



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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## "Swimming for Life"

## ELK LAKE 2010

by Karen Andrus-Hughes

Competitors, their families and friends, as well as an army of volunteers descended on Elk Lake in mass for the 16<sup>th</sup> Annual Cascade Swim Series July 30-August 1. The swimmers and volunteers were not a mutually exclusive group, as many COMA competitors also volunteered to help make the event a success. The largest group in the event's history participated - 187 swimmers, some traveling from other states. Surprisingly (especially to this pool sprinter), almost 30% or 54 swimmers completed all five swims - 500, 1000, 1500, 3000 and 5000 meter events - aptly named the Survivor Series. Each race course was designed with a unique arrangement of buoys to swim past or around, and the swimmers were surrounded by a safety net of canoers, kayakers and motorized boats. The event organization was extraordinary - logistics, safety, food and awards were thoughtfully managed, and the venue was stunning. Definitely an event to consider adding to your 2011 calendar!



*A special thanks to Event Director, Bob Bruce (pictured at right), and an amazing team of volunteers.*

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**Connie Wilson - Founder**  
**Earl Walter - Historian**



Aerial view of Applegate Lake



At the feeding table during the 10k swim

Photo credits: Tim Waud, Charlie Helm, Bonnie Edwards, Dave Radcliff, Karen Andrus-Hughes, Pat Allender

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

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# Fitness

## Fall into Fitness

by Helen Thurlow



I bet a lot of community centers, fitness clubs and private facilities are promoting "Fall into Fitness" programs for clients who didn't reach their goals this summer and for those who did, but need more. Well, I think we should have one too.

I bet there are people out there who wonder what we do. They hear us talk about practice. Wonder why we love road trips and spend a weekend in Hood River, Corvallis or Bend. Look at us when we get excited about swimsuit tans. Or they are in amazement when we talk about records achieved. They are also amazed about the level of fitness we have achieved or are working on achieving.

These people are your neighbors, friends, co-workers, the congregation at church, family members and other people whom you interact with.

These people have been talking about joining a club to do workouts. Going to a local pool to swim laps or attending a yoga session at the studio down the street. But they never get around to it.

This is where you come in.

### OMS Fall into Fitness!

I challenge everyone who reads this to bring a friend, coworker, neighbor or whoever to practice. Or bring them to the gym, community center or studio. Ask them to workout with you; whether it's walking around the track, lifting weights in the gym, Pilates in a studio or swimming laps with you in a pool.

Let's increase awareness on how important fitness is. They have heard the medical importance on fitness. You loose weight, get stronger, blood pressure drops, decreases stress, etc. They know this and they probably are tired of hearing this from doctors, family and friends who keep reminding them. They don't know how fun it is and you are going to share with them the pure passion of fitness.

Please share with me your joys of fitness and how you have shared this with others. Send photos. Wouldn't it be cool, if our team numbers increase? Or better yet; wouldn't it be cool if we changed someone else's life by sharing our passion.

See you at the pool!

## Swim Bits

by Ralph Mohr

Wanted! A few excellent, fantastic, marvelous women and men willing to swim 5000 and more meters in the next few weeks.

Every August the few OMS members who regularly participate in national postal swimming events despair because a few age groups are not represented by Oregon swimmers.

I can speak from experience as we have seldom had a Mixed Relay in the 65-74 age group for the USMS 5 and 10 Kilometer Postal Championships, even though we have had men's relays. We have needed at least two, preferably three, female swimmers, 65 and older, willing to swim 5000 meters straight in a 50 meter pool before September 15.



Where are you out there? If you swam 3000 meters straight at the recent Elk Lake Open Water swims near Bend, you can certainly swim 5000 meters with turns in a 50 meter pool.

If you swam the Postal One Hour Swim in January, you can make a 5K in August or September. If you plan on swimming in the 3000 and/or 6000 Postal events between September 15 and November 15, you can warm up with a 5000 in August.

I realize that the biggest problem is finding time in a 50 meter pool. Check with OMS coaches at the several 50 meter pools in the state for pool time.

We on the Oregon coast did just that recently at Amazon Pool in Eugene for a 5K. Thanks to Scott and Gina for the two lanes. You can do it, too.

# Shake and Swim with "Bake"

## Legs Legs Legs Legs

Coach Dennis Baker



swimgraphics.com

I have written many articles on the importance of your legs in swimming. Here are some tips from a few different perspectives about kicking and your legs in swimming.

1. Your legs set up body position in swimming. Without the tech suits, which automatically give great body position, it is paramount for speed swimmers to have very strong legs to elevate the torso in the water.

2. If you are not a speed swimmer/pool swimmer, but a distance swimmer/open water-tri swimmer, you still must train your legs aggressively as this will tap into an energy system that is very important to overall conditioning. Kicking elevates your heart rate quickly which gives you a "leg up" in your race preparation as you will encounter many stressful situations in long swims. Examples of this are: trying to fend off a passing swimmer,

nervousness, and the extreme jostling at the start of open water swims. All of these can make your heart rate spike and if your heart is not ready for this it can cause rapid fatigue.

3. If you are a distance swimmer and your kick is not a propeller of your speed, make sure your feet and legs stay close together. If they widen more than your body width it acts like a parachute and is a major resistor in your stroke and forward momentum.

4. Mix your kick sets up. Do some sets with a kickboard and some without. Both ways have good training value. Try some longer incremental kick sets at a strong pace, 200s and up, and shorter burst sets like 8x25s on the 1:00 at max effort.

These tips will help you on your way to more efficient swimming, whether in a pool or in the open water.

Anyone for swimming in Singapore? Below is a swimmer in the infinity pool of the Skypark that tops the Marina Bay Sands hotel towers (a casino and the world's most expensive hotel) - 55 stories over the city of Singapore. The hotel has 2,560 rooms costing from £350 a night. The infinity pool, on the roof, is in the 'SkyPark' which spans the three towers of the hotel. The platform itself is longer than the Eiffel tower laid down, and is one of the largest of its kind in the world.

Infinity pools give the effect that the water extends to the horizon. In reality, the water spills



© Reuters

over the edge into a catchment below, and is then pumped back into the pool. At three times the length of an Olympic pool (150 meters), it is the largest outdoor pool in the world at that height (55 stories).

## Margaret Wells, Longtime OMS Member, Dies

Margaret Wells passed away on August 8, 2010, at the age of 83. A memorial service was held in Salem on Saturday, August 14, 2010. She really leaves an awesome legacy! Margaret Wells currently holds the following records:

### LCM 70-74

50 Fly ..... Oregon  
 100 Fly ..... Oregon, Zone  
 200 Fly ..... Oregon, Zone  
 400 I.M. .... Oregon, Zone

### LCM 75-79

800 Free ..... Oregon  
 200 Back ..... Oregon  
 50 Fly ..... Oregon, Zone  
 100 Fly ..... Oregon, Zone  
 200 Fly ..... Oregon, Zone  
 400 I.M. .... Oregon, Zone

### SCM 70-74

100 Fly ..... Oregon, Zone  
 200 I.M. .... Oregon  
 400 I.M. .... Oregon, Zone

### SCM 75-79

50 Back ..... Oregon  
 100 Back ..... Oregon  
 200 Back ..... Oregon  
 200 Breast ..... Oregon  
 50 Fly ..... Oregon  
 100 Fly ..... Oregon  
 200 I.M. .... Oregon  
 400 I.M. .... Oregon, Zone

### SCY 70-74

100 Fly ..... Oregon, Zone  
 200 Fly ..... Oregon, Zone  
 400 I.M. .... Oregon, Zone

### SCY 75-79

1000 Free ..... Oregon  
 50 Back ..... Oregon  
 200 Back ..... Oregon

50 Fly ..... Oregon  
 100 Fly ..... Oregon  
 200 Fly ..... Oregon  
 200 I.M. .... Oregon  
 400 I.M. .... Oregon, Zone

### Relays

#### LCM Women

280+ 200 Free ..... Oregon, Zone  
 280+ 200 Medley ..... Oregon  
 320+ 800 Free ..... Oregon, Zone  
 320+ 400 Medley . Oregon, Zone

#### LCM Mixed

320+ 200 Medley . Oregon, Zone

#### SCM Mixed

320+ 200 Free ..... Oregon, Zone  
 320+ 200 Medley . Oregon, Zone

Marisa Frieder and Michelle Macy training for the Bridge Swim. Watch for more about this swim in the October issue of the 'Aqua Master'.



