



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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"Swimming for Life"

Hosting an OMS, Inc. Sanctioned Swimming Competition

by Tim Waud, OMS Vice-Chairman

Oregon Masters Swimming, Inc. has consistently grown in both the number of swimmers and the number of teams and facilities that have an interest in hosting a pool meet. Hosting a meet requires a time commitment and human power; however, it also provides the opportunity for a group to earn money and support the concept of Masters swimming.

NOTE: If you are interested in hosting an open water event next year, contact Bob Bruce at coachbob@bendbroadband.com as Open Water swims are bid separately. The 2011 Open Water Calendar is full.

In order to facilitate bidding for pool meets, OMS, Inc. has compiled the "Meet Bid Packet". This can be found on the OMS website, swimoregon.org. Go to "Competitive Calendar", then "Meet Bid Packet". Click on its icon, and download the packet. Follow the instructions included in the "Meet Bid Packet". If you have any questions, feel free to contact the Vice-Chairman, Tim Waud, Twaud@aol.com.

The OMS Board will review all meet bids and formulate the 2011 meet schedule. You will then be contacted to confirm the meet dates, meet format, and to finalize the meet contract.

Contests, fun creative relays, raffles, drawings, etc. with prizes are encouraged, as they reduce the stress of a meet and swimmers enjoy them. If you have any special ideas, feel free to discuss them with me. We are hoping some of you with pools to which we haven't been in a while, will offer to host a meet. Also, if you are a small Masters team, you can still host a meet successfully if you have an age-group team willing to help and share the profits.

Pool rental fees have increased. A two-day meet could be more financially difficult for profits when swimmers pay one entry fee. The high rent situation may even apply to a one-day meet but is not as likely. The Association meet lures enough swimmers that a profit has always been assured in past years. If you are faced with a high pool rental situation this year, submit a projected accounting with your bid. The OMS board can raise the swimmers' entry fee to compensate for the additional money your team has to pay. You must inform us, though, for the entry fee to be raised.

The OMS Board attempts to rotate the location of the Association meet. While attendance at this meet has grown to the point where an 8-lane pool is more desirable than 6 lanes, availability of pools, even in Portland, is limited. Do not hesitate to bid if you have only 6 lanes. The 2011 OMS Association Championships will be held at Mt. Hood Community College, April 1-3, 2011.

The 2011 Competitive Calendar still has some open dates. We are looking for meets to be hosted during the months of October, November and December. These would preferably be a Short Course Meters format, but Short Course Yards will be acceptable. It is our intention to have a Pool meet, each month of the year. Be aware of holidays, and during the summer months be careful not to bid on a meet the same weekend as an Open Water Swim. Keep in mind, the USA Swimming meet calendar; many of our officials pull double duty with USA Swimming and USMS competitions.

Many of the meets scheduled on the OMS Competitive Calendar are annual events:

January	Chehalem Meet	Short Course Yards
February	Canby Animal Meet	Short Course Yards
April	OMS Association Championships	Short Course Yards
May	USMS National Championships	Short Course Yards
July	Gil Young Meet	Long Course Meters
August	USMS Summer Nationals	Long Course Meters
September	LaCamas Patriot Games	Short Course Meters

If you have any questions as you are going through this bidding process, please contact me at (503) 341-3152 or Twaud@aol.com.

I hope we will soon be working together for another great meet season.

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Connie Wilson - Founder
Earl Walter - Historian

Chair's Corner

by Jeanne Teisher

Dear Masters Swimmers.

Late December I was informed that I was elected the new OMS Chair. I would like to say how honored I am that the board and OMS team reps have put their trust in me to lead this great organization. I have served on a number of boards but there is none like the OMS board. Each member brings their unique passion, enthusiasm, and energy of swimming (fitness and competition) to our meetings. I have served on the board for over 10 years and am always amazed at the level of dedication of these volunteers. They share great ideas, thoughtful comments, and even throw in humor. If you are ever available and interested in attending an OMS board meeting, please do (dates, times, and locations are on our website). You are welcome!

There is one volunteer I would like to recognize, though, who has dedicated a great deal of her time and passion to the organization. That person is the out-going Chair - Jody Welborn. Not only is Jody a long-time friend and fellow swimming buddy (when she swam with the Barracudas), but a person I truly admire, trust, and respect. Jody, on behalf of the board and OMS, THANK YOU for all you have done for the organization. As Past Chair of the OMS board, you can now sit back and let someone else lead the meetings.

I hope all of you are planning to participate in the February Fitness Challenge. Make it a fun month of swimming!!!

"Seven days of no swimming makes one weak." ~Author Unknown

Jeanne

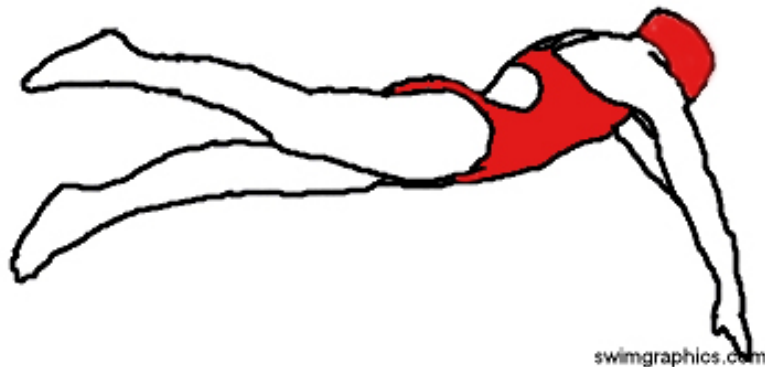


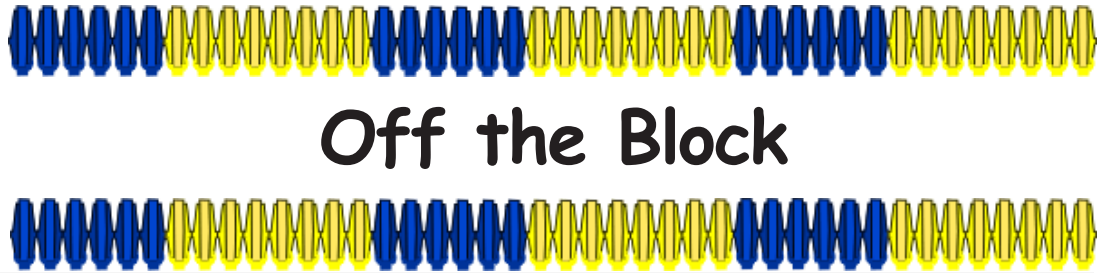
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Aqua-Master is the official publication of Oregon Masters Swimming. It is the source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. A subscription is part of membership in OMS. Nonmembers can subscribe using the membership form and sending a check for \$12.00 payable to OMS. Contact Susie Young (Registrar) or Jackie Parker (Membership) for membership information. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming, Inc. Information is also available on line at www.swimoregon.org.

Send address changes to Susie Young, swim.pdx@gmail.com.

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Off the Block

Health Benefits of Water-Based Exercise

If you have not become a fan of the USMS facebook page, make sure you do today and catch some great updates, and articles, and communicate with others in the Masters swimming community. Below is a Recent Post from the Centers for Disease Control and Prevention. Of course we swimmers already know all this from our personal swimming experience.

Swimming is the third most popular sports activity in the United States and a good way to get regular aerobic physical activity.¹ Just two and a half hours per week of aerobic physical activity, such as swimming, bicycling, or running can decrease the risk of chronic illnesses.^{2,3} This can also lead to improved health for people with diabetes and heart disease.² Swimmers have about half the risk of death compared with inactive people.³ People report enjoying water-based exercise more than exercising on land.⁴ They can also exercise longer in water than on land without increased effort or joint or muscle pain.^{5,6}

Water-Based Exercise and Chronic Illness

Water-based exercise can help people with chronic diseases. For people with arthritis, it improves use of affected joints without worsening symptoms.⁷ People with rheumatoid arthritis have more health improvements after participating in hydrotherapy than with other activities.⁸ Water-based exercise also improves the use of affected joints and decreases pain from osteoarthritis.⁹

Water-Based Exercise and Mental Health

Water-based exercise improves mental health. Swimming can improve mood in both men and women.¹⁰ For people with fibromyalgia, it can decrease anxiety and exercise therapy in warm water can decrease depression and improve mood.^{11,12} Water-based exercise can improve the health of mothers and their unborn children and has a positive effect on the mothers' mental health.¹³ Parents of children with developmental disabilities find that recreational activities, such as swimming, improve family connections.¹⁴

Water-Based Exercise and Older Adults

Water-based exercise can benefit older adults by improving the quality of life and decreasing disability.¹⁵ It also improves or maintains the bone health of post-

menopausal women.¹⁶

A Good Choice

Exercising in water offers many physical and mental health benefits and is a good choice for people who want to be more active. When in the water, remember to protect yourself and others from illness and injury by practicing healthy and safe swimming behaviors.

¹ U.S. Census Bureau. 2010 Statistical Abstract of the United States. Recreation Table 1212. Participation in Selected Sports Activities: 2007. Available at <http://www.census.gov/compendia/statab/2010/tables/10s1212.pdf> [INCLUDEPICTURE "http://www.cdc.gov/TemplatePackage/images/icon_pdf.gif" *MERGEFORMATINET][PDF - 444 kb]. Last verified on December 23, 2009.

² U.S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans: Be active, healthy, and happy! In Chapter 2: Physical Activity Has Many Health Benefits. Available at <http://www.health.gov/paguidelines/> [INCLUDEPICTURE "http://www.cdc.gov/TemplatePackage/images/icon_out.png" *MERGEFORMATINET]. Last verified on December 23, 2009.

³ Chase, N.L., Sui, X., Blair, S.N. 2008. Swimming and all-cause mortality risk compared with running, walking, and sedentary habits in men. *Int J of Aquatic Res and Educ.* 2(3): 213-23.

