



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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## "Swimming for Life"

### Season of Change

by Charlie Helm

We're now at the time of year I like to call the "season of change" for OMS. Open water season has ended and it's a while before the pool meets begin again in the Fall. The last open water swim of the year occurred last month at Eel Lake, which was again a fun event and good finale for the open water season. What was unique this year was Ralph Mohr had arranged for the TV show "Oregon Field Guide" to stop by and film the swim. Hopefully he can give us a heads-up when that episode is scheduled to air. After the swim concluded, Coach Bob Bruce did the yearly results and awards for the 2011 open water season which is a fun event in itself and is enjoyed by the swimmers who eagerly await the results of their efforts for the summer. Many swimmers had lamented during the last couple of open water events that they thought, especially with the colder than usual weather this season, that the open water season started a month too soon and ended a month too early since the hot weather usually starts in mid-August and



2011 Mike Morehouse award winners Deb Douglas and Robin Bragg, shown with Bob Bruce

continues well into September. I took an informal poll and nearly all the open water swimmers would welcome a September swim. Perhaps the open water organizers could consider this. Hopefully Bob won't come after me for reporting these ideas and suggestion, too! We all know there is considerable logistics involved in hosting open water events, and we greatly appreciate the efforts!

Once open water season ends, we have that long period before the short course meters season starts and we return to the pool. Many of your local pools close for several weeks for annual maintenance once school begins. Some swimmers prefer to be away from swimming during this period to recharge for the coming indoor pool seasons, while others agonize during this time with no swim events and local pool closures. For example, a group of us found a way to swim during this time in a special place called "The Cove" next to the Clackamas River in Oregon City that attracted swimmers from all parts of the metro area. Other swimmers use this time to focus on dry land training to prepare for the Fall and Winter pool events. What do you do during this season of change?

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# Chair's Corner

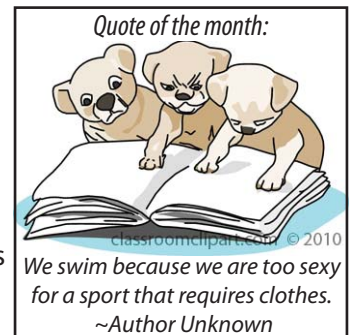
by Jeanne Teisher

## HAPPY NEW YEAR!!! That is - Happy New SWIM Year

I don't know about you but for me September feels like the beginning of a new swim year. Many swimmers take off throughout the summer months for vacation(s) or to spend time with family, visiting relatives and friends. There are those swimmers who get more involved in other activities and sports and are not doing as much swimming. I have even heard of swimmers putting off surgery until the summer so they don't have to miss much swimming come fall. Then there are some swimmers who just want or need to take a break from swimming during the months of June - August. Whether you fit into any of the above scenarios or are one that swims throughout the year, it is always great when September comes and we see all of our teammates back in the pool.

Fall is also the time of year for the USMS convention, OMS board retreat, and when the OMS long distance committee meets to schedule next summer's lake swims. During the board retreat, the board may need to elect new officers and/or committee chairs. It is at the annual one day retreat we also discuss such topics as:

- ✧ Issues that may have arisen during the year,
- ✧ New action or topics that were presented during the USMS convention that need attention,
- ✧ Ways we can better serve our membership, both competitive and fitness swimmers,
- ✧ Finances and budget,
- ✧ Identify dates for the November - September board meetings.



This is also the time of year when many of us set goals for the swim year. My personal goals are getting at least 3-4 days of swimming workouts in a week and 2 days of weights. I'm no longer much of a competitive swimmer but do hope to compete in at least a couple of meets. For me, going to meets is more about the socializing as the competition. How about you – what are you planning to do this swim year or are you one that waits until January 1 to identify your goals? At any rate, have a great swim year!

**Photo Credits:** Charlie Helm, Pat Allender, Alice Zabudsky, unknown others

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Send address changes to *Susie Young*

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## Off the Block

### Swimming to Live: Rebecca's Story

by Phillippe Diederich

There is no doubt that swimming enhances lives. For many Masters swimmers, the physical, mental and spiritual lift of swimming allows them to live full, rich lives. But for Middle Tennessee Swim Club member Rebecca Ehmling swimming has done more than that—she says swimming saved her life.

Three years ago, Ehmling, 50, was diagnosed with a form of rheumatoid arthritis with fibromyalgia, a degenerative autoimmune disease that can deform joints and cause severe pain. "At first I thought I had the flu, but three days later I couldn't get out of bed without help or walk without assistance. My feet and hands swelled up to three times their normal size," Ehmling says. After weeks of tests she was diagnosed and the specialist told her flat out that she should resign herself to spending most of her days in a wheelchair.

Ehmling had a son in high school and a daughter in middle school. She had just returned to the workforce after being a fulltime mom and homemaker. She went to the Internet to see what she could dig up, to see if there was a way to beat or live with this disease. "The same thing kept coming up; swimming, swimming, swimming," Ehmling says.

Unfortunately, Ehmling did not grow up in an athletic family. Her swimming experience was purely recreational. But when her children were young she had taken them for swimming lessons at the Sea Star Swim School in Hendersonville and she remembered seeing adults in the pool in the evenings. She went to the school and told USMS coach and Sea Stars owner Ron Chlasta, "I need to swim to save my life," and he said, "you came to the right place," Ehmling recalls.

"My first swim lesson was hysterical," Ehmling explains. "I never swam with a cap and goggles before. The instructor showed me the strokes. I swam with my eyes closed and crashed right into the

side wall."

Eight months after she started swimming, the same doctor who diagnosed her was amazed. She was not going down the bad road. He told her the progression of the disease had actually stopped and was starting to reverse itself. When Ehmling told the doctor she'd been swimming, the doctor was so impressed, he enrolled his own children in a swimming program.

"The disease brought me to swimming, and swimming changed my life for the better," Ehmling says. Not only is her health better, she has also received two major promotions at her job. "Swimming has touched every aspect of my life," she says.

Ehmling also inspired her son Miles, 21, into following his own dreams. What his mother achieved through swimming gave him the confidence to go through the Navy's boot camp training so he could attend the Navy Nuclear Power School in Charleston, SC.

Ehmling's doctor uses her as an example and talks to his other patients about her. She has allowed him to share her information with others. "Some of them have contacted me and I try and help them," Ehmling says.

