



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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## “Swimming for Life”

### Spring Meters Meets Popular with Swimmers

by Charlie Helm

Swimmers were treated with a short course meters meet in Hood River and the first long course meters event of the year in Corvallis after the winter yards season recently concluded. Around 80 swimmers made the trip to Hood River on May 15<sup>th</sup> for their annual SCM meet. Our excellent hosts, the Columbia Gorge Masters, made us feel right at home by having the Portland rainy weather make the trip up the Gorge as well. Many swimmers made the extra effort to improve on their best SCM personal records (PRs) since there are so few short

course meters meets this year. Several relays broke some existing records as well, so a fun time was had by all. Afterwards, many continued the OMS tradition of going together to one of the local eateries suggested by our hosts to celebrate another fun meet.



June 12<sup>th</sup> found us in Corvallis for the Long Course Meters Start of Summer & Pentathlon Meet. Some swimmers just swam their favorite events while others went for the challenge of the pentathlon events: the sprint, the mid-distance, and the long-distance. As is common with the first long course meet of the year, many of us found ourselves stopping halfway down the pool during warm ups to see “where the heck is the wall?!!” By the time the meet started, the swimmers had reluctantly accepted this wasn’t their normal short pool. Once again, many swimmers were looking to break their PRs since there are so few LCM events each year. As the morning went on, many of us became aware of those doing the pentathlon events (50s, 100s, or 200s of all four strokes plus the 100, 200, and 400 IM) and were wondering where all the crazy swimmers were from? At the end of the meet, the five men and women who completed the long-distance pentathlon seemed to have the biggest smile (or was it a painful grimace?) on their faces. Actually the sprint and middle-distance pentathlon swimmers had that look, too, but perhaps not as intense as the distance swimmers. As always, our hosts and volunteers in Corvallis gave us a fun event in which to compete.



#### What’s Inside

<b>Chair’s Corner</b> .....	2
<b>Off The Block</b> .....	3
<b>Fitness</b> .....	4
<b>Shake &amp; Swim</b> .....	5
<b>Long Distance Swimming</b> .....	6
<b>Results:</b>	
<b>OMS Swimmers at USMS Nationals</b> .....	7
<b>Hood River Meet</b> .....	9
<b>Corvallis Meet</b> .....	12
<b>Articles:</b>	
<b>SWMS Club Report/Swim Bits</b> .....	14
<b>Earl Walter’s Birthday Party</b> .....	15
<b>Suits for Workouts</b> .....	17
<b>Swimmer Spotlight</b> .....	18
<b>My Inspirational Friend</b> .....	19
<b>Roy Webster Columbia River Swim</b> .....	20
<b>Entry Forms:</b>	
<b>Foster Lake (OW)</b> .....	21
<b>Gill Young (LCM)</b> .....	23
<b>Applegate Lake (OW)</b> .....	24
<b>Cascade Lakes (OW)</b> .....	26
<b>Cottage Grove (OW)</b> .....	28
<b>Eel Lake (OW)</b> .....	30
<b>Schedule of Events</b> .....	Back Cover

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# Chair's Corner

by Jeanne Teisher

## What's the difference between the LMSC and a Club — and why do we care to know?

If you've been a Masters swimmer for any length of time, you know that the governing body is United States Masters Swimming (USMS). The next governing level is the Local Masters Swimming Committee, also known as the LMSC, which is Oregon for us. The next level is the Club. The Oregon LMSC has three clubs — University of Oregon Swim Club (DUCKS), Oregon Masters (OREG), and Southwest Washington Master Swimmers (SWMS). Many of us who are members of Oregon Masters (the club) often confuse the club with the LMSC which we often call Oregon Masters as well. 'Teams', e.g. Tualatin Hills Barracudas, Oregon Reign, Central Oregon Masters have no formal recognition within USMS, but serve our purposes for camaraderie and team scoring at Association champs.

Why is this even remotely interesting? Because recently we were informed that the IRS requires that funds from LMSCs and Clubs cannot be co-mingled. For many years here in Oregon we have acted as if the Oregon LMSC and Oregon Masters club were one and the same, i.e. we do not have bylaws for the Oregon Masters club, nor officers, or a separate checking account. So recently, the Oregon LMSC Board has been working to determine how funds should be separated for the Oregon LMSC and the Oregon Masters club, writing Oregon Masters club bylaws and standing rules, and preparing for an election of officers.

There is still much work to do, but I wanted you to be aware of the changes that are happening in your LMSC. Bottom line — it won't appear to change anything about how you sign up for one of the three clubs, how you sign up for your local team, or how you swim at a meet. There will, however, be the formation of an Oregon Masters club so that we can abide by IRS regulations.

More information will be coming at a future date. If you have any questions regarding this change or have any interest in becoming an Oregon Masters club officer, please feel free to contact any of your board members or the sub-committee that has been working on this particular project (Sandi Rousseau, Mark Braun, and me).

Swimmingly yours,

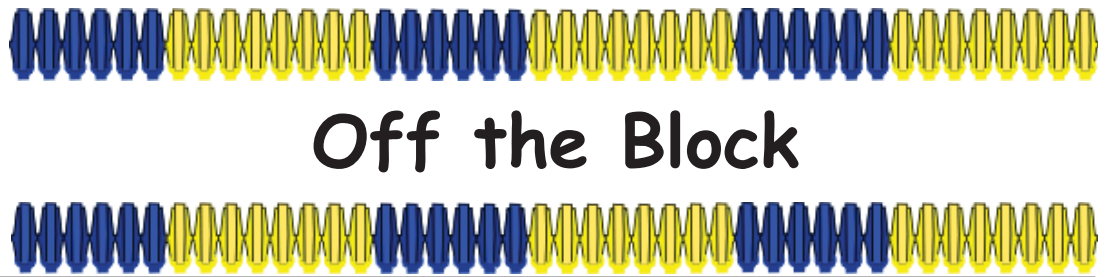
Jeanne

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

Send address changes to [Susie Young](mailto:Susie Young)

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## Off the Block

### Cramping – What a Pain! (but one that can be avoided)

by Steve Born, Fueling Expert – Hammer Nutrition

Science has a number of theories as to why muscle cramps occur; however, no definitive answers have been given. That's a real drag because, of the potential performance-inhibiting issues involved in swimming, arguably nothing can stop you in your tracks quicker than a full-fledged muscle cramp.

Cramping, of course, can affect all athletes in all sports but I'm convinced that swimmers may have an even greater potential for this unpleasant malady to occur. Why? Because like a handful of other athletes (Nordic skiers, triathletes), swimmers tend to use a much wider range of muscles than other athletes (such as cyclists, for example), thus putting yourself in a position where cramping is a very realistic possibility.

#### Potential Causes

Dr. Bill Misner writes: "The general origin of muscle cramps as defined by sport scientists in human performance laboratories is not well investigated and is therefore not well understood.

Clinically, Exercise-Associated-Muscle-Cramps, or EAMCs, have several theoretical causes:

- Inherited abnormalities of substrate metabolism (metabolic theory)
- Abnormalities of fluid balance (dehydration theory)
- Abnormalities of serum electrolyte concentrations (electrolyte theory)
- Extreme environmental conditions from heat or cold (environmental theory)

Or, they simply (and without plausible explanation) "just happened."

#### Personal Observations and Solutions

In my experience, both as an athlete and in working with thousands of athletes, I have noticed

that of all the possibilities as to why cramping can occur, three main culprits stand out:

#### Too much, too strenuous, too soon

Simply put, if the muscles are not ready to take on the workload being asked of them, cramping is oftentimes one of the by-products.

**SOLUTION:** Gradually increase the duration and intensity of your workouts intelligently. If you overload the muscles via too much duration and/or intensity, not only can cramping occur, so too can injuries. Build up your workload and intensity gradually and you'll minimize or eliminate the potential for cramping.

#### Improper fluid intake

If you don't drink enough water/fluid throughout your workout and throughout the day you will find yourself in a state of dehydration, with one of the unpleasant side effects being cramping. Conversely, if you over-hydrate you will most likely suffer the same fate due to overly diluting your blood level of electrolytes (aka dilutional hyponatremia).

**SOLUTION:** During your swim workouts we suggest a fluid intake of 20-25 ounces/hour, plus or minus 3-4 ounces based on your body weight. Throughout the day, in addition to what you consume during the training session, we suggest a fluid intake (in ounces) that is equivalent to 0.5 to 0.6 of your body weight in pounds. For example, a 160-lb swimmer should aim to consume 80-96 ounces of fluids daily, in addition to what he/she is consuming during the workout.

Following this equation is more precise and individualized than the generic "drink 8 glasses of water daily" recommendation. It's the best way to maintain



# Fitness

## Tired and Overweight? (it could be your thyroid)



Trainer Helen Thurlow

I'm at the doctor's office with the list of things I'm doing right and what my body is doing wrong. This is my 3<sup>rd</sup> doctor I'm seeing in 3 years, I'm hoping she will order lab tests, but most importantly believe in me.

- Cardio workouts 4 to 5 x a week -- check
  - Strength training 2 to 3 x a week – check
  - Eating fruits and vegetables daily – check
  - Eating fish 2 to 3 x a week – check
  - Eating and drinking dairy products daily – check
  - Practicing yoga 6 x a week – check
  - Living a stress free life – I have minor stresses in my life, but none seriously – check and check
  - Sleeping 6 to 8 hours a night – use to sleep beautifully, but now... - (see what body is doing wrong)
1. Sleep like crap – wake up in the middle of night multiple times and hungry
  2. Eating a lot...4 to 5 meals a day
  3. I'm freezing, especially my hands and feet
  4. Skin super dry and wait, is that my hair thinning
  5. I'm always tired even after exercise and I take lots of naps
  6. I forgot things
  7. Menstrual change - irregular
  8. I'm gaining weight...30 lbs. of it...I know about muscle gain, but this is ridiculous

I've been going through this since I was 38 years old and my last 2 doctors told me I was going through early stages of menopause and either start taking hormones or just deal with it.

I started reading about how a gland called the thyroid that sits at the base of our necks regulates the body's metabolism; meaning it's the base camp on controlling the chemical and physical changes

in our bodies. It regulates how much oxygen our cells consume and how much energy is used. The thyroid produces 2 hormones: triiodothyronine (T3) and thyroxine (T4). To get technical T4 enters our bloodstream and converts into T3, which is carried to every tissue and organ in our bodies.

I mentioned this to the first doctor and she felt my thyroid and she stated it felt fine and no further tests are needed. I kept reading and found another doctor.

The hormones that the thyroid produces helps control your metabolism (I know I already mentioned it, but it's important), from heart rate to the number of calories you burn. Without enough of these hormones, your metabolism is forced to slow down (I think mine took a very long nap). I continued reading about the symptoms of fatigue and weight gain and called the doctor.

The second doctor also checked my sleeping thyroid and she too stated I was just fine, no further tests needed. I thought I was going crazy and needed to accept my body the way it is, but my mom kept pushing me to get another opinion. She told me I had an aunt who had a sluggish thyroid and to call another doctor.

One in 8 women will develop a thyroid disorder in their lifetime. Women, more than men are up to 20 times more likely to get the disorder, and it peaks during the 40s and well into our older years.

I'm currently 41 years old and my 3<sup>rd</sup> doctor has patiently listened to me and has even checked my thyroid. She stated, like the other doctors, that it feels fine, but because of my symptoms, especially the weight gain, she wants to get tests done. I almost fell off the exam table.

It's been a month now since I've been taking Levothyroxine (T4), a simple hormone replacement due to my hypothyroidism, and I'm one happy camper.

I was working my butt off and eating right, but I

# Shake and Swim with "Bake"

## Hand Paddles and HAND Paddles

Coach Dennis Baker



swimgraphics.com

There are many different types of hand paddles to choose from in the swimming world today. All types of swimmers can benefit from using this type of equipment. Which type or more importantly what size is best to use? I strongly feel that the larger hand paddles should be avoided by most swimmers. I have witnessed too many Freestyle techniques fall apart while using the oversized product. Arms tend to swing very wide and it is difficult to have a proper front end catch for the Front Crawl with the big ones. Paddles that fit more to the size of your hand are much more beneficial in the long run. You can keep your hands closer to your body when recovering above the water and knife the paddles in much easier to have a great front quadrant catch. If the size of your paddles is closer to the size of your hands you will have much less pressure put on your shoulders thus avoiding injury. You will still gain plenty of

strength with this size of paddle. Lastly, the smaller paddles will train your arms and HANDS to be more efficient.

Yes, your hands can be and should be your paddles! When we use the bigger paddles we tend to spread all of our fingers wide apart. This is bad training for your hands. I am not saying that you have to keep all of your fingers together; just at least two of them. Many great swimmers do. We can see many different variations of this if we look at videos of the top swimmers. Try it with your own hands! Try it with the thumb and index finger and all the other combinations you can think of. Look what happens to your palm when you do this. It makes a cup and thus you have created your own HAND paddle. While it is not necessary to have all fingers together you must have some tight together. Try this in the water and you will be well on your way to some faster swimming.

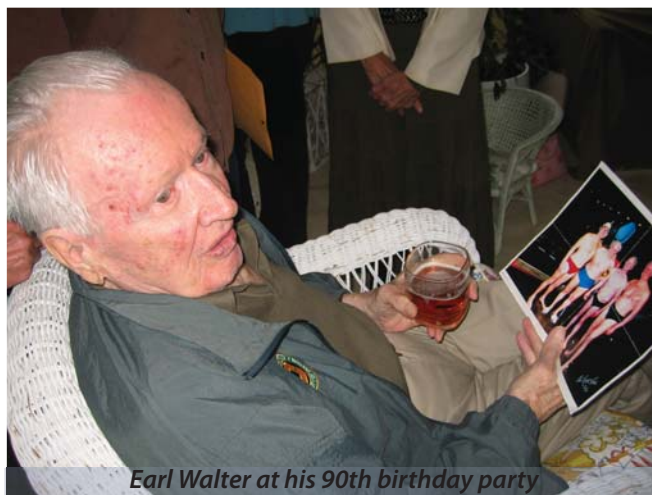
was getting nowhere, but thanks to a doctor, who believed in me, my health is now back on track. I sleep like a baby, I eat only 3 awesome meals a day, I have energy during the day, and my other symptoms are also improving. And guess what, the scale finally moved in the other direction!

Reference:

What your doctor may not tell you; balance your hormones and your life from thirty to fifty, John R. Lee, M.D., Warner Books, 1999, pg. 188

Perimenopause, Changes in Women's Health after 35, James E. Huston, M.D. and L. Darlene Lanka, M.D., New Harbinger Publications, 2001, pgs. 84 – 92 (chapter 5 entitled: The great imitator: Thyroid change can fool you)

Women's Health, Rodale Inc. June 2009, "When the scale won't budge", Jen Ator, pg. 99



Earl Walter at his 90th birthday party

**Photo Credits:** Brad Bachalus; Charlie Helm; Karen Andrus-Hughes; Fred Kawabata; Sandi Rousseau; Brent Washburne; Alice Zabudsky;



# Long Distance Swimming

Coach Bob Bruce



Summer is here! Well, sorta here, as I examine the gray sky as I write this article. But open water swimming has begun with the swims at Hagg Lake, so summer must be here. Here are a few things to think about this summer...

1. Review the variety and challenges of the 2011 Oregon open water season...

- Eight attractive venues (Wow! Our most ever!)—mountain, coastal lakes, scenic reservoirs, and the Willamette River.
- Venue formats—six single-day, one two-day, and one three-day meeting.
- Race distances—27 total swims ranging from 500-meter to 17-kilometers.
- Race courses—out-and-back to triangular to diamond to free-form to point-to-point.
- Race formats—individual-start to small group to traditional mass start.
- Novelty events—equipment to kicking to relay to dogs.
- Water temperatures—ranging from low 60s to mid 70s.
- Clinics—two great opportunities to hone your skills.
- Most importantly, the great variety of friends who will come together again this summer to swim, camp, and frolic in the fellowship that is Oregon open water swimming.

