



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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## “Swimming for Life”

### Falling Objects at T-Hills Zone Championships!

by Charlie Helm

The Northwest Zone short course meters (SCM) championships held at the Tualatin Hills Aquatic Center November 5<sup>th</sup> and 6<sup>th</sup> was plagued with falling objects—those objects being new swim records! As usual, the Barracuda’s hosted a fun meet. Surprisingly, many of the registered PNA swimmers were a no-show. Perhaps the word got out that the OMS swimmers were really hungry for SCM records and it was time for dinner! When the meet was over, there were 23 new Oregon records, 14 Zone records, 4 national records, and 3 WORLD records set by relays. Many of the rest of the swimmers reported getting some new personal records as well.

The distance freestyle events were popular and had some competitive heats that were fun to watch. Some of us were motivated enough (or crazy enough,

according to others) to do the sprints as well as the 800 and 1500 free. Maybe that’s why I cramped up so badly Sunday night...! The non-IMers also commented about that grimace of pain seen on the faces of the swimmers after the 400, 200, and 100 individual medley events. There was plenty of friendly trash-talking between old rivals going around the deck, which may explain why there were so many records broken. The other really big news of this meet was David Radcliff did NOT set any new records at his home pool.

Speaking of records, I’d like to list and congratulate our new world record relay members. In the women’s 240-279 200 SC Meter Medley Relay, Valerie Jenkins, Barbara Frid, Joy Ward, and Karen Andrus-Hughes went 2:27.93. In the Mixed 200-239 400 SC Meters Medley Relay, Valerie Jenkins, Allen Stark, Dennis Baker, and Karen Andrus-Hughes went 4:32.16. In the Mixed 280-319 800 SC Meters Free Relay, Tom Landis, Barbara Frid, Willard Lamb, and Karen Andrus-Hughes went 11:43.44. By the way, Karen says she’s available for rent if you need an anchor for a record setting relay. A big “Way to go!” to all our record setters from this meet!

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Mixed 200-239 — 400 SC Meters Medley Relay —  
Dennis Baker, Valerie Jenkins,  
Karen Andrus-Hughes and Allen Stark,

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# Chair's Corner

by Jeanne Teisher

Recently I read some advice on "How to Make or Break a Habit," which I thought might be helpful as we begin a new year and may be contemplating setting some swimming goals for 2012. Here are three simple steps designed to help you break an unwanted habit or add a new one into your life:

## No. 1 – Do it immediately.

Are you a procrastinator when it comes to working out on a regular basis? I know I can be one, especially when the alarm goes off at 4:30 in the morning and it's cold and dark outside. I would much rather stay in my nice warm bed and get at least another hour of sleep. But procrastination is the enemy here. In the article I read, the writer stated "the longer the gap between the decision point and the action point, the less likely you are to make the change." Something to think about next time you are contemplating whether or not you're going to work out or wondering how much you're going to do.

## No. 2 – Tell others you intend to do it.

As the article's writer stated so well "there is no substitute for the support – and accountability – for change when we let others in on our decision." For me, when I tell someone I will be at the pool or gym, I know others are counting on me and I sure don't want to let them down. Also, when I have set a goal for myself, it's much easier to follow through with the goal when I know others understand what I'm trying to accomplish and can be supportive. Don't be shy – tell others of the goals you have set for yourself.

## No. 3 – Do it repeatedly.

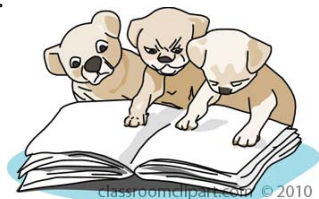
I have heard that to really own a new habit or break an old one, you need to practice the new behavior consistently for at least six weeks. Will you be breaking an old habit, starting a new one, or maybe a combination of both in 2012? Remember, keep it up for six weeks.

Think about these three simple steps come February and you're deciding what you want to do for February Fitness Challenge. Hopefully it will help you in reaching the goals you have set for yourself.

Good luck and happy swimming.

### Quotes of the month:

*"Hard things are put in our way, not to stop us, but to call out our courage and strength." "Obstacles are what you see when you take your eyes off the goal."*

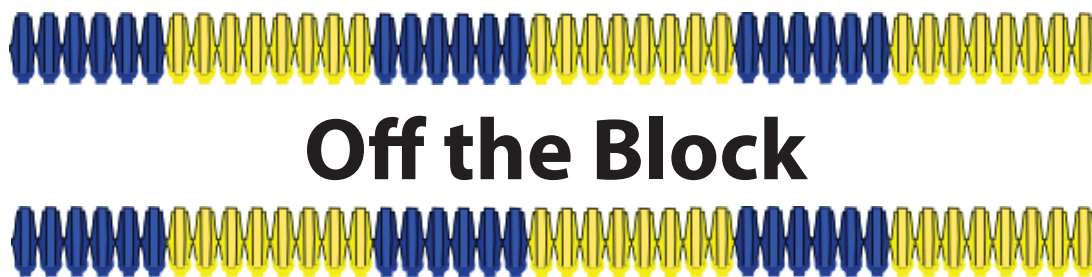


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Send address changes to *Susie Young*