# Northwest Zone Championship, LCM

July 10-11, 2010

## Oregon Masters Swimmers Only

### WOMEN 50-54

200 M. Free				
2 Colette Crabbe	54	Oreg	2:38.64	
400 M. Free				
2 Colette Crabbe	54	Oreg	5:38.97	
50 M. Brst				
1 Colette Crabbe	54	Oreg	40.72	
50 M. Fly				
1 Colette Crabbe	54	Oreg	35.50	
200 M. Fly				
1 Colette Crabbe	54	Oreg	3:03.31	

### WOMEN 55-59

50 M. Free				
2 Ellen Summers	56	Oreg	55.35	
100 M. Free				
1 Jeanna Summers	56	Oreg	1:19.12	
2 Ellen Summers	56	Oreg	2:15.43	
800 M. Free				
1 Jeanna Summers	56	Oreg	12:50.04	
50 M. Back				
1 Jeanna Summers	56	Oreg	41.64	
2 Ellen Summers	56	Oreg	1:06.46	
100 M. Back				
1 Jeanna Summers	56	Oreg	1:30.54	

### WOMEN 65-69

50 M. Free				
1 Joy Ward	68	Oreg	37.18	
50 M. Back				
1 Joy Ward	68	Oreg	43.56	
200 M. Back				
2 Joy Ward	68	Oreg	3:27.41	
100 M. Fly				
1 Joy Ward	68	Oreg	1:47.90	
200 M. I.M.				
2 Joy Ward	68	Oreg	3:38.20	O

### MEN 25-29

50 M. Free				
1 Benjamin Weston	29	Oreg	25.45	

### 200 M. Free

1 Benjamin Weston	29	Oreg	2:05.90	
400 M. Free				
1 Benjamin Weston	29	Oreg	4:20.22	
50 M. Brst				
1 Kevin Cleary	27	Oreg	37.13	
100 M. Brst				
1 Kevin Cleary	27	Oreg	1:24.94	
50 M. Fly				
1 Benjamin Weston	29	Oreg	27.74	
2 Kevin Cleary	27	Oreg	31.28	

### MEN 40-44

50 M. Free				
1 Eric Wan	44	Oreg	26.21	
50 M. Back				
1 Eric Wan	44	Oreg	34.81	
50 M. Fly				
1 Eric Wan	44	Oreg	30.06	

### MEN 45-49

50 M. Free				
1 Brent Washburne	49	Oreg	28.67	
50 M. Back				
1 Brent Washburne	49	Oreg	35.82	
50 M. Fly				
1 Brent Washburne	49	Oreg	30.85	
100 M. Fly				
3 Brent Washburne	49	Oreg	1:18.97	

### MEN 50-54

200 M. Free				
1 David Hathaway	50	Oreg	2:17.63	
50 M. Fly				
2 David Hathaway	50	Oreg	30.60	
200 M. Fly				
1 David Hathaway	50	Oreg	2:48.98	O
400 M. I.M.				
1 David Hathaway	50	Oreg	5:48.56	

### MEN 55-59

50 M. Back				
1 Wes Edwards	57	SWMS	33.45	

### 100 M. Back

1 Wes Edwards	57	SWMS	1:11.86	
200 M. Back				
1 Wes Edwards	57	SWMS	2:34.69	

### MEN 70-74

100 M. Free				
1 David Keudell	70	Oreg	1:33.60	
50 M. Brst				
1 David Keudell	70	Oreg	45.80	
100 M. Brst				
1 David Keudell	70	Oreg	1:44.67	
200 M. Brst				
1 David Keudell	70	Oreg	3:49.49	O

### MEN 75-79

50 M. Free				
1 David Radcliff	76	Oreg	31.86	
100 M. Free				
1 Bill King	77	Oreg	1:30.18	
200 M. Free				
1 David Radcliff	76	Oreg	2:34.97	
2 Bill King	77	Oreg	3:25.49	
800 M. Free				
1 David Radcliff	76	Oreg	11:43.77	
1500 M. Free				
1 Bill King	77	Oreg	32:57.29	

### RELAYS

#### MEN 400 M. Medley Relay

120-159	Oreg	4:39.66	O,W
1) Washburne, Brent	2) Cleary, Kevin		
3) Weston, Benjamin	4) Wan, Eric		

#### MEN 400 M. Free Relay

160-199	Oreg	4:00.11	Z
1) Brent Washburne, 49	2) Eric Wan, 44		
3) David Hathaway, 50	4) Benjamin Weston, 29		