2. Open water event deadlines: Help out our local event directors and save yourself a few bucks by registering for the swims by the entry deadline. Our hosts all want to put on a great event for you—knowing how many swimmers plan to be there really helps. Although many Oregon open water events allow day-of-race entries for your convenience, they would really rather get your entry in advance to settle the event logistics. Plan ahead and git 'er done! Here's a little chart to help you:

<u>Event</u>	<u>Event Date</u>	<u>Entry Deadline</u>	<u>Late/Day-of-Race Surcharge</u>
Foster Lake.....	Saturday 2 July .....	Monday 20 June.....	No late entries permitted!
Applegate Lake .....	Saturday-Sunday 16-17 July .....	Friday 1 July .....	\$15
Bridge Swim .....	Sunday 24 July.....	Saturday 16 July .....	No late entries permitted!
Elk Lake .....	Friday-Sunday 29-31 July.....	Monday 18 July (#1).....	\$10
		Saturday 23 July (#2) .....	\$10 more!
Cottage Grove Lake .....	Sunday 14 August .....	Tuesday 2 August .....	\$10
Eel Lake .....	Saturday 20 August .....	Monday 8 August .....	\$10

3. Postal Swims: You may be tiring of my constant shilling for you to participate in the postal events, but I humbly beg your indulgence another time. The 5 & 10-km postal swims are superb fitness events, great tests of your endurance & pacing capabilities, terrific preparation for open water swimming, and national championship events in their own right. Make your arrangements at your nearest 50-meter pool and plan your swim(s). We have gotten a strong start this year, as I know of seven completed 5-km swims and seven successful 10-km swims (including my own!) completed before Memorial Day. Let me know how you do!

Good luck and good swimming!

## OMS at USMS SCY Nationals, Mesa, AZ — April 28 - May 1, 2011

W = World Record (includes National, Zone & OR)	O = Oregon Record
N = National Record (includes Zone & OR)	* = Split
Z = Zone Record, (includes OR)	

Women								
Hoffman, Lauren E, 19	50 Fr	29.87	Gettling, Janet, 62	50 Fr	30.58	Duus, Gabe G, 40	100 Br	1:09.20
Grundy, Allison G, 21	50 Fr	28.63	Gettling, Janet, 62	100 Fr	1:09.68	Duus, Gabe G, 40	50 Fly	24.48
Grundy, Allison G, 21	50 Br	37.51	Gettling, Janet, 62	50 Br	39.07	Duus, Gabe G, 40	100 Fly	56.02
Grundy, Allison G, 21	100 Br	1:20.41	Gettling, Janet, 62	100 Br	1:25.96	Duus, Gabe G, 40	100 IM	59.36
Robinson, April K, 21	50 Fly	33.01	Gettling, Janet, 62	100 Fly	1:23.79	King, Phillip J, 44	100 Bk	58.53
Robinson, April K, 21	100 Fly	1:13.58	Gettling, Janet, 62	200 Fly	3:17.61	King, Phillip J, 44	200 Bk	2:12.70
Robinson, April K, 21	100 IM	1:13.81	Stark, Carol R, 62	1000 Fr	21:18.67	King, Phillip J, 44	200 Br	2:24.10
Blair, Heather E, 25	50 Br	32.34	Stark, Carol R, 62	50 Bk	49.29	King, Phillip J, 44	100 IM	57.84
Blair, Heather E, 25	100 Br	1:09.61	Stark, Carol R, 62	200 Bk	4:24.21	King, Phillip J, 44	400 IM	4:48.98
Blair, Heather E, 25	200 Br	2:29.99 O	Ward, Joy, 68	50 Bk	36.79	Dettmer, Robert B, 45	50 Br	31.67
Blair, Heather E, 25	100 IM	1:04.84	Ward, Joy, 68	100 Bk	1:20.47 Z	Dettmer, Robert B, 45	100 Br	1:09.85
Blair, Heather E, 25	200 IM	2:18.86	Ward, Joy, 68	200 Bk	2:53.59 O	Dettmer, Robert B, 45	200 Br	2:40.35
Blair, Heather E, 25	400 IM	4:59.46	Ward, Joy, 68	50 Fly	35.42	Dettmer, Robert B, 45	100 IM	1:06.63
Gustafson, Aubree M, 30	50 Fr	26.85	Ward, Joy, 68	100 Fly	1:29.49	Corbeau, James L, 46	50 Fr	23.69
Gustafson, Aubree M, 30	50 Br	34.36	Ward, Joy, 68	100 IM	1:26.85	Corbeau, James L, 46	50 Br	26.91 Z
Gustafson, Aubree M, 30	100 Br	1:14.13	Darnold, Maryellen, 68	50 Fr	1:07.20	Corbeau, James L, 46	100 Br	1:00.49
Gustafson, Aubree M, 30	200 Br	2:45.81	Frid, Barbara, 69	50 Bk	39.13	Baker, Dennis G, 49	400 IM	4:21.83
Gustafson, Aubree M, 30	50 Fly	30.47	Frid, Barbara, 69	100 Bk	1:30.62	Hathaway, David, 50	200 Fr	1:58.90
Gustafson, Aubree M, 30	100 IM	1:07.35	Frid, Barbara, 69	50 Br	42.02	Hathaway, David, 50	500 Fr	5:26.12
Thayer, Kathleen, 31	50 Fr	34.13	Frid, Barbara, 69	50 Fly	34.87	Hathaway, David, 50	1000 Fr	11:18.49
Thayer, Kathleen, 31	100 Fr	1:02.64	Frid, Barbara, 69	100 IM	1:22.67	Hathaway, David, 50	200 Bk	2:23.72
Thayer, Kathleen, 31	500 Fr	6:04.60				Hathaway, David, 50	100 IM	1:02.91
Thayer, Kathleen, 31	100 Bk	1:11.67				Hathaway, David, 50	200 IM	2:18.00
Thayer, Kathleen, 31	200 Bk	2:34.47				Sumerfield, Bill H, 50	1000 Fr	12:07.43
Pryor, Evelyn G, 34	200 Fr	2:25.28				Sumerfield, Bill H, 50	50 Br	31.96
Pryor, Evelyn G, 34	500 Fr	6:29.08				Sumerfield, Bill H, 50	100 Br	1:11.08
Pryor, Evelyn G, 34	100 Bk	1:18.96				Peyton, Mike W, 55	50 Fr	25.55
Shindel, Marci, 37	50 Fr	27.48				Peyton, Mike W, 55	100 Fr	58.00
Shindel, Marci, 37	50 Br	33.61				Peyton, Mike W, 55	200 Fr	2:10.94
Shindel, Marci, 37	100 Br	1:14.70				Peyton, Mike W, 55	1000 Fr	12:51.91
Cooper, Cheryl, 39	50 Br	41.43				Peyton, Mike W, 55	50 Fly	29.66
Cooper, Cheryl, 39	100 IM	1:22.71				Edwards, Wes, 57	50 Bk	29.09
Watkins, Elizabeth A, 45	50 Fr	28.00				Edwards, Wes, 57	100 Bk	1:01.95
Watkins, Elizabeth A, 45	500 Fr	5:48.72				Edwards, Wes, 57	200 Bk	2:15.52
Watkins, Elizabeth A, 45	1000 Fr	11:59.93				Larson, Allen J, 58	100 Fr	1:02.18
McKenzie, Jean M, 47	50 Br	48.76				Larson, Allen J, 58	200 Fr	2:16.87
Delmage, Arlene, 48	100 Fr	58.31				Larson, Allen J, 58	1650 Fr	22:14.79
Delmage, Arlene, 48	200 Fr	2:05.23				Larson, Allen J, 58	100 Br	1:26.97
Delmage, Arlene, 48	1000 Fr	11:57.77				Cotter, Pat, 60	50 Br	33.03
Delmage, Arlene, 48	50 Fly	28.61				Cotter, Pat, 60	100 Br	1:12.07
Delmage, Arlene, 48	100 Fly	1:02.46				Cotter, Pat, 60	200 Br	2:37.64
Delmage, Arlene, 48	200 Fly	2:19.31				Cotter, Pat, 60	100 IM	1:10.77
Fox, Christina M, 50	100 Br	1:29.85				Carew, Michael P, 61	500 Fr	6:48.44
Fox, Christina M, 50	200 Br	3:16.29				Carew, Michael P, 61	1650 Fr	23:09.95
Fox, Christina M, 50	200 IM	3:01.00				Carew, Michael P, 61	50 Br	41.59
Goodman, Ann R, 51	1000 Fr	13:38.58				Carew, Michael P, 61	100 Br	1:32.37
Goodman, Ann R, 51	50 Bk	34.49				Carew, Michael P, 61	100 IM	1:25.42
Goodman, Ann R, 51	100 Bk	1:15.36				Dasch, Vern E, 61	50 Fr	25.86
Goodman, Ann R, 51	200 Bk	2:38.58				Dasch, Vern E, 61	100 Fr	59.34
Goodman, Ann R, 51	100 IM	1:17.02				Dasch, Vern E, 61	200 Fr	2:12.07
Goodman, Ann R, 51	200 IM	2:58.05				Dasch, Vern E, 61	500 Fr	6:19.33
Redwine-Baker, Roxanne J, 51	50 Br	40.37				Dasch, Vern E, 61	50 Br	34.14
Redwine-Baker, Roxanne J, 51	100 Br	1:28.71				Dasch, Vern E, 61	100 Br	1:14.62
Buck, Donna M, 52	50 Fr	27.41				Stark, Allen L, 62	50 Br	31.27
Buck, Donna M, 52	50 Br	35.76				Stark, Allen L, 62	100 Br	1:07.85
Buck, Donna M, 52	100 Br	1:20.57				Stark, Allen L, 62	200 Br	2:30.66
Buck, Donna M, 52	100 IM	1:11.41				Stark, Allen L, 62	100 Fly	1:05.81
Harrington, Sue, 53	50 Fr	30.52				Kelber, Michael W, 63	50 Fr	28.68
Harrington, Sue, 53	100 Fr	1:09.18				Kelber, Michael W, 63	50 Br	37.81
Harrington, Sue, 53	50 Br	39.75				Anderson, Fred W, 69	50 Fr	35.71
Harrington, Sue, 53	100 Br	1:27.63				Anderson, Fred W, 69	100 Fr	1:20.69
Harrington, Sue, 53	100 IM	1:23.05				Anderson, Fred W, 69	500 Fr	7:59.15
Summers, Jeanna, 57	50 Bk	36.69				Anderson, Fred W, 69	1000 Fr	16:36.71
Summers, Jeanna, 57	100 Bk	1:20.65				Anderson, Fred W, 69	50 Fly	40.80
Summers, Jeanna, 57	100 Fly	1:29.68				Anderson, Fred W, 69	100 IM	1:42.34
Summers, Jeanna, 57	400 IM	6:29.95				Thayer, George D, 75	50 Fr	31.34
						Thayer, George D, 75	100 Fr	1:14.82

Thayer, George D, 75	50 Bk	38.96	Thayer, George D, 75	100 IM	1:27.69	Radcliff, David A, 76	200 Fr	2:15.80
Thayer, George D, 75	100 Bk	1:25.82	Radcliff, David A, 76	50 Fr	28.15	Radcliff, David A, 76	500 Fr	6:24.99
Thayer, George D, 75	200 Bk	3:17.06	Radcliff, David A, 76	100 Fr	1:02.85	Radcliff, David A, 76	1650 Fr	21:55.69

## Relays

GROUP	GENDER	EVENT	SWIMMER 1	SWIMMER 2	SWIMMER 3	SWIMMER 4	TIME
25	Women	200 Free Relay	Blair, Heather E	Pryor, Evelyn G	Shindel, Marci	Gustafson, Aubree M	1:51.30
45	Women	200 Free Relay	Buck, Donna M	Goodman, Ann R	Harrington, Sue	Redwine-Baker, Roxanne J	2:01.58
55	Women	200 Free Relay	Frid, Barbara	Ward, Joy	Summers, Jeanna	Gettling, Janet	2:08.46
55	Women	200 Medley Relay	Ward, Joy	Gettling, Janet	Frid, Barbara	Summers, Jeanna	2:22.41
25	Men	200 Free Relay	King, Phillip J	Cleary, Kevin H	Hathaway, David	Sumerfield, Bill H	1:39.44
45	Men	200 Medley Relay	Hathaway, David	Corbeau, James L	Baker, Dennis G	Sumerfield, Bill H	1:46.68
55	Men	200 Medley Relay	Thayer, George D	Dasch, Vern E	Larson, Allen J	Radcliff, David A	2:13.07
55	Men	200 Free Relay	Larson, Allen J	Kelber, Michael W	Peyton, Mike W	Dasch, Vern E	1:47.50
25	Mixed	200 Medley Relay	Pryor, Evelyn G	Kinder, John S	Tujo, Christian F	Shindel, Marci	2:03.73
25	Mixed	200 Free Relay	Cleary, Kevin H	Blair, Heather E	Gustafson, Aubree M	King, Phillip J	1:43.28
25	Mixed	200 Free Relay	Warren, Seth M	Watkins, Elizabeth A	Shindel, Marci	Tujo, Christian F	1:47.34
25	Mixed	200 Medley Relay	King, Phillip J	Blair, Heather E	Cleary, Kevin H	Gustafson, Aubree M	1:53.62
45	Mixed	200 Medley Relay	Goodman, Ann R	Corbeau, James L	Delmage, Arlene	Baker, Dennis G	1:53.61
45	Mixed	200 Free Relay	Harrington, Sue	Carew, Michael P	Anderson, Fred W	Redwine-Baker, Roxanne J	2:06.76
45	Mixed	200 Free Relay	Sumerfield, Bill H	Buck, Donna M	Delmage, Arlene	Baker, Dennis G	1:42.93
45	Mixed	200 Medley Relay	Hathaway, David	Sumerfield, Bill H	Buck, Donna M	Harrington, Sue	2:04.80
55	Mixed	200 Medley Relay	Summers, Jeanna	Cotter, Pat	Gettling, Janet	Peyton, Mike W	2:12.32
65	Mixed	200 Medley Relay	Ward, Joy	Thayer, George D	Frid, Barbara	Radcliff, David A	2:21.51
65	Mixed	200 Free Relay	Thayer, George D	Frid, Barbara	Ward, Joy	Radcliff, David A	2:03.72

## 2011 USMS Spring Nationals Statistics

Information from the USMS Online Newsletter and web site

One thousand eight hundred seventeen (1,817) swimmers competed in this years Spring Nationals at Kino Aquatic Center in Mesa, Arizona. It was an all-around success and great to watch several Olympians, Hall of Fame inductees and national record holders making splashes. In this post-tech-suit era there were a total of 41 USMS national records broken. Congratulations to the top finishing local and regional clubs. Oregon Masters Swimming finished 6th in the Regional Clubs with 565.50 points.

### Local Clubs — Top Points

- 1 The Olympic Club (1,142.50)
- 2 Phoenix Swim Club (1,042)
- 3 San Diego Swim Masters (784)

### Regional Clubs — Top Points

- 1 Arizona Masters Swim Club (2,962.50)
- 2 Colorado Masters Swimming (1,817.50)
- 3 Pacific Northwest Aquatics (1,435.50)



Look! No goggles!