⁴ Lotshaw, A.M., Thompson, M., Sadowsky, S., Hart, M.K., and Millard, M.W. 2007. Quality of life and physical performance in land- and water-based pulmonary rehabilitation. *Journal of Cardiopulmonary Rehab and Prev.* 27: 247-51.

⁵ Broman, G., Quintana, M., Engardt, M., Gullstrand, L., Jansson, E., and Kaijser, L. 2006. Older women's cardiovascular responses to deep-water running. *Journal of Aging and Phys Activ.* 14: 29-40.

⁶ Cider, A., Svealv, B.G., Tang, M.S., Schaufelberger, M., and Andersson, B. 2006. Immersion in warm water induces improvement in cardiac function in patients with chronic heart failure. *Eur J Heart Fail.* 8(3): 308-13.



Fitness

Is Dry-land Really Worth It?

by Helen Thurlow



Watch any age-group swim team and the majority will moan when the coach says: "Okay, time for dry-land." They fuss and are slow at getting out of the water. They even say under their breath, "I'd rather continue swimming."

If you thought I was talking about the little kids, you are right, but I was also talking about the big kids too...meaning us.

Why are the exercises in dry-land important in swimming? Good question. According to Ian McLeod, the author of *Swimming Anatomy*, he states that the exercises that one does on land whether circuit training, traditional weight training, low-intensity aerobics and flexibility exercises, will directly benefit the swimmer. This allows being more specific in the dry-land exercises to target areas that are weak or less flexible.

Swimming is repetitive in nature, thus creating muscle imbalances. For instance, our quadriceps and hip flexors become strong while the back of the legs, the hamstrings and gluteal muscles become weak. How do you find that out? Touch your toes without bending your knees? How'd you do? Feel that stretch behind the leg? Not very comfortable is it?

Muscle imbalance leads to various imbalances such as strength imbalances and flexibility imbalances. It also leads to postural imbalances. Look at someone who doesn't exercise or whose definition of stretching is reaching for the remote control and look at their posture. (Make sure you don't stare at them, it makes them uncomfortable).

While pre-disposing the swimmer to injury, these imbalances can also lead to poor performance in the pool. So, how do we design a dry-land routine? Oregon Reign Coach Dennis Baker describes designing a routine based on core activation and stretching. And for optimal performance, you don't need fancy equipment and spend 5 hours prior to practice doing dry-land. "Keep it



simple", Dennis states, "you just need a mat and a wall" to do the exercises.

If you like to get technical and are into following a training schedule for your swimming events you can also focus on what is known as the principle of periodization. Periodization allows the swimmer to break their season into various phases, each phase comprised of a different training goal.

But, keep it simple. If your team offers dry-land then go ahead and try the exercises that your coach lays out for you. Oregon Reign's dryland is 30 minutes prior to practice on the weekends, but you can do these exercises anytime and any day.

What exercises activate the core and allow for proper flexibility? Here's a sampling, and really folks; you just need a minimum of 30 minutes and

simple equipment. The most important equipment is yourself.

Swim on folks!

Core exercises:	Flexibility exercises:	Warm up with:
Russian twists	Hurdler stretch	Jumping Jacks
Leg-ups	Downward Dog	Lunges
V-Sits	Static lunges	Squats
Plank/side plank	Forward Bend	High knees
Flutter kicks	Shoulder stretch	Hamstring
Basic crunches	Calf stretch	Burpees
Push-ups	Seated twist	Mountain Climbers

These are just a few one can pick from, but there are so much more. Feel free to check out books from the library about these exercises, or ask your coach or trainer.

Reference:

Swimming Anatomy, Ian McLeod, Human Kinetics, 2010
Dennis Baker, coach for Oregon Reign Masters, Gresham, Oregon

Shake and Swim with "Bake"

Have Fun With Speed Play

Coach Dennis Baker



One of my favorite sets to do is a "Speed Play" set. Speed Play is when you pick a distance to swim and select certain parts to swim fast on. Much like "Fartlek" running, Speed Play swimming is a very good conditioner as it works many different energy systems at once. It also includes active recovery swimming within each distance, without stopping, which is very beneficial.

An example set of Speed Play would be 4x300s with 30 seconds rest in between. During the 300 you choose 3 of the 25's and go fast on them, the rest of the lengths are easy swimming with good form. Separate the 25s and don't put them too close together. You can also

do different strokes on the fast 25s, but do Freestyle on the easy parts.

I really like to do this type of swimming as a pre-set to swimming really fast. An example would be after the 300s set mentioned above, do a set of 4x100s with 45 seconds rest in between and descend them down to a maximum effort. I think you will be pleasantly surprised at how fast you can go!

Try Speed Play with many different distances and you will be well on your way to playing and having some swimming fun.

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Swim Bits/Turns, part 1

by Ralph Mohr

When swimmers work on turns, they usually focus on how quickly they can initiate the turn and then get off the wall. Too bad. According to Kerry O'Brian in the USMS email newsletter, *Streamlines*, "you are never traveling faster than when you dive off the blocks or push off the walls." The trick is to take advantage of that speed. The simplest way to do that is to extend your push-off longer than normal.

First, check how far you get on a push-off. If you are not past the backstroke flags when you take your first stroke, you are cheating yourself. You should be able to look backwards at the flags on that first stroke in free. You should see the flags in backstroke before you even break the surface of the water.

Streamline off the wall. Put your head down between your arms and tighten your arms on your ears. Do not look up or forward until after that first breath. I have never understood why people lift their head



coming off the wall: to see who is behind them? You should know where everyone is in your lane without looking and trust them to swim straight. Don't look.

Streamlining also involves a straight body. Lie on your back on a hard floor with your arms above your head as when you push off, hard on your ears. Can someone else put a hand under the small of your back? Push down on that hand and the floor with your vertebrae. There is your push-off posture.

Now stand up and do the same thing against a wall. Make sure your head, your shoulders, your rear end, and your heels are touching the wall. You will find it much harder to press the small of your back against the wall, but that is the posture you need for a good push-off.

Last, for this month, do one more thing in the pool on your turns. Work on good push-offs every workout. Hold your breath longer. Streamline. Do it on every turn in every workout.



Long Distance Swimming

by Bob Bruce



The Oregon LMSC capped a marvelous year of Postal Championship swimming with a fantastic showing—including both National Club Championship titles for the Oregon Club!—in the 2010 USMS 3000 & 6000-yard National Postal Championships. Here's a quick summary:

3000-yard: 88 swimmers from Oregon (48 women & 40 men) entered the event, our largest turnout ever by a smidgeon over last year's count. Sue Calnek-Morris, Steve Johnson, Tom Landis, and Dave Radcliff each won the national title in their respective age groups. Eleven Oregon Club Relay teams won their events, with the Women's 45+ 3 x 3000 and the Mixed 45+ 4 x 3000 teams breaking National Records. In club scoring, Oregon successfully defended our championship from 2008 & 2009. Threeppeat!

6000-yard: 34 Oregon swimmers (17 women & 17 men) entered this longer distance event, substantially more than last year's turnout and by far the most we have ever had. Esther Ellis and Dave Radcliff won national titles. Four Oregon Club relay teams and one SWMS relay team won events in their age group. And the Oregon Club won the club championship title for the third straight year! Threeppeat!

Congratulations to...

- Our 5 individual National Champions (USMS Long Distance All-Americans!)
- Dave Radcliff, our double National Champion
- Our 16 (!) relay team National Champions (USMS Long Distance Relay All-Americans)
- Our 3 Oregon Individual Record breakers—Mary Sweat, Esther Ellis, and Hardy Lussier
- Our 2 National Relay Record teams— Women's 45+ 3 x 3000 relay team of Mary Sweat, Holly Vaughn-Edmonds, & Arlene Delmage, and Mixed 45+ 4 x 6000 relay team of Holly Vaughn-Edmonds, Arlene Delmage, David Hathaway, & Hardy Lussier
- Our 4 Oregon Relay Record teams, including many different swim stars
- Everyone who participated—we continue to improve in this category, which is ultimately the bottom line in this excellent fitness event

Look for the full Oregon results in this *Aqua Master*. They are impressive!

Postal Series: Forty-two Oregon LMSC swimmers qualified for the 2010 Oregon Postal Series by swimming in three or more of the USMS Postal Championship Swims during the year. Thirty-eight of those swimmers qualified for the Oregon Postal Participation Award by swimming at least one of these swims in each of the three postal seasons. And a nation-leading TWENTY swimmers swam all five events, thus qualifying for the USMS Postal Participation Award. See the results in this *Aqua Master*.

2010 Postal Swims in Review: 303 Oregon swimmers from 17 local teams (with 478 swims overall) participated in at least one National Postal Swim. COMA (go figure!) again led the way with 85 swimmers, 134 swims, and 11 Oregon Series qualifiers. CGM had 44 swimmers participate, with a high percentage of their team doing the One-Hour Swim. LSWM and ORM each had an outstanding high percentage of swimmers with multiple swims. THB, CAT, and EA each also had more than 10 swimmers each involved. The Oregon Club won 4 (of 5) USMS Club Championships!

Looking forward to 2011:

- I hope that even more Oregon local teams and clubs become involved (the number of participating OMS teams dipped slightly in 2010, despite much larger individual participation).
- I hope that each local team and club sees more swimmers participating in more swims.
- I hope that the Oregon Club can challenge for the National Club championship in the One-Hour Swim.
- I hope that we all remember that the Postal swims are more than just championships; they are outstanding fitness events for EVERYONE!

Good luck and good swimming!



Oregon LMSC 3000/6000-Yard Postal Results—2010

OR = Oregon Record

NR = National Record

Place numbers are national places

* = Oregon All-Time Top Twelve Time

(.) = swam & reported time but did not enter the event!