# Applegate Lake Association Championship

## July 17-18, 2010

### 1500-meter Results

WOMEN						MEN									
AgGrp	Pl	Name	Age	Club-team	Time	F/M	Overall	AgGrp	Pl	Name	Age	Club-team	Time	F/M	Overall
25-29	1	Gustafson, Aubree	29	OREG-orm	23:34	4	7	30-34	1	Lantry, Todd	34	OREG-rvm	23:35	4	8
25-29	2	Zoppo, Jeanne	27	OREG-orm	30:15	24	41	35-39	1	Braun, Mark	38	OREG-orm	23:38	5	9
30-34	1	Parker, Jackie	32	OREG-open	25:01	7	18	35-39	2	Lassen, Jason	37	OREG-orm	31:33	21	44
30-34	2	Wholey, Mary	31	UNAT	39:54	30	58	35-39	3	Notis, John	37	OREG-open	34:28	26	52
35-39	1	Lassen, Megan	39	OREG-orm	23:07	3	6	40-44	1	Gramley, Andrew	42	OREG-rvm	21:30	1	1
35-39	2	Jackson, Nicole	39	UNAT	24:49	6	15	40-44	2	Waud, Timothy	43	OREG-orm	21:44	2	2
35-39	3	Edwards, Bonnie	38	OREG-orm	25:33	9	15	40-44	3	Sanford, Nathan	41	OREG-rvm	24:54	10	16
40-44	1	Smidt, Cynthia	40	OREG-coma	26:05	12	23	45-49	1	Hathaway, David	49	OREG-orm	21:47	3	3
40-44	2	Reischauer, Alyssa	41	UNAT	26:54	14	26	45-49	2	Stewart, Doug	46	OREG-rvm	24:36	8	13
40-44	3	Albright, Cynthia	43	OREG-rvm	34:53	28	54	45-49	3	Van Der Zwan, David	47	UNAT	28:57	16	31
45-49	1	Delmage, Arlene	47	OREG-orm	21:52	1	4	50-54	1	Ramsey, Ed	54	OREG-thb	23:41	6	10
45-49	2	Young, Joni	49	OREG-unat	25:31	8	19	50-54	2	Dow, Keith	54	OREG-open	24:57	11	17
45-49	3	Pappa, Debbi	49	OREG-coma	29:05	17	32	50-54	3	Douglas, Michael	52	OREG-coma	26:47	13	25
45-49	4	Tacconi, Janice	47	OREG-rvm	29:22	20	35	50-54	4	Bragg, Robin	50	OREG-open	30:11	18	40
45-49	5	Schmidt, Sandra	45	OREG-coma	30:00	23	39	50-54	5	Carter, Walter	54	OREG-coma	31:59	23	49
45-49	6	Orner, Gayle	47	OREG-cbat	31:40	25	45	50-54	6	Bingle, Michael	54	SWMS-vsc	32:33	25	51
45-49	7	Schulte, Faye	49	UNAT	34:54	29	55	50-54	7	Helm, Charlie	54	OREG-open	35:49	28	56
50-54	1	Denney, Kris	50	OREG-coma	21:55	2	5	50-54	8	Brattain, Dave	53	UNAT	36:15	29	57
50-54	2	Smith, Janine	50	UNAT	23:47	5	11	55-59	1	Greenblatt, Daniel	55	OREG-rvm	28:05	15	29
50-54	3	Schob, Laura	51	OREG-coma	25:35	10	21	55-59	2	Warren, Mike	59	OREG-coma	31:13	19	42
50-54	4	Buck, Donna	51	OREG-cat	28:27	16	30	55-59	3	Davis, Will	59	DAM	31:55	22	48
55-59	1	Budd, Elizabeth	56	OREG-cat	26:28	13	24	60-64	1	Bruce, Bob	62	OREG-coma	24:44	9	14
55-59	2	Douglas, Deb	55	OREG-coma	27:05	15	27	60-64	2	Carew, Michael	60	OREG-coma	25:55	12	22
55-59	3	Brown, Toni	55	OREG-coma	29:56	21	37	60-64	3	Frownfelter, Greg	61	UNAT	32:07	24	50
55-59	4	Weigand, Leslie	56	OREG-coma	31:42	26	46	65-69	1	Mohr, Ralph	68	OREG-coma	27:28	14	28
55-59	5	Davis, Diane	59	DAM	31:53	27	47	65-69	2	Spence, John	68	OREG-coma	29:49	17	36
60-64	1	Gettling, Janet	62	OREG-unat	29:16	19	34	65-69	3	Gray, Dan	65	OREG-open	31:20	20	43
60-64	2	Mathewson, Geri	62	OREG-rvm	29:59	22	38	65-69	4	Balsler, Jerry	66	UNAT	34:45	27	53
60-64	3	Sacks, Lynn	64	OREG-open	42:05	31	60	65-69	5	White, David	66	UNAT	49:18	31	62
65-69	1	Calnek-Morris, Sue	67	OREG-orm	29:14	18	33	70-74	1	Thayer, George	74	OREG-coma	41:42	30	59
65-69	2	Whiter, Peggy	66	OREG-coma	42:28	32	61	75-79	1	Radcliff, David	76	OREG-thb	24:22	7	12
								Exh		Heller, Marc	UNAT		30:17	fins	

### 5,000-meter Results

AgGrp	Pl	Name	Age	Club-team	Time	F/M	Overall	AgGrp	Pl	Name	Age	Club-team	Time	F/M	Overall
25-29	1	Hudson, Rachel	25	OREG-unat	1:36:46	5	11	35-39	1	Wikander, Chad	36	UNAT	1:27:29	4	6
40-44	1	Senkier, Kristine	40	OREG-coma	1:14:54	1	1	45-49	1	Powell, Jay	46	UNAT	1:26:22	3	4
40-44	2	Smidt, Cynthia	40	OREG-coma	1:34:04	3	9	50-54	1	Heller, David	53	OREG-rvm	1:21:51	1	2
40-44	3	Reischauer, Alyssa	41	UNAT	1:38:42	7	14	50-54	2	Douglas Michael	52	OREG-coma	1:33:22	6	8
45-49	1	Nirell, Lisa	48	OREG-coma	1:37:13	6	12	50-54	3	Bingle, Michael	54	SWMS-vsc	1:37:17	7	13
45-49	2	Clark, Sandra	49	OREG-rvm	1:38:57	8	15	50-54	4	Bragg, Robin	50	OREG-open	1:52:47	10	20
50-54	1	Schob, Laura	51	OREG-coma	1:26:38	2	5	50-54	5	Carter, Walter	54	OREG-coma	2:13:18	11	21
55-59	1	Douglas, Deb	55	OREG-coma	1:34:05	4	10	50-54	1	Greenblatt, Daniel	55	OREG-rvm	1:30:17	5	7
55-59	2	Mather, June	57	OREG-rvm	1:50:31	9	17	55-59	2	Davis, Will	59	DAM	1:51:26	9	19
55-59	3	Davis, Diane	59	DAM	1:51:25	10	18	60-64	1	Bruce, Bob	62	OREG-coma	1:26:20	2	3
								60-64	2	Carew, Michael	60	OREG-coma	1:49:19	8	16
								65-69	1	Balsler, Jerry	66	UNAT	2:19:45	12	22

### 10,000-meter Results

AgGrp	Pl	Name	Age	Club-team	Time	F/M	Overall	AgGrp	Pl	Name	Age	Club-team	Time	F/M	Overall
25-29	1	Gustafson, Aubree	29	OREG-orm	2:49:16	3	8	30-34	1	Lantry, Todd	34	OREG-rvm	2:59:22	9	14
30-34	1	Parker, Jackie	32	OREG-open	3:10:45	8	22	35-39	1	Tujo, Christian	39	OREG-coma	3:00:15	10	15
35-39	1	Lassen, Megan	39	OREG-orm	2:42:08	1	5	35-39	2	Lassen, Jason	37	OREG-orm	3:48:16	14	23
35-39	2	Braun, Maxine	38	OREG-coma	2:53:09	4	10	40-44	1	Waud, Timothy	43	OREG-orm	2:41:58	4	4
45-49	1	Young, Joni	49	OREG-unat	3:00:20	6	16	40-44	2	Gramley, Andrew	42	OREG-rvm	2:42:41	5	6
45-49	2	Sanford, Jocelyn	45	OREG-rvm	3:09:26	7	17	40-44	3	Sanford, Nate	41	OREG-rvm	3:14:46	12	19
45-49	3	Orner, Gayle	47	OREG-cbat	4:20:02	10	25	45-49	1	Proffitt, Jamie	45	OREG-coma	2:24:24	1	1
50-54	1	Denney, Kris	50	OREG-coma	2:46:54	2	7	45-49	2	Hathaway, David	49	OREG-orm	2:26:24	2	2
50-54	2	Schmucker, Lindabeth	54	OREG-dam	2:56:53	5	13	45-49	3	Calvin, Kris	48	OREG-coma	2:39:52	3	3
55-59	1	Budd, Elizabeth	56	OREG-cat	3:16:00	9	21	50-54	1	Wessbecher, Roy	52	UNAT	2:50:31	6	9
								50-54	2	Thompson, Ron	50	OREG-coma	2:53:59	7	11
								50-54	3	Dow, Keith	54	OREG-open	3:15:48	13	20
								55-59	1	Needham, Bob	57	OREG-orm	3:12:32	11	18
								65-69	1	Gray, Dan	65	OREG-open	4:03:00	15	24
								75-79	1	Radcliff, David	76	OREG-thb	2:56:19	8	12