## Hood River SCM Meet, Hood River, OR — May 15, 2011

W = World Record (includes National, Zone & OR) N = National Record (includes Zone & OR) Z = Zone Record, (includes OR)	O = Oregon Record * = Split
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**Women 25-29**

50 SC Meter Free		
1 Blair, Heather	26 OREG	30.96
2 Brandt, Amy	26 OREG	33.70
3 Curtis, Emily	25 OREG	34.79
100 SC Meter Free		
1 Blair, Heather	26 OREG	1:08.85
2 Shrum, Kate	28 OREG	1:12.77
3 Brandt, Amy	26 OREG	1:17.13
200 SC Meter Free		
1 Shrum, Kate	28 OREG	2:39.38
2 Curtis, Emily	25 OREG	3:01.96
400 SC Meter Free		
1 Curtis, Emily	25 OREG	6:22.96
800 SC Meter Free		
1 Hudec, Jessica	28 OREG	15:09.19
50 SC Meter Back		
1 Brandt, Amy	26 OREG	41.34
100 SC Meter Back		
1 Blair, Heather	26 OREG	1:17.53
2 Hudec, Jessica	28 OREG	1:47.15
50 SC Meter Breast		
1 Shrum, Kate	28 OREG	42.59
100 SC Meter Breast		
1 Blair, Heather	26 OREG	1:18.29 O
2 Shrum, Kate	28 OREG	1:32.28
100 SC Meter Fly		
1 Blair, Heather	26 OREG	1:13.80
100 SC Meter IM		
1 Shrum, Kate	28 OREG	1:22.15
2 Hudec, Jessica	28 OREG	1:46.33
400 SC Meter IM		
1 Hudec, Jessica	28 OREG	7:55.05

**Women 30-34**

50 SC Meter Free		
1 Rodine, Shannon	32 OREG	38.05
100 SC Meter Free		
1 Rodine, Shannon	32 OREG	1:26.01
2 Hoomans, Bree	32 OREG	1:42.47
50 SC Meter Back		
1 Hoomans, Bree	32 OREG	56.80
50 SC Meter Breast		
1 Hoomans, Bree	32 OREG	51.68
2 Rodine, Shannon	32 OREG	51.71
100 SC Meter Breast		
1 Hoomans, Bree	32 OREG	1:52.62
200 SC Meter Breast		
1 Hoomans, Bree	32 OREG	3:59.52

**Women 35-39**

50 SC Meter Free		
1 Kasenga, Amy	37 OREG	30.98
800 SC Meter Free		
1 Kasenga, Amy	37 OREG	11:16.42
200 SC Meter Back		
1 Sandoval, Lisa	39 OREG	3:09.99
50 SC Meter Breast		
1 Kasenga, Amy	37 OREG	38.93
200 SC Meter Breast		
1 Sandoval, Lisa	39 OREG	3:24.90
400 SC Meter IM		
1 Sandoval, Lisa	39 OREG	6:39.42

**Women 40-44**

50 SC Meter Free		
1 Hay, Kim	43 OREG	39.16
2 Shelton, Stacia	43 OREG	41.68
400 SC Meter Free		
1 Young, Susie	42 OREG	5:25.54
800 SC Meter Free		
1 Young, Susie	42 OREG	11:05.89
50 SC Meter Back		
1 Hay, Kim	43 OREG	47.75
2 Shelton, Stacia	43 OREG	52.68
200 SC Meter Back		
1 Young, Susie	42 OREG	3:03.21
50 SC Meter Breast		
1 Young, Susie	42 OREG	45.80
2 Hay, Kim	43 OREG	47.44
200 SC Meter Breast		
1 Hay, Kim	43 OREG	3:42.32
50 SC Meter Fly		
1 Hay, Kim	43 OREG	44.70
2 Shelton, Stacia	43 OREG	48.65
400 SC Meter IM		
1 Shelton, Stacia	43 OREG	8:15.68

**Women 45-49**

50 SC Meter Free		
1 Asch, Jill	45 OREG	29.55
2 Sutherland, Susan	49 OREG	38.59
3 Welty-Fick, Carolyn	47 OREG	39.43
100 SC Meter Free		
1 Sutherland, Susan	49 OREG	1:26.73
200 SC Meter Free		
1 Sutherland, Susan	49 OREG	3:03.04
400 SC Meter Free		
1 Delmage, Arlene	49 OREG	5:02.37 O
2 Smith, Darcy	46 OREG	8:04.31
800 SC Meter Free		
1 Delmage, Arlene	49 OREG	10:40.76
50 SC Meter Back		
1 Asch, Jill	45 OREG	36.77
2 Welty-Fick, Carolyn	47 OREG	47.97
3 Smith, Darcy	46 OREG	49.45
50 SC Meter Breast		
1 Asch, Jill	45 OREG	40.28
2 Welty-Fick, Carolyn	47 OREG	44.47
3 Smith, Darcy	46 OREG	48.97
4 Dittebrandt, Ellen	49 OREG	50.06
100 SC Meter Breast		
1 Dittebrandt, Ellen	49 OREG	1:51.23
2 Smith, Darcy	46 OREG	1:51.72
200 SC Meter Breast		
1 Dittebrandt, Ellen	49 OREG	3:58.31
2 Smith, Darcy	46 OREG	3:58.36
50 SC Meter Fly		
1 Delmage, Arlene	49 OREG	32.22
100 SC Meter Fly		
1 Delmage, Arlene	49 OREG	1:11.76
200 SC Meter Fly		
1 Delmage, Arlene	49 OREG	2:43.49
100 SC Meter IM		
1 Welty-Fick, Carolyn	47 OREG	1:39.10
2 Sutherland, Susan	49 OREG	1:44.67

**Women 50-54**

50 SC Meter Free		
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1 Lamoureux, Lori	52 OREG	33.54
2 Harrington, Sue	54 OREG	33.89
3 Miles, Jill	51 OREG	38.27
4 Elsten, Laraine	53 OREG	47.01
100 SC Meter Free		
1 Vincent, Nancy	52 SWMS	1:15.03
2 Harrington, Sue	54 OREG	1:19.65
3 Elsten, Laraine	53 OREG	1:52.18
200 SC Meter Free		
1 Fox, Christina	51 OREG	3:02.74
400 SC Meter Free		
1 Miles, Jill	51 OREG	6:31.90
800 SC Meter Free		
1 Goodman, Ann	52 OREG	12:09.37
2 Lamoureux, Lori	52 OREG	12:40.83
50 SC Meter Back		
1 Goodman, Ann	52 OREG	38.56
2 Miles, Jill	51 OREG	47.93
100 SC Meter Back		
1 Goodman, Ann	52 OREG	1:23.34
200 SC Meter Back		
1 Goodman, Ann	52 OREG	3:00.44
50 SC Meter Breast		
1 Vincent, Nancy	52 SWMS	42.06
2 Harrington, Sue	54 OREG	45.22
3 Elsten, Laraine	53 OREG	52.79
100 SC Meter Breast		
1 Snider, Pam	50 OREG	1:36.35
2 Harrington, Sue	54 OREG	1:37.10
3 Fox, Christina	51 OREG	1:44.32
200 SC Meter Breast		
1 Vincent, Nancy	52 SWMS	3:19.43
2 Snider, Pam	50 OREG	3:22.25
3 Fox, Christina	51 OREG	3:43.50
50 SC Meter Fly		
1 Miles, Jill	51 OREG	43.82
100 SC Meter Fly		
1 Snider, Pam	50 OREG	1:31.20
200 SC Meter Fly		
1 Lamoureux, Lori	52 OREG	3:36.06
100 SC Meter IM		
1 Miles, Jill	51 OREG	1:38.72
200 SC Meter IM		
1 Snider, Pam	50 OREG	3:10.91
2 Fox, Christina	51 OREG	3:27.01
400 SC Meter IM		
1 Lamoureux, Lori	52 OREG	7:11.75
<b>Women 55-59</b>		
50 SC Meter Free		
1 Crabbe, Colette	55 OREG	32.11 O
200 SC Meter Free		
* Crabbe, Colette	55 OREG	2:45.03
400 SC Meter Free		
* Crabbe, Colette	55 OREG	5:35.68
800 SC Meter Free		
1 Crabbe, Colette	55 OREG	11:16.79 Z
2 Summers, Jeanna	57 OREG	12:43.34
50 SC Meter Back		
1 Crabbe, Colette	55 OREG	38.01 Z
100 SC Meter Back		
* Summers, Jeanna	57 OREG	1:30.02
50 SC Meter Breast		

1 Crabbe, Colette	55	OREG	39.12	N	2 Notis, John	38	OREG	33.34	2 Sumerfield, Bill	51	OREG	1:23.55
50 SC Meter Fly					100 SC Meter Free				3 Dowd, Mike	53	OREG	1:27.92
1 Crabbe, Colette	55	OREG	34.62	Z	1 Notis, John	38	OREG	1:14.14	200 SC Meter Breast			
100 SC Meter Fly					2 Kaimaktchiev, Vassil	38	OREG	1:14.56	1 Allender, Patrick	53	OREG	2:45.19
1 Summers, Jeanna	57	OREG	1:42.61		200 SC Meter Free				2 Dowd, Mike	53	OREG	3:10.04
<b>Women 60-64</b>					1 Jelen, Doug	38	PNA	2:14.04	50 SC Meter Fly			
50 SC Meter Free					2 Notis, John	38	OREG	2:51.38	1 Washburne, Brent	50	OREG	30.52
1 Towne, Charris	60	OREG	43.62		400 SC Meter Free				200 SC Meter Fly			
100 SC Meter Free					1 Notis, John	38	OREG	6:14.86	1 Dowd, Mike	53	OREG	3:16.89
1 Towne, Charris	60	OREG	1:45.63		800 SC Meter Free				100 SC Meter IM			
200 SC Meter Free					1 Jelen, Doug	38	PNA	9:55.84	1 Hathaway, David	51	OREG	1:10.06
1 Towne, Charris	60	OREG	3:51.62		2 Notis, John	38	OREG	13:07.83	2 McNulty, Osh	50	OREG	1:13.42
50 SC Meter Back					100 SC Meter Breast				200 SC Meter IM			
1 Towne, Charris	60	OREG	56.88		1 Jelen, Doug	38	PNA	1:19.56	1 Dowd, Mike	53	OREG	3:17.76
100 SC Meter Back					200 SC Meter Breast				400 SC Meter IM			
1 Stark, Carol	63	OREG	2:07.67		1 Jelen, Doug	38	PNA	2:52.99	1 McNulty, Osh	50	OREG	5:52.86
200 SC Meter Back					200 SC Meter IM				<b>Men 55-59</b>			
1 Stark, Carol	63	OREG	4:36.56		1 Jelen, Doug	38	PNA	2:26.32	50 SC Meter Free			
100 SC Meter IM					<b>Men 40-44</b>				1 Dow, Keith	56	OREG	29.36
1 Towne, Charris	60	OREG	1:59.28		50 SC Meter Free				2 Helm, Charlie	55	OREG	37.91
<b>Women 65-69</b>					1 Afflerbaugh, Mike	44	SWMS	28.51	100 SC Meter Free			
50 SC Meter Free					2 Ferguson, Scott	43	OREG	35.23	1 Edwards, Wes	58	SWMS	1:02.93
1 Dillon, Sally	65	PNA	36.68		100 SC Meter Free				2 Dow, Keith	56	OREG	1:04.85
2 Ellis, Esther	66	SWMS	49.01		1 Hay, David	41	OREG	1:03.11	3 Gudman, Jon	56	OREG	1:06.05
3 Haynie, Sandra	66	OREG	1:04.31		2 Afflerbaugh, Mike	44	SWMS	1:05.92	200 SC Meter Free			
100 SC Meter Free					3 Ferguson, Scott	43	OREG	1:21.62	1 Gudman, Jon	56	OREG	2:23.54
1 Dillon, Sally	65	PNA	1:20.15		50 SC Meter Breast				2 Dow, Keith	56	OREG	2:28.19
2 Ellis, Esther	66	SWMS	1:52.84		1 Hay, David	41	OREG	34.21	3 Yensen, Kermit	58	OREG	2:36.24
200 SC Meter Free					2 Afflerbaugh, Mike	44	SWMS	39.80	400 SC Meter Free			
1 Dillon, Sally	65	PNA	2:54.31		100 SC Meter Breast				1 Gudman, Jon	56	OREG	5:10.08
800 SC Meter Free					1 Hay, David	41	OREG	1:16.66	2 Dow, Keith	56	OREG	5:26.97
1 Ellis, Esther	66	SWMS	17:35.83		2 Afflerbaugh, Mike	44	SWMS	1:27.53	800 SC Meter Free			
50 SC Meter Back					200 SC Meter Breast				1 Edwards, Wes	58	SWMS	11:13.86
1 Noldge, Claudia	68	OREG	1:09.65		1 Hay, David	41	OREG	3:00.79	2 Dow, Keith	56	OREG	11:33.57
100 SC Meter Back					<b>Men 45-49</b>				3 Yensen, Kermit	58	OREG	11:59.04
1 Noldge, Claudia	68	OREG	2:36.73		50 SC Meter Free				50 SC Meter Back			
200 SC Meter Back					1 Wan, Eric	45	OREG	25.66	1 Helm, Charlie	55	OREG	54.85
1 Ward, Joy	69	OREG	3:16.86		100 SC Meter Free				100 SC Meter Back			
2 Ellis, Esther	66	SWMS	5:17.83		1 Wan, Eric	45	OREG	56.14	1 Edwards, Wes	58	SWMS	1:08.64
50 SC Meter Breast					<b>Men 50-54</b>				2 Yensen, Kermit	58	OREG	1:26.31
1 Pierson, Ginger	65	OREG	45.46	Z	50 SC Meter Free				50 SC Meter Breast			
100 SC Meter Breast					1 Washburne, Brent	50	OREG	27.50	1 Dwight, Charles	56	OREG	39.56
1 Pierson, Ginger	65	OREG	1:40.37		2 Stelzer, Keith	52	OREG	30.10	2 Edwards, Wes	58	SWMS	40.22
200 SC Meter Breast					3 Ribkoff, Mark	51	OREG	32.66	3 Helm, Charlie	55	OREG	56.71
1 Pierson, Ginger	65	OREG	3:39.79		100 SC Meter Free				100 SC Meter Breast			
2 Ellis, Esther	66	SWMS	5:20.61		1 Hathaway, David	51	OREG	1:01.18	1 Edwards, Wes	58	SWMS	1:27.11
100 SC Meter Fly					2 La Count, Curt	53	OREG	1:01.92	2 Yensen, Kermit	58	OREG	1:36.55
1 Ward, Joy	69	OREG	1:43.35		3 Allender, Patrick	53	OREG	1:05.51	50 SC Meter Fly			
200 SC Meter Fly					4 Stelzer, Keith	52	OREG	1:10.83	1 Dwight, Charles	56	OREG	33.32
1 Pierson, Ginger	65	OREG	4:03.59		5 Ribkoff, Mark	51	OREG	1:13.83	2 Yensen, Kermit	58	OREG	35.32
200 SC Meter IM					200 SC Meter Free				100 SC Meter IM			
1 Ward, Joy	69	OREG	3:30.54	O	1 La Count, Curt	53	OREG	2:21.31	1 Dwight, Charles	56	OREG	1:18.53
<b>Women 75-79</b>					400 SC Meter Free				<b>Men 60-64</b>			
100 SC Meter Free					1 La Count, Curt	53	OREG	5:08.08	100 SC Meter Free			
1 Speer, Bonnie	77	SWMS	2:31.37		2 McNulty, Osh	50	OREG	5:21.34	1 Carew, Michael	62	OREG	1:18.15
200 SC Meter Free					800 SC Meter Free				200 SC Meter Free			
1 Speer, Bonnie	77	SWMS	5:07.93		1 McNulty, Osh	50	OREG	11:00.61	1 Carew, Michael	62	OREG	2:47.89
800 SC Meter Free					2 Ribkoff, Mark	51	OREG	13:07.58	800 SC Meter Free			
1 Speer, Bonnie	77	SWMS	22:07.38	O	50 SC Meter Back				1 Carew, Michael	62	OREG	12:34.93
50 SC Meter Breast					1 Washburne, Brent	50	OREG	32.70	200 SC Meter Breast			
1 Speer, Bonnie	77	SWMS	1:39.22		200 SC Meter Back				1 Carew, Michael	62	OREG	3:46.03
100 SC Meter Breast					1 La Count, Curt	53	OREG	2:44.27	100 SC Meter Fly			
1 Speer, Bonnie	77	SWMS	3:30.19		50 SC Meter Breast				1 Stark, Allen	62	OREG	1:16.19
<b>Men 25-29</b>					1 Allender, Patrick	53	OREG	34.97	200 SC Meter Fly			
50 SC Meter Breast					2 Sumerfield, Bill	51	OREG	36.30	1 Stark, Allen	62	OREG	2:58.08
1 Cleary, Kevin	28	OREG	34.89		3 Washburne, Brent	50	OREG	36.85	100 SC Meter IM			
<b>Men 35-39</b>					4 Dowd, Mike	53	OREG	41.13	1 Carew, Michael	62	OREG	1:35.95
50 SC Meter Free					100 SC Meter Breast				<b>Men 65-69</b>			
1 Kaimaktchiev, Vassil	38	OREG	32.64		1 Allender, Patrick	53	OREG	1:15.51	50 SC Meter Free			