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# Off the Block

The column this month is taken from the December, 2011, *USMS StreamLines*

## Why Swimmers Should Explore Plyometric Dryland Training

by Lisa Hiller

Looking for an edge over your competition when poised on the starting block and the gun goes off? Are your flip turns and push-offs lackluster and weak instead of razor sharp and explosive? Wouldn't it be great if you could incorporate an exercise out of the water to increase your power off the starting block as well as ensure quick and explosive turns? If your answer to any of these questions is a definitive "yes," then plyometrics may very well be your solution.

Simply put, plyometrics can be explained as a form of exercise that uses powerful muscular contractions in response to dynamic loading or stretching of the muscles about to be used. In the case of powerful starts and quick turns, this would involve developing lower body explosive strength. Traditionally, dry-land training programs have focused on upper body strength and minimally on lower body power.

Try the following plyometric exercise and tip the scales in your favor for strong starts and turns.

How to do it: Using a TRX suspension apparatus (available at most gyms these days), place a handle in each hand and step back far enough so that

your arms are straight. (Photo #1)

With your feet hip distance apart, perform a squat dropping your buttocks to just below parallel with your knees. (Photo #2)

From this squat position, quickly jump up into the air pushing off the floor with your toes, and then land back in the squat position. Keep your

arms straight through the entire movement. (Photo #3)

Perform this move six to eight times in rapid succession and then take a rest break. Try to jump high and land as lightly on the floor back

into a squat as you possibly can. There should be no stopping or resting in the squat position; instead, as soon as you land you should be ready to push off the floor to explode upward again.




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*Lisa Hiller is a private strength and conditioning coach with Masters degrees in Exercise Physiology and Education. She is an ASCA-certified swim coach and holds certifications in CrossFit Training, Egoscue Postural Therapy and Heus ProBodX. Currently the Metropolitan LMSC Fitness Education/Sports Medicine Chair, Lisa also serves on the USMS National Sports Medicine and Science Committee, swims and coaches with AquaFit Masters, and is in charge of the AquaFit dryland training program.*



# Fitness

## Cannibalization of the Human Spirit

Trainer Helen Thurlow



You're breathing hard, you're down in the dirt and the tears on your face let others know this has not been easy for you. You stagger to get up yet you fall again and again. There are people watching you – watching you fail, too scared to help for fear of failing themselves. You collapse as your lungs are burning and your legs are screaming. You close your eyes and listen to your own heart beating.

And suddenly, it's quiet. It's as if nothing else exists. You start to follow the rhythm of your breath. You open your eyes and the crowds are still there, but you are not in some adventure race, nor a swim meet or triathlon. This is your life. And you chose to get up and walk out that door to face whatever the day brings. You choose not to give up...or do you?

The human spirit is an amazing aspect of our lives, which literally has physiological, physical, emotional and mental properties. The spirit affects the entire make-up of our human selves. It's what keeps us going or crawling back into bed.

There are people out there with amazing spirits, people who continue to believe and get up after numerous face-plants to the ground. Because their belief is so strong, they accept defeat and don't allow their spirits to cripple them. These people are athletes, moms, dads, veterans, nurses, teachers; real people like you and me.

And then there is the twin of the human spirit that steps on us and won't allow us to stand up on our own two feet. Negativity. Negative thinking manipulates and devours our spirit. We stop trying, stop moving, stop being. You probably have heard the scenario of where we could be in a room with 100 positive people and the 101<sup>st</sup> person is negative and the entire mood in the room shifts.

What is this intangible force that allows us to think and make decisions? That takes our hand and enables us to choose the commitments that we behold in life. It can either destroy us or develop us.

Is it the inspirational pendant that we buy at the store that reads "dreams can become a reality – one choice at a time." Or is it another human who has taken us under his/her wings that continues to guide us to this day.

If it were not for the quotes or the people behind those quotes, we nervously eat away at ourselves at the first sign of defeat. It snowballs, you feel choked, you're underwater and see everyone and everything above you but you can't surface.

And then a hand breaks the surface and rescues you – the hand is a metaphor, but the human spirit doesn't die in defeat. It dies when we surrender.

### MJ CASWELL'S PUMPKIN SPICE MUFFINS

3 T. melted butter, canola oil or other neutral oil  
 2 cups flour  
 1/4 cup sugar  
 1/2 t. salt  
 1 T. baking powder  
 1 t. cinnamon  
 1/2 t. ginger  
 1/2 t. allspice  
 1 pinch cloves  
 1 egg  
 1 cup pumpkin  
 1/4 cup milk  
 1/2 cup chocolate chips

Preheat the oven to 400 and grease a standard muffin pan.