### 3 x 500 Pursuit Relay

Sex/AgGp	Pl	Team Name
Mix	1	Flying Fish (Vanderzwan, Frownfelter, Sanford)
	2	Team Yates (Heller, Albright, Lantry)
	3	Team Camo (Helm, Smidt, Stewart)
	4	The Big Apple (Notis, Brown, Radcliff)
	5	Timid Trio (Gray, Pappa, Hathaway)
	6	Crips Rule (Warren, Greenblatt, Delmage)
	7	Pussy Doodles (Orner, Budd, Parker)
	8	Double-D M (D Davis, M Lassen, D Douglas)
	9	Natadores (Dow, J Lassen, Mohr)
	10	Holy Schmidt Waud (Schmidt, Wholey, Waud)
	11	Smokin' Sharks (Calnek-Morris, Weigand, Braun)
	12	The Three Narwhals (Carter, M Douglas, Edwards)
	13	Old But In It (Balsler, Ramsey, Carew)
	14	Krawli Rededa (W Davis, Denney, Reischauer)
	15	MAC (Bingle, Foster, Gustafson)

## OMS Association Open Water Team Championships 2010

### Large Team

- 1 Central Oregon Masters Aquatics
- 2 Oregon Reign Masters
- 3 Rogue Valley Masters
- 4 Tualatin Hills Barracudas

### Small Team

- 1 OPENarwhals
- 2 Corvallis Aquatic Team
- 3 Circumnavigating Beavers
- 3 Vancouver Swim Club



Arlene Delmage  
1st place in the  
womens 1500 meters



Andrew Gramley  
1st place in the mens  
1500 meters and 1st  
place overall in the  
1500 meter event

Jamie Proffitt  
1st place in the mens  
10,000 meters and  
1st place overall in  
the 10,000 meter  
event.



OPEN  
1st place Small team.



COMA  
1st place Large team



## World Championship Meet in Gothenburg, Sweden

A couple of our OMS members, Colette Crabbe and Pat Allender, were in Sweden, July 30 — August 7, for the World Championship meet held in Gothenburg, Sweden. Pat Allender wrote: "First of all, we are having a great time. The meet is big with 5000 swimmers. There are two 50 meter pools, and the women and men alternated which pool they were in for the day. The pools were several miles apart, so it was hard for me to watch Collette swim. We were in the same events at different pools at the same time. Fortunately, Gothenburg has an excellent public transport system, and our meet credentials are a free pass, not only for the trams and buses, but also the ferries. We had a 10 minute walk to the Valhalla pool, or a 5 minute walk to the tram and a 20 minute train ride to Lundby pool.

"It rained a couple of days, and Lundby is an outdoor pool, but I was lucky to avoid this.

"The swimming rules are pretty much the same (as ours), but maybe not enforced as well. Warm ups were a challenge as people were diving into crowded lanes, but the marshalls got better at keeping the conditions safe as the meet went on. We were all marshalled into our heats and our identities were checked before each race. When the previous heat started, we took our positions behind the blocks and the announcer announced our names and clubs. We had baskets for our clothes which were waiting for us after the race.

"Nobody likes a disqualification, but the announcer always said something like "We are sorry to announce there has been a disqualification in heat such and such, lane so and so..."

"There were entry qualification times, but there was nobody checking to see if you could actually swim that time. On the other hand, if your time was slower than the qualifying time, you were given a NT (no time) for a result, which I guess is the same as a DQ. There were quite a few of these, for example 14 of the 95 swimmers in the 50 breast 50-54 year age group were no time.

"They had live timing available on the internet and the results are listed here <http://www.2010finamasters.org/>. Collette and I both swam the 50, 100, and 200 breast and 200 IM, and Collette swam the 400 IM. Collette did very well and is the World Champion in the 200 breast, and she also got 3 silver medals. My best was 5th place in the 200 breast and 7th in the 100."



Pat writes: "The poster behind us was seen all over town and on electronic billboards in the center of town. Pretty cool!"

### Colette Crabbe

50 - 54 years

Pl	Event	Time
5	50m Breast	40.36
2	100m Breast	1:28.01 ..... O
1	200m Breast	3:08.16 ..... Z
2	200m IM	2:49.73
2	400m IM	6:01.10

### Patrick Allender

50 - 54 years

Pl	Event	Time
14	50m Breast	34.68
7	100m Breast	1:15.24
5	200m Breast	2:47.41
13	200m IM	2:35.47



Sue Calnek,  
Laura  
Schob and  
Peggy  
Whiter at  
Applegate  
Lake

## 2010 Canadian Masters Long Course Championships

by John Ellis

The 2010 Canadian Masters Long Course Championships were held May 21 - 24 in Nanaimo, British Columbia, on Vancouver Island. Nanaimo is a city of about 85,000 people. It is about 60 miles north of Victoria, British Columbia, on the east coast of Vancouver Island. It was originally a coal mining town but it has transitioned to a harbor and tourist center. There were plenty of nice places to stay at very reasonable prices. My wife, Esther, and I stayed at the Pine and Picket bed and breakfast. The owners of the Pine and Picket, Ingvar and Ania, were great hosts. They got up very early to serve breakfast to meet our diets and swim schedule. Nanaimo has a lot of great restaurants and pubs. The ones that we patronized all had great food and service. We sampled a lot of the local beers and wines and found them to be very good.

The meet was held in the Nanaimo Aquatic Center. It is an indoor facility with an eight lane 50 meter pool, a kids play pool, a hot tub, and steam rooms. The meet was limited to 600 entries but the aquatic center was still quite crowded. The meet used all eight lanes in the 50 meter pool for competition. There were two lanes set up in the kids pool for warm up and cool down swims. The lanes were about 15 meters long and four feet deep with a water temperature of 84 degrees. The kid's pool was open to the public during the meet so sometimes the kids would wander across the lanes. These conditions made warm up and cool down during the meet difficult. The 50 meter pool had a temperature of 79 degrees with deck level gutters. The pool was 5 meters deep at the diving end and 2 meters deep at the shallow end. It has two bulkheads to divide the pool into various distances but they were both parked in the shallow end of the pool for the meet. The touch pads were mounted on the bulkhead in the shallow end and on boards that extended a foot above the deck in the deep end. This made it impossible to get out of the pool from the lane at the deep end of the pool so the starts had to be fly-over or wait for all the swimmers to exit the pool at the ladders. It also made all turns flat-wall with no hand holds.

The meet was run well except for a few problems. It generally started on time each day and the heats ran quickly. The 1500 and 800 free were swum two to a lane with one heat starting from one end of the pool and another heat starting from the other end of the pool. There were 20



heats of the 1500 and 23 heats of the 800. The starter waited too long to start my wife's heat of the 800 free and she almost dove on top of the swimmer in the first heat. This was a little unnerving and took my wife about 200 meters to settle down after the start. Since they swam two swimmers to a lane there were no split times for either race.

There were a few swimmers from the U.S., including nine from Pacific Northwest Association of Masters: Allen Larson and David Radcliff from Oregon Masters, and Esther and John Ellis from Southwest Washington Masters.

We had a great time at the meet and also enjoyed the trip as a vacation. We even got in a kayak tour around Newcastle Island. It was nice to be able to drive to the meet in less than a day and see some areas where we have not traveled previously.



## Annual Cross-Channel Swim Announced by Hood River County Chamber

by Kerry Cobb

### *Unique Event Captures the Spirit of Hood River*

At 91 years old, Roy Webster was still cheering on friends and family as they participated in the Hood River County Chamber's annual Cross Channel Swim. Webster, a local orchard owner, was the originator of the event 67 years ago when he challenged himself to swim across the Columbia River between Washington and Oregon at Hood River. Today 550 brave swimmers cross the 1.1 mile stretch in the early dawn on Labor Day at the annual Columbia River Cross Channel Swim, and the exceptional event draws people from around the world.