1 Kehoe, Bob	65	OREG	31.62
100 SC Meter Free			
1 Kehoe, Bob	65	OREG	1:10.78
2 Ellis, John	65	SWMS	1:21.80
200 SC Meter Free			
1 Kehoe, Bob	65	OREG	2:41.35
2 Ellis, John	65	SWMS	2:56.73
400 SC Meter Free			
1 Ellis, John	65	SWMS	6:13.26
800 SC Meter Free			
1 Ellis, John	65	SWMS	12:45.11
100 SC Meter Breast			
1 Ellis, John	65	SWMS	1:45.92
<b>Men 70-74</b>			
50 SC Meter Free			
1 Mellow, Bill	70	OREG	39.20
100 SC Meter Free			
1 Mellow, Bill	70	OREG	1:36.65
400 SC Meter Free			
1 Mohr, Ralph	70	OREG	6:27.54
2 Lake, Brent	73	OREG	7:42.93
800 SC Meter Free			
1 Mohr, Ralph	70	OREG	13:22.72
2 Mellow, Bill	70	OREG	16:20.42
50 SC Meter Back			
1 Lake, Brent	73	OREG	51.62
100 SC Meter Back			
1 Lake, Brent	73	OREG	1:53.19
200 SC Meter Back			
1 Lake, Brent	73	OREG	4:02.52
50 SC Meter Breast			
1 Mellow, Bill	70	OREG	48.72
100 SC Meter Breast			
1 Mellow, Bill	70	OREG	1:52.19
100 SC Meter Fly			

* Mohr, Ralph	70	OREG	1:43.57
100 SC Meter IM			
1 Mohr, Ralph	70	OREG	1:44.11
200 SC Meter IM			
1 Mohr, Ralph	70	OREG	3:38.13
400 SC Meter IM			
1 Mohr, Ralph	70	OREG	7:34.60 O
<b>Men 75-79</b>			
50 SC Meter Back			
1 Thayer, George	75	OREG	42.79 Z
100 SC Meter Back			
1 Thayer, George	75	OREG	1:39.76
200 SC Meter Back			
1 Thayer, George	75	OREG	3:40.45
50 SC Meter Breast			
1 Thayer, George	75	OREG	47.07

**Relays**

Women 120-159 200 SC Meter Free Relay			
1	OREG	2:37.42	
1) Brandt, Amy	2) Smith, Darcy		
3) Hay, Kim	4) Shelton, Stacia		
Women 120-159 200 SC Meter Medley Relay			
1	OREG	2:57.73	
1) Curtis, Emily	2) Harrington, Sue		
3) Sutherland, Susan	4) Hoomans, Bree		
2	OREG	2:58.84	
1) Brandt, Amy	2) Hay, Kim		
3) Shelton, Stacia	4) Smith, Darcy		
Women 160-199 200 SC Meter Free Relay			
1	OREG	2:41.19	
1) Miles, Jill	2) Hoomans, Bree		
3) Towne, Charris	4) Curtis, Emily		
Women 160-199 400 SC Meter Medley Relay			

1	OREG	5:22.61 Z
1) Summers, Jeanna	2) Blair, Heather	
3) Young, Susie	4) Asch, Jill	
Women 200-239 200 SC Meter Free Relay		
1	OREG	2:06.43 Z
1) Asch, Jill	2) Crabbe, Colette	
3) Harrington, Sue	4) Delmage, Arlene	
<b>Women 240-279 400 SC Meter Medley Relay</b>		
<b>1</b>	<b>OREG</b>	<b>5:42.34W</b>
<b>1) Goodman, Ann</b>	<b>2) Pierson, Ginger</b>	
<b>3) Crabbe, Colette</b>	<b>4) Ward, Joy</b>	
Men 200-239 200 SC Meter Medley Relay		
1	OREG	2:03.12 Z
1) La Count, Curt	2) Stark, Allen	
3) Washburne, Brent	4) Wan, Eric	
Mixed 120-159 200 SC Meter Free Relay		
1	OREG	2:40.15
1) Stelzer, Keith	2) Haynie, Sandra	
3) Kaimaktchiev, Vassil	4) Kasenga, Amy	
Mixed 160-199 200 SC Meter Free Relay		
1	OREG	2:11.99
1) Elsten, Laraine	2) Blair, Heather	
3) Hathaway, David	4) La Count, Curt	
Mixed 160-199 200 SC Meter Medley Relay		
1	OREG	2:48.79
1) Welty-Fick, Carolyn	2) Sumerfield, Bill	
3) Hudec, Jessica	4) Ribkoff, Mark	
Mixed 200-239 200 SC Meter Free Relay		
1	OREG	2:30.41
1) Sumerfield, Bill	2) Miles, Jill	
3) Towne, Charris	4) Mellow, Bill	
Mixed 240-279 200 SC Meter Medley Relay		
1	OREG	2:30.80 Z
1) Goodman, Ann	2) Pierson, Ginger	
3) Washburne, Brent	4) Thayer, George	

# CONGRATULATIONS

to

**Ann Goodman, Ginger Pierson,  
Colette Crabbe, and Joy Ward**

for their

## WORLD RECORD

in the

**Womens 240-279 — 400 SCM  
Medley Relay**



## Corvallis LCM Pentathlon , Corvallis, OR — June 12, 2011

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

O = Oregon Record  
 \* = Split

### Women 30-34

50 LC Meter Free  
 1 Faith, Jennifer 30 OREG 32.02  
 100 LC Meter Free  
 1 Pryor, Evelyn 34 OREG 1:16.39  
 100 LC Meter Back  
 1 Pryor, Evelyn 34 OREG 1:30.79  
 50 LC Meter Breast  
 1 Faith, Jennifer 30 OREG 40.02  
 100 LC Meter Breast  
 1 Faith, Jennifer 30 OREG 1:28.70  
 2 Pryor, Evelyn 34 OREG 1:55.48  
 200 LC Meter Breast  
 1 Faith, Jennifer 30 OREG 3:15.80  
 100 LC Meter Fly  
 1 Pryor, Evelyn 34 OREG 1:32.93  
 200 LC Meter IM  
 1 Pryor, Evelyn 34 OREG 3:14.13

### Women 35-39

50 LC Meter Free  
 1 Miller, Teresa 36 OREG 35.41  
 200 LC Meter Free  
 1 Criscione, Anicia 38 OREG 2:50.65  
 50 LC Meter Back  
 1 Miller, Teresa 36 OREG 44.95  
 200 LC Meter Back  
 1 Criscione, Anicia 38 OREG 3:04.79  
 50 LC Meter Breast  
 1 Miller, Teresa 36 OREG 47.79  
 200 LC Meter Breast  
 1 Criscione, Anicia 38 OREG 3:35.87  
 50 LC Meter Fly  
 1 Miller, Teresa 36 OREG 41.41  
 200 LC Meter Fly  
 1 Criscione, Anicia 38 OREG 3:42.10  
 200 LC Meter IM  
 1 Miller, Teresa 36 OREG 3:24.60  
 400 LC Meter IM  
 1 Criscione, Anicia 38 OREG 6:40.51

### Women 45-49

50 LC Meter Free  
 1 Orner, Gayle 49 OREG 45.71  
 100 LC Meter Free  
 1 Kessler, Ingrid 48 OREG 1:40.00  
 50 LC Meter Back  
 1 Orner, Gayle 49 OREG 53.54  
 100 LC Meter Back  
 1 Kessler, Ingrid 48 OREG 2:02.49  
 50 LC Meter Breast  
 1 Orner, Gayle 49 OREG 56.80  
 100 LC Meter Breast  
 1 Kessler, Ingrid 48 OREG 2:04.90  
 50 LC Meter Fly  
 1 Orner, Gayle 49 OREG 1:01.24  
 200 LC Meter IM  
 1 Orner, Gayle 49 OREG 4:04.55  
 2 Kessler, Ingrid 48 OREG 4:11.62

### Women 50-54

50 LC Meter Free  
 1 Lamoureux, Lori 52 OREG 34.51  
 2 Andrade, Julie 50 OREG 37.93  
 100 LC Meter Free  
 1 Fox, Christina 51 OREG 1:29.47  
 50 LC Meter Back  
 1 Lamoureux, Lori 52 OREG 47.72  
 2 Andrade, Julie 50 OREG 48.52

### 50 LC Meter Breast

1 Lamoureux, Lori 52 OREG 46.07  
 2 Andrade, Julie 50 OREG 50.07  
 100 LC Meter Breast  
 1 Fox, Christina 51 OREG 1:48.49  
 50 LC Meter Fly  
 1 Lamoureux, Lori 52 OREG 40.82  
 2 Andrade, Julie 50 OREG 48.89  
 200 LC Meter IM  
 1 Lamoureux, Lori 52 OREG 3:25.66  
 2 Fox, Christina 51 OREG 3:38.77  
 3 Andrade, Julie 50 OREG 3:49.42

### Women 55-59

50 LC Meter Free  
 1 Crabbe, Colette 55 OREG 32.50 O  
 2 Kastberg, Ann 59 SWMS 39.22  
 100 LC Meter Free  
 1 Crabbe, Colette 55 OREG 1:12.76 O  
 200 LC Meter Free  
 1 Crabbe, Colette 55 OREG 2:40.29 O  
 2 Asleson, Elke 59 OREG 3:38.68  
 50 LC Meter Back  
 1 Kastberg, Ann 59 SWMS 47.23  
 100 LC Meter Back  
 1 Crabbe, Colette 55 OREG 1:23.09 O  
 200 LC Meter Back  
 1 Crabbe, Colette 55 OREG 3:02.68 O  
 2 Asleson, Elke 59 OREG 3:53.01  
 50 LC Meter Breast  
 1 Kastberg, Ann 59 SWMS 48.26  
 200 LC Meter Breast  
 1 Asleson, Elke 59 OREG 4:58.94  
 50 LC Meter Fly  
 1 Kastberg, Ann 59 SWMS 45.00  
 200 LC Meter Fly  
 1 Asleson, Elke 59 OREG 4:07.88  
 200 LC Meter IM  
 1 Kastberg, Ann 59 SWMS 3:35.42  
 400 LC Meter IM  
 1 Asleson, Elke 59 OREG 8:24.72

### Women 65-69

50 LC Meter Free  
 1 Ward, Joy 69 OREG 39.30  
 100 LC Meter Free  
 1 Delgado, Joan 66 SWMS 1:36.72  
 50 LC Meter Back  
 1 Ward, Joy 69 OREG 43.80  
 100 LC Meter Back  
 1 Delgado, Joan 66 SWMS 2:03.52  
 50 LC Meter Breast  
 1 Ward, Joy 69 OREG 58.64  
 100 LC Meter Breast  
 1 Delgado, Joan 66 SWMS 2:17.09  
 50 LC Meter Fly  
 1 Ward, Joy 69 OREG 47.04  
 100 LC Meter Fly  
 1 Delgado, Joan 66 SWMS 2:05.78  
 200 LC Meter IM  
 1 Ward, Joy 69 OREG 3:39.86  
 2 Delgado, Joan 66 SWMS 4:16.31

### Women 75-79

100 LC Meter Free  
 1 Varty, Eulay 77 MSBC 1:50.81  
 100 LC Meter Back  
 1 Varty, Eulay 77 MSBC 2:14.70  
 100 LC Meter Breast

1 Varty, Eulay 77 MSBC 2:24.17  
 100 LC Meter Fly  
 1 Varty, Eulay 77 MSBC 2:37.68  
 200 LC Meter IM  
 1 Varty, Eulay 77 MSBC 4:39.84

### Women 90-94

50 LC Meter Free  
 1 Stevenin, Elfie 90 OREG 2:30.20  
 50 LC Meter Breast  
 1 Stevenin, Elfie 90 OREG 3:39.00

### Men 25-29

50 LC Meter Free  
 1 Pearson, Kevin 29 OREG 27.48  
 50 LC Meter Back  
 1 Pearson, Kevin 29 OREG 35.38  
 50 LC Meter Breast  
 1 Pearson, Kevin 29 OREG 40.78  
 50 LC Meter Fly  
 1 Pearson, Kevin 29 OREG 30.44  
 200 LC Meter IM  
 1 Pearson, Kevin 29 OREG 2:44.38

### Men 30-34

200 LC Meter Free  
 1 Adams, James 34 HMS 2:12.80  
 200 LC Meter Back  
 1 Adams, James 34 HMS 2:39.49  
 100 LC Meter Breast  
 \* Adams, James 34 HMS 1:22.03  
 200 LC Meter Breast  
 1 Adams, James 34 HMS 3:04.26  
 200 LC Meter Fly  
 1 Adams, James 34 HMS 2:29.89  
 400 LC Meter IM  
 1 Adams, James 34 HMS 5:28.21

### Men 35-39

200 LC Meter Free  
 1 Jelen, Doug 38 PNA 2:18.88  
 200 LC Meter Back  
 1 Jelen, Doug 38 PNA 2:36.64  
 200 LC Meter Breast  
 1 Jelen, Doug 38 PNA 3:12.73  
 200 LC Meter Fly  
 1 Jelen, Doug 38 PNA 2:32.09  
 400 LC Meter IM  
 1 Jelen, Doug 38 PNA 5:34.04

### Men 40-44

50 LC Meter Free  
 1 Ferguson, Scott 43 OREG 33.70  
 100 LC Meter Free  
 1 Whitlow, Scott 41 OREG 1:06.28  
 50 LC Meter Back  
 1 Ferguson, Scott 43 OREG 43.40  
 100 LC Meter Back  
 1 Whitlow, Scott 41 OREG 1:18.95  
 50 LC Meter Breast  
 1 Ferguson, Scott 43 OREG 45.93  
 100 LC Meter Breast  
 1 Whitlow, Scott 41 OREG 1:24.52  
 50 LC Meter Fly  
 1 Ferguson, Scott 43 OREG 44.10  
 100 LC Meter Fly  
 1 Whitlow, Scott 41 OREG 1:18.07  
 200 LC Meter IM  
 1 Whitlow, Scott 41 OREG 2:43.89  
 2 Ferguson, Scott 43 OREG 4:03.23

### Men 45-49



## SWMS Club Report

by Esther Ellis



*Bonnie Speer, Mike Afflebaugh, Esther Ellis, John Ellis, Wes Edwards, and Nancy Vincent represented SWMS at the Hood River Short Course Swim Meet. Lots of their times made the Oregon All-Time Top Twelve List. Way to go SWMS!*

## Swim Bits

by Ralph Mohr

It's July and time to talk again about sunscreens. Because I usually swim at an outdoor pool, I use a sunscreen all year. I used up two tubes of Clear Zinc last year. What about you?