Mix the dry ingredients and chocolate chips in a bowl. Beat together the oil, pumpkin, egg and milk. Make a well in the center of the dry ingredients and add the wet ingredients.

Using a large Spoon or spatula, combine the ingredients swiftly, stirring and folding rather than beating and stop as soon as all the dry ingredients are moistened. The batter will be lumpy and quite moist. Add more milk if needed to make it moist.

Spoon the batter into the muffin tin, filling them about 2/3 full. Bake 20 to 30 minutes, until a toothpick inserted into the center comes out clean and the tops are browned.

I use whole wheat flour and do a double batch and make bigger muffins. These are not very sweet - more like bread

# Shake and Swim with “Bake”

## Want to Fly?

Coach Dennis Baker



I get a lot of swimmers asking me about how to train for Butterfly. Here are some tips and tricks to make you Fly!!!

1. Butterfly is a very aerobic stroke. So you have to be aerobically fit to do it well. This can be done by adjusting your swimming workouts or dry land exercises to build up your aerobic capacity.
2. Use your body more than your arms and legs when you swim Butterfly. Undulate as much as possible from the neck down. The head stays near the surface of the water. The hands also stay near the surface of the water upon entry, they don't dive down.
3. Do a 3 week program for Butterfly. Do 12 x 25s Butterfly with: 20 seconds rest in between twice a week for the first week. The second week do 6 x 50s with same rest. The third week do 4 x 75s with same rest. Focus on the tips given above during those 3 weeks. Take one week off and then do the 3 week cycle again.
4. Don't be afraid to breathe. As long as you keep your chin close to the water when breathing you will be fine. Oxygen is good.

Try these tips and training and you will be well on your way to Flying!!

## Check-Off Challenge

The Check-Off Challenge is a postal event designed to motivate swimmers to complete 18 pool events and an open water swim during the 2012 calendar year. It challenges all levels of swimmers. Novice swimmers can swim new events. Experienced swimmers can try for their personal best times in as many events as practical. Simply Check Off each swim on your T-Shirt when you complete the event.



This year's Check-off Challenge is hosted by Hammerhead Aquatics. The entry deadline is **December 31** for shirt delivery in January. This monthly format continues until September 30, 2012.

## Speedo 1-Hour Postal National Championship

Some people do the 1-Hour Postal for competition, while others do it for fitness; all who wish to participate are welcome. This event runs from January 1 to January 31, 2012. The objective is to swim as far as possible in one hour, in any pool you choose that is 25 yards or longer. Send your event results in electronically or by mail so you can compare yourself to other swimmers doing the same event. The recorded distance (total yards swum) that you submit determines the order of finish. If two or more swimmers report the same distance, a tie will be declared.



This year's 1-Hour Postal National Championship is hosted by Blue Wave Aquatics. This is a USMS sanctioned event and all participants must be registered for 2012 with USMS (or the equivalent organization for non-U.S. swimmers). Foreign swimmers are not eligible for USMS records or All-American status. A copy of your current 2012 registration card must accompany your entry.



# Long Distance Swimming

Coach Bob Bruce



**400 Hundred Swimmers!  
1.25 Million Yards!**

**This is what I think it will take for the Oregon Club to win the USMS National Club Championship in the One-Hour Swim, the only postal in which we have never won the overall club title. Are we ready to put it on the line this January to win the granddaddy of all of the postal championships? Are we ready to challenge for the big one?**

**What is the One-Hour Swim?** The basic premise—how far can you swim in one hour? It's the first USMS postal swim each year, done during the month of January only. It's the largest stand-alone participation event on the USMS calendar, as more than 3000 swimmers across the nation swam it last year. It's the oldest of the USMS postal swims, started in 1977. It's not only a spirited competition, but also an excellent early-in-the-year fitness event suitable for EVERYONE. Did you hear that? EVERYONE!

### **How has the Oregon Club fared in the past?**

This is one of the few club championships that we have never won before! But our club history shows improving participation and generally improving club placement. Here's a summary of our past six years...

- 2006 — 81 swimmers & 283,985 yards, 1<sup>st</sup> place in the Large club category
- 2007 — 127 swimmers & 474,320 yards, 4<sup>th</sup> place in the Extra Large club category
- 2008 — 114 swimmers & 422,102 yards, 3<sup>rd</sup> place in the Extra Large club category
- 2009 — 156 swimmers & 568,465 yards, 3<sup>rd</sup> place in the Extra Large club category
- 2010 — 228 swimmers & 830,595 yards, 2<sup>nd</sup> place in the Extra Large club category
- 2011 — 259 swimmers & 935,750 yards, 3<sup>rd</sup> place in the Extra Large club category

### **What will it take to win the Club Championship?**

COMMITMENT & MASSIVE PARTICIPATION. There are several other huge clubs in the nation whose single main goal each year is to win the One-Hour Swim, so winning this event will never be easy. Despite improved participation last year, we fell a little short. To beat these other clubs and pull this off, we will need...