On the day of the swim, participants board the famous Sternwheeler paddleboat on the south shore of the Columbia at the Hood River Port to be ferried across the river to the Washington shore. When signaled, swimmers jump off the Sternwheeler into the "refreshing" Columbia and head back for Hood River. To help them find their way, a special swim lane lined with volunteers in sail boats, kayaks, and paddle board are there to guide, encourage, and protect swimmers as they cross the channel.

"This experience is unlike anything you'll see elsewhere. It has grown from a yearly challenge among friends to an annual mecca for swimmers of all ages," said Mary Closson, Executive Director of the Hood River County Chamber of Commerce. "We draw groups, friends, families, and teams to this swim—we even have one person who has taken part in the event for 37 consecutive years."

As for Webster, his local orchard has evolved into The Fruit Company, now owned by his children and grandchildren who still carry on the tradition of support for the Cross Channel Swim by sponsoring the event. The swim is also sponsored by the Best Western Hood River Inn and Providence Memorial Hospital.

"Critical to the success of the event are the more than 150 volunteers," commented Chamber President Mark Brown. "We also rely on the invaluable help of the Army Corps of Engineers, the Coast Guard, the Hood River County Sheriff's Office, the Port of Hood River, Intertribal Fisheries, the Hood River Yacht Club, Gorge Master Swimmers, and dozens of kayakers and support staff who help swimmers from registration all the

way through to the end of the swim. It is truly a community effort—and a whole lot of fun."

The Columbia River is the largest river in the Pacific NW of the United States and the fourth largest river (by volume) in America. The river's basin includes territory in seven states (Oregon, Washington, Idaho, Nevada, Wyoming, Montana, and Utah) and one province in Canada. The most significant environmental force in the Pacific Northwest region of the United States, the Columbia runs for more than 1,200 miles from the base of the Canadian Rockies in southeastern British Columbia to the Pacific Ocean at Astoria, Oregon, and ILWaco, Washington.

Those wishing to swim in the annual event are encouraged to register early as the Cross Channel Swim has become one of the county's most popular attractions. To sign up online visit <http://www.active.com/swim-meet/hood-river-or/columbia-river-cross-channel-swim-2010> and for more information call 541-386-2000 or 800-366-3530.

The community of Hood River welcomes the summer and visitors to the event with a Labor Day weekend full of activities, and the area offers exceptional dining, lodging, wineries and pubs, farm stands along the Fruit Loop, shopping, and a host of other outdoor sports—including windsurfing, rafting, paddleboarding, kiting, and biking.

The Hood River County Chamber supports economic and tourism development for the region and provides promotional programs to its 425 members. As a county-wide organization, it supports businesses, organizations and governmental agencies in Cascade Locks, Hood River, Parkdale, Odell, Pine Grove and Mount Hood.

Kerry Cobb  
Marketing Coordinator  
Hood River County Chamber of Commerce  
541-386-2000 ext. 226

Join us for our 68<sup>th</sup> annual Cross Channel Swim, Monday September 6. Sign up at <http://www.active.com/swim-meet/hood-river-or/columbia-river-cross-channel-swim-2010>

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### URGENT REQUEST

Quite awhile ago, three History of Oregon Books were taken over from Earl Walter to be maintained, as he was no longer able to keep up with them. He currently has one of them - the most recent of the books. If anyone can remember who has them or knows where they are, would you please contact Ginger Pierson ([gingerp@qwest.net](mailto:gingerp@qwest.net) /360 253-5712) or Sandi Rousseau ([swim@gorge.net](mailto:swim@gorge.net) / 503 642-3679).

## Swimmer Spotlight

Compiled by Karen Andrus-Hughes

### Bonnie Edwards

**Age:** 38

**Occupation:** Graphic Designer

**Local Team:** Oregon Reign Masters

I grew up in Orlando, Florida and started swimming with a competitive team when I was 8. After 10 years of intense workouts I completely burned out and quit for good halfway through my freshman year of college. The sport that I had loved so much had become a burdensome chore and I swore never to swim another lap for as long as I lived!

I continued to stay active in my 20's with rowing, biking and running and only reluctantly got into a swimming pool whenever my two little girls required my presence. I seriously couldn't even stand the smell of chlorine. A running injury in 2008 made me stop and re-evaluate my fitness goals. Some sports weren't a good fit for family - rowing practice was only twice a week and involved getting up at 4:15 in the morning! Running was out for a while and biking longer distances was sometimes a logistical challenge. I decided then that it was time to figure out a new sport that could keep me active and competitive.

One of my friends on the block hired a nanny the summer of 2008 - Shauna Simpson. Shauna would kick back with me on my front porch that summer and tell me stories about her fabulous swim team, her amazing coach and her wonderful teammates. I thought she was crazy... why drive



out to Gresham to swim boring laps in a pool? I wouldn't even swim one lap at Grant Pool, which was only 4 blocks from my house. But the more I thought about it, the more I liked the idea of going back to A) what I had been good at and B) something that had always fed my competitive side. After one practice with Dennis Baker in January, 2009, I was hooked.

One the qualities about swimming that I had once loathed, the repetition, became meditative and restful. My coach and teammates always challenge me to swim my hardest during workouts and meets. Last summer I discovered the Oregon Open Water Series and am hooked on lake swims now as well. Although I do love a good, hard workout in the pool, nothing compares to the feeling of swimming in a clean, cold lake surrounded by nature. And a few months ago I went to Atlanta for short-course Nationals... what can I say but WOW, what an awe-inspiring meet! Many of my teammates showed me that swimming fast shouldn't just be a short-term goal, but something I can and should aspire to 5 to 10 years down the road. As it is with most things in life, it isn't the destination that counts most, it's the journey to get there.

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### Bill Sumerfield

**Age:** 49

**Occupation:** Attorney of Law

**Local Team:** Columbia Gorge Masters (CGM)

Bill grew up in Miami, Florida, and learned to swim at the age of five. His father was going to school at University of Miami, so he, his mom and three brothers spent endless hours at the U of M pool. In grade school, and then his senior year in high school he swam competitively, but didn't get back to competing until his first Masters meet in 2005. In his own words, here's the series of events that led him back to the pool:

"I started coming to Hood River to windsurf in 1983, and moved there for good in 1988. Windsurfing is a highly addictive sport, and I still love it today. I swam a little in Hood River, and every now and then would think about starting a swimming-based exercise program. But it's easy to convince yourself that living the Gorge lifestyle is all you need to keep in shape. Most folks here 'multi-sport' like crazy. I ski, mountain bike, surf, and windsurf, and for a long time that lifestyle was enough to keep me in some semblance of shape. But on a surf trip to Mexico, my wife snapped a fateful photo of me. I'm in surf trunks, bending over to give my son a push on his boogie board, and this

giant gut is hanging over my trunks and threatening to blot out the sun, as well as everything else nearby. When I got home I started swimming over the lunch hour, trying to get back into some kind of shape. On one of my lunch workout days, a guard mentioned the CGM program. I knew Mike Pendleton, who was my family doctor, was swimming mornings with the team. My fragile male ego being as fragile as most, I decided I had to build up to a point where I was sure I could hold my own before I was ready to join the team. Finally, after about six months of swimming on my own, I was ready to give the team a go. I showed up on a Monday in September, secretly confident that I would 'own' the fast lanes, thanks to my substantial swim background and several months of rather lackadaisical workouts. Of course I promptly got my rear handed me by Mike Pendleton, Nikki Weeks, Sandi Rousseau, and just about every other CGM member active at the time. I distinctly remember hanging on the gutter one day trying desperately not to puke with Nikki saying in her sweet and chipper way "This sure is a fun workout today! I love these kick sets." And Mike continued to kick my butt right up until the day he left for Africa. I discovered that the team environment was far more important than I anticipated. I push myself much harder in practice when I have lane-mates who hold me accountable than I ever did on my own. Being naturally lazy, I find that it's far too easy to punk out on a set when I am on my own."