If you swim at anytime the sun is up in an outdoor pool, you must, not should, wear sunscreen. Now, which one? If you look at a reasonable discussion on sunscreens on the Internet, such as [http://www.bing.com/health/article/mayo-131153/Best-sunscreen-Understand-sunscreen-options?q=sunscreen&form=MSN\\_XNM&ocid=xnetr3-3](http://www.bing.com/health/article/mayo-131153/Best-sunscreen-Understand-sunscreen-options?q=sunscreen&form=MSN_XNM&ocid=xnetr3-3), you will find a list of chemicals that the American Academy of Dermatology (AAD) recommends to be in any sunscreen.

I usually refer to the most common ones as "three Os and an A." These are octyl methoxycinnamate, octyl salicylate, oxybenzone, and avobenzone. In fact most sunscreens carry only chemicals. You must put them on 30 minutes ahead of time, and they don't do a very good job dealing with UVA, the ultraviolet rays that penetrate your skin.

To block UVA you need a physical blocker, zinc oxide, titanium dioxide, and/or suitable clothing. Any more I refuse to use a sunscreen without one of these.

My dermatologist agrees with me. I saw her in the fall last year after an extensive open water swim season, and I only had a small pre-k (pre-cancerous) spot on my left ear and one on my forehead. A few squirts of liquid nitrogen, and they were taken care of.

Some people are not so lucky. One open water swimmer I know has had at least two melanomas removed from her torso. A coach I know who only wears Capri pants had a large melanoma removed from one ankle a few years ago.

The melanoma on the ankle was a surprise until we remembered that the UVA which bounces off water is just as dangerous as UVA straight from the sky. Coaches, lifeguards, fishermen and sailors suffer a double exposure of UVA and UVB every time they are near water. A double curse.

So put on the sunscreen, and do it every day you are in the sun whether you swim or not. Remember to reapply it after workout or after lunch. Actually I wish we could eliminate noon swim workouts in outdoor pools. Only mad dogs and swimmers work out in the noonday sun.



# Earl Walter, Co-Founder of Oregon Masters Swimming, Celebrates 90th Birthday

Earl Walter celebrated his 90th Birthday with family and friends, at the home of his son Jeff. His family graciously opened their home and welcomed Earl's past swimming buddies to his party. He is no longer competing and is currently living in Florence, Oregon, near a daughter, Lisa. He says that his long life and good health is a result of swimming.

Earl has had an interesting life. He served in the armed forces in World War II as an Army Paratrooper, and there is a recently released book\* that includes Earl's unique rescue activities during the war. Earl was being asked to sign the book for those at the party who had already purchased it, which left the rest of us wishing we had purchased the book in time for the signing.



One of Earl's relays: Earl Walter, Gil Young, Andrew Holden and Gerald Huestis



Surrounding Earl is Mike Popovich, Sandi Rousseau, Ginger Pierson, Robert Smith, Alice Zabudsky, Andrew Holden

Along with Connie Wilson, Earl was a Founder of OMS and went by the title of Ol' Barn (Old Barnacle) when he wrote about meets for the *Aqua Master*. In



fact, Earl chose the name *Aqua Master* for the newsletter. OMS has the "Ol' Barn Award" in honor of Earl, and it is awarded annually for extraordinary service to the organization.

Earl loved putting together relays. He would search among the swimmers at a meet looking for the fastest men in his age group so they could have a record-breaking relay.

Earl has been in the 'National Top 10' in Masters Swimming every year from 1975 to 2001, with 356 swims during that time that made the Top 10. His 2001 swim was made at the age of 80 when he placed 5th in the LCM 100 Breast with a 2:28.67. Earl also got All American (#1 in the Top 10) four different times:

1988 Short Course Meters		
200 Fly	Age 66	3:44.12
200 IM	Age 66	3:22.48
400 IM	Age 66	7:22.57
1996 Short Course Meters		
400 IM	Age 74	7:53.83

\*"Lost in Shangri-La", by Mitchell Zuckoff



## CRAMPING

Continued from Page 3

optimal hydration status but without running the risk of dilutional hyponatremia. One caveat: If you have not been consuming this much fluid consistently, don't start "cold turkey" but rather increase gradually, similar to your training.

### Insufficient or improper electrolyte intake

Swimmers who don't bother with electrolyte replenishment or who think that salt tablets or salty foods resolve the problem will almost always suffer from cramping. Electrolytes are analogous to the motor oil in your car – they don't make the engine run, but they're absolutely necessary to keep everything running smoothly. Proper functioning of the digestive, nervous, cardiac, and muscular systems depends on adequate electrolyte levels. No one wants to cramp, of course, but remember, cramping is a place far down the road of electrolyte depletion. Cramping is your body's painful way of saying "Hey! I'm on empty! Re-supply me now or I'm going to stop!" It's like the oil light on the dash of your motor vehicle; you never want it to get that low.

Additionally, salt tablets/salty foods are an unacceptable choice for electrolyte replenishment for two reasons:

1. They provide only two of the electrolytes your body requires - sodium and chloride.
2. They can oversupply sodium, thereby overwhelming the body's complex mechanism for regulating sodium.

Dr. Bill Misner writes, "When a balance of electrolytes of cations (positively charged ions) to anions (negatively charged ions) are managed in the energy producing cell—assuming the cell has adequate fuel and fluid—such a cell will produce energy at a higher rate than one overdosed by a single cation mixed with an irrational list of anions." In other words, electrolytes perform numerous functions synergistically, which is why it's important to use a blend of electrolytes versus just one.

**SOLUTION:** Replenishment of electrolytes—prior to, during (if possible), and after your training session are as important a part of your fueling as anything you're drinking (to maintain hydration) or eating (to maintain energy production). Make sure you don't neglect this all-important component of athletic fueling!

### Summary

Making sure your training is appropriate for your

fitness level is vital to help stave off cramping. So too is consuming proper amounts of fluid, both during your workouts and throughout the day.

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### PRODUCTS AVAILABLE FROM HAMMER NUTRITION

**Endurolytes** – The original encapsulated product, with a balanced blend of all the necessary electrolytic minerals – sodium, chloride, calcium, magnesium, and potassium—along with beneficial co-factors vitamin B6, manganese, and tyrosine

**Endurolytes Powder** – The same formula as the encapsulated version of Endurolytes, but in a powdered formula. Designed primarily for people who have difficulties swallowing capsules, Endurolytes Powder also contains the amino acid glycine, which has a naturally sweet taste to help take the edge off the salty/bitter taste of the mineral content.

**Endurolytes Fizz** – Hammer Nutrition's newest form of Endurolytes in effervescent tablet form and in a number of pleasant tasting flavors. Each Endurolytes Fizz tablet is equivalent to ½ capsule of Endurolytes or ½ scoop of Endurolytes Powder.

**HEED** – Hammer Nutrition's sports drink not only provides complex carbohydrates for high quality energy, but the same exact electrolyte profile as Endurolytes. Each scoop of HEED contains 100 calories and the equivalent of one Endurolytes capsule or one-half tablet of Endurolytes Fizz.

Because so many variables come into play when determining how much electrolytic mineral support a swimmer needs—biological predisposition in terms of minerals lost via perspiration, the differences in an athlete's size and fitness, as well as the pace of exercise, and of course the humidity and heat—there is no "set in stone" amount in terms of dosing. That said, we suggest a starting dose of one Endurolytes capsule or one scoop of Endurolytes Powder or one-half tablet of Endurolytes Fizz per 50 pounds of body weight.

Taking a dose of one of the various forms of Endurolytes prior to and after your swim workouts—while using HEED (and possibly more Endurolytes) during your workout—is a great way to not only avoid the royal pain that is cramping, it'll help you get the most out of every minute you put into your training sessions.



## Suits for Workouts

by Stacey Kiefer, Masters Swimmer and Product Manager  
for Adolph Kiefer and Associates, Inc.

Rather than learn the hard way, which is often the most costly or most embarrassing route, remember the following tips when choosing a suit for swim practice.

### Don't wear oversize swimwear.

Unless you're looking for extra drag, do not wear oversize swimwear. When you purchase swimwear, make sure it fits well. Suits that are purchased a size too big are only going to get bigger with time and wear. Not only is oversize swimwear uncomfortable and unsupportive, it also tends to wear out sooner.

### Don't wear padded cycling/triathlon apparel.

Padded gear absorbs water, creating unwanted drag and potential chafing. Plus, most cycling and tri-apparel is not designed for extensive use in chemically treated swimming pools and will wear out prematurely. Save triathlon apparel for its intended uses: cycling, short distance swimming or as a base layer to a wet-suit.

### Don't wear gear with front zippers or pockets.

Front zippers can easily scratch you or others who may come in contact with you. And, while zippers may help you get your suit off more easily, they also have a tendency to unzip on their own, causing accidental exposure. Gear that has pockets that do not close may fill with water to create unwanted drag.

### Do wear swimwear that is properly sized.

For women, your practice suit should fit comfortably on the shoulders and across the back, without feeling short in the torso or small on the back-side. If you can pull the suit straps above your ears, the suit is too big. If you are unsure of sizing, use your chest measurement as a general guideline. Dress sizes and additional body measurements can aid in proper sizing.

Men typically have an easier time sizing suits, as swimwear sizing usually matches waist sizing. Men's practice suits should be easy to tie and should feel comfortable at the legs. When between suit sizes, I encourage swimmers to choose the smaller size, as swimsuits tend to stretch with age and use.

### Do wear swimwear that provides adequate coverage.

Not only should suit fabric cover you appropriately, it should be completely opaque. Transparency due to poor color choice, fading, rips, or holes should be avoided at all costs. To play it safe and get more wear out of your suit, I recommend purchasing dark colored swimsuits with proper lining or even double-layered swimwear. For those that are comfortable wearing more than one suit at a time, layering swimsuits is a great option during swim practice.

### Do save your fashion swimwear for the beach.

Non-endurance suits that are designed for leisure are not made to withstand chlorine, physical activity, edge of the pool sitting, and sun exposure associated with swim practice. In addition, fashion suits sometimes feature metal clasps, jewels or other decorative accessories that may interfere with comfort or break during your swim.



## Swimmer Spotlight

Compiled by Jeanna Summers

**Sandra Moreland: Age 56**

**Occupation: Psychologist**

**Local Team: Oregon Reign Masters**

Heber Springs, Arkansas, sits only 2 miles from Greer Ferry Lake. Summers, in the 1960s, brought the local children out to the lake's cool clear waters. They jumped off cliffs, glided underwater, and sunned on the beaches. Childhood summers at Greer Ferry Lake gave Sandra a love for and comfort level in the water that would serve her years later when she ventured into Masters swimming.

Fast forward 45 years. Sandra and partner Tree have joined two friends for a weekend of camping at Cottage Grove reservoir. The friends are swimming in the Master's Open Water swimming events at the lake. One of the friends, a former co-worker of Sandra's, had frequently regaled Sandra with stories of Masters swim workouts and meets. The friend had extended invitations and encouragement to join in. But it was the enthusiasm and camaraderie evident at the open water venue that prompted Sandra to take the 'plunge', both figuratively and literally.

Sandra attended her first Masters workout in October, 2010, and was hooked. She usually swims two workouts a week of about 2000 yards/meters with the Oregon Reign Masters. She completed the one hour Postal in January, and swam freestyle on a women's medley relay at the state Association meet. Sandra's swimming goals? 'Well, I like to try to finish the workout if I can,' she laughs. She wants to continue to improve her freestyle stroke, learn more strokes (except she says she'll pass on butterfly for

now) and especially improve her breathing. Just 8 months ago she had to stop to catch her breath after 25 yards. Now she does a warm-up, sets, and a cool-down. Sandra appreciates instructions from both of the Reign Masters coaches, especially how they tailor their directions to her swimming level. What keeps Sandra swimming with her team? Sandra notes that it's intellectually and physically challenging, fun, and helps her let go of stress.

Sandra works for the state of Oregon, usually commuting back and forth to Salem from her home in Portland. In addition to swimming, she enjoys walking, reading, movies and gardening. Sandra and partner Tree are the parents of two cats, Jack and Pablo.



## OMS Members — Please Notice!

**A**ttention OMS members who would like to make a difference in the "Aqua Master." We would like to run articles about the *past* swimming life of OMS swimmers, and we need your help. Perhaps you swam with a current OMS member when you were children on an age group swim team and have pictures or articles in your archives. Or were coached by a current OMS member. Or maybe you would like to gather information about a friend who is an OMS member, and write a brief article about them. You don't have to be a great writer to do this. Anyone who can talk, can write; just write whatever you would say to someone in a conversation. This would not replace the "Swimmer Spotlight".

Send old pictures if you have them. Include how you know this person or your relationship with them. For an example, see the article on the next page.

Please send your information to the "Aqua Master" editor.

# My Inspirational Friend

By Chris Clum

Ginger (Ladich) Pierson began her long swimming career in her early years—just in grade school. A rising star, she was an original member of the then fledgling Parkrose swim team coached by Garland Trzynka. A natural at the sport, Ginger began competing in the Amateur Athletic Union (AAU) meets. This led to her not only being a top competitor in these meets but to becoming a high school swimming standout.

Ginger did the same thing then as she does now, that is, set and then break records. Then, she set and broke national high school records. Ginger, a junior, smoked the 100 yard breaststroke national record in a 1:13.6—breaking the old record by 1.4

seconds. She toppled the Oregon State record in the 50 yard breaststroke by turning in a 33.5.

She was at the top of her game and captured several State championship titles in her specialty, the breaststroke; as well as adding speed to the relays. Ginger helped lead her high school swim team—the Parkrose Broncos, to top team finishes in the State competitions.

Not only a great competitor, Ginger also adds being an inspiration to the Masters swimming world. She is an example of what desire and hard work can accomplish. Oregon Masters Swimming is fortunate to have her as a member and a leader.

Note: Chris Clum and Ginger Pierson swam together on the Parkrose swim club.

**Photos are either from a 1961 newspaper or from the 1963 Parkrose yearbook.**



*The original 13 members of the Parkrose swim club (1959). Ginger is in the center of the front row.*



*Seven Parkrose swim club members broke records at Columbia Basin swim league meets making Garland Trzynka a proud swim coach. Ginger is on the right with Chris next to her.*



*Co-captains of the Parkrose swim club in 1963 were Chris (Jorgensen) Clum and Ginger (Ladich) Pierson.*



*Yearbook photo*



*Teammates are cheering Ginger and another team mate at a turn in a race.*

## 69<sup>th</sup> Annual Roy Webster Columbia River Cross-Channel Swim Announced

### *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 annual Columbia River Cross-Channel Swim. Webster, a local orchard owner, began the event 69 years ago when he challenged himself to swim across the Columbia River between Washington and Oregon at Hood River. Today, close to 1000 brave swimmers cross the 1.1 mile stretch in the early dawn on Labor Day, and the exceptional event draws people from around the world.

Check-in on the day of the swim (September 5) starts at 5:15am for the first boat (there are two crossings this year), as 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 on paddleboards, in sail boats, and in power boats are there to guide, encourage, and protect swimmers as they cross the channel.

“This experience is unlike anything you’ll see elsewhere. And this year we have the excitement of adding a second boat so we can accommodate the ever-increasing number of people who want to participate in this unique event. It has grown from a yearly challenge among friends to an annual mecca for swimmers of all ages,” said Kerry Cobb, 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 38 consecutive years.”

As for Webster, although he passed away a few years ago, 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.

“Critical to the success of the event are the more than 150 volunteers,” commented Nancy Carlson, the Chamber’s Event Coordinator. “We also rely on the invaluable help of the Army Corps of Engineers, the Coast Guard, the Hood River County Sher-

iff’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.”

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 register for the swim visit [www.active.com](http://www.active.com) and search for the 69<sup>th</sup> Annual Cross-Channel Swim. For more information or questions call the Hood River County Chamber of Commerce at (541) 386-2000.

The community of Hood River welcomes visitors to the event with a Labor Day weekend full of activities, and the area offers exceptional dining, lodging, wineries and pubs, shopping, and a host of other outdoor sports—including windsurfing, rafting, paddleboarding, kiteboarding, and biking. The 69<sup>th</sup> Annual Roy Webster Cross-Channel Swim is sponsored by [thefruitcompany.com](http://thefruitcompany.com), Providence Hood River Memorial Hospital, the Portland Spirit, and the Hood River Best Western Inn.

