gettling, Janet	65	3:50.64
200	Meter Butterfly		
1	Gettling, Janet	65	3:47.17 O
<b>Women 70-74</b>			
50	Meter Freestyle		
1	Ward, Joy	71	37.39
200	Meter Freestyle		
5	Whiter, Peggy S	70	3:57.28
400	Meter Freestyle		
4	Whiter, Peggy S	70	8:07.29
800	Meter Freestyle		
4	Whiter, Peggy S	70	17:24.52
1500	Meter Freestyle		
6	Whiter, Peggy S	70	34:43.65
50	Meter Backstroke		
1	Ward, Joy	71	43.99
100	Meter Backstroke		
1	Ward, Joy	71	1:36.18
200	Meter Backstroke		
1	Ward, Joy	71	3:27.14
50	Meter Butterfly		
1	Ward, Joy	71	45.99

## Men's Results

Pl	Name	Age	Time
<b>Men 30-34 50</b>			
50	Meter Freestyle		
16	Matthews, Jonathan G	34	28.14
100	Meter Freestyle		
14	Matthews, Jonathan G	34	1:01.61
200	Meter Freestyle		
9	Matthews, Jonathan G	34	2:16.58
400	Meter Freestyle		
7	Matthews, Jonathan G	34	4:55.70
200	Meter Individual Medley		
11	Matthews, Jonathan G	34	2:41.56
<b>Men 35-39</b>			
200	Meter Freestyle		
7	Miller, Matt	36	2:20.08
400	Meter Freestyle		
1	Miller, Matt	36	4:51.78
800	Meter Freestyle		
1	Miller, Matt	36	10:09.55
1500	Meter Freestyle		
1	Miller, Matt	36	19:27.39
<b>Men 40-44</b>			
400	Meter Freestyle		
12	Tujo, Christian F	42	5:13.30
800	Meter Freestyle		
14	Tujo, Christian F	42	10:58.06
100	Meter Butterfly		
15	Tujo, Christian F	42	1:12.96
200	Meter Butterfly		
5	Tujo, Christian F	42	3:00.08
400	Meter Individual Medley		
7	Tujo, Christian F	42	6:06.28
<b>Men 45-49</b>			
50	Meter Freestyle		
6	Wan, Eric	47	26.63
100	Meter Freestyle		
3	Wan, Eric	47	58.05
1500	Meter Freestyle		
10	Waud, Timothy P	46	20:00.11
50	Meter Backstroke		
6	Wan, Eric	47	35.12
50	Meter Breaststroke		
8	Sullivan, Scot A	47	35.21
10	Waud, Timothy P	46	35.62
100	Meter Breaststroke		
5	Sullivan, Scot A	47	1:17.65
12	Waud, Timothy P	46	1:19.35
200	Meter Breaststroke		
5	Waud, Timothy P	46	2:52.24
7	Sullivan, Scot A	47	2:53.11
200	Meter Individual Medley		
5	Sullivan, Scot A	47	2:34.35
7	Waud, Timothy P	46	2:35.23

**Men 50-54**

100 Meter Freestyle		
13 Washburne, Brent C	52	1:03.42
200 Meter Freestyle		
16 Hathaway, David	53	2:21.60
800 Meter Freestyle		
11 Hathaway, David	53	10:23.00
1500 Meter Freestyle		
11 Hathaway, David	53	20:15.49
200 Meter Backstroke		
9 Hathaway, David	53	2:48.86
50 Meter Breaststroke		
18 Washburne, Brent C	52	39.56
50 Meter Butterfly		
9 Washburne, Brent C	52	30.37
Men 50-54 200 Meter Butterfly		
1 Baker, Dennis G	52	2:17.67
200 Meter Individual Medley		
2 Baker, Dennis G	52	2:21.77 <b>Z</b>
13 Hathaway, David	53	2:42.20
400 Meter Individual Medley		
2 Baker, Dennis G	52	5:02.51 <b>Z</b>
8 Washburne, Brent C	52	6:14.84
<b>Men 55-59</b>		
1500 Meter Freestyle		
9 Munro, Stuart A	56	23:01.67
<b>Men 60-64</b>		
50 Meter Freestyle		
5 Edwards, Wes	60	28.02