At Bill's first meet at David Douglas in the fall of 2005 he found other swimmers to be incredibly friendly, and that it was just plain fun to feel the butterflies of competition at his "ripe old age" with nothing really earth shaking at stake if he didn't perform up to his expectations. He has now

competed in four short course USMS Nationals, and has found that "chasing times" gives him the extra motivation he needs to get to workouts. Plus "I love our team," Bill says. "We have grown from a 3-day a week program with about 15 in the pool on a good day, to a 5-day a week program with close to 40 in the pool on a good day. I see myself happily swimming for the rest of my days."

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### **Adam Bergin**

**Age: 31**

**Occupation: Corrections Officer**

**Local Team: Oregon Reign Masters (ORM)**

The turning point for Adam - toward the pool that is, took place in the summer of 2009 when he competed in the Pacific Crest Half Marathon in Sunriver, Oregon. He explains, "I was surrounded by all these individuals with insane looking bikes and other crazy gear. They had one thing in common. Everyone had a huge smile on their face. They all looked so proud with a sense of accomplishment. I later found out that they had just completed a Half Ironman Triathlon. I had no idea what that took, but at that time it was what I needed in my life. You see a little over three years ago I weighed in at 280 lbs. Embarrassed by my size I looked to running to help me shed some weight, but it wasn't enough. Triathletes seemed to be the pinnacle of health, so I jumped in head first. The running thing I had pegged down with no problem. I bought a 'tri-specific' bike and spent all my spare time making it go fast, so the bike portion was covered. One problem . . . I couldn't swim. I mean I could drag myself across the pool gasping for air at the other side, but the idea of spending 30 minutes to an hour face down in the water scared me to death. After reading online forums and blogs I came to the conclusion that the only way for me to feel the same sense of accomplishment that so many other triathletes have felt was to swallow my pride and head out to Mt. Hood Community College to swim with the Oregon Reign Masters."

Adam choose a masters swim program because he needed the coaching for both the training and the technique. "Learning to swim at the age of 30 is a humbling experience," he says. "Masters swimming gave me the tools and knowledge I needed to be a competitive swimmer. If it weren't for Coach Baker, Aubree (Gustafason) and all the athletes that swim with the Oregon Reign Masters, I would have had a much less enjoyable experience with my tri's."





Swimming has brought Adam a huge sense of accomplishment, but as important it has made him healthier. He has lost over 120 lbs, and is doing things he never thought he would be able to do. He has been competing in triathlons of

varying lengths and improving his time with each one. He is looking forward to completing his first full length Ironman next summer. Outside of work, most of his spare time is spent with family or training for triathlons. "I am a family man and try to focus my energy on my little girl. I am so lucky



to have a wife and child that come to all my events to cheer me on. I think my daughter, Cortlyn, may be my biggest fan," Adam adds.

## Can You Say Cold?

by Michelle Macy

The Alaskan waters of Clarence Strait proved to be a very tough challenge. The first attempt on Saturday, July 3, 2010, did not go according to plan due to the weather picking up. On the 4th, Willie and I spent the day enjoying the festivities and then relaxing in the "cave" to prepare for the next look see at Clarence Strait.

Monday arrived and we met the boats early. The last weather forecast looked ok-ish. The posted weather was 10 knot winds picking up to 15 knots in later morning. Thankfully one of our amazing crew called one of their friends to get the latest. Yes the weather and winds were supposed to pick up. However, it looked like the forecast was 6 hours off and it wouldn't show until afternoon. That opened up a window for Willie and me. We loaded up the boats and headed to the starting point of South Point Higgins on Revilligegado Island. We safely launched the kayakers and the weather continued to hold unlike Saturday's attempt. Willie and I were ready to go.

At 6:23am, we started our swim from the beach. There were two things that I noticed immediately. 1. There were a lot of jellyfish. 2. The water felt colder than previous days. I didn't think

much of these starting out as we had light winds and the sun was shining. The water was only covered by small waves. It was all very manageable.

We first had to swim through the Tongass Narrows. This part of the swim seemed to buzz right by. It probably took 2 hours to complete this part of the swim. Again nothing much to report as our crews were doing an amazing job keeping us safe and fed. Around 2 hours I noticed that I had lost feeling in most of my toes. Nothing that I hadn't experienced before but it was much sooner than on other swims. In addition, I had run through a few lion's mane jellyfish. Stingy things. We passed through the Narrows successfully and now were onto Clarence Strait. All thus far was going according to plan and to schedule.

Three and one-half hours into the swim, the weather gods smiled on us. The strait became flat calm. It was like glass and we could see our kayaker and boat support reflections in the water. You couldn't ask for better topside conditions. On the flipside though, the water became colder. Clarence Strait wasn't going to make this super easy. It is only later that we think that the previous days weather and winds had churned up the water bringing colder water up from the deep. I believe that most of the swim the water temp was in high



40s never reaching more than 52 degrees. Not good. There was some reprieve when the sun peeked out from behind the clouds. And of course we had ideal wind conditions. Willie and I continued to swim. (Note: Willie and I each had our own escort boats. At this time, I was out front and didn't know about Willie's progress other than that he was still swimming as my crew informed me).

Besides jellyfish and cold, we did have some minor boat issues. The stove on Willie's escort boat went out so my escort boat would heat up water and then go take it over to Willie's boat for his feedings. We were trying to maintain core temperature by taking in warmer feeds. I found this to be a welcome respite every 30 minutes.

At 5 hours we were both making progress, but the affects from the cold were taking their toll. Unfortunately Willie was unable to continue his swim due to hypothermia. He was unable to stop shivering in order to swim. It was a safe and correct call to make to stop the swim. It was also decided that this information was not to be shared with me as I was still in the water. To my knowledge, Willie was still in the water experiencing the same thing I was.

Like Willie, I too was having trouble with the cold. Besides losing sensation in my feet, my hands started to cramp up along with my forearms. I was now practically swimming with fists. In addition, I was having light shaking throughout my legs and bum. The cold was starting to move it's way towards my core. Thankfully my brain was still

functioning and hadn't started to feel the affects of the cold, but I knew if the swim went on much longer that I would also be in a dangerous situation. Thankfully I was told at this time that we were about 3 miles from the finish. I figured about 1.5 hours of swimming as I was averaging in the high 2 miles per hour. I wanted to see if I could push through the cold to the finish. After 30 minutes, I had knocked the distance down to 2 miles. Clarence Strait wasn't done throwing curve balls. At the 2 mile mark from the finish, I got stuck in the tidal outflow from Kasaan Bay and forward progress all but stopped. Adding insult to injury, the water got colder. Now I was swimming with clenched hands, numb feet, quivers and I wasn't making forward progress. I was pretty defeated. I looked at my kayaker after a feeding with tears in my eyes and shaking voice said "I don't know if I can do this." He replied strongly "We are with you the whole way. You CAN do this." I gave a faint "ok" and put my head back into the cold water. He was right and I needed to give it my all no matter what the outcome. We swam on.