- A commitment from EVERYONE to join OMS/USMS, a prerequisite for entering the event. Don't wait—do it now. And I invite those swimmers who have previously joined OMS/USMS as "unattached" to consider joining the Oregon Club. Participate in this group effort.
- A commitment from EVERYONE to prepare for the swim. Spend time at practice during December and January to prepare for your swim and to improve your distance.
- A commitment from EVERYONE to seize the opportunity and do it when the time comes. Club score is determined by adding everyone's total yardage in the swim. EVERYONE COUNTS! Even a 1500-yard performance will help. 4000 & 5000-yard performances will really help—never let your teammates who are capable of big yardage duck this swim!
- A commitment from EACH LOCAL TEAM to schedule opportunities for swimmers to swim it. Schedule several sessions if possible so that nobody is excluded due to personal schedule conflicts.
- A commitment from EACH LOCAL COACH & CAPTAIN to encourage and motivate teammates to swim it. This is the key! Plan and do the swim as a group effort, and you may be surprised at the symbiotic power of such an effort.

Continued on page 14

## Tualatin Hills Zone Meet, SCM — Tualatin, OR — November 5 - 6, 2011

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

⊙ = Oregon Record  
 \* = Split

**Women 18-24**

50 SC Meter Free			
1 Schane, Olivia	23 OREG	32.23	
50 SC Meter Back			
1 Schane, Olivia	23 OREG	37.00	
100 SC Meter Back			
1 Schane, Olivia	23 OREG	1:20.46	
50 SC Meter Fly			
1 Schane, Olivia	23 OREG	34.82	
100 SC Meter IM			
1 Schane, Olivia	23 OREG	1:21.96	

**Women 25-29**

50 SC Meter Free			
1 Mejia, Denise	29 OREG	35.50	
50 SC Meter Back			
1 Mejia, Denise	29 OREG	41.82	
50 SC Meter Breast			
1 Mejia, Denise	29 OREG	45.21	
100 SC Meter IM			
1 Mejia, Denise	29 OREG	1:31.89	

**Women 30-34**

50 SC Meter Free			
1 Gustafson, Aubree	30 OREG	30.35	
100 SC Meter Free			
1 Pryor, Evelyn	34 OREG	1:13.67	
200 SC Meter Free			
1 Pryor, Evelyn	34 OREG	2:41.79	
800 SC Meter Free			
1 Gustafson, Aubree	30 OREG	11:12.77	
100 SC Meter Back			
1 Pryor, Evelyn	34 OREG	1:26.96	
200 SC Meter Back			
1 Pryor, Evelyn	34 OREG	3:07.35	
50 SC Meter Breast			
1 Gustafson, Aubree	30 OREG	38.74	
100 SC Meter Breast			
1 Gustafson, Aubree	30 OREG	1:26.87	
200 SC Meter Breast			
1 Gustafson, Aubree	30 OREG	3:07.45	
100 SC Meter Fly			
1 Pryor, Evelyn	34 OREG	1:31.03	
200 SC Meter IM			
1 Gustafson, Aubree	30 OREG	2:53.34	

**Women 35-39**

50 SC Meter Free			
1 Ward, Amy	38 OREG	28.92	
2 Harrison, Elizabeth	37 OREG	44.29	
100 SC Meter Free			
1 Harrison, Elizabeth	37 OREG	1:33.92	
200 SC Meter Free			
1 Ward, Amy	38 OREG	2:17.18 O	
2 Hoffman, Robin	39 OREG	2:52.91	
3 Harrison, Elizabeth	37 OREG	3:25.27	
800 SC Meter Free			
1 Hoffman, Robin	39 OREG	12:46.47	

1500 SC Meter Free

1 Hoffman, Robin	39 OREG	24:01.56	
50 SC Meter Back			
1 Hoffman, Robin	39 OREG	52.99	
50 SC Meter Breast			
1 Hoffman, Robin	39 OREG	1:02.36	
50 SC Meter Fly			
1 Ward, Amy	38 OREG	31.89	
2 Harrison, Elizabeth	37 OREG	57.57	
100 SC Meter IM			
1 Hoffman, Robin	39 OREG	1:43.00	
2 Harrison, Elizabeth	37 OREG	2:07.58	
200 SC Meter IM			
1 Harrison, Elizabeth	37 OREG	4:28.61	

**Women 45-49**

50 SC Meter Free			
1 Jenkins, Valerie	48 OREG	30.54	
200 SC Meter Free			
1 Jenkins, Valerie	48 OREG	2:36.72	
50 SC Meter Back			
* Jenkins, Valerie	48 OREG	33.06	
100 SC Meter Back			
* Jenkins, Valerie	48 OREG	1:12.26	
50 SC Meter Breast			
1 Jenkins, Valerie	48 OREG	40.55	
50 SC Meter Fly			
1 Jenkins, Valerie	48 OREG	34.03	