7 Brockbank, Doug	60	29.07
100 Meter Freestyle		
7 Brockbank, Doug	60	1:05.56
200 Meter Freestyle		
13 Larson, Allen J	60	2:34.70
400 Meter Freestyle		
10 Larson, Allen J	60	5:44.07
800 Meter Freestyle		
15 Larson, Allen J	60	11:53.83
1500 Meter Freestyle		
8 Larson, Allen J	60	22:36.57
50 Meter Backstroke		
3 Edwards, Wes	60	32.94 <b>Z</b>
5 Brockbank, Doug	60	34.59
100 Meter Backstroke		
2 Edwards, Wes	60	1:11.52
200 Meter Backstroke		
3 Edwards, Wes	60	2:41.63
100 Meter Butterfly		
6 Brockbank, Doug	60	1:18.08
10 Larson, Allen J	60	1:35.73
<b>Men 65-69</b>		
50 Meter Freestyle		
14 Kelber, Michael W	66	34.51
100 Meter Freestyle		
10 Kelber, Michael W	66	1:21.85
50 Meter Backstroke		
4 Kelber, Michael W	66	48.42

50 Meter Breaststroke		
11 Kelber, Michael W	66	47.07
<b>Men 75-79</b>		
200 Meter Freestyle		
1 Radcliff, David A	79	2:38.71
400 Meter Freestyle		
1 Radcliff, David A	79	5:37.58
800 Meter Freestyle		
1 Radcliff, David A	79	11:36.23
1500 Meter Freestyle		
1 Radcliff, David A	79	21:46.15
<b>Men 90-94</b>		
100 Meter Freestyle		
* Lamb, Willard J	91	1:47.13 <b>Z</b>
200 Meter Freestyle		
1 Lamb, Willard J	91	3:41.77 <b>W</b>
400 Meter Freestyle		
* Lamb, Willard J	91	8:09.14 <b>W</b>
800 Meter Freestyle		
1 Lamb, Willard J	91	16:28.37 <b>W</b>
1500 Meter Freestyle		
1 Lamb, Willard J	91	31:28.76 <b>W</b>
50 Meter Backstroke		
1 Lamb, Willard J	91	58.72 <b>Z</b>
100 Meter Backstroke		
1 Lamb, Willard J	91	2:03.58 <b>N</b>
200 Meter Backstroke		
1 Lamb, Willard J	91	4:35.46 <b>N</b>

**Relay Results****PI Relay Name Time****Women 160-199 200 Meter Freestyle Relay**

1 OREG "A"	2:00.16
1) Asch, Jill M F47	2) Campagna, Janice M F53
3) Jenkins, Valerie G F50	4) Zimmer, Meghan F F24

**Women 160-199 200 Meter Medley Relay**

8 OREG "A"	2:30.77
1) Ferguson, Ellen F51	2) Campagna, Janice M F53
3) Smith, Jody L F44	4) Phillips, Sue F49

**Women 200-239 200 Meter Medley Relay**

1 OREG "A"	2:12.89
1) Jenkins, Valerie G F50	2) Crabbe, Colette M F57
3) Delmage, Arlene F51	4) Andrus-Hughes, Karen F56

**Men 160-199 200 Meter Freestyle Relay**

9 OREG "A"	1:50.68
1) Matthews, Jonathan G M34	2) Tujo, Christian F M42
3) Waud, Timothy P M46	4) Wan, Eric M47

**Men 160-199 200 Meter Medley Relay**

10 OREG "A"	2:08.27
1) Edwards, Wes M60	2) Waud, Timothy P M46
3) Matthews, Jonathan G M34	4) Miller, Matt M36

**Men 200-239 200 Meter Freestyle Relay**

12 OREG "A"	2:00.33
1) Washburne, Brent C M52	2) Brockbank, Doug M60
3) Larson, Allen J M60	4) Kelber, Michael W M66

**Men 200-239 200 Meter Medley Relay**

8 OREG "A"	2:06.43
1) Hathaway, David M53	2) Sullivan, Scot A M47
3) Baker, Dennis G M52	4) Washburne, Brent C M52

**Mixed 120-159 200 Meter Freestyle Relay**

7 OREG "A"	1:53.46
1) Matthews, Jonathan G M34	2) Smith, Jody L F44
3) Miller, Matt M36	4) Zimmer, Meghan F F24

**Mixed 120-159 200 Meter Medley Relay**

7 OREG "A"	2:06.96
1) Smith, Jody L F44	2) Waud, Timothy P M46
3) Matthews, Jonathan G M34	4) Zimmer, Meghan F F24

**Mixed 200-239 200 Meter Freestyle Relay**

6 OREG "A"	1:59.01
1) Waud, Timothy P M46	2) Jenkins, Valerie G F50
3) Andrus-Hughes, Karen F56	4) Hathaway, David M53
20 OREG "B"	2:12.79
1) Washburne, Brent C M52	2) Crabbe, Colette M F57
3) Whiter, Peggy S F70	4) Edwards, Wes M60
22 OREG "C"	2:19.44
1) Kelber, Michael W M66	2) Redwine-Baker, Roxanne J F54
3) Campagna, Janice M F53	4) Larson, Allen J M60