Eight months after she started swimming, Ehmling competed in the Barbara Stevens Memorial meet at Bowling Green, KY, and came in 3<sup>rd</sup> place in her age group (45-50) in the 100-meter, and in May '08 she competed in a triathlon in Nashville. She says she does not get a chance to compete much because of her job. "I'd like to swim five days a week," she says, but she generally makes it into the pool about three times a week. Her work as an account manager for Fossil involves a lot of travel, but she says the

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# Fitness

## Time Management Without Acting Like A Lemming

Trainer Helen Thurlow



I'm currently in a place where I'm in the middle of a lemming conference and I'm the first one they want to jump off the cliff and the rest will follow. Fortunately I have very patient, but still firm and direct bosses, that are steering me in the right direction.

Time management. We have all heard about it, and have tried to fit it into our schedule. But how do some people go through life beautifully managing their hectic schedule without losing their minds, while others, simply want to scream. On paper it looks easy; prioritize your to-do lists as high, medium or low. Great, sounds easy, but now allow for the human condition of "I don't want to do it", and the tasks on the low priority list get done, but we still have the high and medium tasks to do and we start throwing little tantrums.

Theresa Rose, an inspirational speaker and author of "Opening the Kimono", advises a different approach to maintain the sense of balance and happiness and to leave the hamster wheel behind.

1. Get the juices flowing! For the cells in our bodies to get much needed oxygen, start with moving the body. Whether you go to your early morning swim practice, to a yoga class or a brisk walk, our energy levels will be significant throughout the day. Along with staying healthier and thinking more clearly.
2. Honor thy clock: everyone has an internal clock and our energy wanes at certain times of the day. So schedule your most difficult tasks during the day when you have the most energy.
3. Do fun things first! So you have your list of to-do's in front of you, whether it's a work list or at-home list. Don't wait until the end, because you will be too exhausted or in a different state of mind when you get to it. When we experience pleasure in doing things we get a boost of serotonin secreted from our brains. It's like a caffeine buzz without the coffee.
4. Reframe the "ugliness". Not all that we do is fun.

But if we approach it as negative, then we tackle the task as a negative. Stop complaining; stop avoiding the tasks at hand. Re-look at them with a different perception. Think "I want to do this", not "I have to do this".

5. Slow down! We rush through life a lot. We tend to make enormous mistakes when we do so. Proofread your life and the tasks you do daily. Spend the time making sure things are properly completed and you will enjoy the process of completion.
6. Choose healthy distractions. Because of our intense work culture, we have a natural response of wanting to goof off. Instead of surfing the web, think of going outside to get some fresh air or head to the kitchen to eat a healthy snack. Just get away from the desk; it will improve productivity when you get back.
7. Celebrate victories: We often jump from one task to another without reflecting on the accomplishment achieved. Sit back the next time you finish a huge project and relish in the moment and acknowledge your skill and determination.

Change your perception of your job as a constant flurry and accept that not everything on your list will get completed. Look at each new day as a new opportunity to accept great things in a positive manner. By trying all 7 tips or trying one at a time you will find you will get more done in a shorter amount of time.

And one last thought: If the focus on the destination, instead of the journey, is currently your mindset, then stop managing the time so sternly and start managing your joy.

Reference:

Theresa Rose, *Manage Your Time Without Losing Your Mind* AKWA, October, November 2009, pg. 27, [www.aeawave.com](http://www.aeawave.com)

# Shake and Swim with “Bake”

## The Center Line

Coach Dennis Baker



In Freestyle, the center line is an imaginary line that runs down the center of your body. It starts about a yard above your head and ends at your feet in front of you. Let's look at some critical points and tips to help you swim a better Australian Crawl. We will start at the top of our bodies and work our way down.

1. When your hands enter out in front of your strokes they should never touch or cross over the center line. This causes your body to “wobble” or go from side to side creating a lot of resistance. This is mostly due to a wide arm swing on your above-the-water recovery. Try to keep your stroke narrower above water and enter your hands at shoulder width apart or in other words, even with your shoulder line.
2. Pull straight down. No more “S” curves! You might have been taught that when you were younger but we know now that a straight pull down is much more powerful. Your arm is naturally built to have a slightly inward sweep underwater, if you are pulling straight down, so

use your shoulder line as a guide.

3. Don't let your head swerve from side to side of your center line. Pretend your head is in a vice and loose enough to just turn your head from side to side to breathe.
4. Keep your abs tight and stuck on the center line. This is called using your core in swimming. Like your head, the abs and hips should not sway or wobble from side to side of that line.
5. While kicking keep your legs and feet on or near that center line as much as possible. We often see the legs and feet come way too far apart when kicking, especially when we take a breath. This creates a parachute effect and causes a lot of drag and resistance.

Try these tips and have your coach watch you do it. You will be well on your way to a much better Freestyle!!

## Swim Bits — Let George Do It

by Ralph Mohr

Swimming makes you live longer. Most of us would say, “Duh,” to that pronouncement, but a 2002 study published in the *New England Journal of Medicine*, and recently used as a reference in a *Eugene Register-Guard* column (9-4-12) reaffirms it. The original reference to the NEJM is <http://www.nejm.org/doi/full/10.1056/NEJMoa011858#t=articleMethods>.

The article sums itself up with the sentence: “the peak exercise capacity achieved was a stronger predictor of an increased risk of death than clinical variables or established risk factors such as hypertension, smoking, and diabetes, as well



as other exercise-test variables, including ST-segment depression, the peak heart rate, or the development of arrhythmias during exercise.”

In other words, how much you exercise allowed you to live longer than anything else, including quitting smoking, losing weight, what medicines you take, whether you have diabetes or not, whether you are uptight and/or depressed, and even if you have arrhythmia during exercise.