**Women 50-54**

50 SC Meter Free			
1 Andrus-Hughes, Karen	54 OREG	30.31	
2 Andrade, Julie	50 OREG	37.76	
200 SC Meter Free			
1 Conrad, Cheryl	53 OREG	3:50.66	
2 Virnig, Rebecca	50 OREG	3:51.33	
1500 SC Meter Free			
1 Goodman, Ann	52 OREG	22:13.31	
50 SC Meter Back			
1 Andrus-Hughes, Karen	54 OREG	33.38	
2 Goodman, Ann	52 OREG	36.50	
100 SC Meter Back			
1 Andrus-Hughes, Karen	54 OREG	1:14.87	
2 Goodman, Ann	52 OREG	1:18.50	
3 Fox, Christina	51 OREG	1:37.49	
200 SC Meter Back			
1 Andrus-Hughes, Karen	54 OREG	2:47.60	
2 Goodman, Ann	52 OREG	2:50.67	
50 SC Meter Breast			
1 Andrade, Julie	50 OREG	45.02	
2 Fox, Christina	51 OREG	48.08	
100 SC Meter Breast			
1 Andrade, Julie	50 OREG	1:40.12	
200 SC Meter Breast			
1 Andrade, Julie	50 OREG	3:30.89	
2 Fox, Christina	51 OREG	3:43.10	
50 SC Meter Fly			

1 Andrus-Hughes, Karen	54 OREG	33.82	
2 Andrade, Julie	50 OREG	43.14	
3 Virnig, Rebecca	50 OREG	56.38	
100 SC Meter IM			
1 Goodman, Ann	52 OREG	1:25.98	
2 Andrade, Julie	50 OREG	1:34.47	
3 Virnig, Rebecca	50 OREG	2:03.60	
200 SC Meter IM			
1 Fox, Christina	51 OREG	3:28.36	
400 SC Meter IM			
1 Goodman, Ann	52 OREG	6:34.52	

**Women 55-59**

1500 SC Meter Free			
1 Summers, Jeanna	57 OREG	24:31.75	
2 Shuman, Connie	56 OREG	29:44.96	
200 SC Meter Back			
1 Asleson, Elke	59 OREG	3:43.74	
50 SC Meter Fly			
1 Asleson, Elke	59 OREG	47.97	
100 SC Meter Fly			
1 Asleson, Elke	59 OREG	1:47.65	
200 SC Meter Fly			
1 Asleson, Elke	59 OREG	4:00.62	
200 SC Meter IM			
1 Asleson, Elke	59 OREG	3:49.63	
2 Shuman, Connie	56 OREG	4:24.98	
400 SC Meter IM			
1 Summers, Jeanna	57 OREG	7:15.21	
2 Asleson, Elke	59 OREG	8:02.01	

**Women 60-64**

50 SC Meter Free			
1 Gettling, Janet	63 OREG	35.21	
50 SC Meter Breast			
1 Gettling, Janet	63 OREG	44.19	
100 SC Meter Breast			
1 Gettling, Janet	63 OREG	1:40.55	
200 SC Meter Breast			
1 Gettling, Janet	63 OREG	3:42.51	
200 SC Meter Fly			
1 Gettling, Janet	63 OREG	3:41.98	

**Women 65-69**

50 SC Meter Free			
1 Frid, Barbara	69 OREG	36.61	
100 SC Meter Free			
1 Frid, Barbara	69 OREG	1:22.87	
50 SC Meter Back			
1 Ward, Joy	69 OREG	41.42 Z	
2 Frid, Barbara	69 OREG	45.52	
100 SC Meter Back			
1 Ward, Joy	69 OREG	1:30.49 Z	
2 Frid, Barbara	69 OREG	1:43.30	
50 SC Meter Breast			
1 Pierson, Ginger	65 OREG	44.99	
100 SC Meter Breast			
1 Pierson, Ginger	65 OREG	1:37.97	



2 Dettmer, Robert 46 OREG 1:19.81  
 100 SC Meter IM  
 1 Mccarthy, Darren 45 OREG 1:11.65  
 2 Dettmer, Robert 46 OREG 1:17.71