Oregon LMSC 3000-Yard Postal Results 2010

Women 18-24

7 Mackenzie, Bailey 19 LSWM 42:48.74* 758

Women 25-29

3 Gustafson, Aubree 29 ORM 39:35.56* 819

5 Packer, Allyson 27 MJCC 43:05.00* 752

10 Aanenson, Danielle 28 Unat 48:20.00* 671

(Golden, Erin 26 COMA 47:57.00)

Women 30-34

6 Jackson, Maresa 31 LSWM 43:06.17* 782

7 Johnson, Serena 33 LSWM 43:06.17* 782

Women 35-39

6 Tomac, Jayna 38 COMA 37:53.00* 869

10 Criscione, Anicia 36 CAT 43:50.27* 751

13 Edwards, Bonnie 38 ORM 45:26.15* 724

(Braune, Maxine 39 COMA 41:47.00)

(Bogle, Jennifer 39 COMA 48:32.00)

Women 40-44

6 Salton, Gillian 42 COMA 42:51.00* 777

17 Gorman, Susan 44 COMA 50:57.00 654

18 Clark, Terri 44 LSWM 51:47.63 643

24 Mack, Jaime 43 CGM 55:56.32 596

25 Stupfel, Heather 40 LSWM 56:15.00 592

26 Angvick, Ann 43 EA 56:27.89 590

28 Stormshak, Beth 44 EA 57:27.46 580

(Barkman, Breyer 41 EA 41:44.00)

(Gaskin, Dara 41 COMA 47:52.00)

Women 45-49

2 Delmage, Arlene 48 ORM 37:00.04 962

3 Vaughn-Edmonds, Holly 48 ? 37:04.22* 961

5 Matson, Karen 47 COMA 39:09.99 909

7 Stuntzner, Denise 48 COMA 39:48.99* 894

13 Davies, Anne 46 EA 41:57.72* 849

14 Snider, Pam 48 CAT 43:24.21 820

18 Beard, Leslie 45 MJCC 48:28.00 735

19 Dansby, Amy 48 LSWM 48:53.47 728

20 Fox, Christina 49 CAT 48:57.08 727

23 Orner, Gayle 48 CBAT 51:09.29 696

24 Pappa, Debbie 49 COMA 51:20.99 693

27 Burkard, Anita 47 LSWM 53:12.00 669

Women 50-54

2 Sweat, Mary 53 Unat 37:59.34 962

5 Denney, Kris 50 COMA 41:43.06* 876

6 Crabbe, Colette 54 ORM 41:50.57* 874

13 Vincent, Nancy 51 LSWM 45:32.26* 803

18 Buck, Donna 51 CAT 48:14.00* 758

23 Bender, Sherry 51 LSWM 50:40.00 722

28 Mount, Lindy 51 COMA 54:16.99 673

31 Thomsen, Dianne 53 LSWM 57:45.99 633

(Harris, Barb 50 COMA 42:24.00)

Women 55-59

6 Summers, Jeanna 56 ORM 46:02.00 791

7 Budd, Elizabeth 56 CAT 46:45.41 779

12 Brown, Toni 55 COMA 52:42.00* 691

(Shuman, Connie 55 COMA 58:56.00)

Women 60-64

3 Saunders, Ginny 63 EA 54:32.12* 769

7 Olsen, Sarah 60 COMA 57:13.00* 733

10 Harris, Stephanie 60 EA 1:07:18.23* 623

12 Stark, Carol 61 ORM 1:10:12.99* 597

Women 65-69

1 Calnek-Morris, Sue 67 ORM 47:35.00*OR 961

3 Ellis, Esther 65 LSWM 1:01:58.64* 737

Women 70-74

4 Hodge, Peggie 70 COMA 1:07:19.45* 677

Women 75-79

3 Hunt, Pat 79 COMA 1:13:56.00* 797

4 Gee, Nina 77 COMA 1:20:27.00 733

Men 25-29

(Bowman, Dave, Jr 26 COMA 40:19.00)

Men 35-39

4 Tujo, Chris 39 COMA 39:45.00* 762

8 Bednorz, Mark 39 COMA 47:50.00* 633

Men 40-44

10 Waud, Tim 43 ORM 39:37.62 770

14 Platman, Steve 43 MJCC 45:44.00 667

16 Wallenberg, Fredrik 43 LSWM 49:30.19 617

Men 45-49

2 Lussier, Hardy 45 COMA 33:53.00*OR 920

5 Hathaway, David 49 ORM 35:59.84* 866

8 Calvin, Kris 48 COMA 37:03.00* 841

12 Proffitt, Jamie 45 COMA 37:26.00* 833

15 Chalmers, John 47 EA 40:00.00* 779

22 Flanagan, Stephan 48 EA 41:46.00* 746

23 Miller, Scott 45 COMA 43:25.00 718

25 Roberts, Tom 48 COMA 45:06.00 691

29 Voeller, Jan 49 COMA 52:29.00 594

Men 50-54

7 Allender, Pat 52 CAT 37:48.30 837

18 Rogers, Terry 54 EA 45:30.21 695

20 Gipe, Dan 50 MJCC 48:25.15 653

21 Fadeley, Chuck ? COMA 48:33.12 651

31 Sykora, Allen 53 COMA 57:38.00 549

(Jensen, Steve 54 COMA 53:36.00)

Men 55-59

5 Swanson, Charlie 58 EA 39:57.78 814

8 Edwards, Wes 57 LSWM 40:35.40* 801

10 Dow, Keith 55 OPEN 41:23.09* 786

11 Richardson, Brooks 57 COMA 41:28.00* 784

12 Wallace, Jim 57 EA 41:35.02* 782

13 Fryefield, David 56 EA 41:41.14* 780

15 Larson, Allen 57 ORM 42:36.96 763

17 Dunlap, Douglas 59 MJCC 43:42.14 744

25 Darnell, Steve 56 LSWM 1:00:22.00 539

26 Beck, Larry 59 ORM 1:00:54.50 534

Men 60-64

1 Johnson, Steve 62 EA 38:35.84 927

4 Cronin, Jed 62 THB 40:20.00 887

5 Bruce, Bob 62 COMA 40:43.99 879

12 Carew, Mike 60 COMA 45:00.99* 795

16 Ellis, John 64 LSWM 48:41.15 735

(Hirschberg, Bren 64 COMA 48:14.00)

(Mierjeski, Ed 60 COMA 57:44.00)

(Harris, Mike 64 COMA 1:11:57.00)

Men 65-69

1 Landis, Tom 68 COMA 40:22.99 923

5 Mohr, Ralph 69 COMA 46:40.00 799

9	Spence, John	69	COMA	52:07.00*	715
11	Rudolph, Roger	67	COMA	53:54.00*	691
Men 70-74					
3	Thayer, George	74	COMA	59:13.00	647
Men 75-79					
1	Radcliff, David	76	THB	40:47.61	965

Women 18+: 3 x 3000

4 SWMS (Johnson, Jackson, Bailie) 2:09:01.05

Women 25+: 3 x 3000

1 OREG (Crabbe, Denney, Gustafson) 2:03:09.19

Women 35+: 3 x 3000

1 OREG (Stuntzner, Matson, Tomac) 1:56:51.98

4 SWMS (Dansby, Clark, Stupfel) 2:36:56.10

Women 45+: 3 x 3000

1 OREG (Sweat, Vaughn-Edmunds, Delmage) 1:52:03.60NR

5 SWMS (Vincent, Burkard, Bender) 2:29:25.25

Women 55+: 3 x 3000

2 OREG (Brown, Budd, Summers) 2:25:29.41

Women 65+: 3 x 3000

2 OREG (Hunt, Hodge, Calnek-Morris) 3:08:50.45

Men 35+: 3 x 3000

2 OREG (Waud, Allender, Proffitt) 1:54:51.92

Men 45+: 3 x 3000

1 OREG (Calvin, Hathaway, Lussier) 1:46:55.84OR

Men 55+: 3 x 3000

1 OREG (Cronin, Swanson, Johnson) 1:58:53.62

5 SWMS (Edwards, Darnell, Ellis) 2:29:38.55

Men 65+: 3 x 3000

1 OREG (Mohr, Radcliff, Landis) 2:07:50.60

Mixed 18+: 4 x 3000

4 SWMS (J Ellis, Edwards, Bailie, Jackson) 2:55:11.48

Mixed 25+: 4 x 3000

1 OREG (Gustafson, Matson, Waud, Allender) 2:36:17.47

Mixed 35+: 4 x 3000

1 OREG (Sweat, Tomac, Proffitt, Calvin) 2:30:21.34

4 SWMS (Wallenberg, Darnell, Dansby, Vincent) 3:34:17.92

Mixed 45+: 4 x 3000

1 OREG (Vaughn-Edmunds, Delmage, Hathaway, Lussier) 2:23:57.10NR

Mixed 55+: 4 x 3000

1 OREG (Budd, Summers, Swanson, Johnson) 2:51:21.03

Mixed 65+: 4 x 3000

1 OREG (Hodge, Calnek-Morris, Radcliff, Landis) 3:16:05.05

Combined National Club Scores:

1	Oregon	54,951 pts
2	St Pete Masters	20,737
3	Niagara Masters	19,660
8	SW Washington Masters	10,380

To help settle the side wagers concerning who had the best 3000 swim—across gender and age group lines—here is the list of the top 12 swimmers by Quality Points:

1	Dave Radcliff	965 pts
2†	Mary Sweat	962
2†	Arlene Delmage	962
4†	Sue Calnek-Morris	961
4†	Holly Vaughn-Edmonds	961
6	Steve Johnson	927
7	Tom Landis	923
8	Hardy Lussier	920
9	Karen Matson	909
10	Denise Stuntzner	894
11	Jed Cronin	887
12	Bob Bruce	879