The key term used was MET or “metabolic equivalent.” A MET is “equivalent to a body oxygen

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# Long Distance Swimming

Coach Bob Bruce



We had another incredible record-breaking OMS Open Water Season! Let's recognize our season achievements and highlights, which set records in many quantitative categories (records indicated by \*):

- We hosted 26 events\* at 8 venues\* this year, with huge variety in courses, distances, and events.
- 290 Oregon swimmers\* from 21 Oregon local teams (and 82 unattached swimmers) took part, totaling 965 swims. COMA again led local team participation by a wide margin with 75 swimmers having 295 swims.
- Visitors from other states joined us for 98 swims, most of them at either the USMS One-Mile Cable Swim National Championships at Foster Lake or at Elk Lake.
- 54 Oregon swimmers swam in three or more venues\*, up again from the record of 48 set only last year. These swimmers all qualified for the Oregon Open Water Swim Series and the top three in each age group won handy glassware suitable for cold beverages. COMA again led with 17 qualifiers\*, with special mention to OPEN for 10 qualifiers among their small membership!
- 6 Oregon swimmers\* swam at 7 venues this year! Nobody made it to all eight venues, a superhuman goal.
- Mike Carew led participation with 21 swims. Gayle Orner and Dave Radcliff followed closely with 20 swims each, and Joni Young made 19 swims.
- Amazingly, all of these performances were done in the coolest water temperatures in many years—let's pray for warmer spring weather next year. Fortunately, we had splendid sunny weather for most swims.
- The hospitality was again fantastic. There is no race hospitality anywhere quite like ours!
- We had fun!

Congratulations to...

- Our 15 One-Mile Open Water Individual National Champions and 29 One-Mile Open Water Relay National Champions (from the cable swim at Foster Lake);
- Our 17 1500-meter Individual Association Champions (from the swim at Cottage Grove Lake);
- Central Oregon Masters and OPEN Narwhals, again our Association Large and Small Team Open Water Champions respectively;
- Elizabeth Budd and Mike Carew, our Oregon Open Water Series Grand Champions;
- Deb Douglas and Robin Bragg, our Mike Morehouse Award honorees;
- Those many Oregonians—and there were quite a few—who ventured (and who plan to venture still) far afield to find special open water challenges this year;
- Our race directors, host teams, and myriad volunteers, to whom we owe a great deal;
- Our sponsors, who made our swims financially and logistically possible;
- Everyone who participated!

Enough about open water for now. Another postal challenge awaits as we start our new school year! October and early November is the season

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## Eel Lake Open Water Lakeside, Oregon August 20, 2011

### 3000-meter Results (Category I)

Sx	AgGrp	PI	Name	Age	Club-team	Time	F/M	Overall
F	25-29	1	Caloca, Victoria C.	28	OREG-unat	1:00.27	5	18
F	30-34	1	Parker, Jacqueline W.	33	OREG-open	52.24	1	11
F	40-44	1	Jackson, Nicole	40	OREG-coma	54.36	3	13
F	45-49	1	Omer, Gayle A	48	OREG-cbat	1:11.23	6	21
F	50-54	1	Young, Joni D	50	OREG-kam	52.40	2	12
F	55-59	1	Budd, Elizabeth	57	OREG-cat	56.22	4	15
M	30-34	1	Miller, Matthew D	33	OREG-rvm	43.14	1	1
M	30-34	2	Hossick, Peter	31	UNAT	1:00.16	13	17
M	35-39	1	Braun, Mark	29	OREG-orm	48.56	5	5
M	35-39	2	Wikander, Chad D	39	OREG-rvm	50.31	7	7
M	35-39	3	Notis, John	38	OREG-open	1:00.08	12	16
M	35-39	4	Reber, Aaron	35	UNAT	52.06	9	9
M	40-44	1	Waud, Tim	44	OREG-orm	45.45	3	3
M	45-49	1	Lajoie, Darrin M	45	OREG-aqdk	47.07	4	4
M	50-54	1	Allender, Patrick	52	OREG-cat	45.44	2	2
M	50-54	2	Wash, David H	51	UNAT	49.35	6	6
M	50-54	3	Douglas, Michael J	54	OREG-coma	52.08	10	10
M	50-54	4	Bragg, Robin	51	OREG-open	1:03.37	15	20
M	55-59	1	Dow, Keith	55	OREG-open	51.08	8	8
M	60-64	1	Carew, Michael P	61	OREG-coma	56.06	11	14
M	65-69	1	Gray, Dan	66	OREG-open	1:03.37	14	19

### 1500-meter Results (Category I)

Sx	AgGrp	PI	Name	Age	Club-team	Time	F/M	Overall
F	25-29	1	Caloca, Victoria C.	28	OREG-unat	29:51	5	19
F	30-34	1	Gustafson, Aubree	30	OREG-orm	24:05	1	7
F	35-39	1	Stappler, Rachel	35	UNAT	39:19	9	29
F	40-44	1	Angvick, Ann M	43	OREG-ea	31:51	6	23
F	45-49	1	Omer, Gayle A	48	OREG-cbat	33:35	7	27
F	50-54	1	Young, Joni D	50	OREG-kam	26:30	2	14
F	55-59	1	Budd, Elizabeth	57	OREG-cat	27:28	3	17
F	55-59	2	McIntosh, Linnea	57	OREG-coma	39:38	10	30
F	65-69	1	Calnek-Morris, Sue	67	OREG-orm	28:06	4	18
F	65-69	2	Sachs, Lynn	65	OREG-open	34:25	8	28
M	30-34	1	Miller, Matthew D	33	OREG-rvm	21:55	1	1
M	35-39	1	Wikander, Chad D	39	OREG-rvm	24:08	7	8
M	35-39	2	Notis, John	38	OREG-open	29:59	15	20
M	40-44	1	Waud, Tim	44	OREG-orm	22:34	3	3
M	40-44	2	Howard, Patrick D	42	UNAT	22:42	5	5
M	45-49	1	Lajoie, Darrin M	45	OREG-aqdk	22:38	4	4
M	50-54	1	Allender, Patrick	52	OREG-cat	22:24	2	2
M	50-54	2	Wash, David H	51	UNAT	24:25	8	9
M	50-54	3	Douglas, Michael J	54	OREG-coma	26:02	12	13
M	50-54	4	Bragg, Robin	51	OREG-open	32:44	20	26
M	55-59	1	Dow, Keith	55	OREG-open	24:26	9	10
M	55-59	2	Ramsey, Ed	55	OREG-thb	24:45	10	11
M	55-59	3	Bingle, Michael J	55	SWMS-vsc	30:06	16	21
M	55-59	4	Helm, Charlie*	55	OREG-open	32:33	19	25
M	60-64	1	Bruce, Bob	63	OREG-coma	25:50	11	12
M	60-64	2	Carew, Michael P	61	OREG-coma	26:55	14	16
M	60-64	3	Warren, Mike H	60	OREG-coma	30:16	17	22
M	65-69	1	Gray, Dan	66	OREG-open	32:15	18	24
M	70-74	1	Mohr, Ralph	70	OREG-coma	26:50	13	15
M	75-79	1	Radcliff, David A	77	OREG-thb	23:55	6	6