Alex Morris — Marketing Assistant,  
Hood River Chamber of Commerce  
541-386-2000 ext 227  
[amorris@hoodriver.org](mailto:amorris@hoodriver.org)



photo credit: Scott Fray



## FOSTER LAKE CABLE SWIMS

### Featuring the USMS One-Mile Open Water National Championships July 2, 2011 One & Two-Mile Cable Swims & Dog Tandem Challenge!

Hosted by Central Oregon Masters Aquatics  
Sanctioned by Oregon Masters Swimming for U.S. Masters Swimming #371-OW3  
Operating under Special Use Permit from the U.S. Army Corps of Engineers

**LOCATION & COURSE:** Foster Lake is a scenic reservoir located just off U.S. Route 20 near Sweet Home, OR. The course is a ¼-mile cable certified accurate to USMS standards. Water temperature on race day has varied from 66-72 degrees Fahrenheit and will be posted.

#### RACES:

- Two-Mile non-championship swim;
- Two heats of the USMS One-Mile Open Water Championship;
- Dog Tandem Challenge

**ELIGIBILITY:** This event is open ONLY to 2011 USMS members or foreign equivalents. Eligibility will be automatically verified for online entries. A legible photocopy of 2011 USMS card or foreign equivalent MUST accompany mailed entries. USMS "One-Event" membership is NOT available for this event.

**RULES:** Current USMS rules will govern this event. In the One-Mile swim, only Category I swimwear is allowed. In the Two-Mile swim, Category II suits—including wetsuits—are allowed but scored in a separate category. See event website for swimwear details.

**SEEDING:** In both One & Two-Mile swims, swimmers will be seeded fastest to slowest by 1650-yard or 1500-meter time. 'No Time' entries will not be accepted. Seeding changes will not be allowed after the heat sheet is posted. Enter accurate times!

**STARTS:** In the One & Two-Mile swims, each heat will consist of seeded waves (8-12 swimmers each) starting 20-30 seconds apart. The Two-Mile & One-Mile swims will be contested in opposite directions, which will be decided by a coin toss at the Two-Mile pre-race meeting.

**SAFETY—OUR PRIMARY CONCERN:** Safety boats will monitor the entire course and medical personnel will be on-site. Swimmers must wear the swim cap provided, must have their race number on their arms, and must follow all announced safety rules without exception. Time Limit: Swimmers who cannot complete one mile in 50 minutes or two miles in 1:45 should NOT enter; swimmers on the course after these time limits may be stopped and listed as DNF in the results.

**DOGS SWIM TOO!** 50-meter Tandem Challenge for dogs and their significant human! Unsanctioned—after all, dogs are not eligible for USMS membership. Open Age Group—whose age would we use anyway? Individual tandem starts. Start & finish—all paws dry. No entry fee. **Woof! Dogs must be on leash at all times except when swimming, and owners must pick up after them.**

#### RACE SCHEDULE (subject to change if conditions warrant):

7:30am	Lewis Creek Park opens
8:00am	Check-in opens for all events
8:45am	Check-in closes for 2-mile
9:05am	Pre-race meeting & marshaling for 2-mile
9:30am	<b>Start of 2-mile</b>
11:00am	Check-in closes for 1-mile
11:20pm	Pre-race meeting for 1-mile
11:30pm	Pre-race marshaling for heat #1 of 1-mile
11:45am	<b>Start of heat #1 of 1-mile</b>
12:00noon	Pre-race marshaling for heat #2 of 1-mile
12:15pm	<b>Start of heat #2 of 1-mile</b>
12:30pm	Check-in closes for Dog Challenge
12:45pm	Lunch
1:00pm	<b>Start of Dog Challenge</b>
1:30pm	Relay entries close
1:45pm	Awards for 1-mile National Championships

**REGISTRATION:** Save time, paper, & errors by registering online [https://www.clubassistant.com/club/meet\\_information.cfm?c=1705&mid=2938](https://www.clubassistant.com/club/meet_information.cfm?c=1705&mid=2938). Or register by mail using the attached entry form. Entries MUST be **received** by June 20. Due to organization and seeding needs, late or day-of-race entries will NOT be accepted (except for relays, see below)—please don't even ask. Submit your entry on time!

**ENTRY LIMITS:** The One-Mile National Championship swim is limited to the first 288 registrants. The Two-Mile swim is limited to the first 144 registrants. We will maintain a waiting list in case early registrants drop out. No limits for the Dog Tandem Challenge.

**ENTRY FEES:** One swim is \$40. Two swims are \$50. Dog Tandem Challenge is free. Entry fee includes swims, a souvenir swim cap, and a post-swim meal. No refunds after the June 20 entry deadline.

**RELAYS:** In the One-Mile swim, cumulative relays will be accepted for National Championship places, All-American honors, and USMS records. In the Two-Mile swim, relays will be accepted for records. Enter relays & pay fees on race day only. Bring club mates for relays!

**RESULTS:** Results will be posted at Foster Lake promptly after each heat & race, and at [www.comaswim.org](http://www.comaswim.org), [www.swimoregon.org](http://www.swimoregon.org), and [www.usms.org](http://www.usms.org) after the event. You may purchase hard-copy results.

**RECORDS:** Courses for both race distances are surveyed & certified, and qualify for National & Oregon cable swim records if they occur.

#### AWARDS:

- One-Mile: USMS championship medals to top eight finishers, and the USMS championship patch to the winner, in each age group.
- Two-Mile: Ribbons to the top three in each age group.
- Dog Tandem Challenge: Dog treats for all.

**OREGON OPEN WATER SERIES:** All swims count towards the cumulative season series. The One-Mile & Two-Mile swims are featured swims (22-18-16-14-12-10-8-6-4-2 points), while the Dog Tandem Challenge is a participation swim (7 points).

**T-SHIRTS:** Each swimmer may pre-order & purchase one high-quality commemorative t-shirt for \$12, and additional ones for \$16. Not on sale at the event. See the website for the t-shirt design.

#### DIRECTIONS (Mapquest: Lewis Creek Park):

- From the North: Take I-5 south to exit 228. Drive east on Oregon 34 to Lebanon, then south & east on US 20 through Sweet Home. 2.2 miles past the Weyerhaeuser mill, turn north on Quartzville Rd.
- From the South: Take I-5 north to exit 216. Drive east on Oregon 228 to Sweet Home, then continue east on US 20. 2.2 miles past the Weyerhaeuser mill, turn north on Quartzville Rd.
- From the East: Take US Route 20 west over the Cascades towards Sweet Home, then turn north on Quartzville Rd.
- Final Approach: Drive 1.2 miles north on Quartzville Rd., turn left on N. River Rd, and drive .8 miles to Lewis Creek Park. Turn left into the entrance, turn right, and park in the lower lot.

**PARKING:** Day parking costs \$5 per car; please pay fee on site.

**LODGING & CAMPING:** See website for options.

**WEBSITE FOR COMPLETE INFO:** [www.comaswim.org](http://www.comaswim.org)

**EVENT DIRECTOR: Bob Bruce**  
[coachbob@bendbroadband.com](mailto:coachbob@bendbroadband.com) 541-317-4851



**FOSTER LAKE CABLE SWIMS**  
**Featuring the USMS One-Mile Open Water National Championships**  
**July 2, 2011 One & Two-Mile Cable Swims & Dog Tandem Challenge!**

## ENTRY FORM

<b>Swimmer Information</b> (include a legible photocopy of your registration card—this is required!)			
Name: First:	Last:		
Address:	City:	State:	Zip:
E-mail Address:	Phone – evening: ( )		
Emergency Contact (Important):	Emergency Contact Phone on Race Day: ( )		
Gender (circle): M F	Birth Date (mm/dd/yyyy):	Age on Race Day:	
USMS Number:			
USMS Club:	Local Oregon Team (if applicable):		

<b>Swims: Circle your events!</b>	<b>Seed Time for One-Mile &amp; Two-Mile!</b>	<b>Cost per swim</b>	
Two-Mile Swim	_____ 1650-yd or 1500-mtr time.	\$40 for first swim.	
One-Mile Championship Swim	‘No Time’ entry NOT accepted. Those who cannot swim 1 mile in 50 minutes or 2 miles in 1:45 SHOULD NOT ENTER.	\$10 for second swim.	
Dog Tandem Challenge		Dog Tandem Challenge Free	
<b>Enter Total Cost for Swims:</b>			
<b>Meals: Free for Competitors</b>	<b>Number of spectator meals</b>	<b>Cost/meal</b>	<b>Sub-Total</b>
		x \$8.00	
<b>Enter Total Cost for Spectator Meals:</b>			
<b>Shirts: Premium quality!</b>	<b>One T-shirt per entrant at \$12. Add \$16 for each extra T-shirt. List Number &amp; Size(s)</b>	<b>Cost</b>	<b>Sub-Total</b>
Size (S, M, L, XL); XXL add \$3.00			
T-shirt – short sleeve (first one)	Style: Women’s ___ or Men’s ___ Size ___	x \$12.00	
T-shirt – short sleeve (extra)	Style: Women’s ___ or Men’s ___ Size ___	Each \$16.00	
T-shirt – short sleeve (extra)	Style: Women’s ___ or Men’s ___ Size ___	Each \$16.00	
<b>Enter Total Cost for T-Shirts:</b>			
<b>Miscellaneous Fees:</b>		<b>Cost</b>	<b>Sub-Total</b>
Hard-copy of Results mailed to you (results will also be posted on websites)		x \$3.00	
<b>Enter Total Miscellaneous Fees:</b>			
<b>Swims + Meals + Souvenirs + Miscellaneous Fees</b>			<b>Enter TOTAL COST:</b>

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 of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

**Signature:** Signed \_\_\_\_\_ Date: \_\_\_\_\_

**Include Completed Entry Form, Copy of USMS Card, & Check (payable to COMA)  
**Send Entries to Bob Bruce, 61200 Parrell Rd., Bend, OR 97702****

GIL YOUNG MEMORIAL LCM MEET/ NORTHWEST ZONE LONG COURSE METERS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #371-06

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

Outdoor pool
26000 SE Stark
Gresham, Oregon

DATES: Friday-Sunday, July 8-10, 2011

FRIDAY WARM-UPS: 3PM MEET STARTS: 4PM
SATURDAY AND SUNDAY WARM-UPS: 2PM
MEET STARTS: 3PM

7 lanes competition, elec. timing, Lane 8 for warm-up/down

Meet Directors: Aubree Gustafson • 971-404-6968 • gustafsona@usa.redcross.org & 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, JUNE 24, 2011



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY



NAME \_\_\_\_\_
ADDRESS \_\_\_\_\_
CITY \_\_\_\_\_
STATE \_\_\_\_\_ ZIP \_\_\_\_\_
PHONE \_\_\_\_\_
E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE (AS OF 12-31-11) \_\_\_\_\_ SEX \_\_\_\_\_
2011 USMS # \_\_\_\_\_
USMS CLUB (OREG, PNA, SWMS, DUCK, ETC) \_\_\_\_\_
IS THIS YOUR FIRST MASTERS MEET? \_\_\_\_\_ Yes \_\_\_\_\_ No

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 95+. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS WITH NO MORE THAN 5 PER DAY PLUS UNLIMITED RELAYS. YOUR COMPETITION AGE IS THE AGE YOU WILL BE ON DEC. 31ST, 2011. ENTER RELAYS AT THE MEET. THE 400, 800, 1500 FREESTYLE & 400 IM WILL BE DECK SEEDED. CHECK-IN DEADLINES: 400 IM - FRIDAY, 3:30PM. 1500 FREE - FRIDAY, 4:00PM. 400 FREE - SATURDAY, 2:30PM. 800 FREE - SUNDAY, START OF 200 FREE. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

Friday, July 8, 2011

400 IM (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
1500 FREE (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

Saturday, July 9, 2011

400 FREE (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
\*\*\*break\*\*\* (event #4 will not begin before 4pm)

50 FREE (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
200 FLY (5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
100 BACK (6) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
\*\*\*break\*\*\*

WOMENS 200 MEDLEY RELAY (7)

MENS 200 MEDLEY RELAY (8)

WOMENS 400 MEDLEY RELAY (9)

MENS 400 MEDLEY RELAY (10)

100 FREE (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

200 BREAST (12) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

50 BACK (13) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

200 IM (14) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

MIXED 200 FREE RELAY (15)

MIXED 400 FREE RELAY (16)

MIXED 800 FREE RELAY (17)

Sunday, July 10, 2011

200 BACK (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

50 BREAST (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

100 FLY (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

MIXED 200 MEDLEY RELAY (21)

MIXED 400 MEDLEY RELAY (22)

200 FREE (23) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

100 BREAST (24) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

50 FLY (25) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

WOMENS 200 FREE RELAY (26)

MENS 200 FREE RELAY (27)

WOMENS 400 FREE RELAY (28)

MENS 400 FREE RELAY (29)

WOMENS 800 FREE RELAY (30)

MENS 800 FREE RELAY (31)

800 FREE (32) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

"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: \$21.50 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.

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



# OPEN WATER



**ROGUE VALLEY MASTERS OPEN WATER WEEKEND, SATURDAY & SUNDAY, JULY 16 & 17, 2011,  
AT APPLGATE LAKE. SANCTIONED BY OREGON MASTERS SWIMMING FOR USMS #371-OW4**

Online registration available at : [https://www.clubassistant.com/club/meet\\_information.cfm?c=1352&smid=3083](https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=3083)

## SATURDAY, JULY 16:

**10K OPEN WATER SOLO SWIM (Featured), or  
10K OPEN WATER RELAY SWIM (Qualifying), or  
5K OPEN WATER SOLO SWIM (Qualifying)**

**7:00-7:45am:** 5K/10K Registration/Check-in  
**\*\*Check-in will close promptly at 7:45am\*\***

**8:00am:** Pre-race instructions

**8:30am:** Race start

**Race Director: Andy Gramley 206-660-6322**

**Email: [agramley@microsoft.com](mailto:agramley@microsoft.com)**

**Awards and lunch hosted by RVM**

## SUNDAY, JULY 17:

**1.5K OPEN WATER SWIM (Featured), and  
3 X 500 METER PURSUIT RELAY (Participation)**

**8:00-9:00am:** 1.5K Registration/Check-in

**\*\*Check-in will close promptly at 9:00am\*\***

**9:15am:** Pre-race instructions

**9:30am:** 1.5K Race start

**11:00am:** Relay Check-in/Instructions

**11:20am:** 3 x 500M Pursuit Relay start

Relay information will be available at registration.

**Awards and lunch hosted by RVM**

**COURSE:** The course is a 2.5K loop marked with buoys. 10K solo swimmers will swim four loops. 5K solo swimmers will swim two loops. 10K relay teams may consist of 2-4 members with each member swimming at least one 2.5K loop. The 1500M will be 1 triangular loop. The 3 X 500M pursuit relay is for bragging rights and each leg consists of one out-and-back loop. All solo and relay events will start in knee-deep water. At the finish line, swimmers will exit the water through a marked chute ending about 5 yards up the shoreline. Color coded caps will be provided and are mandatory for all individual and relay swimmers. Both 10K solo swimmers and relay teams must be able to complete the swim in 4 hours, 30 minutes.

**RULES & FEES:** Current USMS rules govern all swims. Swimmers wearing Category II suits—including wetsuits—will not be eligible for awards. All events are open to USMS-registered swimmers 18 years of age as of July 17, 2011. **Entries must be postmarked by July 1<sup>st</sup>.** Entry fees include swimmer's lunch; additional meals are available for \$10/person. Fifty percent of all fee are refundable with at least 7 days notice to the Race Director.