Oregon LMSC 6000-Yard Postal Results 2010**Women 25-29**

5 Aanenson, Danielle 28 Unat 1:39:47.00* 703

Women 30-34

3 Jackson, Maresa 31 LSWM 1:28:41.25* 768

3 Johnson, Serena 33 LSWM 1:28:41.25* 768

Women 35-39

3 Tomac, Jayna 38 COMA 1:23:21.00* 830

5 Criscione, Anicia 36 CAT 1:28:14.60* 784

Women 40-44

12 Mack, Jaime 43 CGM 1:50:40.04* 616

13 Stupfel, Heather 40 LSWM 1:59:38.00* 570

Women 45-49

2 Delmage, Arlene 48 ORM 1:19:47.76 803

6 Matson, Karen 47 COMA 1:23:56.00 763

10 Burkard, Anita 47 LSWM 1:49:57.91* 584

11 Orner, Gayle 48 CBAT 1:51:56.40* 572

Women 50-54

2 Sweat, Mary 53 Unat 1:17:37.57*OR 968

10 Bender, Sherry 51 LSWM 1:46:28.21* 584

11 Thomsen, Dianne 53 LSWM 1:56:54.99* 644

Women 55-59

4 Budd, Elizabeth 56 CAT 1:35:36.20 777

9 Summers, Jeanna 56 ORM 1:44:44.00* 709

Women 65-69

1 Ellis, Esther 65 LSWM 2:09:21.09*OR 756

Men 40-44

2 Waud, Tim 43 ORM 1:21:13.59 759

7 Platman, Steve 43 MJCC 1:42:47.42* 599

8 Wallenberg, Fredrik 43 LSWM 1:45:16.70* 585

Men 45-49

3 Hathaway, David 49 ORM 1:13:47.76* 882

12 Roberts, Tom 48 COMA 1:32:26.00* 704

Men 55-59

6 Richardson, Brooks 57 COMA 1:27:01.00* 778

8 Larson, Allen 57 ORM 1:31:11.09 743

9 Edwards, Wes 57 LSWM 1:37:20.72* 696

10 Dunlap, Douglas 59 MJCC 1:39:18.04* 682

12 Ivie, Michael 58 MJCC 1:52:37.18* 601

13 Carter, Walt 55 COMA 2:01:07.00* 559

14 Beck, Larry 59 ORM 2:15:29.30 500

Men 60-64

3 Bruce, Bob 62 COMA 1:27:26.99 839

6 Carew, Mike 60 COMA 1:35:36.99* 767

8 Ellis, John 64 LSWM 1:41:01.06 726

Men 65-69

5 Mohr, Ralph 69 COMA 1:37:25.00 803

Men 75-79

1 Radcliff, Dave 76 THB 1:24:43.84 969

Women 25+: 3 x 6000

1 SWMS (Bender, Johnson, Jackson) 4:43:50.71

2 OREG (Mack, Summers, Aanenson) 5:15:11.04

Women 35+: 3 x 6000

3 OREG (Budd, Criscione, Tomac) 4:27:11.80

Women 45+: 3 x 6000

1 OREG (Matson, Delmage, Sweat) 4:01:21.33

2 SWMS (E Ellis, Thomsen, Burkard) 4:55:53.00

Men 35+: 3 x 6000

1 OREG (Radcliff, Waud, Hathaway) 3:59:44.73

2 SWMS (Wallenberg, Edwards, Ellis) 5:03:38.48

Men 45+: 3 x 6000

2 OREG (Mohr, Carew, Roberts) 4:45:27.99

Men 55+: 3 x 6000

1	OREG (Larson, Bruce, Richardson)	4:25:39.08
Mixed 25+: 4 x 6000		
2	SWMS (Jackson, Johnson, J Ellis, Edwards)	6:15:44.28
3	OREG (Aanenson, Criscione, Carew, Roberts)	6:16:04.59
Mixed 35+: 4 x 6000		
2	OREG (Matson, Tomac, Larson, Waud)	5:39:41.68
Mixed 45+: 4 x 6000		
2	OREG (Delmage, Sweat, Radcliff, Hathaway)	5:15:56.47 OR
Mixed 55+: 4 x 6000		
1	OREG (Summers, Budd, Bruce, Richardson)	6:14:48.19

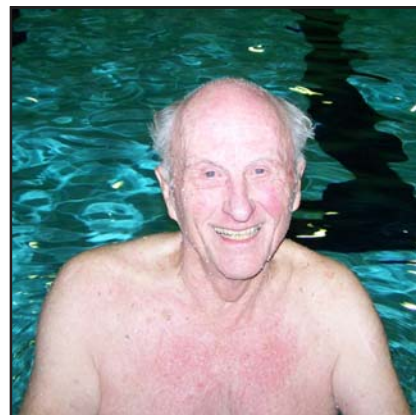
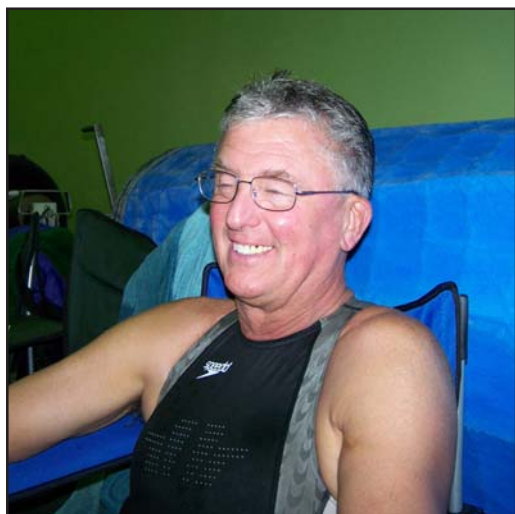
1t	Mary Sweat	969 Points
1t	Dave Radcliff	969
3	David Hathaway	882
4	Bob Bruce	839
5	Jayna Tomac	830
6t	Arlene Delmage	803
6t	Ralph Mohr	803
8	Anicia Criscione	784
9	Brooks Richardson	778
10	Elizabeth Budd	777
11	Mike Carew	767
12	Karen Matson	763

Combined National Club Scores:

1	Oregon	17,640 pts
2	Masters of South Texas	9,459
3	Illinois Masters	7,681
6	SW Washington Masters	6,753

A note about club scoring: Club point scoring is calculated based on Quality Points, which is the ratio of each individual time to the current USMS Record for the gender & age group and expressed as the three-digit number that you see following each individual time in the results. The faster the swim the more Quality Points a swimmer earned. Club totals are the sum of the quality points of its swimmers. Since every swimmer receives quality points, every swimmer counts!

To help settle the side wagers concerning who had the best 6000 swim—across gender and age group lines—here is the list of the top 12 swimmers by Quality Points:



Thank You All OMS Sponsors

Oren Bergfald
 Jim Bigler
 Debbie Bjornson
 Mark Braun
 Doug Brockbank
 Elizabeth Budd
 Charles Bushey
 Martha Cannon
 James Coakley
 Pat Cotter
 Colette Crabbe
 Stephen Darnell
 Arlene Delmage
 Peter Delmage

Keith Dow
 Rupert Fixott
 Christina Fox
 David Harrington
 David Hathaway
 Gary Hingley
 Andrew Holden
 Stephen Kevan
 Bill King
 Byron Kuzara
 Willard Lamb
 Roy Lambert
 Allen Larson
 Craig Limoges

Sally Mahedy
 Steve Mann
 Milton Marks
 Darren McCarthy
 Lee Miesen
 Keith Peters
 Mike Peyton
 Frank Philipps
 Cynthia Rosik
 Sandi Rousseau
 Jon Schieltz
 Laura Schob
 Stephanie Schultz
 Michael Silvey

Darby Sitter
 Bonnie Speer
 Allen and Carol Stark
 Elfie Stevenin
 Bill Sumerfield
 Jeanna Summers
 Jeanne Teisher
 Nick Thorpe
 Nancy Vincent
 Gary Wallis
 Bill Winkler
 Kermit Yensen

Oregon Postal Series 2010 Final Series Results

Swimmers are required to complete and enter any three USMS Postal Championship swims to qualify for the Oregon Postal Series. Point Scoring: 11-9-8-7-6-5-4-3-2-1 for each event in each age group. All swims count.

Women

AgeGr	Place	Name	Team	Points	Swims	OMS*	USMS**
25-29	1	Gustafson, Aubree	ORM	27	3	x	
30-34	1	Johnson, Serena	LSWM	45	5	x	x
	2	Jackson, Maresa	LSWM	42	5	x	x
35-39	1	Criscione, Anicia	CAT	48	5	x	x
	2	Edwards, Bonnie	ORM	26	3		
40-44	1	Mack, Jaime	CGM	35	5	x	x
	2	Salton, Gillian	COMA	29	3	x	
	3	Stupfel, Heather	LSWM	21	4	x	
	4	Clark, Terri	LSWM	15	3	x	
45-49	1	Delmage, Arlene	ORM	53	5	x	x
	2	Matson, Karen	COMA	37	4	x	
	3	Tyynismaa, Terri	CGM	23	3		
	4+	Burkard, Anita	LSWM	19	5	x	x
	4+	Orner, Gayle	CBAT	19	5	x	x
	6	Fox, Christina	CAT	8	3	x	
	7	Pappa, Debbie	COMA	2	3	x	
50-54	1	Sweat, Mary	Unat	55	5	x	x
	2	Bender, Sherry	LSWM	32	5	x	x
	3	Thomsen, Dianne	LSWM	17	4	x	
55-59	1	Budd, Elizabeth	CAT	53	5	x	x
	2	Summers, Jeanna	ORM	46	5	x	x
60-64	1	Stark, Carol	ORM	23	3	x	
65-69	1	Ellis, Esther	LSWM	48	5	x	x

Men

AgeGr	Place	Name	Team	Points	Swims	OMS*	USMS**
35-39	1	Tujo, Chris	COMA	31	3	x	
	2	Braun, Mark	ORM	27	3		
40-44	1	Waud, Tim	ORM	51	5	x	x
	2	Wallenberg, Fredrik	LSWM	23	3		
45-49	1	Hatheway, David	ORM	50	5	x	x
	2	Calvin, Kris	COMA	33	4	x	
	3	Roberts, Tom	COMA	24	4	x	
50-54	1	Allender, Pat	CAT	33	3	x	
55-59	1	Edwards, Wes	LSWM	44	5	x	x
	2	Larson, Alan	ORM	38.5	5	x	x
	3	Beck, Larry	ORM	19	5	x	x
	4	Carter, Walt	COMA	16	3	x	
	5	Darnell, Stephen	LSWM	7	3	x	
60-64	1	Bruce, Bob	COMA	50	5	x	x
	2	Carew, Mike	COMA	39	5	x	x
	3	Ellis, John	ORM	38	5	x	x
65-69	1	Mohr, Ralph	COMA	38	4	x	
	2	Landis, Tom	COMA	33	3	x	
75-79	1	Radcliff, Dave	THB	44	4	x	

* OMS Postal Participation Award winners for swimming the One-Hour Swim, the 5 or 10-km Swim, and the 3000 or 6000-yard Swim. Note that the requirement for the swims includes one during each of the three postal seasons.