**Men 50-54**

50 SC Meter Free  
 1 Washburne, Brent 50 OREG 27.69  
 2 Powell, Frank 51 PNA 30.23  
 3 Weyhrauch, Tom 54 OREG 33.88  
 100 SC Meter Free  
 1 Hathaway, David 51 OREG 1:01.21  
 2 Powell, Frank 51 PNA 1:06.07  
 3 Uebele, Keith 50 OREG 1:09.30  
 200 SC Meter Free  
 1 Powell, Frank 51 PNA 2:28.83  
 2 Uebele, Keith 50 OREG 2:55.54  
 3 Sundahl, John 50 OREG 3:05.81  
 800 SC Meter Free  
 1 Hathaway, David 51 OREG 12:36.79  
 2 Weyhrauch, Tom 54 OREG 13:20.47  
 50 SC Meter Back  
 1 Powell, Frank 51 PNA 37.45  
 100 SC Meter Back  
 1 Uebele, Keith 50 OREG 1:08.57  
 2 Hathaway, David 51 OREG 1:13.47  
 3 Powell, Frank 51 PNA 1:17.73  
 200 SC Meter Back  
 1 Uebele, Keith 50 OREG 2:33.80  
 2 Allender, Patrick 53 OREG 2:43.90  
 3 Powell, Frank 51 PNA 2:51.08  
 50 SC Meter Breast  
 1 Allender, Patrick 53 OREG 35.53  
 2 Howell, Richard 52 UNAT 36.32  
 100 SC Meter Breast  
 1 Allender, Patrick 53 OREG 1:14.57  
 2 Howell, Richard 52 UNAT 1:19.15  
 3 Weyhrauch, Tom 54 OREG 1:32.54  
 200 SC Meter Breast  
 1 Allender, Patrick 53 OREG 2:43.54  
 2 Howell, Richard 52 UNAT 2:56.23  
 3 Washburne, Brent 50 OREG 3:05.25  
 200 SC Meter Fly  
 1 Baker, Dennis 50 OREG 2:12.41 N  
 100 SC Meter IM  
 1 Washburne, Brent 50 OREG 1:09.50  
 2 Allender, Patrick 53 OREG 1:11.64  
 3 Howell, Richard 52 UNAT 1:16.22  
 4 Weyhrauch, Tom 54 OREG 1:26.12  
 200 SC Meter IM  
 1 Allender, Patrick 53 OREG 2:34.88  
 2 Howell, Richard 52 UNAT 2:51.81  
 400 SC Meter IM  
 1 Hathaway, David 51 OREG 5:47.90  
 2 Weyhrauch, Tom 54 OREG 7:11.65

**Men 55-59**

50 SC Meter Free  
 1 Bannan, Charles 59 OREG 30.41  
 2 Dwight, Charles 56 OREG 30.48  
 3 Larson, Allen 58 OREG 32.52  
 4 Adcock, Richard 56 PNA 32.84  
 5 Darnell, Stephen 57 SWMS 37.31

6 Helm, Charlie 55 OREG 40.20  
 100 SC Meter Free  
 1 Yensen, Kermit 58 OREG 1:09.52  
 2 Larson, Allen 58 OREG 1:11.87  
 3 Darnell, Stephen 57 SWMS 1:27.43  
 200 SC Meter Free  
 1 Yensen, Kermit 58 OREG 2:32.15  
 2 Larson, Allen 58 OREG 2:40.75  
 800 SC Meter Free  
 1 Larson, Allen 58 OREG 11:53.96  
 2 Helm, Charlie 55 OREG 16:12.43  
 1500 SC Meter Free  
 1 Ramsey, Ed 55 OREG 21:59.02  
 2 Larson, Allen 58 OREG 22:42.61  
 3 Yensen, Kermit 58 OREG 22:49.83  
 4 Helm, Charlie 55 OREG 29:59.96  
 50 SC Meter Back  
 1 Edwards, Wes 58 SWMS 31.97  
 2 Dwight, Charles 56 OREG 37.55  
 3 Adcock, Richard 56 PNA 41.68  
 4 Darnell, Stephen 57 SWMS 44.15  
 5 Helm, Charlie 55 OREG 57.33  
 100 SC Meter Back  
 1 Ramsey, Ed 55 OREG 1:23.35  
 2 Darnell, Stephen 57 SWMS 1:41.27

200 SC Meter Back  
 1 Edwards, Wes 58 SWMS 2:30.46 O  
 2 Darnell, Stephen 57 SWMS 3:44.96  
 50 SC Meter Breast  
 1 Adcock, Richard 56 PNA 38.72  
 2 Dwight, Charles 56 OREG 39.30  
 3 Helm, Charlie 55 OREG 1:03.08  
 100 SC Meter Breast  
 1 Adcock, Richard 56 PNA 1:30.86  
 200 SC Meter Breast  
 1 Adcock, Richard 56 PNA 3:22.50  
 50 SC Meter Fly  
 1 Bannan, Charles 59 OREG 32.53  
 2 Yensen, Kermit 58 OREG 34.40  
 100 SC Meter Fly  
 1 Yensen, Kermit 58 OREG 1:25.55  
 200 SC Meter Fly  
 1 Bannan, Charles 59 OREG 3:24.83  
 100 SC Meter IM  
 1 Dwight, Charles 56 OREG 1:19.43  
 2 Adcock, Richard 56 PNA 1:26.52  
 3 Larson, Allen 58 OREG 1:30.77  
 4 Darnell, Stephen 57 SWMS 1:37.71  
 5 Helm, Charlie 55 OREG 1:56.12

**Men 60-64**

50 SC Meter Free  
 1 Jenkins, James 64 OREG 45.19  
 200 SC Meter Free  
 1 Jenkins, James 64 OREG 3:53.09  
 50 SC Meter Breast  
 1 Stark, Allen 62 OREG 36.00  
 100 SC Meter Breast  
 1 Stark, Allen 62 OREG 1:16.40  
**Men 65-69**  
 50 SC Meter Free  
 1 Smith, Robert 68 OREG 29.87