### 3000-meter Results (Category II)

Sx	AgGrp	PI	Name	Age	Club-team	Time	F/M	Overall
F	45-49	1	Matson, Karen A	48	OREG-coma	44.57	1	1
F	50-54	2	Pappa, Debbie M	50	OREG-coma	1:00.26	3	4
F	55-59	1	Douglas, Deb J	57	OREG-coma	52.49	2	3
M	55-59	1	Bingle, Michael J	55	SWMS-vsc	1:01.15	2	5
M	75-79	1	Radcliff, David A	77	OREG-thb	45.37	1	2

### 500-meter Agility Course Results

Sx	AgGrp	Name	Age	Club-team	Time	F/M	Overall
M	30-34	Miller, Matthew D	33	OREG-rvm	6:02	1	1
M	45-49	Lajoie, Darrin M	45	OREG-aqdk	6:08	2	2
F	30-34	Gustafson, Aubree	30	OREG-orm	6:23	1	3
M	40-44	Waud, Tim	44	OREG-orm	6:29	3	4
F	40-44	Jackson, Nicole	40	OREG-coma	6:42	2	5
M	50-54	Allender, Patrick	52	OREG-cat	6:53	4	6
M	60-64	Bruce, Bob	63	OREG-coma	6:53	5	7
M	35-39	Wikander, Chad D	39	OREG-rvm	6:55	6	8
F	30-34	Parker, Jacqueline W.	33	OREG-open	7:06	3	9
M	75-79	Radcliff, David A	77	OREG-thb	7:08	7	10
M	50-54	Douglas, Michael J	54	OREG-coma	7:13	8	11
F	50-54	Young, Joni D	50	OREG-kam	7:25	4	12
F	55-59	Budd, Elizabeth	57	OREG-cat	7:30	5	13
F	55-59	Douglas, Deb J	57	OREG-coma	7:32	6	14
M	55-59	Dow, Keith	55	OREG-open	7:32	9	15
M	55-59	Ramsey, Ed	55	OREG-thb	7:34	10	16
M	35-39	Notis, John	38	OREG-open	7:39	11	17
F	45-49	Pappa, Debbie M	49	OREG-coma	8:06	7	18
M	60-64	Carew, Michael P	61	OREG-coma	8:10	12	19
M	55-59	Helm, Charlie*	55	OREG-open	8:25	13	20
M	55-59	Bingle, Michael J	55	SWMS-vsc	8:26	14	21
F	40-44	Angvick, Ann M	43	OREG-ea	8:28	8	22
F	65-69	Calnek-Morris, Sue	67	OREG-orm	8:35	9	23
F	45-49	Omer, Gayle A	48	OREG-cbat	9:02	10	24
M	50-54	Bragg, Robin	51	OREG-open	9:15	15	25
F	35-39	Varga, Eva L	39	UNAT	9:26	11	26



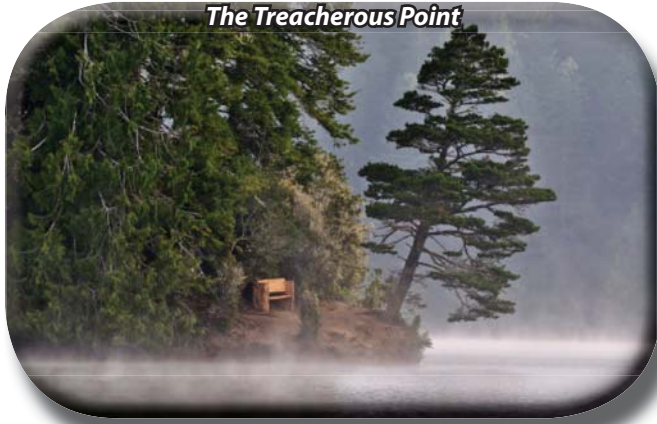
*Gayle warming up*



*Bob and Ralph set the course*

### Eel Lake Photos by Pat Allender

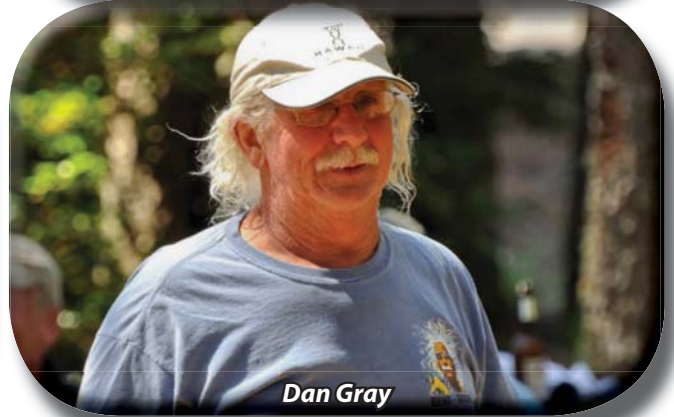
*The Treacherous Point*



*Bob Bruce*



*Charlie Helm*



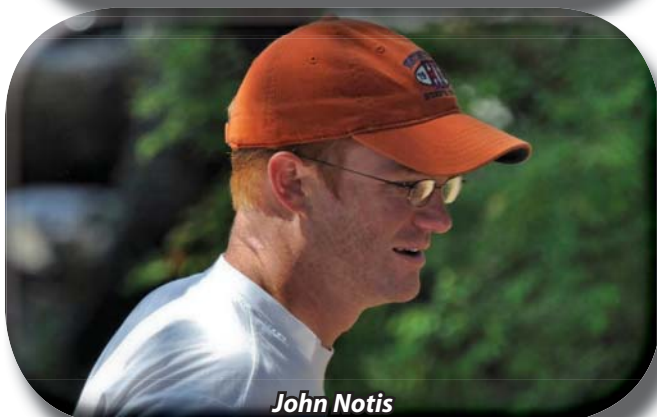
*Dan Gray*



*Deb Douglas*



*Meet Director Karen Matson*



*John Notis*



*Foggy Morning on Eel Lake*

# Swimmer Spotlight

by Pat Allender, solicited by Charlie Helm

**Name:** Pat Allender  
**Age:** 52  
**Occupation:** Pediatrician  
**Local Team:** CAT (Corvallis Aquatic Team)

I joined a YMCA swim team in Cumberland, MD, when I was 8. When I say we did laps, I mean we swam around the circumference of a 4 lane 20 yard pool. I loved it. My hair turned green and my eyes were perpetually red for the next 2 years. Then we moved to Pittsburgh, and I thought I would never swim again.