** USMS Postal Award winners for swimming all five events

Swimmer Spotlight

Shannon Corbeau, 44
 Special Education Teacher at Glencoe High School
 No local team

Shannon began swimming at age 6 in California, and by 13 was competing at the National level for Santa Clara Swim Club. She made her debut on the USA National Team (coached by legendary swim coach George Haines) in a meet against the USSR. In college she swam for UCLA on an athletic scholarship. Her best events back then were the 50, 100 and 200 free. Shannon says that though the 200 was probably her best event, she feels she has a sprinter mentality. (Since starting to swim Masters a little over a year ago, Shannon has set six new Oregon records in the W40-44 age group - SCY 50 Free, Breast, Fly and 100 IM, and LCM 50 Free and Breast - so has definitely proven she is a great sprinter!

Shannon explains what brought her back to pool racing after more than 20 years off. "My husband (Jim) convinced me to join OMS last year. I had hurt my back and began swimming after a 20+ year hiatus. I found myself enjoying swimming again after so many years. Jim had joined and was enjoying the meets. He kept trying to get me to enter a meet, but I had no desire. I went along with him to Spring Nationals in Austin, Texas, to observe, and found that competitive spirit once again."

Shannon trains alone. "Swimming on my own on 'my own terms' is the only way I'd get back in the water. I had an aversion to the pool for many, many years, and



These are National Qualifiers in 1981, before college. Shannon was a Freshman (left) and Jim a Junior (right). They swam on Santa Cruz Aquatic Team (SCAT) together. At 16, Shannon went to Santa Clara Swim Club to practice in a 50 meter pool and with other national caliber swimmers. After Santa Clara, she went to UCLA on an athletic scholarship. Jim stayed with SCAT and then went to Berkeley and swam under Nort Thorton.

I'm happy that I am enjoying the sport again. I NEVER thought I would get back into it," she adds. "My first meet since college was summer 2009, at Tualatin Hills. I hadn't dove off a block or swam long course in more than 20 years. I swam the 50 breast. It felt funny up on the block and I certainly felt weird in the new "funny type" suit! I was pleasantly surprised; I had a blast. Racing was fun. I've found the OMS environment very supportive and relaxed. As long as I am enjoying it, I will continue. I just don't want to get too serious about it."

"I have been practicing yoga for the past 8 years. It has helped re-balance and strengthen my body. I'm more aware of what is going on with my body and it's a great stress reducer. I lift weights for strength building and toning. Jim and I recently completed the P90x workout regimen. The results have been interesting. With very little swimming (this past summer), I was able to swim two best times at the Gil Young meet.

I credit it to the increased strength from the P90x program."



Shannon and Jim, now her husband instead of just a team mate.



Dear Lane Mates;

Oregon Masters Swimming provides "Sunshine Cards," as a service to our members. We will send a thoughtfully chosen card based on your simple request and explanation: condolence, sympathy, get-well-soon, cheer, congratulations, or...? It's your call. Please e-mail me if you know of anyone in your club...perhaps a Lane Mate, or a relative or friend, who would benefit from receiving an OMS personalized card.

Sometimes when we are met with a difficult situation, it is comforting to know that we are not alone, that our team is thinking about us. Sunshine Cards could be for a special occasion, encouragement or a celebration; perhaps someone who just needs a 'pat on the back.'

Contact Sue Calnek
 squeebug60@yahoo.com

Swimming in Paradise

by Patrick Allender

Saturday, November 13, 9:00 AM PST: I'm sitting back in my seat as our plane leaves San Francisco bound for Kona on the Big Island of Hawaii. No more shuttles to catch, or airport transfers to worry about. The plane is on time and it should be smooth sailing. I'm looking forward to warm, clear water, blue skies, coral reefs and the beautiful fish that I'll be swimming with soon.

Rewind one year. Sunday, my first morning of last year's trip, I met Mike Tennant and about 10 others at the beach at Mauna Kea. We swam out into the ocean and around the point to Hapuna Beach, about a mile south. Maybe it's closer to $1\frac{1}{4}$ miles by the path I took swimming there. The water was warm and clear. The depth varied from about 10-30 feet. There were coral reefs, teeming with fish of many brilliant colors, alternating white sand and black volcanic flows jutting out from the shore. The water was salty, and I could feel the increased buoyancy, giving me more glide with every stroke. Without the frequent flip turns, I could easily breathe on both sides and not feel the constant need for more air, and the bilateral breathing made my shoulders happy. When I wasn't watching the fish, I enjoyed the view of my companions swimming at my side through the calm water. We arrived at Hapuna and lounged in the shallow water for 5-10 minutes before making the swim back. As we showered and dressed, we congratulated each other for making the trip successfully, and I had the warm feeling that comes from sharing an experience with friends. Then, it was back to the hotel for Kona coffee and fresh pineapple. I could get used to this!

The next morning, I swam about a mile south from my hotel to a beach I had discovered a year before. I was nervous swimming alone, but conditions were good and my daughter, Megan, was out for a run along the beach, and was keeping an eye on me. The beach was in a narrow cove between volcanic flows, and wasn't exactly calm, but it had a lot of fish. There was a golf course adjacent to the water, and the players had to tee off

from a leveled rock to the south, and drive the ball across the cove to the fairway on the north side. Needless to say, there were plenty of golf balls in the cove, and I took a number back to the hotel, and left them in the room for future golfers.

After swimming back, it was more coffee and pineapple. By this point, I was ready to retire and spend the rest of my days in Kohala!

Tuesday morning, I met Mike again at Mauna Kea, and along with Tom, we swam to Hapuna and back. It was another beautiful swim with clear water and sunny skies. I was ahead of the others on the way back, so stopped at the entrance to Mauna Kea Bay to wait. Looking out toward the open sea, I saw a snorkel heading toward me. Then, I realized there were no snorkelers out beyond me! It was a fin! I panicked. I had already had one encounter with a 6 foot reef shark, and wasn't looking forward to any more such events. When I saw the second fin about 6 feet to the right though, I thought it must be a Manta Ray. I watched nervously underwater as the great grey body turned away and headed north. Mike and Tom had caught up with me by now, and we all enjoyed the view.

Thursday morning, we made the swim again in reverse order. Megan joined us for this trip. There were a few more waves, and the water wasn't quite as crystal clear, but it was still exhilarating to swim in to shore after a good workout with family and friends. One of the early morning sunbathers laughingly asked us if we had swum over from Maui. Saturday morning was to be our final swim before we headed home, but a rainstorm had attracted tiger sharks into the bay, so I headed home still wanting to do more ocean swimming.



Back to 2010. Sunday morning, I met Mike Tennant again, along with Jim and Ed at Mauna Kea, and we made the swim to Hapuna and back. It was everything I remembered, even including a smaller manta ray, or possibly a spotted eagle ray. This year, I was attending a conference Monday through Wednesday, so I had to content myself with swimming laps around the smaller bay just south of the hotel. There were still multitudes of fish, and it was warm, sunny, and peaceful. Thursday morning we would plan to swim Mauna Kea to Hapuna again. As the week progressed, the swells were steadily bigger and the surfers were happy, but our planned swim seemed less likely. My friend Ola, a native Hawaiian from the area, advised there would be strong currents around the point. I'm a strong swimmer, but in the battle of strong swimmer vs. strong currents, strong currents would win, and since I didn't want to make a solo crossing to Maui, the swim was cancelled. To make up for it, we went paddling in a 6 man outrigger canoe. What a blast that was! Our team was guided by Rick, and we clearly had the best canoe of the 3 that launched that morning. As Mike told me, "It's not really a race, but when we are paddling alongside another canoe, we're going to go as fast as we can." The other canoes quickly learned to avoid us, so as to avoid a showdown.

Friday, the seas were becoming calmer and we swam laps in Hapuna Bay, and made plans to swim the Ironman course in Kona Saturday morning. This was a 45 minute drive south, so we would have to leave early. Unfortunately, I developed a fever in the night, and wasn't able to get up Saturday morning. It was very disappointing, as we had spent Thursday night at dinner talking about this swim and getting excited.

So the Ironman swim makes my bucket list, and now I'm back at home looking out at snow, looking forward to my next Hawaiian vacation. (And maybe some snow skiing in the meantime.)

Health Benefits of Water-Based Exercise

Continued from page 3

⁷ Westby, M.D. 2001. A health professional's guide to exercise prescription for people with arthritis: a review of aerobic fitness activities. *Arthritis Care and Res.* 45(6): 501-11.