**Mixed 200-239 200 Meter Medley Relay**

1 OREG "A"	2:08.67
1) Jenkins, Valerie G F50	2) Crabbe, Colette M F57
3) Washburne, Brent C M52	4) Wan, Eric M47

**Mixed 240-279 200 Meter Medley Relay**

8 OREG "A"	2:42.91
1) Ward, Joy F71	2) Gettling, Janet F65
3) Larson, Allen J M60	4) Kelber, Michael W M66

**Mixed 280-319 200 Meter Freestyle Relay**

3 OREG "A"	2:31.29
1) Gettling, Janet F65	2) Ward, Joy F71
3) Lamb, Willard J M91	4) Radcliff, David A M79



# Eel Lake Open Water Swims

August 17, 2013; Lakeside, OR

Water Temperature 69°F

## Race #1 3000 Meter Swim Results — Category I Suits Division

Pl	Name	Age	Club/Team	Final Time	Gen PI	Overl PI
<b>Female</b>						
Age Group: 18-24						
1	Sarah Tomscha	22	UNAT/OEVT	0:45:39	4	7
2	Maddie Yoder	24	OREG/CMG	0:48:47	5	10
3	Karri-Ann E Benthin	24	OREG/CMG	0:50:33	8	17
Age Group: 25-29						
1	Kayla R Scheafe	27	OREG/CMG	0:54:17	9	24
2	Holly G Hoover	25	UNAT/OEVT	0:55:01	11	26
Age Group: 30-34						
1	Aubree M Gustafson	32	OREG/ORM	0:50:04	7	15
2	Lindsay Ergenekan	30	OREG/MAC	1:06:51	15	34
Age Group: 35-39						
1	Anicia Criscione	39	OREG/CAT	0:49:23	6	14
Age Group: 40-44						
1	Jayna M Tomac	41	OREG/COMA	0:44:14	1	4
2	Neva J Winter	40	OREG/THB	1:04:23	14	33
Age Group: 50-54						
1	Kendra L Wheeler	51	OREG/KAM	0:45:31	2	5
2	Sara E Steinhoffer	50	SDSM	0:45:35	3	6
3	Debbie M Pappa	52	OREG/COMA	0:56:35	13	28
Age Group: 55-59						
1	Jeanna Summers	59	OREG/ORM	0:55:12	12	27
2	Connie Shuman	58	OREG/COMA	1:12:52	16	35
Age Group: 60-64						
1	Mary Anne Royle	60	OREG/ORM	0:55:00	10	25
<b>Male</b>						
Age Group: 18-24						
1	Bryan Flaherty	24	UNAT/OEVT	0:50:59	9	19
Age Group: 30-34						
1	Brett Crandall	30	OREG/COMA	0:43:52	2	2
2	Rob Evans	30	UNAT/OEVT	0:49:02	6	12
Age Group: 35-39						
1	Aaron J Reber	37	OREG/KAM	0:51:27	10	20
Age Group: 40-44						
1	Can (Jon) Ergenekan	41	OREG/MAC	0:13:01	1	1
Age Group: 45-49						
1	Darrin M Lajoie	48	OREG/AQDK	0:49:00	5	11
2	Tony Howard	46	UNAT	0:49:19	7	13
Age Group: 50-54						
1	Patrick Allender	54	OREG/CAT	0:43:55	3	3
2	Robin Bragg	53	OREG/OPEN	1:03:35	12	32
Age Group: 55-59						
1	Roy Wessbecher	55	UNAT	0:46:28	4	8
Age Group: 60-64						
1	Kermit D Yensen	60	OREG/COMA	0:50:47	8	18
Age Group: 70-74						
1	Ralph Mohr	71	OREG/COMA	0:53:47	11	23

## Category II Suits Division

### Female

Age Group: 40-44

1	Cynthia M Smidt	43	OREG/COMA	0:51:34	1	21
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### Male

Age Group: 50-54

1	John S Griley	50	UNAT	0:52:32	3	22
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Age Group: 55-59

1	Michael J Bingle	57	OREG/VSC	0:58:03	5	30
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Age Group: 60-64

1	Michael P Carew	63	OREG/COMA	0:47:48	1	9
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2	Matt Henderson	64	OREG/COMA	0:50:21	2	16
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Age Group: 65-69

1	Daniel R Gray	68	OREG/OPEN	0:57:50	4	29
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2	Jon Richards	68	OREG/COMAC	0:58:05	6	31
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## Race #2: Predicted Time 500 Meter Swim Result