In that thirty minutes, I had swum 1/3 mile. We were still in the tidal flow. It wasn't great progress but it was still in the right direction. Eventually sometime in the next 30 minutes, I broke through the tidal flow and I heard my kayaker yell "1.5 miles left". Forward swimming progress picked up and the shore started to finally look closer. (Note: I know, I know, I shouldn't have looked, but it was 2 miles! No one anticipated the tidal flow or at least I didn't know about it). Then finally the shore was so close that I knew soon the swim would be over and I could get out of the water. My kayaker had one final comment as we pushed towards shore "The current is going opposite the way from the rock beach, I'm not sure you can punch through." We were maybe 100 yards or so from shore. My reply "We are landing this somewhere."

I did manage to land on the barnacled rocky shore and wobbled to dry land. It took 3 agonizing minutes for me to wobble, stumble, fall, etc. to get to the rocky beach so that there was no water behind me. I turned and quickly raised my hand to signal the end. It was over. Clarence Strait had been swum.

It was then I noticed Willie's boat right next to mine. "What happened to Willie?" I was then informed that the cold had been too much and he had stopped early. I was also informed he was safe and ok which were my next concerns. Once this was cleared up, I looked back at the water. I had to get back in to get back to the boat. This

was awful. The air temp was around 60 maybe and it felt like a sauna. I knew getting back in would feel even colder than any of the previous sensations. My kayaker was wonderful offering to tow me back to the boat, but it wasn't going to keep me out of the water. I stumbled back over the rocks and slid back into the water. I swam as fast as possible back to the boat. My boat crew helped me get warm as I was shaking and had no fine motor skills in my hands to help.

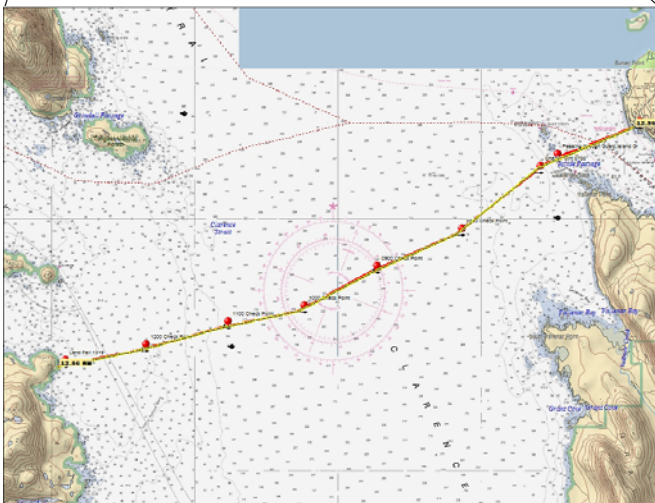
Six hours and 46 minutes. They were long and cold, but we made it. (Note: As soon as the kayakers and all were back on the escort boats, the sky became overcast and the winds picked up. We had made it just in time.)

I couldn't accomplish these swims without all the great support here in Alaska and all others around the world. Thank you to all crew members and supporters.



Michelle's Blog site is <http://macyswim.com/>

*Michelle's swim course*



## Changing for Good

by William G. Ewan, Ph.D.

One of the greatest contributions to psychology in the 20th Century came from research done at the University of Rhode Island. In a book entitled "Changing for Good," James Prochaska, Ph.D., John Norcross, Ph.D., and Carlo DiClemente, Ph.D. describe their findings. By outlining them here briefly, I hope to help swimmers understand how they can change in the water to become faster.

Many people change life-threatening habits, such as smoking, without help from therapy or psychologists or medication. The authors looked at 40,000 people who stopped smoking. They asked them a lot of questions to find out how they were successful. In doing so they found a very simple pattern. They came to the conclusion that this pattern translates into how we decide to change just about anything in our lives, including a swim stroke. The process in our thoughts can be lightning fast, or we may get stuck for a lifetime in one of six possible stages of change. They found that everyone who needs to change something is in a particular stage between no change and making the change and going on with life.

According to the study, there are six major stages of change: precontemplation, contemplation, preparation, action, maintenance, recycling, and termination.

### Precontemplation

This is the stage where you're not aware that you need to change. But it can also be a stage where you don't believe you can successfully change and have decided to avoid it.

A swimming example might be: "Coach wants me to move up and down enough to show my swimsuit in the fly every time my hands go in the water. I've been swimming this way for five years. He needs to go bother someone else."

There may come a time when the swimmer begins to think about needing to change. For example, the swimmer may observe that the truly fast swimmers at swim meets show their suits on every arm entry for fly. Or the swimmer may discover by accident that with very high hips in the butterfly, it is easier to swim and go much faster.

### Contemplation

With learning and awareness, we move to the next stage of change called contemplation. This is the stage where learning and education are important. We learn and become aware that we

need to change something. We imagine and visualize ourselves with the change. It is a time of rehearsal and practice in our thoughts. We become more accepting of others thoughts, actions, and deeds on the subject.

A swimming example might be: "Coach is on to something! I've seen fast swimmers and they really stay high in the water and show their suits on the fly. Some really stick their butts out of the water. I would like to try it."

At this stage successful changers learn that for every change there may be a temporary breakdown or slowing down in the things that are changing. There will be setbacks. A swimmer might feel like the stroke is wrong or uncomfortable because it is different. A simple change in body position in the butterfly will not necessarily feel better. The stage of contemplation is the time when we take full ownership of the situation and learn as much as possible about what it takes, how it will happen, what will prove that it is a good change, and what it will take to finally say we have succeeded at changing something.

One of the most important findings of the research was that we need to make a pros and cons list for changing. This can be done on paper or may occur in our heads. It may take several pros and cons lists over days, months, or years to get to a point where one is ready to change. Researchers found that once a pros and cons list has twice as many reasons for changing something as cons against changing it, the person is not only ready to change but is capable of it. This seemed to underlie all of the smoking habit changes of the 40,000 smokers they studied.

## Preparation

This is the time when we increase learning and understanding. We may practice a little and get some feedback from others on our butterfly swimming. We may try out the changes and test the situation. But ultimately what happens in the preparation stage is that we set a date to act. You finish all preparations for actually changing the behavior. In the case of showing your suit on the butterfly, you set a date and from then on you will swim that way. You have decided and are ready, willing, and able to make the change for good.

**Action**  
This is actively thinking about the change, changing the thing that you want to change, and getting used to the new situation. You have done whatever is necessary to succeed at the change and are now living the change. In our swimming example, you are dealing with the wishes to do the butterfly

the old way, to return to what is comfortable or your habit. You are dealing with needs that were satisfied in swimming the other way.

## Maintenance

If all is successful, and you spend enough time and effort, you enter a stage called maintenance. The change has become natural or automatic. The old habit of dropping the legs and dragging through the fly has gone away.

## Recycling

Often we will do something called recycling. That is, you may come to the pool and find yourself at the precontemplation, contemplation, preparation, or action stage. A negative word for recycling is relapse. But it is perfectly normal and natural and is usually a necessary part of changing.

For example, during hard swims, you may be really tired, and you're likely to forget to hold the body high in the water, and your swimsuit won't show. Being successful has to do with how quickly you can get back to the action stage from wherever you went. That is, instead of thinking, "Boy I'm terrible. I'll never swim the butterfly right. I'm going to just forget about staying high in the water," encourage yourself with, "Come on. You can do it. If you don't give up, you'll make it." Cheerleading and being positive does wonders for getting a change to stick.