⁸ Hall, J., Skevington, S.M., Maddison, P.J., and Chapman, K. 1996. A randomized and controlled trial of hydrotherapy in rheumatoid arthritis. *Arthritis Care Res.* 9(3) 206-15.

⁹ Bartels EM, Lund H, Hagen KB, Dagfinrud H, Christensen R, Danneskiold-Samsøe B. 2007. Aquatic exercise for the treatment of knee and hip osteoarthritis. *Cochrane Database of Systematic Reviews.* 4: 1-9.

¹⁰ Berger, B.G., and Owen, D.R. 1992. Mood alteration with yoga and swimming: aerobic exercise may not be necessary. *Percept Mot Skills.* 75(3 Pt 2): 1331-43.

¹¹ Tomas-Carus, P., Gusi, N., Hakkinen, A., Hakkinen, K., Leal, A., and Ortega-Alonso, A. 2008. Eight months of physical training in warm water improves physical and mental health in women with fibromyalgia: a randomized controlled trial. *J Rehabil Med.* 40(4): 248-52.

¹² Gowans, S.E. and deHueck, A. 2007. Pool exercise for individuals with fibromyalgia. *Curr Opin Rheumatol.* 19(2): 168-73.

Potpourri

The January One Hour Postal event is over. Now all Oregon swimmers need to make sure they register for the event and send in their results, so Oregon can be eligible for an award; hopefully 1st place. Your event results are to be sent in electronically or by mail. The recorded distance (total yards swum) that you submit determines the order of finish.

This year's One-Hour Postal National Championships was hosted by the Tualatin Hills Barracudas.

Below-the-knee amputee Amy Palmiero-Winters, 37, finished first, ahead of all the men and women, at the Run to the Future 24-Hour race in Glendale, Arizona, on December 31 and January 1. The Hicksville, N.Y. resident covered 130.4 miles to win by 14 miles as well as earning a spot on the World 24-Hour team. The 2009 Sullivan Award winner, who has a custom-made prosthetic lower limb, was a high school track and swimming star whose left leg was crushed in a 1994 motorcycle accident. After amputation and a decade of rehabilitation, she became a triathlete, marathoner and ultramarathoner.

Get your USMS embroidered Chammyz at a fraction of the retail price with an exclusive USMS offer of \$59.99 (plus embroidery). Chammyz are available in ten different colors and five different sizes so you can find comfort in whatever style that fits you. (www.usms.org)

The online version of the 2011 USMS Rule Book is available. (www.usms.org)

Final Top 10 List for 2010 LCM season is available. An attractively formatted version of the entire list for LCM 2010 is available as a download that is suitable for printing. (www.usms.org)

¹³ Hartmann, S. and Bung, P. 1999. Physical exercise during pregnancy—physiological considerations and recommendations. *J Perinat Med.* 27(3): 204-15.

¹⁴ Mactavish, J.B. and Schleien, S.J. 2004. Re-injecting spontaneity and balance in family life: parents' perspectives on recreation in families that include children with developmental disability. *J Intellect Disabil Res.* 48(Pt 2): 123-41.

¹⁵ Sato, D., Kaneda, K., Wakabayashi, H., and Nomura, T. 2007. The water exercise improves health-related quality of life of frail elderly people at day service facility. *Qual Life Res.* 16: 1577-85.

¹⁶ Rotstein, A., Harush, M., and Vaisman, N. 2008. The effect of water exercise program on bone density of postmenopausal Women. *J Sports Med Phys Fitness.* 48(3): 352-9.

Maximizing Recovery

by the Professionals at Hammer Nutrition,
Steve Born & Laura Lee LaBelle

Training causes physical stress and depletion. Recovery is when adaptation to that stress occurs; it involves improvements in muscle tissue rebuilding, glycogen storage, and immune system functioning. After a hard swim practice your body is basically saying, "If there's another workout like this tomorrow, I'd better be prepared."

It's up to you to provide the nutrition your body is crying out for, and when you do give your body what it needs as soon as possible after a swim workout or race, it will respond wonderfully in the following ways:

- Your body will be able to store more and more of a premium, ready-to-use fuel known as muscle glycogen.
- You will strengthen, not weaken, your immune system.
- You will "kick start" the rebuilding of muscle tissue.

Bottom line: You can really give yourself a major advantage in all of your swim practices, and especially on race day, if you'll take the time to put some quality nutrition into your body as soon as possible after all of your workouts.

What to Do

Replenish

Replenish your body with complex carbohydrates within the first 60 minutes after all of your workouts - When you begin a swim practice or race, the primary fuel your body uses for the first 60-90 minutes or so is known as muscle glycogen. You've got a finite amount of this premium fuel, but its importance can't be overstated. In fact, several studies have shown that the pre-exercise muscle glycogen level is the most important energy determinant for exercise performance. Needless to say, to have a good swim workout or race, you need to start with a full load of muscle-stored glycogen; athletes who have more of this readily available fuel in their bodies have a definite advantage. The good news is that you can substantially increase your glycogen storage capacity through the process of training and replenishing. Here's how:

Along with insulin, which regulates blood sugar levels of ingested carbohydrates, an enzyme known as glycogen synthase converts carbohydrates from food into glycogen and stores it in muscle cells. This also drives the muscle repair and rebuilding process. However, to maximize the recovery process, you need to take advantage of glycogen synthase when it's most active. Carbohydrate replenishment as soon as possible after exercise, when the body is most receptive to carbohydrate uptake, maximizes both glycogen synthesis and storage. Glycogen synthesis from carbohydrate intake takes place most rapidly the first hour after

exercise, remains fairly active perhaps another hour, and then occurs at diminished levels for up to 4-6 hours longer. Researchers at the University of Texas at Austin demonstrated that glycogen synthesis was highest when subjects were given carbohydrates immediately after exercise.

Bottom line: Your swim workout or race truly isn't over, not until you've put some high-quality carbohydrates back into your body as soon as possible after their completion. Give post-workout refueling as much importance as what you do in the actual swim practice or race and you will most assuredly reap noticeably positive benefits.

Include Protein

Be sure to include protein, along with complex carbohydrates, in your post-workout/race fuel or meal. Carbohydrate intake promotes many aspects of post-exercise recovery, but it can't do the job alone; you need protein as well. Protein in your post-workout fuel provides these benefits:

- Raw materials to rebuild stressed muscles - Whey protein isolate is the premier protein source of the three branched chain amino acids (BCAAs - leucine, isoleucine, valine) used for muscle tissue repair.
- Enhanced glycogen storage - Numerous studies have shown that the consumption of carbohydrates plus protein, versus carbohydrates alone, is a superior way to maximize post-exercise muscle glycogen synthesis.
- Immune system maintenance - We strongly recommend whey protein isolate, with its high levels of amino acids that spur the production of glutathione, arguably the most potent antioxidant there is.

Resupply Vitamins and Minerals

Resupply your body with vitamins, minerals and (especially) antioxidants - After a tough workout or race your body is begging for nutrient support. You've depleted it, now you must replenish!

As important, if not more so, however, is the consumption of a wide variety of antioxidants, which help protect the body from the damaging effects of free radicals. Free radicals (of which there are several types) are unstable atoms or molecules, usually of oxygen, containing at least one unpaired electron. Left unchecked, free radicals seek out and literally steal electrons from whole atoms or molecules, creating a destructive chain reaction. Excess free radicals, in the words of one nutritional scientist, "are capable of damaging virtually any biomolecule, including proteins, sugars, fatty acids, and nucleic acids."

Those words should sound the alarm bells loud and clear, because as a swimmer you consume huge amounts of oxygen and metabolize far greater amounts of calories than a sedentary person does. This means

that you're generating free radicals on the order of 12-20 times more than non-athletes! During periods of peak swim training periods and racing stress, free radical production increases even more. While the benefits of your swim training sessions and races far outweigh the potential negatives caused by free radicals, excess free radical production and accumulation, if not properly resolved, may very well be a swimmer's worst foe. The human body can oxidize and decay, like rusting steel, from excess free radical production. Not only can this negate everything that you've worked so hard to achieve in your swim training, but it can also result in severe consequences to your overall health.

Summary

Remember, how well you recover today greatly determines how well you'll perform tomorrow. The fact

is that swimmers who attend to the recovery process as much as they do to active training have a distinct advantage over those who disregard or neglect it. Therefore, if you want to reap the benefits out of all the time and energy you put into your training, as soon as possible after you finish your workout—ideally within the first 60 minutes—it's crucial for you to replenish your body with adequate amounts of complex carbohydrates, whey protein isolate, and supplementary vitamins, minerals, and a wide variety of antioxidants.



Hammer Nutrition's Recoverite (or Hammer Whey + a quality carbohydrate source), Premium Insurance Caps, Race Caps Supreme, Mito Caps, Super Antioxidant, and AO Booster will fulfill these requirements in superb fashion.



Records Compilation

by Stephen Darnell

Since we are now entering SCY competition season, I compiled a list of the swimmers who currently hold the most individual Oregon SCY records. It is organized by number of records, name, and the year of each swimmer's longest-surviving record.