Pl	Name	Age	Club/Team	Diff	Predicted	Final
1	Matt Henderson	64	OREG/COMA	00:00	0:08:15	0:08:15
1	Bryan Flaherty	24	UNAT/OEVT	00:00	0:07:00	0:07:00
3	Daniel R Gray	68	OREG/OPEN	00:04	0:10:10	0:10:14
4	Connie Shuman	58	OREG/COMA	00:05	0:11:10	0:11:05
5	Brett Crandall	30	OREG/COMA	00:07	0:06:40	0:06:33
6	Deb J Douglas	59	OREG/COMA	00:11	0:07:45	0:07:34
6	Jane Averill	61	UNAT/OEVT	00:11	0:14:20	0:14:09
8	Aaron J Reber	37	OREG/KAM	00:15	0:07:28	0:07:13
9	Tony Howard	46	UNAT/	00:18	0:07:20	0:07:02
10	Laura Schob	54	OREG/COMA	00:21	0:08:40	0:08:19
11	Aubree M Gustafson	32	OREG/ORM	00:29	0:07:52	0:07:23
11	Ed Ramsey	57	OREG/THB	00:29	0:07:59	0:07:30
13	Patrick Allender	54	OREG/CAT	00:35	0:07:10	0:06:35
14	John L Spence	71	OREG/COMA	00:38	0:08:00	0:07:22
14	Pamela James	52	UNAT/OEVT	00:38	0:10:00	0:10:38
16	Kendra L Wheeler	51	OREG/KAM	00:39	0:07:50	0:07:11
17	Michael W Collins	51	OREG/KAM	00:43	0:07:30	0:06:47
17	Mark Lane	56	OREG/COMA	00:43	0:09:15	0:08:32
19	Darrin M Lajoie	48	OREG/AQDK	00:44	0:07:35	0:06:51
20	Anicia Criscione	39	OREG/CAT	00:47	0:08:10	0:07:23
21	Sarah Tomscha	22	UNAT/OEVT	00:53	0:07:55	0:07:02
22	Michael J Bingle	57	OREG/VSC	01:03	0:09:47	0:08:44
22	Charlie Helm	57	OREG/OPEN	01:03	0:08:56	0:09:59
24	Elizabeth A Harrison	39	OREG/THB	01:04	0:11:00	0:09:56
25	Michael P Carew	63	OREG/COMA	01:32	0:07:30	0:05:58
26	Kermit D Yensen	60	OREG/COMA	01:46	0:09:00	0:07:14
27	Zachary B Yensen	24	UNAT/OEVT	02:04	0:08:15	0:06:11
28	JoAnn Casselberry	58	OREG/CBAT	03:15	0:15:00	0:11:45
28	Magdalena Hanson	54	UNAT/OEVT	03:02	0:12:00	0:15:02
30	Jeanie M Miller	63	UNAT/OEVT	05:31	0:15:00	0:09:29
31	Ellen Summers	59	OREG/ORM	06:11	0:15:05	0:08:54

## 2013 Oregon Masters Open Water Association Championships

## Race #3 : 1500 Meter Swim Results — Category I Suits Division

Pl	Name	Age	Club/Team	Time	Gen PI	Overl PI
<b>Female</b>						
Age Group: 18-24						
1	Sarah Tomscha	22	UNAT/OEVT	0:21:57	4	10
2	Maddie Yoder	24	OREG/CMG	0:23:59	5	12
3	Mary E Hanson	20	SCOR	0:24:23	6	14