2 Stout, Jon 65 OREG 31.23  
 3 Anderson, Fred 69 OREG 35.80  
 100 SC Meter Free  
 1 Landis, Tom 69 OREG 1:07.84  
 2 Smith, Robert 68 OREG 1:10.69  
 3 Anderson, Fred 69 OREG 1:23.27  
 200 SC Meter Free  
 1 Landis, Tom 69 OREG 2:31.50  
 800 SC Meter Free  
 1 Landis, Tom 69 OREG 11:30.39  
 2 Anderson, Fred 69 OREG 14:31.60  
 3 Foges, John 67 UNAT 16:16.72  
 1500 SC Meter Free  
 1 Landis, Tom 69 OREG 21:21.50  
 2 Foges, John 67 UNAT 31:50.67  
 100 SC Meter Back  
 1 Smith, Robert 68 OREG 1:19.97  
 100 SC Meter Breast  
 1 Stout, Jon 65 OREG 1:39.36  
 50 SC Meter Fly  
 1 Anderson, Fred 69 OREG 44.02  
 100 SC Meter IM  
 1 Smith, Robert 68 OREG 1:22.26  
 2 Stout, Jon 65 OREG 1:22.47

**Men 75-79**

400 SC Meter Free  
 \* Radcliff, David 77 OREG 5:40.79  
 800 SC Meter Free  
 1 Radcliff, David 77 OREG 11:22.52  
 1500 SC Meter Free  
 1 Radcliff, David 77 OREG 21:54.93

**Men 80-84**

50 SC Meter Breast  
 1 Marks, Milton 81 OREG 48.35 Z  
 200 SC Meter Breast  
 1 Marks, Milton 81 OREG 4:12.37 Z  
 200 SC Meter IM  
 1 Marks, Milton 81 OREG 4:05.10 Z

**Men 85-89**

50 SC Meter Free  
 1 Lamb, Willard 89 OREG 41.97  
 100 SC Meter Free  
 1 Lamb, Willard 89 OREG 1:35.05  
 200 SC Meter Free  
 1 Lamb, Willard 89 OREG 3:38.11  
 100 SC Meter Back  
 1 Lamb, Willard 89 OREG 2:01.53

**Relays**

**Women 240-279 200 SC Meter Medley Relay**

1 OREG 2:27.93 W  
 1) Jenkins, Valerie 2) Frid, Barbara  
 3) Ward, Joy 4) Andrus-Hughes, Karen

**Men 120-159 400 SC Meter Free Relay**

1 OREG 4:23.01 O  
 1) Thorpe, Nick 2) Cleary, Kevin  
 3) Waud, Timothy 4) Washburne, Brent

**Men 280-319 800 SC Meter Free Relay**

1 OREG 11:30.76 Z  
 1) Smith, Robert 2) Lamb, Willard  
 3) Landis, Tom 4) Yensen, Kermit

**Mixed 160-199 200 SC Meter Free Relay**

1 OREG 2:27.92  
 1) Sundahl, John 2) Conrad, Cheryl  
 3) Hoffman, Robin 4) Webb, Brady

**Mixed 200-239 400 SC Meter Medley Relay**

1 OREG 4:32.16 W  
 1) Jenkins, Valerie 2) Stark, Allen  
 3) Baker, Dennis 4) Andrus-Hughes, Karen

**Mixed 280-319 800 SC Meter Free Relay**

1 OREG 11:43.44 W  
 1) Landis, Tom 2) Frid, Barbara  
 3) Lamb, Willard 4) Andrus-Hughes, Karen

**ALLEN STARK** swam at the 2011 SPMS Short Course Meters Championships in Long Beach, CA, December 4., and set an **Oregon Record** His time in the 60-64 age group for the 200 M Breaststroke was 2:48.67

**Special Notice Goes To...**

◇ **DENNIS BAKER** swam in a USA Swimming Meet, McSWIMville 2011 (SCY), November 4-6. It was hosted by McMinnville Swim Club. He set a new USMS **National Record** in the 50-54 age group for the 400 IM. Congratulations **Dennis**

◇ There were 3 relays at the Tualitin Hills Meet that set new **WORLD** records. Three relays take 12 people, but it only took the 8 different people below to set these world records. The following people each swam in 1 - 3 of those record relays.

**Karen Andrus-Hughes**  
**Barbara Frid**  
**Willard Lamb**  
**Allen Stark**

**Dennis Baker**  
**Valerie Jenkins**  
**Tom Landis**  
**Joy Ward**

**AND THE AWARD GOES TO...**

OMS members prepare annually for the Association Championships where, not only is a team crowned #1, but a VOTE BY YOU selects individuals for various awards. The following are the annual awards for which you should nominate someone you feel worthy.