We moved again to Morgantown, West Virginia 3 years later. There was no swim team at that time, but my parents, along with 3 or 4 other families formed the Morgantown Marlins, which was essentially a summer recreational swim team. The swim team still exists nearly 40 years later and has produced Olympic Trials swimmers.

There was no high school swimming in northern West Virginia in the 70s. I didn't really know that high school swimming even existed. I spent most of my time racing whitewater slalom canoes. I qualified for the national championship and USA team selection competition in 1975 in the 2 man canoe. We ended up in 10<sup>th</sup> place and didn't make the team. The next year I graduated from high school, and my racing partner gave me a choice; move to Philadelphia and train full time for whitewater racing, or go to college. Whitewater was fun, but I didn't want to make a career of it. I went to college, and tried out for the WVU swim team. I had never been around such fast swimmers, but they inspired me and I made the team, swimming all 4 years of undergraduate school.

During medical school I was able to swim regularly, but I only managed one swim workout during my 3 years of residency training. By 1988 I had gained 60 lbs and couldn't tie my shoes anymore. I started swimming again to lose weight and despite what some scientific studies indicate, I was able to lose 40 lbs over the next 2 years. I felt much better and resolved to keep swimming for my physical and mental health.

In 1992, some friends invited me to a swim meet in Wilmington, Delaware. The idea of racing again at the ripe old age of 33 seemed funny at the time. I was amazed that people were shaving down in the locker room for the meet. I had a great time

and was hooked on Masters swimming.

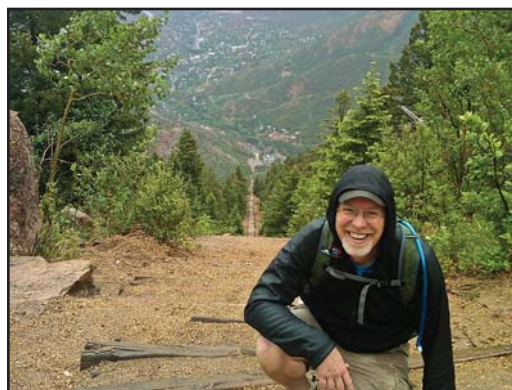
We decided to move to Oregon in 1995. I knew that I would be joining Oregon Masters. Swimming with OMS has been a wonderful experience! There is the swimming and the competition, of course. It has been fun traveling to the various venues in Oregon as well as Washington and California. We

even have traveled in Europe; Riccione, Italy, in 2004, and Gothenburg, Sweden in 2010. Jacki and I are both swimming officials, although you are much more likely to see Jacki on deck as the meet referee. Jacki will also have the honor of representing the United States for USA Swimming at international meets.

The best thing about OMS is the social aspect. I have become friends with many swimmers of all ages, and from all walks of life. Although my swimming priorities may change from time to time, between pool competitions and open water, all around swimmer or breaststroke specialist, hard working and focused or just enjoying my time in the water, I hope to keep swimming with OMS for many years to come, and I am proud to be part of such a wonderful organization.



*That's a LONG, STEEP walk Pat!*



**SWIM BITS**

Continued from Page 5

consumption of approximately 3.5 ml per kilogram of body weight per minute for an average adult" or "the energy expended in sitting quietly." I wonder how many METs are in 10 x100 with 20 seconds rest, a basic interval for anyone who swims.

More than 8 METs resulted in a 20% or more longer life than METs between 5 and 8 and 40% or more longer life in people with METs below 5. In other words, get off the darn couch.

What was even more revealing was that even a little bit of exercise was of significant help for longevity, even among those with previous heart attacks. "Each 1-MET increment in the peak ... workload was associated with a 14 percent reduction in cardiac events among younger subjects (those less than 65 years old) and an 18 percent reduction among elderly subjects."

Keep swimming, even if you have had a heart attack. Keep swimming no matter what. You'll live longer.



**Start of the USMS 2.4 mile National Championship**



**Lisa Sandovil and Bonnie Edwards finished all 5 races, hence were Survivors, at the Cascade Lakes Swim Series**

**SWIMMING TO LIVE**

Continued from Page 3

company is good about booking hotels with large pools or near a YMCA where she can get a few laps in. Ehmling says the swimming experience is unlike anything else. "I used to think adult swim teams were for former college swimmers who wanted to compete," she says. Ehmling swims with people like herself, including a teammate with RA and a cancer survivor, as well as with collegiate swimmers. "They're all just as excited and cheer me on. They lift me up. It's totally amazing," she says.

Three and a half years after the diagnosis and being told she should get used to the idea of spending half her time in a wheelchair, Rebecca Ehmling has beat the odds. She no longer walks with a cane and has competed in three sprint triathlons. "As adults, we forget how to challenge ourselves and find the excitement of achieving a goal," Ehmling says, "I live a fuller life after swimming than before."

**LONG DISTANCE**

Continued from Page 6

for **National 3000-yard & 6000-yard Postal Championships**. These swims must be completed between September 15<sup>th</sup> and November 15<sup>th</sup>. As a coach, I believe strongly that these swims provide solid early season training swims, great conditioning benchmarks, fun team-building events, and are a must for aspiring distance swimmers. As the OMS Long Distance Chair, I would like to see you participate, and would love to see the Oregon Club successfully defend the National Club Title in both 3000 and 6000-yard events. The 3000 team title has been hotly contested in the past few years, and we'll need a lot of swims to repeat. And don't forget the 6000 turn derby! See <http://www.usms.org/longdist/ldnats11/3k6kpostalentry.pdf> for information & entry blanks, and get to it!

FLASH! There's a new twist to these postal swims. For the first time ever, you can swim these events in a 25-meter pool by doing a 3000 or 6000-meter swim and converting the time to yards. I know, I know, you gotta swim a bit further, but it finally allows those who only have access to 25-meter pools to participate. Do it!

Good luck and good swimming!