4	Karri-Ann E Benthin	24	OREG/CMG	0:24:26	7	16
Age Group: 25-29						
1	Kayla R Scheafer	27	OREG/CMG	0:27:10	12	29
2	Holly G Hoover	25	UNAT/OEVT	0:27:20	14	31
Age Group: 30-34						
1	Aubree M Gustafson	32	OREG/ORM	0:24:56	9	22
Age Group: 35-39						
1	Anicia Criscione	39	OREG/CAT	0:24:49	8	21
2	Jacqueline Parker	35	OREG/OPEN	0:29:06	18	38
3	Elizabeth A Harrison	39	OREG/THB	0:34:44	22	49
Age Group: 40-44						
1	Jayna M Tomac	41	OREG/COMA	0:21:41	1	6
2	Cynthia M Smidt	43	OREG/COMA	0:25:55	10	25
3	Nicole Jackson	42	UNAT/OEVT	0:28:16	17	35
4	Neva J Winter	40	OREG/THB	0:31:34	20	44
Age Group: 50-54						
1	Sara E Steinhoffer	50	SDSM	0:21:44	2	8
2	Kendra L Wheeler	51	OREG/KAM	0:21:46	3	9
3	Laura Schob	54	OREG/COMA	0:27:40	16	33
4	Debbie M Pappa	52	OREG/COMA	0:29:13	19	39
5	Janice R Leinwebber	53	OREG/CMG	0:39:10	24	51
Age Group: 55-59						
1	Jeanna Summers	59	OREG/ORM	0:27:16	13	30
2	Connie Shuman	58	OREG/COMA	0:37:15	23	50
Age Group: 60-64						
1	Mary Anne Royle	60	OREG/ORM	0:26:39	11	27
2	Jeanie M Miller	63	UNAT/OEVT	0:33:08	21	47
Age Group: 65-69						
1	Janet Gettling	65	OREG/COMA	0:27:31	15	32
2	Peggy Whiter	69	OREG/COMA	0:39:23	25	52
<b>Male</b>						
Age Group: 18-24						
1	Zachary B Yensen	24	UNAT/OEVT	0:24:36	11	19
2	Bryan Flaherty	24	UNAT/OEVT	0:24:47	12	20
Age Group: 30-34						
1	David A Sutherland	34	OREG/EA	0:21:35	3	4
2	Brett Crandall	30	OREG/COMA	0:21:38	4	5
Age Group: 35-39						
1	Aaron J Reber	37	OREG/KAM	0:25:30	14	24
Age Group: 40-44						
1	Can (Jon) Ergenekan	41	OREG/MAC	0:20:54	1	2
2	John Notis	40	OREG/OPEN	0:28:18	16	36
Age Group: 45-49						
1	Timothy D Nelson	47	OREG/COMA	0:21:42	5	7
2	Darrin M Lajoie	48	OREG/AQDK	0:24:27	9	17
3	Tony Howard	46	UNAT	0:24:34	10	18
Age Group: 50-54						
1	Patrick Allender	54	OREG/CAT	0:21:25	2	3
2	Michael W Collins	51	OREG/KAM	0:23:40	6	11
3	Robin Bragg	53	OREG/OPEN	0:30:39	18	42
4	Russell Fauss	51	UNAT/OEVT	0:33:21	20	48
Age Group: 55-59						
1	Ed Ramsey	57	OREG/THB	0:24:25	8	15
2	Charlie Helm	57	OREG/OPEN	0:44:33	21	53
Age Group: 60-64						
1	Kermit D Yensen	60	OREG/COMA	0:25:05	13	23
2	Matt Henderson	64	OREG/COMA	0:27:43	215	34
3	Michael P Carew	63	OREG/COMA	0:28:45	17	37
Age Group: 65-69						
1	Bob A Bruce	65	OREG/COMA	0:24:19	7	13
2	Daniel R Gray	68	OREG/OPEN	0:32:54	19	46

**Category II Suits Division****Female**

Age Group: 55-59

1	Deb J Douglas	59	OREG/COMA	0:27:00	1	28
<b>Male</b>						
Age Group: 18-24						
1	Joshua E Hanson	19	SCOR	0:20:08	1	1
Age Group: 50-54						
1	Grant A Hanson	54	SCOR	0:32:28	6	45
Age Group: 55-59						
1	Michael J Bingle	57	OREG/VSC	0:29:59	3	40
2	Mark Lane	56	OREG/COMA	0:30:31	4	41
Age Group: 70-74						
1	John L Spence	71	OREG/COMA	0:26:32	2	26
2	John Crawford	70	OREG/COMA	0:31:30	5	43

**2013 Oregon Masters Swimming Open-Water Team Championships**

Place	Team	Points
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**Large Team**

1	Central Oregon Masters Aquatics (COMA)	84
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**Small Team**

1	OPEN Narwhals (OPEN)	28
2	Oregon Reign Masters (ORM)	24
3	Salem Kroc Masters (KAM)	22
4	Canby Masters Gators (CMG)	21
5	Corvallis Aquatic Team (CAT)	16
6	Tualatin Hills Barracudas (THB)	15
7	Emerald Aquatics (EA)	8
7	Multnomah Athletic Club (MAC)	8
9	Aquaducks (AQDK)	6





## 2013 USMS LCM Nationals

*Mission Viejo, CA*

by Tim Waud



Oregon Masters Swimming had 30 swimmers represent OMS at the recent 2013, USMS LCM Nationals at Mission Viejo, CA. This event was held August 7-11, 2013 at the Marguerite Aquatic Center. The event started Wednesday with the 1500 Freestyle which lasted until 10:30 pm, making for a very long day of swimming. Thursday started out with individual events and our first Oregon relays. Friday and Saturday we had more individual events and relays, followed by Sunday with individual events only. On Thursday night, OMS swimmers and families gathered at Peppino's restaurant for an evening of good food, fellowship and camaraderie.