In the case of the 40,000 smokers, it took each an average of 43 serious attempts to stop smoking forever. So the speed at which each returned to the action stage of not smoking was critical. For example if a 40-year-old smoker waits a couple of years between attempts to stop smoking, he or she may not succeed until 123 years old. That is, 43 attempts on average for success, times the number of years between attempts, plus starting age of 40. Any lack of speed in returning to the action phase explains why, to the uninformed smoker, it is easier to die than to quit smoking. If serious attempts and returns to action occur over less than a year or two, success is virtually assured.

## Termination

And lastly, using our swimming example, you have made it. You will always swim the fly with your swimsuit showing every time your arms enter. It's not an issue. You don't think about it. It is no longer a change.

If you think about this six-stage process you may begin to understand that all human change can be seen this way. It may involve changing drinking habits, eating habits, smoking habits,

betting habits. It can describe our decision to open a door, to buy a new car, to have soup for dinner, to go on a date. In some cases much of our thinking is lightning fast, in other cases we die of the thing that needed to change.

With this, I wish all of you success in changing. Change and the ways we get to change seem to unite us all as human beings. Hopefully this knowledge will move each of us to great change.

*Bill Ewan, 67, swims for New England Masters and helped create the NEM video clinics. Ewan has a Ph.D. from University of California, Berkeley in linguistics and spent much of his career in speech research and working as a behavioral therapist at a psychiatric hospital.*



## New Lane Mates on the Beach in Cadiz: My Lothario, a Bikini and the Red Vespa!

by Sue Calnek

There are two great winds in Cadiz; the Levante that sweeps up from North Africa in the summer and the Poniente winds that freeze down from Scandinavia in the winter. The locals blame many things on the Levante and the resulting atmospheric pressure change; migraines, mental illness, the libido, nose bleeds, you name it, the winds get blamed. I knew for some time that I would need a root canal, but no one had been able to exactly identify the diseased tooth. My entire jaw was now aching. Suddenly this tooth caused

migraines so horrible that I was fainting from the pain along with auras and vomiting. Everyone told me that my migraines were caused by the Levante! I knew that this toothache was not caused by any wind! My Euro Health Insurance recommended a dentist, an exceedingly handsome Argentine: My Lothario. He located the diseased tooth by probing, using no X rays, or any other mumbo jumbo...while making dinner arrangements with his beautiful assistant. He examined my teeth and finally exclaimed, of course using the customary Spanish flourish, "Ah ha, I will destroy the root of this tooth and your migraines will stop." He went to work with the shots, the drill, and the roto rooter brush, using his fingers to twist the brush. By now he knew that I was dentally challenged. My tantrum was replete with white knuckles, tears, pulling away, and twisting the arms off of the dental chair. Three times my Lothario would patiently stop his work and lean ever so close toward my face while gently caressing my hands. This gesture was accompanied with the velvet, purring murmur worthy of Shakespeare or Casanova, "My darling, don't be afraid, I will not hurt you my darling, trust me my darling...." I enjoyed every minute of his ardent entreaties before the root was destroyed.

One of my Lane Mates from the Cadiz swim team invited me to visit her family celebration on a farm in Badajoz, located in the Extremadura of Spain. The old kitchen had wires strung across the walls and over the stove, loaded with hanging blood sausages made from their chickens. A goat and a lamb roasted for hours in a pit, and wines were carried in from Jerez, Obidos Portugal and Galicia. Children and adults danced in the field to the car radio. I enjoyed visiting Granada and of course, The Alhambra, Ronda, Graselema and close to Cadiz, Arcos de la Frontera where I would have the best gazpacho ever there was, served in a tiny village restaurant.

Children's television was fun, instead of Elmo Muppet; the hero puppet is a Pirate! One eye is bugged out and the other is covered with a black eye patch. McDonald's in Cadiz is always crowded, perhaps because they serve tall plastic jugs of beer. The soccer or futbol stadium is right in the center of town, and is the most popular pastime - along with McDonald's of course

Swim team workouts began at 10:30 a.m. and ended at 12:00 noon. My lane mates were very helpful with my stretching techniques both before and after working out. Two of the faster swimmers would stop me in the lane and say, "mas suave, mas suave." (Smoother) they wanted me to swim with a

smoother stroke. I was so eager to go fast and get out of their way in the lane that I put aside the DPS training from Dennis Baker; "Mas suave" was very important to their swim.

It was time to do some house cleaning, so I bought some Agua Fuerte, (strong water), a very highly recommended cleaning product. I found this pretty, plastic bottle on the grocer's shelf above the sliced meats and cheeses. I also purchased a blue sponge and rubber gloves for the cleaning. I looked for a plunger also, but these looked like doll toys...the handle being only a few inches long, so I skipped that and the bad visual. When I got home, I set about cleaning the porcelain bidet. I poured in some of the Agua Fuerte, and had started with the sponge, when I heard someone knocking at my door. I returned in three minutes and the blue sponge was gone, vanished! The air was toxic, and vapor was ominously rising from the bidet. I was wide eyed expecting Bella Lugosi to appear out of the Transylvania forests saying, "Goode Evening" as only Bella could say while working his black cape with a flourish. Upon closer inspection, the Agua Fuerte label revealed in tiny print and several languages, which I could only read with my magnifier...the important information: "Hydrochloric Acid 50%" OOPS. No wonder you need dark glasses to look at the porcelain here!

Every Sunday they have a paseo. Families and couples walk arm in arm along the beach walkway. There are people building sand art, puppeteers, trinkets spread out on the blankets for sale and everyone dressed so carefully and neatly. It is apparent they take great pride in their appearance. The clothes are so immaculate; pure white school coats, starched and ironed dress, never dingy or grey or wrinkled clothes. The laundry products were super fantastic. Eager to fit



into the summer beach scene, I bought the most adorable itzy bitsy teeny weenie black and white polka dot bikini. About 1990 northern Europeans, especially Swedes and English, began to sunbathe on the Cadiz beaches topless, then eventually nude, shocking the conservative locals. Well, the notion caught on quickly and now the entire beach by my piso is all topless in the summer; some wearing nothing. I ventured out to do some body surfing in my new bikini and everyone stared at me; so I took off the top and I fit right into the crowd. When in Cadiz...

Walking along the beach avenue you can see almost anything. The vespa often doubles as the family SUV, and it is not unusual to see dad, mom, a dog sitting at the foot by the pedals, a child on the front handle bars, and a child hanging on the back of the seat behind! One day, I thought I had seen it all, but this one took the cake! I was walking past a family returning to their car from a beach picnic. The husband dutifully loaded the wife and kids into the sedan, then went to the trunk and loaded the cooler and...OH MY....who is that Perfect 10 he was looking at? This long, black-haired Spanish beauty was climbing onto her red vespa, long legs, short shorts, really tight short shorts, and a bikini top. I was reminded of a scene out of the book, *Mademoiselle de Maupin* by Gautier, 1866. "It is diverting to see them (women) advance, clad in black or white, with their hair weeping on their shoulders, sleeves weeping on their hands, and their bodies ready to leap from the corset like a fruit-stone pressed between the fingers." (great visual here) You guessed it; our family man slammed the trunk lid on his own hand. "Ouch!" he yelled from such pain. The wife ran to minister and to kiss her poor husband's wound, while the vixen smiled and exited stage left on her Red Vespa! I loved it!



# Aqua Master

September 2010

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For information, and to keep current on Oregon Masters Swimming go to the web site at <http://www.swimoregon.org>

***KEEP SWIMMING!***