WOMEN

- 25 Lavelle Stoinoff (1988)
- 18 Eva Muller (1996)
- 17 Pauline Stangel (1998)
- 15 Joy Ward (1999)
- 14 Ginger Pierson (1986)
- 14 Valerie Jenkins (2002)
- 11 Margaret Wells (1998)
- 10 Collette Crabbe (2002)
- 09 Lauren Thies (2006)
- 09 Karen Andrus-Hughes (2002)
- 07 Barbara Frid (2002)
- 07 Arlene Delmage (2006)
- 07 Hilda Buel (2004)
- 06 Gracie Goddard (1991)
- 05 Robin Parisi (2002)
- 05 Michelle Donahue (1992)
- 04 Martha Keller (1982)
- 04 Cathy Imwalle (2005)
- 04 Mary Sweat (2006)
- 04 Sara Quan (2002)
- 04 Ellen Ferguson (1993)
- 04 Shannon Corbeau (2010)
- 04 Heather Blair (2010)
- 04 Cara Hafner (2002)

MEN

- 22 Robert Smith (1988)
- 18 Andrew Holden (1991)
- 18 Dennis Baker (2001)
- 16 Greg Latta (1999)
- 13 David Radcliff (2005)
- 12 Tom Landis (2002)
- 11 Willard Lamb (2007)
- 08 Gerald Huestis (1990)
- 08 Steve George (1999)
- 08 John Keppeler (1991)
- 07 Stephen Kevan (2006)
- 07 Allen Stark (2004)
- 06 Milton Marks (2001)
- 06 Patrick Allender (1999)
- 05 Curtis Taylor (2000)
- 05 Bill Zolna (1997)
- 05 Jeff Stiling (1995)
- 04 Bert Petersen (2001)
- 04 Chris Hiatt (2006)
- 04 Steve Johnson (1998)
- 04 James Corbeau (2009)
- 04 Michael Burton (2000)

Dear February Fitness Participant

This year marks the 20th Anniversary of the FFC, and we invite you to join the 2011 February Fitness Challenge! We hope you will have a successful and rewarding month of swimming as we celebrate 2 decades of swimming. Our numbers have fallen off in the last few years, but this anniversary year is a great time for all of you to rejoin us for this challenging month of swimming. Please talk up the FFC and encourage some new swimmers to take the Challenge! We have several exciting new ideas to tell you about.

1. First, two gifts from the Barracudas: One, enjoy the Bookmark that is part of this mailing. Two, this year only, the Yardage Challenge and the Day Challenge are both included in your \$10 dollar entry fee. As a Thank You for 20 years of the FFC, the Barracudas dropped the second \$5 fee for the Day Challenge. Your \$10 fee automatically enters you in both Challenges and you are eligible for all the Awards in both the Yardage and the Day Challenges. Go for it!
2. Big News! This year for the first time you can do everything online if you wish. You can enter, log your yardage and pay your fees. Payment will be handled by Google Checkout, so your personal and financial information will be totally secure. Go to (www.eregisterexpress.com/app/ffc/1192002/) and follow their instructions. The company charge for using their internet service is 40 cents for processing and 4% of the cost. Your \$10 entry would have a 40 cent processing fee added and the 4% would add another 40 cents. So the total cost of entering online would be \$10.80. These same fees will also automatically be added to T shirts and caps if you order them online.
3. The mail-in procedures are the same as always. We welcome your entries either way.
4. We will continue the procedure we began several years ago. You can miss any one day and still be eligible for the Gold Day Pin. In the past we have noticed that many of you have had a snow closure or some other real good reason for missing a day. We have you covered this year and 27 or 28 days will earn the Gold Pin for anyone entered in the FFC.
5. We believe that consistency is one of the keys to a successful February Fitness Challenge. Therefore, we are continuing our Silver Day Pin Award. To earn this Silver Pin you must average 5 days a week (20 - 26 days). This Award is for anyone who does the required number of days. It has nothing to do with total yardage but everything to do with being consistent.
6. Again this year the Barracudas will give a special 100,000 yard pin to every participant who swims at least 100,000 yards. 100,000 yards is a major goal for many swimmers. You do not have to sign up for this pin. It is a gift from us and our way of saying thank you and congratulations for an outstanding effort.
7. Jon, our "Data Pro", has enhanced his Excel spreadsheet to help you keep track of your yardage this year and it also can be used as your entry. Go to our website (<http://www.barracudas.org/>) to download this helpful spread sheet. Click under February Fitness Challenge on our home page to locate the Excel spreadsheet. Those of you who use this spreadsheet are welcome to mail it as your entry form rather than filling out the attached entry form. Use the tabs at the bottom of the Excel Spreadsheet and click on Tracking. As you fill in the Tracking Form during February it will automatically fill in your totals on the Entry Form. At the end of February click on Entry Form and fill in the personal data and then print the Entry Form and mail it in. This will help you and it will really help us.
8. Our Graphic Designer has designed a special T-shirt for this 20 year celebration. It features our celebrating frog swimming through 20 years. This large four color design (Red, Blue, Green and Black) will be on the back of a natural colored T shirt. The front of the T shirt will have a small blue design on the left chest. The front and back design adds \$1 to the cost of the shirts. Pictures of the design are available on the Barracuda website (<http://www.barracudas.org/>).

20 years!
February Fitness Challenge
Since 1992

Again for 2011: Mailing costs continue to be the big "challenge" for the Barracudas. To help us out we are offering this deal. For any team with 10 or more entrants we will give a free T shirt to the "Team Distributor". All of the individual mailing envelope packages will be packed in one large box. This box will be mailed to the "Team Distributor", who in turn will hand out the envelopes (each clearly marked with the name of the swimmer) to their team mates at their home pool. For teams of 5 - 9 members we will give a free FFC swim cap. If you are willing to be the "Team Distributor" for your team please contact me by email. My email is listed below. Thanks and let's have another great Challenge.
Dave Radcliff - February Fitness Challenge Director dave5832@gmail.com or dave@theradcliffs.com



February Fitness Challenge
Always a challenge Always rewarding

Eighth Annual Animal Masters Meet

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

Eligibility: Currently registered USMS swimmers, 18 years and older.
Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #371-02



Location: Canby Municipal Pool
1150 S Ivy
Canby, Oregon 97013
5 lanes competition-electronic timing
1 lane continuous warm-up/down lane

Date: Sunday, February 13, 2011

Positive Check-in at Clerk of Course: 3PM
Warm-ups: 2:30PM
Meet Starts: 3:30PM

Hosted by: Canby Swim Club "The GATORS"

Meet Director: Shelly Hester • Phone: 503-263-8813 • Email: hestershelly@canby.com.

Directions to the pool: **Southbound-** I-205 South to Exit 9 (99E, Oregon City, Gladstone), turn left onto HWY 99E (Oregon City, Canby), continue south on 99E, turn left on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center • **Northbound-** I-5 North to Exit 278 (Aurora), turn right on Ehlen Rd and follow into Aurora, turn left onto 99E, drive North into Canby, turn right on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center

Lodging: Holiday Inn Wilsonville, 24525 SW 95th Ave, Wilsonville (North Wilsonville exit off I-5) 503-682-2211

Ask for the Canby Swim Club preferred rate.

You can also register on line at https://www.ClubAssistant.com/club/meet_information.cfm?c=1352&smid=2763

Swimmers will receive one basic Heat Sheet upon completion of final seeding.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR 2011 USMS REGISTRATION CARD OR 2011 REGISTRATION FORM WITH THIS ENTRY
ENTRY DEADLINE: POSTMARK NO LATER THAN Friday, January 28, 2011

✂ FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY ✂

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____
PHONE _____
E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____
2011 USMS # _____
USMS CLUB (OREG, SWMS, PNA, ETC) _____

TWO OPTIONS: Enter meet only (no T-shirt) **OR** Enter meet and receive a *cool* T-shirt
(If entry is received after January 12th, a T-shirt is not guaranteed).

Trophy for lowest cumulative Male and Female times for each session. Chose **only one:** Sprint, Animal or Animal Grand

Animal Sprint Masters

100 I.M. (1-2) _____ : _____ . _____
50 FLY (7-8) _____ : _____ . _____
200 FREE (13-14) _____ : _____ . _____

All swimmers must enter above 3 events to be scored for an award. Times are cumulative. Slowest time of all swimmers plus 5 seconds for Disqualifications. Slowest time of all swimmers plus 20 seconds for no show.



Animal Masters

200 I.M. (3-4) _____ : _____ . _____
100 FLY (9-10) _____ : _____ . _____
500 FREE (15-16) _____ : _____ . _____

All swimmers must enter above 3 events to be scored for an award. Times are cumulative. Slowest time of all swimmers plus 15 seconds for Disqualifications. Slowest time of all swimmers plus 60 seconds for no show.

Animal Grand Masters

400 I.M. (5-6) _____ : _____ . _____
200 FLY (11-12) _____ : _____ . _____
1000 FREE (17-18) _____ : _____ . _____

All swimmers must enter the 3 events to the left to be scored for an award. Times are cumulative. Slowest time of all swimmers plus 30 seconds for Disqualifications. Slowest time of all swimmers plus 2 minutes for no show.

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training & competition), including possible permanent disability or death, and agree to assume all those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOSTS FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE _____ DATE _____

Shirt size (circle) S M L XL 2XL

MEET ENTRY FEE: WITH T-SHIRT \$30.00 OR WITHOUT T-SHIRT \$18.00
MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.

MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO BOX 1072, CAMAS, WA 98607-1072



February Fitness Challenge 2011

February Fitness Challenge
Always a challenge Always rewarding

Host: Tualatin Hills Barracudas, Beaverton, Oregon

Purpose: To promote fitness through aquatics by encouraging participants to visit the pool regularly and to track results over a monthly period.

Rules & Eligibility: Use of training aids and equipment **IS** permitted. You must be at least 18 years of age.

Three Challenges: We have three challenges: 1) count your yardage; 2) count your days; and 3) count the number of people in your group.

Group Participation: Group Participation Awards, please (when possible) send entries together, in one packet, to the Barracudas. Please specify the group name and contact person. There is no additional fee.

Recording Results / Excel FFC Tracking Log and Entry Form: Beginning February 1, 2011, record on the form below the number of yards completed each day (for lap swim, jog-a-lap, etc.), Check the Barracuda Web Page (<http://www.barracudas.org> (click on February Fitness Challenge on the Menu Bar) for a special February Fitness Challenge Excel Tracking Log and Entry Blank which can be downloaded.