A few OMS swimmers were attending their first ever USMS Nationals and were able to take home swimming medals for their accomplishments. Everyone on the OMS National Team had Top Ten finishes at this year's Summer Nationals. There were a total of 32 Individual, and three (3) relay National Championships won throughout the five (5) days of competition. Twenty two Oregon Masters Swimming records, sixteen Northwest Zone, six (6) USMS National and four (4) World Records were also established by Oregon Swimmers.

The OMS Women placed 2<sup>nd</sup> and the OMS Men placed 3<sup>rd</sup> in the Regional Club division. Overall, Oregon Masters Swimming placed 2<sup>nd</sup> behind Arizona Masters Swimming. The women were just 3 points shy of winning the Women's division.



The facility was amazing, the pool was fast and the weather was perfect during the five (5) days of competing. Oregon Masters had a central location, where we were able to get to know the newer swimmers and reacquaint with old friends. Sisters: Val Jenkins and Janice Campagna, along with Val's niece Megan Zimmer and Jill Asch competed on a 200 Medley Relay together. With the help of a strong freestyle leg, Megan Zimmer out-touched the leader and the family relay won a National Championship by 0.12 second. Colette Crabbe, Willard Lamb and David Radcliff won individual National Titles in all of their events. Matt Miller swept the distance freestyle events with three (3) National Titles. In Open Water Swimming, David Radcliff and Matt Miller, also won their respective age groups in the Open Water National Championships held at Dana Point on Sunday, August 4, 2013.



# North Channel Record and Oceans 7 Success *for Michelle Macy – July 15, 2013*

by Maureen McCoy

Photography by Paul McCambridge

From Michelle's web site: <http://www.macyswim.com/blog/>

Michelle Macy, the second female to conclude the Oceans Seven series of open water swims, did so in great style by finishing her final swim, the North Channel, in the record time of 9 hours 34 minutes and 39 seconds. Just one week after first lady, Anna-Carin Nordin of Sweden, swam into the history books, Minnesota born Michelle was hot on her heels and finished the series also breaking Alison Streeter's North Channel record, unbeaten for 25 years.

At 4.30 am on Monday, 15<sup>th</sup> July 2013, Michelle and her crew met at Donaghadee harbour ready to load onto the 'Guy and Clare Hunter', a refurbished lifeboat piloted by Quinton Nelson. Via radio the Coastguard wished "Best of luck to the swimmer" as we motored round to Robby's Point. In the grey-blue light just before the sun rose Michelle climbed onto the rocks, raised her arm signalling she was ready, and at 5.00am, just as the red orb of the sun crept over the horizon, began to swim towards Scotland. With her toe-nails painted in a new green varnish – "Resolution" Michelle was off. In the first 40 minutes speedy Michelle had covered 2.3 miles and after an hour took her first feed, a warm energy drink, from here on she would stop every 30 minutes.

At 5 miles out, a seal popped his head up, he returned often during the swim, earning himself the nick name of 'Curious George', intrigued but keeping a cautious distance. Accompanied by kayaker, Conleth McCambridge to help guide her course in the chilly 13°C water, Michelle soon encountered the North Channels renowned moon and lions-mane jellyfish. By 6.30 am Michelle had a lot of Lions-mane stings but, "My skin's so cold I can't feel them." The hours went by with Michelle's consistent stroke a steady metronome as each hand entered the water.

Nike endorsement?? 3 ½ hours into the swim and bizarrely, a lone Nike football drifted past. "How random!" said Nike employee Michelle as the ball was rescued by the kayaker, a good luck charm perhaps? At each feed Erin, friend and training partner, would don various silly hats and wigs to keep Michelle's spirits up. Large laminated photos of friends back home were held out to remind her how much she was being supported. Four hours 42 minutes into the swim and we had crossed the half-way point, now officially in Scottish fishing waters. "That's the easy half done," said pilot Quinton, "the push into Scotland is the hardest part of the swim". Michelle was



getting colder and suffering more jellyfish stings but holding her pace and in the calm conditions with just a gentle swell, making good progress. By 12 noon, Quinton had the record in his sights and said, "If she can pick it up for 2 hours, we could have this swim finished." Earlier quips about lunch in Portpatrick suddenly seemed within grasp. Michelle was asked to pick up her pace, "I'm doing the best I can! I'm not sure if it's the cold or the stings but I can't feel much." By 1 o'clock tension was mounting, Michelle was looking strong but all were aware of how difficult the last couple of miles at the Scottish coast can be and with the tide bearing us south we held our hopes that she would get the record time. When asked for another hours push Michelle said, "An hour is all I have." We'll have it then please.