### Eel Lake Photos by Charlie Helm



# High Altitude, Cold Water

by Joe Oakes

August 30, 2011, Squaw Valley, California.

Every year I celebrate my birthday by swimming in the Roy Webster Labor Day swim across the Columbia River. This birthday, my 77<sup>th</sup>, is coming up shortly, but I am still and will always be a few months behind my friend Professor Dave Radcliff, who hit the 77 mark in May while I had to wait until September. Some things can never be fixed.

Anyway, I want to tell you about my preparation, not about the Roy Webster swim, which is still a week off. In Trondheim, Norway, one of the traditions is the Trondheim Troll Dance, in which participants bang both sides of their heads with nine pound hammers in time to martial music. I have my own version of the Trondheim Troll Dance. I call it the Tahoe Shiver and Gasp. For two weeks I train at Lake Tahoe in California's Sierra Nevada Mountains. If you have been there you know three things about Lake Tahoe. First, it is one of the most magnificent places in the world. The lake is surrounded by enormous snow-capped mountains, is over 1,000 feet deep, and is 73 miles around. (Proximity to Reno is great if you like to pee away your hard-earned money at the casinos.)

Second, the water temperature in the lake rarely exceeds 60° F, and is often much lower, especially when the wind churns colder water from below. I am told that the temperature at the bottom of Lake Tahoe is 36° F. Most of the time the surface temperature at the beaches, on a sunny day, is in the high 50s, ergo the Shiver quality.

Third, the lake is situated at an altitude of about 6,000 feet. When a mere mortal attempts to exert oneself at altitude, Mother Nature calls a quick halt to strenuous activity. Therein lies the Gasp quality. Put cold water and high altitude together and you have the basic ingredients for the Tahoe Shiver and Gasp school of training.

There can be no hesitation. The first day I head directly for Commons Beach in Tahoe City on the north end of the Lake, about 15 minutes drive from Squaw Valley, where we are staying. No wetsuit, please, just a swim cap. I wade out and swim to the

pier 200 meters away, turn to the left and swim about 400 meters in that direction, then complete a triangle of about 1000 meters. It might be necessary to take a short breather somewhere in between. If it is too cold, my hands and toes might start to feel numb, and I will probably experience some anatomical shriveling. When I am done, if you touch my skin I will feel like a cold mackerel, and my energy will be sapped. I might shiver for a few minutes. In 15 minutes I will be okay, but that is quite enough for day one. Over the next two weeks I will increase my yardage and my time in the water. It will always be cold, but it will feel less so in time. It normally takes me five days to overcome the shortage of oxygen. That is how long it takes for bone marrow to build enough new red blood cells to carry the needed oxygen. At the end of two weeks I will be an insane Tahoe-Shiver-and-Gasper. Now I will be ready to turn my new-found super-strength in the direction of the Columbia River, which

will be at least ten degrees warmer (less cold??) and 6,000 feet lower in elevation. Look out Roy Webster, here I come!

Commons Beach is my favorite place to train at Lake Tahoe. There are changing rooms, parking and the occasional concert, all free. But there are many beaches on Lake Tahoe, including Sand

Point on the Nevada side, and several state parks on both sides. If that is not enough, there is another lake nearby, Donner Lake, equally high and cold, with its own traditions. You might recall that it was there that the Donner Party of westering immigrants shared some interesting meals when they got stranded over a winter while trying to cross the Sierra to reach California.

If you have a chance to do your own version of Shiver and Gasp, let me warn you about something: when you get back to the pool, you might find that the wall will be a little closer.

And if you really want to have some fun, give a thought to the annual relay swim across Lake Tahoe, an event put on by the Olympic Club in San Francisco. There is nothing like it.



# USMS 2.4 Mile Open Water Nationals

August 20, 2011, Lake Monona, Madison, Wisconsin

by Cyndi Smidt, COMA

This year, I decided to visit my aunt and uncle in northern Illinois. However, I am an open water swim junky and so I wondered what swim races were occurring in the area. I thought, What a great opportunity to experience another race outside of Oregon. I can honestly say that I am not too familiar with the Midwest but I knew there was some lake swimming to be had. I also knew my aunt and uncle weren't too far from Madison, Wisconsin as they enjoyed making the trip. I went in search of open water and came across the Madison Open Water Swim (MOWS) at Lake Monona, Law Park in Madison. I was pleasantly surprised to see that Wisconsin Masters Aquatic Club and the Madison Area Masters were sponsoring the 2011 USMS 2.4 mile Open Water National Championship on August 20, 2011. To say the least, this discovery pretty much determined when I was going to visit my aunt and uncle.

Before the race, I looked at the weather forecast and learned that the one day thunderstorms were expected in Madison was Saturday, August 20. In addition, an email arrived a few days before the race indicating that the water temperature was in the low 80s. So, when we arrived at Law Park we weren't too surprised that a crazy thunderstorm was occurring. However, I was amazed to see swimmers (a good number of them wearing wetsuits) warming up in Lake Monona while lightening flashed all around. The storm let up in time to reconvene at 9:15 a.m. and start the race at 9:45 a.m. The racecourse was a 1.2-mile rectangle and I can say that each side of that rectangle provided a different experience regarding waves. The start of the race included three heats. The first heat was for annual USMS swimmers (non-wetsuit). The second heat was for one-day USMS swimmers and USMS swimmers wearing wetsuits. The third heat was for those who just wanted to swim 1.2 miles. Something I wasn't used to with a swim race was the use of an electronic timing chip. It made for short lines at the finish line, which was quite nice.

Before I went to Illinois, another COMA swimmer indicated that two former OMS swimmers, Jason and Megan Lassen, recently moved to the Madison area. I looked online and confirmed they were registered for the swim. I was determined to find them. I also knew that I should not expect first place in my age group seeing how Megan usually beats me (she did win our age group and I placed

third). As some of you know, those two aren't too hard to find. I found Jason and Megan almost immediately upon arrival. It was so nice to be around familiar people in an unfamiliar setting. I truly enjoyed my visit with them and enjoyed meeting some of their new teammates. I also met Sally Dillon from PNA in Washington. Sally and I may have been the only Pacific Northwest swimmers in the race. Best of all, I enjoyed the visit with my aunt and uncle. They also enjoyed being spectators at their first open water swim.