**RACE-DAY ENTRIES:** There is a \$15 surcharge for race-day entries. Late entrants must provide their 2011 USMS card. If needed, USMS One-Event Registration will be available for \$18 on race day. A limited number of T-shirts will be for sale on race day for \$20. Late entrants are not guaranteed a shirt; orders will be taken and shirts will be sent after the event.

**SAFETY:** We recommend that each 10K solo swimmer have a personal escort. Swimmers should prepare and bring their own race beverages & snacks. There will be a feeding station in the water each 2.5K near the start of the course for your bottles & snacks. Lifeguards in safety craft will monitor the course for all events. Medical personnel will be on site at the start/finish area.

**AWARDS:** 1<sup>st</sup> through 3<sup>rd</sup> place in each male and female 5-year age group and the fastest overall male and female swimmers will receive awards in the solo 10K, 5K and 1.5K races. In the 10K relay, first female, male, and mixed relay teams will be awarded prizes. Complete results will be posted at [www.swimoregon.org](http://www.swimoregon.org).

**CAMPING:** Rogue Valley Masters has reserved all 7 tent sites and 4 RV sites at Hart-Tish Park, the race site. Tent sites are \$15/night and RV sites are \$15/night and include parking. For reservation and payment information, contact Jocelyn Sanford, RVM accommodations coordinator: 541-488-6435 or [Jocelyn@redarrow.org](mailto:Jocelyn@redarrow.org). In addition, there are three campgrounds within 5 miles of the race site (Jackson, Watkins, and Carberry.) To reserve a site at one of these, call Glenn (Hart-Tish Park concessionaire) at 541-899-9220 or go to [www.applegatelake.com](http://www.applegatelake.com). Sites at other nearby campgrounds, including Beaver Sulpher, can be booked at [www.reserveamerica.com](http://www.reserveamerica.com).

**PARKING:** A parking/day use pass for non-campers must be purchased for \$5/vehicle/per day at Hart-Tish Park from the park concessionaire at the park store. Allow time to drive to the store, purchase your pass, and return to the event location parking lot.

**DIRECTIONS:** From either north or south on I-5, take exit #30 in Medford and go west, following the signs to Hwy 238 west to Medford and Jacksonville. After passing through Jacksonville, Hwy 238 continues to Ruch. Turn left onto Applegate Road and follow the signs to Applegate Lake (18miles from Ruch). Proceed past the Applegate dam for another .7 miles until you reach Hart-Tish Park, and turn left into the park. Driving time from the I-5 exit to Hart-Tish Park is approximately 45 minutes.

This event is under special use authorization with the Rogue River Nat'l Forest: **No pets allowed at Hart-Tish Park.**



# OPEN WATER



## APPLEGATE LAKE OPEN WATER WEEKEND – ENTRY FORM

Online registration preferred at: [https://www.clubassistant.com/club/meet\\_information.cfm?c=1352&smid=3083](https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=3083)

Name \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_ M\_\_ F\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_ Club \_\_\_\_\_ Local OR Team \_\_\_\_\_

USMS Reg # \_\_\_\_\_ **Please attach a copy of your 2011 card.**

10K Solo Swim (Saturday) \_\_\_\_\_ \$40.00 (Includes lunch)

10K Relay Swim (Saturday) \_\_\_\_\_ \$30.00 per swimmer (Includes lunch)

5K Solo Swim (Saturday) \_\_\_\_\_ \$40.00 (Includes lunch)

1.5K Swim (Sunday) \_\_\_\_\_ \$30.00 (Includes lunch)

Spectator Lunch \_\_\_\_\_ \$10.00 each---Circle one: Saturday Sunday

T-Shirt \_\_\_\_\_ \$15.00---Circle size: S M L XL XXL (\$2 extra)

**TOTAL:** \$ \_\_\_\_\_

- PLEASE ENCLOSE:**
1. SIGNED & DATED ENTRY FORM
  2. COPY OF 2011 USMS REGISTRATION CARD
  3. CHECK PAYABLE TO: RVM LAKE SWIM

**MAIL TO:** RVM LAKE SWIM  
2350 RANCH RD  
ASHLAND, OR 97520

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

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_



## 17<sup>th</sup> ANNUAL CASCADE LAKES SWIM SERIES & FESTIVAL

Elk Lake, OR July 29-30-31, 2011 5 Swims in 3 Days!

Hosted by Central Oregon Masters Aquatics and Bend Park & Recreation District  
Sanctioned by U.S. Masters Swimming #371-OW5. No USA-Swimming Sanction.

Operating under Special Use Permit from the United States Forest Service

**LOCATION:** Elk Lake, a beautiful, clear mountain lake nestled in the sunny Oregon Cascades 33 miles from Bend. Water temperature has varied from 67-72 degrees Fahrenheit and will be posted on race days.

**RACES:** The **Cascade Lakes Swim Series** features five open water swims over three days. Adult participants may enter any or all of the five swims. Friday's swim is a **3000-meter** swim on a triangular course. Saturday's swims are an individual **500-meter** time trial on an out-and-back continuous floating line course and a **1500-meter** swim around a triangular course. Sunday's swims will include a **5000-meter** swim consisting of three loops of a diamond & triangular course and a **1000-meter** swim on an irregular course following the shoreline.

**SERIES:** The **Cascade Lakes Swim Series** includes a **Short Series** (500, 1000, & 1500-meter swims) and a **Long Series** (1500, 3000, & 5000-meter swims). Each swimmer may enter one distance series only and must complete all three series swims to be eligible for series awards. For series awards, points will be based on finish order in each race, with a Category II suit deduction (see below). Swimmers who complete all FIVE swims will be eligible for special **Survivor** awards.

**FESTIVAL:** Elk Lake is a great place to bring your family for an outdoors experience and extravaganza. We plan fun events for children on Saturday morning, and fun events for adults all the time!

**ELIGIBILITY:** Open ONLY to 2011 USMS member swimmers. USMS swimmers may enter any of the swims. A legible photocopy of your 2011 USMS membership card (or foreign equivalent) MUST accompany mailed entries. USMS "One-Event" membership—covering all of these races—is available for adults 18+ only for \$18.

**RULES:** Current USMS rules will govern this event.

**CATEGORY II SUITS:** Category II suits—including wetsuits—are welcomed in all five swims, but scored in a separate category. 10% of final time will be added to Category II suit swims for integration into our Series scoring. See event website for swimwear details.

**STARTS & SEEDING:** The 1500, 3000 & 5000-meter swims will use a mass start. The 500-meter swim will use an individual start and the 1000-meter swim will start in small heats; both of these swims will be seeded fastest-to-slowest based on entered 500-yard time. Day-of-Race entries and those not submitting a seed time will not be seeded in advance and will swim last. *No changes allowed in seeding times at the race, so enter accurately.*

**SAFETY—OUR PRIMARY CONCERN:** Safety boats will monitor the entire course and medical personnel will be on-site. Swimmers must wear a brightly colored swim cap, have their race number on their arms or hands, and follow all announced safety rules without exception.

**REGISTRATION:** Save time, paper, & errors by registering online at [https://www.clubassistant.com/club/meet\\_information.cfm?c=1352&s\\_mid=2943](https://www.clubassistant.com/club/meet_information.cfm?c=1352&s_mid=2943). Mail entries should be **postmarked by July 18<sup>th</sup>**. Entries postmarked July 19-23 must pay an additional \$10 late fee—do NOT mail after July 23! Entries after this date will be considered Day-of-Race entries and must pay an additional \$20. **Submit your entries on time**—it really helps our planning for a great event!

**ENTRY FEES:** One race is \$30, and each additional race is \$5 more. Entry fee includes a swim cap and post-swim meals on your race days.

### RACE SCHEDULE (subject to change due to conditions):

#### Friday, July 29, 2011

4:30—5:30pm Registration/Check-In for 3000-meter race  
6:00pm Start of 3000-meter race

#### Saturday, July 30, 2011

7:45—8:45am Registration/Check-In for 500 & 1500-meter races  
9:30am Start of 500-meter race  
10:15—11:00am Registration/Check-in for the 1500-meter  
11:45am Start of 1500-meter race

#### Sunday, July 31, 2011

7:15 am—8:15am Registration/Check-In for 5000 & 1000-meter races  
8:45 am Start of 5000-meter race  
10:00—11:00am Registration/Check-In for the 1000-meter race  
11:45 am Start of 1000-meter race

Pre-race instructions 15 minutes before each start time. A picnic lunch or dinner will follow the finish of races each day.

**RESULTS:** Will be posted at Elk Lake promptly after each race, and at [www.comaswim.org](http://www.comaswim.org) and [www.swimoregon.org](http://www.swimoregon.org) after the event.

**AWARDS:** USMS age groups are 18-24, 25-29, 30-34, and so on in five-year increments.

Awards to individual swimmers by age group:

- Ribbons to the top three finishers in each age group in each race in both suit categories.
- Ceramic coasters to the top 3 Series finishers in each age group.

Awards to individual swimmers regardless of age group:

- Ceramic mug to the top masters male & female in each Series.
- Special Survivor glass mug to everyone completing all five swims.

**OREGON OPEN WATER SERIES:** All swims count towards the cumulative Oregon Masters season series. The 1500 & 5000 are featured swims (full points), while the 500, 1000, & 3000-meter swims are qualifying swims (half points).

**DIRECTIONS (Mapquest: Elk Lake):** From Century Drive in Bend, take the Cascade Lakes Scenic Highway approximately 33 miles to Elk Lake. The start & finish for all swims is the Beach Day Use Area, the southernmost and last Elk Lake exit if coming from Bend.

**PARKING:** Parking is limited to two large pullouts off the Cascades Lakes Highway and to the Little Fawn Group Campground. A shuttle bus will run Saturday & Sunday between the campground and the race site before & during registration and after races are completed. There will be no general parking at the race site until after event activities have concluded. **Your car must display a 2011 NW Forest Pass to park anywhere other than the highway pullouts or campground.**

**CAMPING & LODGING:** Little Fawn Group Campground on Elk Lake is reserved for swimmers & spectators Thursday through Sunday. Only tents or small motor homes are permitted. Camping fee is \$5 per camper over 12 years of age per day—include fee with your entry form to secure your limited spot. Bend and Sunriver offer many lodging choices at various price levels.

**DOGS: NO DOGS at Elk Lake** (USFS Rule), but they may be in the campground on a leash. Never leave your dog unattended in a car!

**WEBSITE FOR COMPLETE INFO:** [www.comaswim.org](http://www.comaswim.org)

**EVENT DIRECTOR:**

**Bob Bruce** [coachbob@bendbroadband.com](mailto:coachbob@bendbroadband.com) 541-317-4851

**Entry Form – CASCADE LAKES SWIM SERIES & FESTIVAL 2011 – 5 Swims in 3 Days**

<b>Swimmer Information</b>			
Name: First:		Last:	
Address:		City:	State: Zip:
E-mail Address:		Phone – evening: ( )	
Emergency Contact (Important):		Contact Phone on Race Day: ( )	
<b>USMS / USA-S Information (include a photocopy of your registration card—this is required!)</b>			
Gender (circle): M F		Birth Date (mm/dd/yyyy):	Age on Race Day:
USMS Number:			
USMS Club:		Local Oregon Masters Team (if applicable):	
<b>Swims: Circle your events!</b>		<b>Enter Seed Time for 500 &amp; 1000-meter!</b>	<b>Cost per swim</b>
Friday: 3000-meter		_____ Current pool time for 500 yards	\$30 for first swim & \$5 for each additional swim (\$50 maximum)
Saturday: 500-meter		_____ Current pool time for 500 yards	
Saturday: 1500-meter		_____ Current pool time for 500 yards	
Sunday: 5000-meter		_____ Current pool time for 500 yards	
Sunday: 1000-meter		_____ Current pool time for 500 yards	
			<b>Enter Total Cost for Swims:</b>
<b>Swim Series Option:</b> Select ONE series only - Circle your choice! <b>Short Long</b> [Short Series—500, 1000, & 1500-meter] <b>OR</b> [Long Series—1500, 3000, & 5000-meter]			
			<b>Enter Total Cost for Series:</b>
			<b>FREE</b>
<b>Spectator Meals (free for racers)</b>		<b>Number of spectator meals</b>	<b>Cost/meal Sub-Total</b>
Friday dinner			x \$5.00
Saturday lunch			x \$5.00
Sunday lunch			x \$5.00
			<b>Enter Total Cost for Spectator Meals:</b>
<b>Camping</b>		<b>Number of campers over 12 years old</b>	<b>Cost/night Sub-Total</b>
Thursday night			x \$5.00
Friday night			x \$5.00
Saturday Night			x \$5.00
Sunday night			x \$5.00
			<b>Enter Total Cost for Camping:</b>
<b>Shirts: Premium quality!</b>		<b>One T-shirt per entrant at \$8. Add \$16 for each extra T-shirt. List Number &amp; Size(s)</b>	<b>Cost Sub-Total</b>
Size (S, M, L, XL); XXL add \$2.00			
T-shirt – short sleeve (first one)		Women’s style ____ or Men’s style ____	x \$8.00
T-shirt – short sleeve (extras)		Women’s style ____ or Men’s style ____	Each \$16.00
Commemorative hats			Each \$10.00
			<b>Enter Total Cost for Shirts &amp; Hats:</b>
<b>Miscellaneous Fees (only as needed)</b>		<b>Cost</b>	<b>Sub-Total</b>
USMS/Oregon One-Event Membership Fee (complete form at registration) <b>OR</b>		x \$18.00	
USMS/Oregon Full Membership Fee (complete form at registration) if needed		x \$45.00	
Late Fee: Postmarked between July 19 & July 23 – <b>Do not mail after July 23!</b>		x \$10.00	
Day-of-Race Fee: All entries after July 23, including days of races		x \$20.00	
			<b>Enter Total Miscellaneous Fees:</b>
<b>Swims + Series + Meals + Camping + Souvenirs + Miscellaneous Fees Enter TOTAL COST:</b>			

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 of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

**Signature:** Signed \_\_\_\_\_ Date: \_\_\_\_\_

**Include Completed Entry Form, Copy of USMS Card, & Check (payable to COMA)  
Send Entries to Bob Bruce, 61200 Parrell Rd., Bend, OR 97702**



**OPEN WATER SWIM — COTTAGE GROVE LAKE**  
**SUNDAY, AUGUST 14, 2011**  
**SPONSORED BY EMERALD AQUATICS**  
**WITH THE COOPERATION OF THE ARMY CORPS OF ENGINEERS**

Sanctioned by Oregon Masters Swimming for United States Masters Swimming, #371-0W6

**The 1500-meter swim is the 2011 Oregon Association Open Water Individual & Team Championship**

**Schedule:**

<b>1500 Open Water Swim</b>	<u>1500m:</u> Check-in closes 8:30 am	Pre-race instructions 8:45 am	Race starts 9:00 am
<b>Whiteley 1000</b>	<u>1000m:</u> Check-in closes 10:30 am	Pre-race instructions 10:45 am	Race starts 11:00 am
<b>Flatfoot Kick</b>	<u>500m:</u> Check-in closes 11:30 am	Pre-race instructions 11:45 am	Race starts 12:00 am

**Course:** The course will be marked by buoys. Water temperature is expected to be 74-76 degrees and will be posted at check-in.

**Equipment:** 1500 Swim: Swimmers wearing Category II swimwear (including wetsuits) are ineligible for awards. Other USMS open water swimming rules apply. Oregon Open Water Series featured swim & Association Championship.  
Whiteley 1000: Use of pull buoys, fins, hand paddles, etc. are allowed (and encouraged!). Oregon Open Water Series featured swim.  
Flatfoot 500 Kick: Bring a kickboard for this event. Propulsion by kicking only. No fins! Oregon Open Water Series qualifying swim.

**Safety:** The course will have safety marshals, lifeguards, a boat patrol (including a lead boat, a chase boat, perimeter boats, and an "ambulance" boat). Paramedics and an ambulance will also be on boat ramp during the swim. No pets at the race, please.