At 1.22 pm Michelle swam face first into a jellyfish, stopping abruptly she let out an angry shout and slapped the water with two hands – on the support boat we weren't sure if it was jellies or frustration but, "If she's got the energy to shout and slap she's got the energy to get this finished fast!" was Erin's comment. At 2 o'clock we gave Michelle the news that the record was in her grasp – this would be her last feed – it was time to get this done.

After 9 hours 34 minutes and 39 seconds, Michelle climbed out of the sea at the cliffs just south of Portpatrick and finished the North Channel and her Oceans 7 quest.

We motored into Portpatrick harbour and Michelle was able to get a hot shower. When asked, Was she doing okay, she called, "I'm going to stay in here for 9 hours and 34 minutes!"

Well done Michelle, it was a pleasure to be observer for you on a super swim and I look forward to Alaska!

ILDSA President and Vice President Billy Wallace and Sheena Paterson arrived at Donaghadee as we unloaded the boat, to congratulate North Channel record breaker and Oceans 7 swimmer, Michelle. (See Photo on page 19.)

Maureen McCoy, the author, was the official observer of Michelle's North Channel swim.

# Swim Bits

by Ralph Mohr

It is no accident that the Roman god, Janus, is featured at the head of this column. Janus traditionally looked both to the past and the future at the same time, and we Oregon Master swimmers should do the same right now.

We have some unfinished business for 2013 and that is to do the 3000 and 6000 yard postal events between Sept. 15 and Nov. 15. These can be a fitting end to the summer season or a good start for winter.

Either way don't stop swimming completely after your last meet this August. Certainly back off. We all need a break but that can be in intensity, not a complete cessation from swimming.

Try a few weeks with no intervals on the clock. Just swim. Try another stroke or strokes. Continue to swim in Oregon lakes. Add bicycling, running, Crossfit, triathlon, and/or weights to your exercise program. Change is good, and now is a good time to make changes based on what you did this swim year.

Now, look backward. How did you do in 2013? Did you hit your goals? If not, what changes should you make for 2014? If you did, congratulations! Let's look ahead to what the rest of 2013 offers and what is planned so far for 2014. It is not too early to start laying out a plan for next year.

The first listed Oregon pool meet of the new 2013-2014 season is the Tualatin Hills SC Yards Meet Nov. 9. Hopefully there will be others from now until the state meet in April 2014, but there is nothing listed yet. Be sure to register for your 2014 USMS card so you can swim in this meet.

I'm sure we will have other Oregon meets in the fall and winter before the State meet. You will have to check the "Events" section of the OMS website regularly to see what comes up. Even the State meet has not been officially set yet, but we know it will be

in April, 2014. Plan accordingly.

The 2014 Spring Nationals are tentatively slated for May 1-4, 2014 at Santa Clara, CA. I already know of a couple of people from Oregon who are planning to drive the nine-hour trip to swim in this meet next year.

The 5K Open Water National Championships are part of the Elk Lake Cascade Lake Swim Series, August 1, 2, 3. The 5K will be on Sunday, as usual, preceded by two days of other open water events. Get your reservations in to Little Fawn Group Camp early.

You will have to choose between the 5K Open Water Championship at Elk Lake and the 15<sup>th</sup> FINA World Masters Championships which starts in Montreal, Canada, on the same weekend and goes to August 10. The Worlds start with the 800 on Sun, Aug. 3, and end with a 3K Open Water swim Sun, Aug. 10. There is no 1500. For the order of events go to [http://www.fina.org/H2O/index.php?option=com\\_content&view=article&id=3857&Itemid=1066](http://www.fina.org/H2O/index.php?option=com_content&view=article&id=3857&Itemid=1066).

Keep in mind that there are always the Postal events. They have been my focus for the past few years. Finish this year, as said, with the 3000/6000 duo. In January is the Hour Swim postal. Every swimmer should do that one.

Plan even this far ahead where you will do the 5K and 10 postals which must be in a 50 meter pool. Some of us have to drive over 100 miles one way to get them in. Figure that out ahead of time.

Oregon Masters swimmers are lucky. We have a number of people willing to put on meets, especially COMA in Bend who was responsible for the State Meet this year and four separate long distance events. It will be interesting to see how the rest of the 2014 meet schedule falls out.