For a link to the results and photos go to [https://www.clubassistant.com/club/meet\\_information.cfm?c=1259&smid=2868](https://www.clubassistant.com/club/meet_information.cfm?c=1259&smid=2868)



*Cyndi Smidt approaching the finish line*



*Left to right, Madison swimmers Michael, Nicole, and David; Cyndi Smidt, (COMA); Megan Lassen; Sally Dillon (PNA);- in front, Jason Lassen. Note: Jason Lassen swam the MOWS 2011 race breaststroke.*

## Club Reports

### DUCK

Rep: April Robinson



DUCKs are out of school for the summer, therefore, no activity in the club.. Below are 3 of their club members at a 2011 meet.



### OREG

Rep: Charlie Helm

As Jeanne reported in her column last month, we had the organizational meeting that selected officers for the new Oregon Swim Club (OREG), the third club of OMS. It was a great meeting and looks like we have a fun and dedicated group of officers. Since that meeting, we have been doing the things that are required of a new club. Paperwork must be signed and filed, bylaws approved, the usual things for a new organization. We are only required to meet once yearly and will meet on an "as needed" basis the rest of the year. We are the largest club of OMS that represents all the Oregon swimmers, with the exception of the Duck club in Eugene. Some people are still a bit confused on what this whole club thing is about, so I would recommend that you go back a few issue in the Aqua Master to read Jeanne's great explanation of this topic. Cheers, and see you at the pool!

### SWMS

Rep: Esther Ellis



∞ Five SWMS members competed on Saturday, July 2nd, in the USMS One-Mile Cable Swim, a National Open Water Championship event at Foster Lake near Sweet Home, OR. Head Coach Jon Anderson, Michael Bingle, Aaron and Serena Johnson and sister-in-law Melanie Johnson all took the cold plunge. Since it was a National Championship event, no wetsuits were allowed! Serena Johnson was the fastest SWMS finisher in 25:38.

∞ The Gil Young LCM Meet at Mt Hood Aquatic Center, July 8-10, (Northwest Zone LCM Championship) found seven swimmers from SWMS at the meet, all of them taking home ribbons.

∞ SWMS swimmer, John Ellis, completed the inaugural 11-mile Portland Bridge Swim on July 24th. He became the one and only SWMS member to complete the event, which started at Sellwood Park near the Sellwood Bridge and ended 11 miles downstream at Cathedral Park under the St Johns Bridge. Wes Edwards provided the paddle escort as John finished 6th overall in 5:19:07, and first in the wetsuit division.



∞ After a year of hard training, six SWMS members completed the Ironman Canada Triathlon on August 28th, in Penticton, BC. Anita Burkard finished in 12:21:03 and was 19th in her division. Bob Croucher in 12:31:52 (117th in Division); Brent Layng in 13:06:21 (255th in Division); Natalie Benzel in 13:40:19 (72nd in Division); Denise Croucher in 13:59:25 (58th in Division); and Teri Anderson in 14:31:38 (9th place in her Division). A seventh member, Nadine Taylor, started the race was unable to complete it.

## Multnomah Athletic Club Short Course Meters Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #371-09

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

Unregistered swimmers must submit a 2011 registration form and fee with this form.

Hosted by: Multnomah Athletic Club, West Pool

DATE: Sunday October 16, 2011

Location: 1849 Salmon Street  
Portland, OR

25 meters ~ 6-8 lanes competition-electronic timing  
One lane continuous warm-up/down

**WARM-UPS: 8AM**  
**MEET STARTS: 9AM**

Meet Director: Dianne Sherwood • (H) 541-490-6722 (W) 503-228-8131 ext. 1009 • sherwood@gorge.net

Directions to the pool: SOUTHBOUND - Take I-5 to I-405 South. Take the Burnside exit, go straight on that street (15th) to Salmon, turn right, go through stop light at 18th, MAC club is on the right, and parking garage is on the left. NORTHBOUND - Take I-5 to I-405 North, Take the Salmon St. Exit. Merge onto 14th St. Go one block and turn left onto Taylor. Turn left onto 17th. Proceed on 17th to Salmon. Turn right onto Salmon, go through stop light at 18th, MAC club is on the right, and parking garage is on the left.

**ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2011 REGISTRATION FORM WITH THIS ENTRY.**

**ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY SEPTEMBER 30, 2011**



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY



NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

2011 USMS # \_\_\_\_\_

USMS CLUB (OREG, DUCK, SWMS, PNA, ETC) \_\_\_\_\_

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319 AND 320-359 ETC. YOUR COMPETITION AGE IS THE AGE YOU WILL BE AS OF DEC 31, 2011. YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS. ALL EVENTS WILL BE SEEDED SLOW TO FAST. RELAY ENTRIES MUST BE SUBMITTED BY 10AM. MEDLEY RELAYS WILL BE 200 & 400 DISTANCES. FREERELAYS WILL BE 200, 400 & 800 DISTANCES.

**SUNDAY, October 16, 2011**

**FREE RELAYS (10-15)**

**100 BREAST** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FLY** (16) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FREE** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BACK** (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FLY** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BREAST** (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 IM** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

\* break\*

**MEDLEY RELAYS (19-22)**

**MIXED MEDLEY RELAYS (5-6)**

**100 IM** (23) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BACK** (7) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FREE** (24) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BREAST** (8) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FLY** (25) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FREE** (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BACK** (26) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

\* break\*

**MIXED FREE RELAYS (27-29)**

"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 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."

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

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

**TUALATIN HILLS SHORT COURSE METERS AND ZONE MEET**  
 Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #371-10  
 Eligibility: Currently registered USMS swimmers, 18 years and older.

Place: Tualatin Hills Aquatic Center Pool  
 15707 SW Walker Rd.  
 Beaverton, Oregon  
 25 meters - 10 lanes competition-electronic timing  
 Continuous warm-up/down

DATE: Saturday and Sunday Nov 5-6, 2011

**WARM-UPS: 7AM**  
**MEET STARTS: 8AM**

Meet director: Julie Andrade • 503-547-2413 • andradejuliea@yahoo.com

Directions to the pool: Hwy 26 west to Cornell Road exit. Turn left and cross over the Hwy heading south. Turn left again at signal light and travel south on 158th Ave. Pool will be on your left.