**Eligibility:** Current USMS membership required. One-day registration will be available at the event for \$18.

**Awards:** Prizes will be raffled during picnic after swim; you must be present to win.

**Picnic:** Following the Flatfoot Kick, around 12:30, Emerald Aquatics will host a finger-food picnic. All are invited; \$5 donation for non-swimmers.

**Directions:** From I-5 take exit 172 and go south 0.7 miles on S 6<sup>th</sup> St. Turn left on London Weyerhauser Rd and go 3.0 miles. Turn left on Cottage Grove Reservoir/Reservoir Rd. After 0.6 miles turn right to stay on CGR/Reservoir Rd. Go 2.8 miles to park (see map, opposite).

**Information:** Steve Johnson, Race Director, (541) 683-5758 (see over for camping information)

**ENTRIES MUST BE POSTMARKED BY August 2<sup>nd</sup>**

**add \$10 for late entries**

Mail entries EA Lake Swim	<b>check all that apply:</b> 1500m    Whiteley    Flatfoot <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	all 3 events \$40.00	_____
to: P.O. Box 3708		or 2 events \$35.00	_____
Eugene, OR 97403		or 1 event \$30.00	_____
USMS # _____			

Please attach a copy of your USMS registration card.

**TOTAL** \_\_\_\_\_

**Make checks payable to Emerald Aquatics**

**All fees are non-refundable.**

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Club \_\_\_\_\_ OR Local Team \_\_\_\_\_

Birthdate \_\_\_\_\_ Day phone \_\_\_\_\_ Evening phone \_\_\_\_\_ Fax \_\_\_\_\_

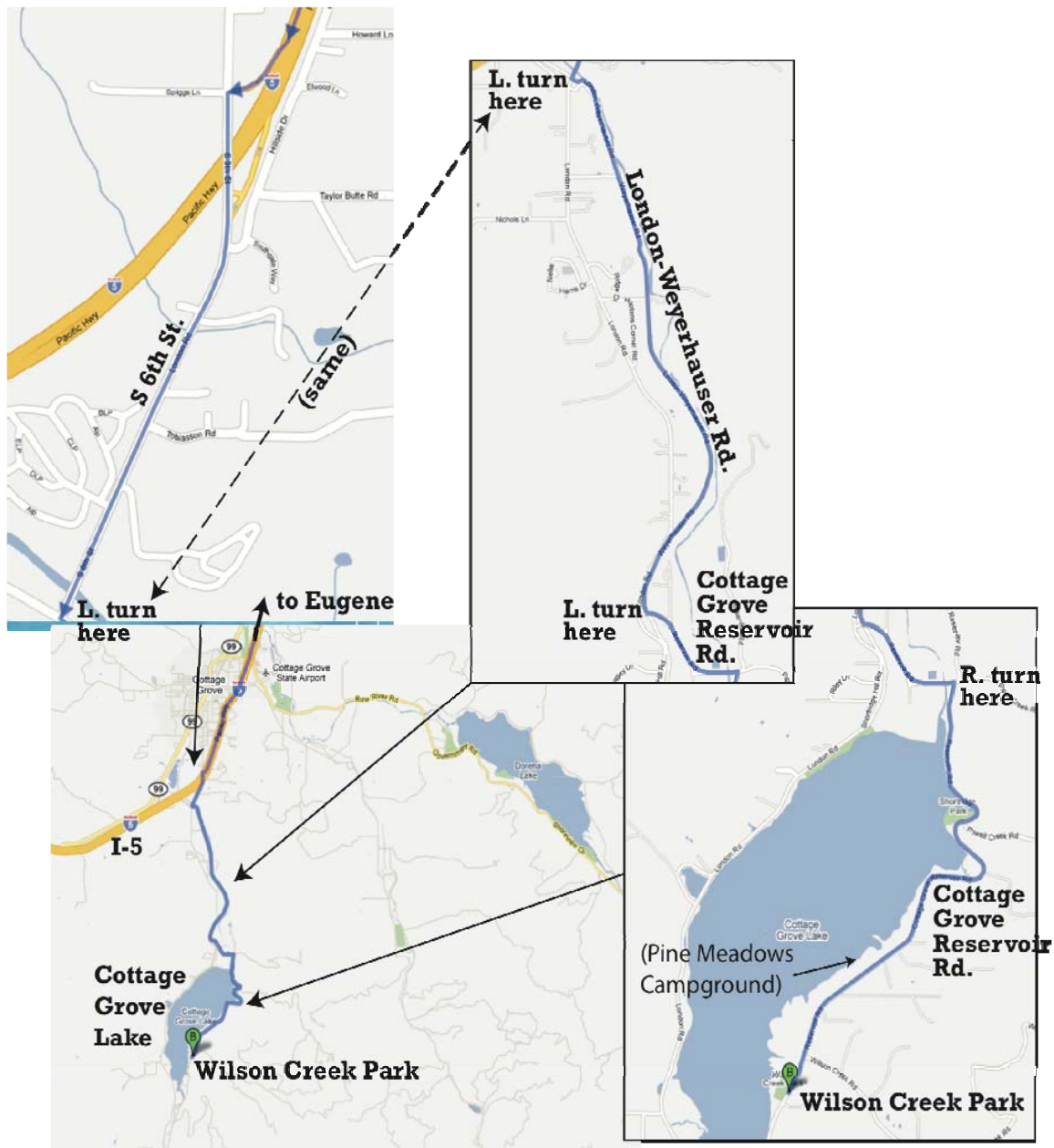
"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training & competitions) including possible permanent disability or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

Signature \_\_\_\_\_ Date \_\_\_\_\_

**RULES FOR THE OREGON MASTERS SWIMMING ASSOCIATION OPEN WATER CHAMPIONSHIP:**

- **Team Affiliation and Scoring:**
  - A swimmer will represent the local team indicated on the entry form. If no local team is indicated, a swimmer will represent the local team listed on his or her USMS membership card or registration.
  - Team scoring shall be based upon point value by age group: 8-6-4-3-2-1.
  - Cumulative team scoring will be kept and banner awards given for both large and small teams.
- **Wetsuits:** swimmers wearing Category II swimwear—including wetsuits—may score team points only if the water temperature is less than 70 degrees Fahrenheit, an unlikely possibility at Cottage Grove Lake.

**Camping:** Individual camping sites can be reserved for Pine Meadows. To reserve go to [www.reserveamerica.com](http://www.reserveamerica.com) and use the search engine to go to Pine Meadows in Oregon. You can also call 1-877-444-6777. The rules are a minimum two night stay and you can have 3 vehicles and 3 tents with up to 8 people, or one camper/trailer/RV and two tents for each site. The cost is \$16 per night. Directions: Same as to race site, Pine Meadows is approx. 0.5 miles before (N of) race site.





## The Eel Lake Open Water Swims on the Southern Oregon Coast

**What:** Three Open Water Swims – 3000 & 1500-meter Swims and a 500-meter Obstacle Course Swim. We will start with a 3000-meter swim on a triangular course, twice around the buoys. Then we will have a 500-meter Obstacle Course Swim—**FREE, no entry fee.** Last will be the 1500-meter swim, once around the same course as the 3000. All swims are sanctioned by United States Masters Swimming (371-OW7).

**When:** Saturday, August 20, 2011, starting at 9:00 a.m.

**Where:** Eel Lake at William M. Tugman State Park is a freshwater lake on the Oregon coast on U.S. Highway 101 halfway between Reedsport and Coos Bay. Expected water temperature is 67 to 71 degrees Fahrenheit. Campground has both reservable and first-come first-served campsites, as well as reservable yurts. Call 1-800-452-5687 for reservations.

**Who:** Open to all USMS registered swimmers 18 years or older. A photocopy of your USMS or proof of membership in a foreign Masters organization must accompany your entry. A single event USMS registration, covering all races, will be available at the race site for \$18 only for adults 18 years or older.

**Rules:** Current USMS rules shall govern these swims.

**Wet Suit Rules:** Wetsuits are allowed and welcomed in all events, but scored in a separate wetsuit category.

**Procedure:** The 3000 and 1500 swims will use a mass start. The 500 swim will use individual starts, seeded fastest to slowest based upon the swimmer's estimated 500 meter entry time. Day of Race entries or those not submitting a seed time will not be seeded in advance and will swim last in order of registration. No changes will be allowed in 500 seeding at the race.

**Safety:** Lifeguards and safety boats will monitor the entire course. Swimmers must wear a bright colored swim cap (provided or use your own) and have a race number on their arms or hands. Medical personnel will be available near the site.

**Entry Fee:** The entry fee for one race (either the 1500 or 3000) is \$30; the entry fee for both the 1500 and 3000 races is \$40. There is no fee for 500-meter Obstacle Course Swim. Entry fee includes a swim cap in a goody bag. **Entries must be postmarked by Monday, August 8, 2011,** or swimmers must pay an additional late fee of \$10. Beverages, brownies, cookies and fruit will be available, but lunch will not be provided.

**Awards:** There will be awards for each race for first through third places. Awards for the 3000 and 1500 swims will be based upon finish order. Awards for the 500 Obstacle Course Swim will be based on time.

**Schedule:**

- 8:00-8:45 A.M. Registration/Check in & warm-up for all races
- 8:50 A.M. Pre-race meeting for 3000-meter swim
- 9:00 A.M. 3000-meter swim
- 9:45-10:45 A.M. Check in for 500 and 1500-meter swims
- 10:50 A.M. Pre-race meeting for the 500-meter Obstacle Course Swim
- 11:00 A.M. 500-meter Obstacle Course Swim
- 11:50 A.M. Pre-race meeting for 1500-meter swim
- 12:00 Noon 1500-meter swim
- 1:00 P.M. Awards

**Information:** Karen Matson: [kmatson@socc.edu](mailto:kmatson@socc.edu) 541.294.2915 or Ralph Mohr: [rmohr1565@charter.net](mailto:rmohr1565@charter.net) 541-269-1565.

### Other Fun Things to Do On the Coast!

**Charleston Seafood Festival** - Charleston Marina – August 20 & 21 - 7:00am-6:00pm. A festival of fun and families! Live Entertainment both days, a variety of bands from Country to Jazz, singing and more. Contests for kids and adults including fish fling and crab race. Variety of vendors, arts and crafts and lots of different kinds of food. Beer & wine garden, harbor tours and a Coast Guard Open House. For more information contact the Charleston Visitor Center, 541-888-2311 or Coos Bay Visitor Center, 541-269-0215 (Directions: drive to Coos Bay/North Bend – Follow the signs for Empire/Charleston)

**Sunday Morning Lake Swim** – An Eel Lake tradition! Join us on Sunday, August 21, at 9:00 A.M. for a leisurely swim (about 2000 meters) across Eel Lake from the boat ramp to the walking trail rest stop on the other side.

**Beach walks** – Starting at Eel Creek Campgrounds across 101 from Tugman Park, there are at least seven different beach walks available within 30 miles. Walk across the dunes at Eel Creek. Go to Horsfall Beach north of McCullough Bridge. Drive through Charleston to Bastendorff Beach, Sunset Bay, and Shore Acres Gardens. At Cape Arago walk down to South Cove where Sir Francis Drake supposedly harbored one day. Go further south on Highway 101 for Bandon Old Town, beaches, and numerous golf courses.



# The Eel Lake Open Water Swims on the Southern Oregon Coast

## Registration Form

**What:** Open Water Swims (check the appropriate boxes)  
 3000-meter Swim – USMS only  
 1500-meter Swim – USMS only  
 500-meter Obstacle Course Swim – USMS only

**Where:** Eel Lake

**When:** Saturday, August 20, 2011 starting at 9:00 A.M.

**Who:** Any registered USMS swimmer.

**Information:** Karen Matson: [kmatson@socc.edu](mailto:kmatson@socc.edu) 541.294.2915 or Ralph Mohr: [rmohr1565@charter.net](mailto:rmohr1565@charter.net) 541-269-1565.

**Registration information:**

Name: \_\_\_\_\_ Birth date: \_\_\_\_\_ Age: \_\_\_\_ Sex: \_\_\_\_  
 Address: \_\_\_\_\_ USMS number: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
 USMS Club \_\_\_\_\_ USMS Local Team: \_\_\_\_\_

**Entry Fee:** \$30 for one swim (either the 1500 or 3000) or \$40 for both 1500 and 3000. No fee for 500-meter Obstacle Course Swim. Late and Day-of-Race entries accepted at the race site for an additional fee of \$10

- \$30 for either the 1500 or 3000. You may swim the 1500 **or** the 3000 **plus** the 500-meter Obstacle Course Swim.
- \$40 for both the 1500 and 3000.
- FREE. 500-meter Obstacle Course Swim.
- \$10 for late or Day-of-Race entry

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 (parent or guardian must sign for swimmers under 18 years old)

**Complete** this entry form legibly, **sign** the waiver, **attach** a photocopy of your USMS registration card, and **enclose** the appropriate fee payment with a check made out to **Karen Matson**. Note: if a swimmer will swim only the 500-meter Obstacle Course Swim, he or she **must** still fill out an entry form **and** provide either a copy of a USMS registration card.

Mail entries **postmarked by Monday, August 8, 2011** to:

Karen Matson  
 1655 Woodland Drive  
 Coos Bay, OR 97420

# 2011



## Looking Ahead . . .

### Pool Meets

<u>Date</u>	<u>Course</u>	<u>Meet</u>	<u>Location</u>
July 8-10.....	LCM .....	Gil Young Meet .....	Gresham, OR
August 3 - 6.....	LCM .....	USMS Summer Nationals.....	Auburn, AL
October 16 .....	SCM .....	MAC Meet.....	Portland, OR
Oct-Nov (tentative) .....	SCM .....	Lincoln City .....	Lincoln City, OR
November 5-6.....	SCM .....	Zone Meet.....	Tualatin Hills, OR
December 10 (tentative).....	SCM .....	COMA Pentathlon.....	Bend, OR
December (tentative).....	SCY .....	Animal Meet.....	Canby,OR

## Results:

**OMS Swimmers at USMS Nationals (Mesa, AZ)**  
**Hood River Meet**  
**Corvallis Meet**



## 2011 Open Water Race Schedule

as of April 14, 2011



<u>Date(s)</u>	<u>Days</u>	<u>Event/Venue</u>	<u>OR Location</u>	<u>Host</u>	<u>Event Director</u>	<u>Swims</u>	<u>Category</u>
Sat July 2.....	1 .....	Foster Lake.....	Sweet Home .....	COMA .....	Bob Bruce.....	2-mile cable .....	Featured
						1-mile cable (Nat'l Champs).....	Featured
						Dog Tandom Challenge.....	Participation
Sat July 16 .....	2 .....	Applegate Lake.....	Ruch.....	RVM.....	Andrew Gramley .....	5000-meter (with 10,000-meter).....	Qualifying
						10,000-meter (with 5000-meter).....	Featured
Sun July 17 .....						1500-meter .....	Featured
						3 x 500-meter Pursuit Relay .....	Participation
Sun July 24.....	1 .....	Willamette River .....	Portland.....	THB.....	Marisa Frieder.....	17 km downriver.....	Qualifying
Fri July 29.....	3 .....	Cascade Lakes .....	Bend .....	COMA .....	Bob Bruce.....	3000-meter .....	Qualifying
Sat July 30 .....		Swim Series & .....				500-meter Time Trial.....	Qualifying
		Festival at Elk Lake .....				1500-meter .....	Featured
Sun July 31 .....						5000-meter .....	Featured
						1000-meter .....	Qualifying
Sun Aug 14.....	1 .....	Cottage Grove Lake.....	Cottage Grove.....	EA.....	Steve Johnson.....	1500-meter (Ass'n Championships) .....	Featured
						1000-meter Equipment .....	Featured
						500-meter Kick.....	Qualifying
Sat Aug 20.....	1 .....	Eel Lake .....	Lakeside .....		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.**