## PADDLES

Continued from page 3

were developed to encourage swimmers to practice the early vertical forearm position critical in all the strokes. By keeping the forearm, wrist, and hand in one plane, the pulling surface grows dramatically and forces the wearer to hold a high elbow position through the pull. This "non-paddle" makes it almost impossible for a swimmer to swim with poor technique even when tired.

Understanding what the different types of paddles accomplish is important. Do your research in order to avoid injury and to ensure that you have the best possible experience every time you jump into the water.



**ILDSA President Billy Wallace, ILDSA Observer Maureen McCoy, Michelle Macy and Vice President Sheena Paterson**

# Masters Swimmers Shine at 5K Distance

Coos Bay 'World,' article  
submitted to Aqua Master by Ralph Mohr

Five Bay Area swimmers earned spots on the Oregon Masters all-time top-12 lists for 5,000 meters in the recent postal 5K at Eugene.

Denise Stuntzner, the first All-American swimmer at North Bend High School, finished the event in 1 hour, 18 minutes and 58.34 seconds, which put her fourth all-time for Oregon women in the 50-54 age group. Jen Feola finished in 1:20:08.17, which is eighth on Oregon's 40-44 rankings. Both Stuntzner and Feola were racing in the postal event for the first time.

Jayna Tomac, meanwhile, lowered her best time in the event by more than a minute, finishing in 1:11:20.13, second all-time in the 40-44 age group. In 2012, she finished second nationally with a slower time.

Karen Matson finished in 1:15:05.42, placing third on Oregon's all-time top 12 for the 50-54 age group. Her time would have placed fourth nationally last year.

In the men's 70-74 age group, Ralph Mohr broke 90 minutes for the first time, finishing in 1:29:30.26. It was a six-minute improvement from 2012 and ranks third in the 70-74 age group.

Two weeks earlier, Matson and Tomac swam a 10K in the same pool, finishing in 2:44:03.

The 10K is swimming's longest event in the Olympics and is a grueling 200 lengths in a 50-meter pool. Matson ranks second and Tomac fourth for Oregon in their respective age groups.



**Bay Area masters swimmers who competed in the recent 5K postal event in Eugene include, from left, Denise Stuntzner, Jayna Tomac, Karen Matson and Jen Feola. They all earned spots in the top 12 for their age groups in Oregon's all-time Masters rankings.**

Mohr swam the 10K at Amazon in May, finishing in 3:07:43, which ranks first for Oregon in the 70-74 division.

The local swimmers traveled to Amazon Pool in Eugene for the event, since the postal 5K and 10K swims must be completed in an Olympic-length 50-meter pool. Their times will be sent to the national office, where they will be compiled and compared to swimmers across the nation for placing in the event. Results will be announced in October.

## Colette Crabbe



### Collette's Records:

5 Oregon  
3 Zone  
1 National record.

### OREG Individual National Champions:

Women: Meghan Zimmer (2), Jody Smith (2), Valerie Jenkins (3), Karen Andrus-Hughes (1), Colette Crabbe (5), Janet Gettling (3), Joy Ward (5)  
Men: Matt Miller (3), Dennis Baker (1), David Radcliff (4), Willard Lamb (5)

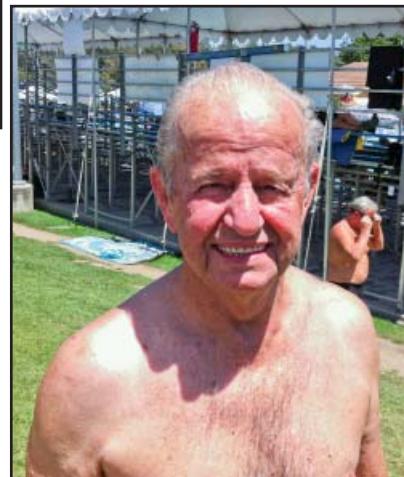
### OREG Relay National Champions:

Women 160-199 200 LCM Free Relay  
Women 200-239 200 LCM Medley Relay  
Mixed 200-239 200 LCM Medley Relay

### Wink's Records:

8 Oregon  
8 Zone  
6 National  
4 World records

## Wink Lamb





# *Aqua Master*

September 2013

**Results for Oregon Swimmers:**  
*Cascade Lakes Open Water Swims*  
*USMS Nationals Championships, LCM*  
*Eel Lake Open Water*

# 2013

Looking Ahead . . .



DATE	COURSE	MEET	LOCATION
November 9	SCY	Tualatin Hills Meet	Tualatin Hills
December 7 (tentative)	SCM	COMA All-Around (including Pentathlon)	Bend

## **OMS Board Meeting**

October 12 - Retreat



# PRACTICE