Online Entry: Big News! This year for the first time you can do everything online if you wish. You can enter, log your yardage and pay your fees. Payment will be handled by Google Checkout, so your personal and financial information will be totally secure. Go to (www.eregisterexpress.com/app/ffc/1192002/) and follow their instructions. There is a company charge for using their internet service. It is 40 cents for processing and 4% of the cost. Your \$10 entry would have a 40 cents processing fee added and the 4% would add another 40 cents. So the total cost of entering online would be \$10.80. These same fees will also automatically be added to T shirts and caps if you order them online.

Conversions: To convert meters to yards for yardage counting please multiply your meters by 1.0936 or go to <http://www.calculateme.com/Length/MetersToYards.htm>

Monthly Totals: At month's end, add daily results to obtain monthly total. **Caution:** Use caution when attempting to improve fitness level. Increases in activity should be gradual over an extended period. If you have any questions or concerns, please consult your physician.

Age Groups: 18-24, 25-29, 30-34...etc., (in five-year increments). Age is determined by your age on February 28, 2011.

Awards & Results: All participants receive final results and an achievement certificate if requested. For the Counting Yardage Challenge, the three female and three male swimmers in each age group with the highest monthly yardage totals receive awards. For the Counting Days Challenge a special Gold FFC pin will be given to swimmers who swim 27/28 days. A Silver FFC pin will be given to swimmers who swim 20 - 26 days. Please allow at least 8 weeks after deadline for mailing of results and awards.

100,000 Award: The Barracudas will be giving a complimentary FFC pin to any swimmer who swims at least 100,000 yards during the Challenge.

Group Awards: The top three groups with the largest number of participants will receive special awards.

Entry Fee: \$10.00 - This enters you in both the Counting Yardage and the Counting Days Challenges as a special 20th Anniversary celebration.

T-Shirts & Caps: \$17.00 for short sleeve, 100% cotton T-shirts, with the 2011 Fitness Frog Logo on the front and back. Custom Latex swim caps with the 2011 frog logo are available for \$5.00.

Entry Deadline: Entries must be RECEIVED by March 11, 2011. Late entries will not be accepted.

Entry Procedure: Send form below and fees to:

February Fitness Challenge
16055 SW Walker Road #126
Beaverton, Oregon 97006

e-mail: dave@theradcliffs.com or dave5832@gmail.com

web page: <http://www.barracudas.org>

International Entries: \$10.00 additional postage fee required; mail early to ensure arrival by entry deadline.

February Fitness Challenge 2011: Entry Form (please use a return mail label for name/address /or PRINT clearly)

NAME _____ AGE(as of 2/28/11) _____ SEX _____
 ADDRESS _____ CITY _____ STATE _____
 ZIP _____ COUNTRY _____ PHONE _____
 E-MAIL _____ NAME OF GROUP _____

RESULTS: Electronic results via email address listed above Achievement Certificate: Yes I want one sent to me No
 Paper results via US Postal Medals (1st, 2nd, 3rd): Yes I want one sent to me No
 (Results will be sent electronically if neither box is checked) Pins (Days / 100,000): Yes I want them sent to me No

Yards/Days	Yards/Days	Yards/Days	Yard/Days
Tues Feb 1 _____	Sat Feb 12 _____	Wed Feb 23 _____	Sat Feb 26 _____
Wed Feb 2 _____	Sun Feb 13 _____	Thu Feb 24 _____	Sun Feb 27 _____
Thu Feb 3 _____	Mon Feb 14 _____	Fri Feb 25 _____	Mon Feb 28 _____
Fri Feb 4 _____	Tues Feb 15 _____		
Sat Feb 5 _____	Wed Feb 16 _____		
Sun Feb 6 _____	Thu Feb 17 _____		
Mon Feb 7 _____	Fri Feb 18 _____		
Tues Feb 8 _____	Sat Feb 19 _____		
Wed Feb 9 _____	Sun Feb 20 _____		
Thu Feb 10 _____	Mon Feb 21 _____		
Fri Feb 11 _____	Tues Feb 22 _____		

MONTHLY TOTALS = _____ YDS _____ DAYS

Signature: _____ Date _____

(I attest that the above results are accurate and true)

Fees:	Entry Fee	\$10.00	(required)
	(enters you in both yardage and day challenges)		
	T-Shirt _____ x	\$17.00	(optional)
	(XXL T Shirt add \$2 dollars)		
	Circle T-shirt size (s):	S M L XL XXL	
	Swim Cap _____ x	\$5.00	(optional)
	International Fee	\$10.00	(Outside US)
Total:	_____ (US funds only)		
(Please make checks payable to Tualatin Hills Barracudas)			

PRE-ASSOCIATION BLAST YARDS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #371-03

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

Swimmers must submit a copy of their 2011 card and unregistered swimmers must submit a 2011 registration form and fee with this entry.

Location: Mt. Hood Community College
26000 SE Stark
Gresham, Oregon
8 lanes competition, elec. timing.
Separate area for warm-up/down

DATE: Sunday, March 13, 2011

WARM-UPS AT 8AM
MEET STARTS AT 9AM

Meet Director: Dennis Baker • 503-679-4601 • bakeswim@yahoo.com

Directions to the pool: Take I-84. Use Exit 17. Follow Frontage Road to 257th and take a right. Follow 257th past Stark St. to 17th St. and take a left. Take the first left after the soccer field and left again into the aquatic center parking lot.

ALL REGISTERED MASTERS SWIMMERS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARKED BY FRIDAY, FEBRUARY 25, 2011



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY



NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____
PHONE _____
E-MAIL _____

BIRTHDATE _____ AGE ____ SEX ____
2011 USMS # _____
USMS CLUB (OREG, SWMS) _____

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 95+. YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS. THE 1000 FREESTYLE & 400 IM WILL BE DECK SEEDED. CHECK IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS IS TO BE SWUM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

Sunday, March 13, 2011

400 IM (1) _____ : _____ . _____
break
50 FLY (2) _____ : _____ . _____
200 BACK (3) _____ : _____ . _____
100 FREE (4) _____ : _____ . _____
100 IM (5) _____ : _____ . _____
break
50 BACK (6) _____ : _____ . _____
200 FLY (7) _____ : _____ . _____
100 BREAST (8) _____ : _____ . _____
break
500 FREE (9) _____ : _____ . _____

50 FREE (10) _____ : _____ . _____
200 BREAST (11) _____ : _____ . _____
100 FLY (12) _____ : _____ . _____
200 IM (13) _____ : _____ . _____
break
50 BREAST (14) _____ : _____ . _____
200 FREE (15) _____ : _____ . _____
100 BACK (16) _____ : _____ . _____
break
1000 FREE (17) _____ : _____ . _____

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training & competition), including possible permanent disability or death, and agree to assume all those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOSTS FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$18.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO BOX 1072, CAMAS, WA 98607-1072

2011



Looking Ahead . . .

Date	Course	Meet	Location
*February 13	SCY	Canby Animal Meet	Canby, OR
https://www.ClubAssistant.com/club/meet_information.cfm?c=1352&smid=2763			
*March 13	SCY	Pre-Association Blast	Gresham, OR
April 1 - 3	SCY	OMS Association Championships	Gresham, OR
April 9-10	SCY	NW Zone Championships	Federal Way, WA
April 28 - May 1	SCY	USMS Spring Nationals	Mesa, AZ
May 15	SCM	Hood River	Hood River, OR
June 12	LCM	Corvallis	Corvallis, OR
July 16-17	LCM	Gil Young Meet	Gresham, OR
August 3 - 6	LCM	USMS Summer Nationals	Auburn, AL
Sept 10-11	SCM	LaCamas Patriot Games	Camas, WA

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

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

Board Meeting Schedule

(Location to be announced)
 February 20, 2011 (Sunday), 6 PM



2011 Open Water Race Schedule

(as of January 1, 2011)



Date(s)	Days/Event/Venue	OR Location	Host	Event Director	Swims	Category
Sat 21 May ?.. 1	Tualatin Hills Pool	?	THB	Tim Cespedes	Open Water Clinic	xx
Sun 22 May ?.. 1	Hagg Lake	Forest Grove			800-meter	Qualifying
					2000-meter	Featured
					4000-meter	Featured
Sat 18 Jun 1	Lincoln City Pool	Lincoln City	LCM	Jason Garding	Beginning Open Water Clinic	xx
Sun 19 Jun 1	Devils Lake				3000-meter (with 800-meter)	Featured
					800-meter (with 3000-meter)	Qualifying
					1500-meter (with 400-meter)	Featured
					400-meter (with 1500-meter)	Qualifying
Sat 2 Jul 1	Foster Lake	Sweet Home	COMA	Bob Bruce	2-mile cable	Featured
					1-mile cable (Nat'l Champs)	Featured
Sat 16 Jul 2	Applegate Lake	Ruch	RVM	Nate Sanford	1500-meter	Featured
					3 x 500-meter Pursuit Relay	Participation
Sun 17 Jul					5000-meter (with 10,000-meter)	Qualifying
					10,000-meter (with 5000-meter)	Featured
Fri 29 Jul 3	Cascade Lakes Swim Bend		COMA	Bob Bruce	3000-meter	Qualifying
Sat 30 Jul	Series & Festival at Elk Lake				500-meter Time Trial	Qualifying
					1500-meter	Featured
Sun 31 Jul					5000-meter	Featured
					1000-meter	Qualifying
Sun 14 Aug 1	Cottage Grove Lake	Cottage Grove	EA	Steve Johnson	1500-meter (Ass'n Champs)	Featured
					1000-meter Equipment	Featured
					500-meter Kick	Qualifying
Sat 20 Aug 1	Eel Lake	Lakeside	NCAT?	Karen Matson	3000-meter	Featured
					500-meter	Participation
					1500-meter	Featured

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