Submit a 2011 registration card or 2012 registration form and fee with this form.  
**ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY OCTOBER 21, 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, DUCK, PNA, SWMS ETC) \_\_\_\_\_

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOUR COMPETITION AGE IS THE AGE YOU WILL BE AS OF DEC. 31ST, 2011. YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS WITH A MAXIMUM OF 5 PER DAY, PLUS UNLIMITED RELAYS. ENTER RELAYS AT THE MEET. 200, 400 AND 800 METER RELAYS WILL BE AVAILABLE WITH THE LONGER RELAYS SWUM AFTER 200 RELAYS OF THE SAME TYPE. THE 400 IM, 800 AND 1500 FREESTYLE WILL BE DECK SEEDED. CHECK-IN FOR DISTANCE EVENTS - 400 IM – CLOSES AT 7:30AM ON SATURDAY. 800 FREE – CLOSES THE START OF THE 200 BACK (EVENT #10) ON SATURDAY .1500 FREE – CLOSES AT 7:30AM ON SUNDAY.. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

**Saturday, Nov 5, 2011**

- 400 IM (1)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 FREE (2)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 BREAST (3)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 FLY (4)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 IM (5)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- \* BREAK\***
- MEDLEY RELAYS (6-9)**
- 200 BACK (10)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 FREE (11)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 FLY (12)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- MIXED FREE RELAYS (13-15)**
- 800 FREE (16)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**Sunday, Nov 6, 2011**

- 1500 FREE (17)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- \*BREAK\* EVENT 18 WILL NOT START BEFORE 9AM**
- 200 BREAST (18)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 FREE (19)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 BACK (20)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 IM (21)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- \*BREAK\***
- MIXED MEDLEY RELAYS (22-23)**
- 200 FLY (24)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 BACK (25)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 BREAST (26)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- FREE RELAYS (27-32)**

"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 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."

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

**All-Around Challenge: Short Course Meters Pentathlon & Brute Squad Meet**  
 Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #370-11  
 Eligibility: Currently registered USMS swimmers, 18 years and older.

Hosted by: Central Oregon Masters Aquatics (COMA)  
 Juniper Swim & Fitness Center  
 800 NE 6th St., Bend, OR

25 meters  
 6-8 lanes competition-Colorado electronic timing system  
 At least 4 lanes of continuous warm-up/down

DATE: Saturday, December 10, 2011

**WARM-UPS: NOON**  
**MEET STARTS: 1PM**

Meet director: Bob Bruce • Phone: 541-317-4851 • E-mail: coachbob@bendbroadband.com  
 Directions to the pool: From North or South, take Business Highway 97 (3rd Street). Do not take the Bypass Parkway. Turn East on Highway 20 (Greenwood Avenue). Turn right on 6th Street and go south 2 blocks to pool. Park in the North Lot or adjacent streets.  
**ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.**

**ENTRY DEADLINE: RECEIVED BY Tuesday, NOVEMBER 29, 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 OR 2012 USMS # \_\_\_\_\_  
 USMS CLUB (OREG, SWMS, DUCK, ETC) \_\_\_\_\_

AGE GROUPS: 18-24, 25-29, 30-34, ETC. RELAY AGE GROUPS: 72-99, 100-119, 120-159, ETC. **YOU MAY ENTER 5 INDIVIDUAL EVENTS AND ONE (1) RELAY (SAME SEX OR MIXED) PER RELAY EVENT.** ENTER RELAYS AT THE MEET. THE 400M AND 800M RELAYS WILL BE SEEDED IN HEATS FOLLOWING THE 200M RELAYS OF THE SAME TYPE. **ENTRY DEADLINE FOR RELAYS IS BEFORE THE 1500 FREE. CHECK IN DEADLINE FOR THE 1500 FREE IS BEFORE THE 400 IM.** ALL EVENTS WILL BE SEEDED SLOW TO FAST.

*Regular OMS ribbons for places 1-3. Short pentathlon events include 50 fly, 50 back, 50 breast, 50 free & 100 IM (marked \* below). Medium Pentathlon events include 100's of each stroke & 200 IM (marked \*\* below). Long Pentathlon events include 200's of each stroke & 400 IM (marked \*\*\* below). Brute Squad events are 200 fly, 400 IM, 1500 free (marked # below). The 1500 will be limited to one (1) heat unless there are more than 16 Brute Squad entrants; First priority goes to Brute Squad entrants and second priority is based on date of entry mailing.*

Saturday, December 10, 2011

- 200 FLY\*\*\*# (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 FLY\*\* (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 FLY\* (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 BACK\*\*\* (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 BACK\*\* (5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 BACK\* (6) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 BREAST\*\*\* (7) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 BREAST\*\* (8) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 BREAST\* (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 FREE\*\*\* (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 FREE\*\* (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 FREE\* (12) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

- 400 IM\*\*\*# (13) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 IM\*\* (14) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 IM\* (15) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 1500 FREE# (16) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

(Two swimmers per lane, hand timed if necessary)

- 200 MEDLEY RELAY (17, 18, 19)
- 400 MEDLEY RELAY (20, 21, 22)
- 200 FREE RELAY (23, 24, 25)
- 400 FREE RELAY (26, 27, 28)
- 800 FREE RELAY (29, 30, 31)

"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 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."

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



*Waiting for the right time*

## Meet Results:

### Eel Lake Open Water

# 2011

# Meet SCHEDULE

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## Looking Ahead . . .

<u>Date</u>	<u>Course</u>	<u>Meet</u>	<u>Location</u>
*October 16		SCM	MAC Meet Portland, OR
	<a href="https://www.clubassistant.com/club/meet_information.cfm?c=1352&amp;smid=3226">https://www.clubassistant.com/club/meet_information.cfm?c=1352&amp;smid=3226</a>		
*November 5-6		SCM	Zone Meet Tualatin Hills AC, Beaverton, OR
	<a href="https://www.clubassistant.com/club/meet_information.cfm?c=1352&amp;smid=3227">https://www.clubassistant.com/club/meet_information.cfm?c=1352&amp;smid=3227</a>		
*December 10		SCM	COMA Brute Squad/Pentathlon Bend, OR
	<a href="https://www.clubassistant.com/club/meet_information.cfm?c=1352&amp;smid=3325">https://www.clubassistant.com/club/meet_information.cfm?c=1352&amp;smid=3325</a>		
December (tentative)		SCY	Animal Meet Canby, OR

\*Entry form in this issue