**CONNIE WILSON MEMORIAL AWARD**

This award is given to an individual who has made an outstanding, long-term leadership contribution to OMS and to Masters Swimming.

**OL'BARN AWARD**

This award is given to the individual who has shown outstanding leadership, dedication, and devotion throughout the year, to OMS and to Masters Swimming.

**HAZEL BRESSIE SPIRIT — FEMALE AWARD**

This award is given to the female who has shown enthusiasm and spirit to her team or other Masters swimmers during the past year.

**GIL YOUNG SPIRIT — MALE AWARD**

This award is given to the male who has shown enthusiasm and spirit to his team or other Masters swimmers during the past year.

**SPECIAL SERVICE AWARD**

This award is given to an individual, organization, business, or group that has gone the "extra mile" by contributing outstanding service to a team or OMS.



The time is NOW to submit your vote for any of the awards listed for an individual you feel worthy (be sure to tell WHY the individual is worthy). Send votes to Ginger Pierson (awards chair), gingerp@qwest.net or 8417 NE 16th Street, Vancouver, WA 98664 or call 360-253-5712.

## Brute Squad/Pentathlon, Bend, OR — December 10, 2011

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

⊙ = Oregon Record  
 \* = Split

### Women 18-24

50 SC Meter Back  
 1 Schane, Olivia 23 OREG 37.36  
 100 SC Meter Back  
 1 Schane, Olivia 23 OREG 1:18.97  
 50 SC Meter Fly  
 1 Schane, Olivia 23 OREG 35.71

### Women 25-29

50 SC Meter Free  
 1 Placek, Christine 27 OREG 38.22  
 100 SC Meter Free  
 1 Hudec, Jessica 28 OREG 1:35.32  
 200 SC Meter Free  
 1 Esser, Elizabeth 25 OREG 2:48.56  
 50 SC Meter Back  
 1 Placek, Christine 27 OREG 42.28  
 100 SC Meter Back  
 1 Hudec, Jessica 28 OREG 1:40.60

### Women 30-34

50 SC Meter Breast  
 1 Placek, Christine 27 OREG 53.32  
 100 SC Meter Breast  
 1 Hudec, Jessica 28 OREG 1:56.50  
 50 SC Meter Fly  
 1 Esser, Elizabeth 25 OREG 40.25  
 2 Placek, Christine 27 OREG 41.12  
 100 SC Meter Fly  
 1 Hudec, Jessica 28 OREG 1:47.09  
 100 SC Meter IM  
 1 Placek, Christine 27 OREG 1:39.80  
 200 SC Meter IM  
 1 Esser, Elizabeth 25 OREG 3:16.99  
 2 Hudec, Jessica 28 OREG 3:47.43

### Women 35-39

50 SC Meter Free  
 1 Thompson, Elizabeth 33 OREG 37.42  
 100 SC Meter Free  
 1 Holcomb, Amy 32 OREG 1:11.41  
 2 Thompson, Elizabeth 33 OREG 1:27.11  
 200 SC Meter Free  
 1 Holcomb, Amy 32 OREG 2:25.59  
 2 Thompson, Elizabeth 33 OREG 3:11.08  
 1500 SC Meter Free  
 1 Holcomb, Amy 32 OREG 19:29.07  
 2 Thompson, Elizabeth 33 OREG 26:00.79  
 200 SC Meter Back  
 1 Holcomb, Amy 32 OREG 2:48.64

### Women 40-44

50 SC Meter Free  
 1 Ward, Amy 38 OREG 29.32  
 100 SC Meter Free  
 1 Strausbaugh, E. 35 OREG 1:17.71  
 2 Sandoval, Lisa 39 OREG 1:20.76  
 50 SC Meter Back  
 1 Ward, Amy 38 OREG 34.95

### Women 45-49

100 SC Meter Back  
 1 Sandoval, Lisa 39 OREG 1:25.82  
 2 Strausbaugh, E. 35 OREG 1:29.59  
 50 SC Meter Breast  
 1 Ward, Amy 38 OREG 43.53  
 100 SC Meter Breast  
 1 Sandoval, Lisa 39 OREG 1:34.89  
 2 Strausbaugh, E. 35 OREG 1:36.63  
 50 SC Meter Fly  
 1 Ward, Amy 38 OREG 32.76  
 100 SC Meter Fly  
 1 Sandoval, Lisa 39 OREG 1:30.70  
 2 Strausbaugh, E. 35 OREG 1:33.66  
 100 SC Meter IM  
 1 Ward, Amy 38 OREG 1:16.84  
 200 SC Meter IM  
 1 Strausbaugh, E. 35 OREG 3:08.04  
 2 Sandoval, Lisa 39 OREG 3:08.39

### Women 50-54

50 SC Meter Free  
 1 Senkier, Kristine 41 OREG 30.84  
 100 SC Meter Free  
 1 Morgen, Cheryl 42 OREG 1:09.79  
 50 SC Meter Back  
 1 Senkier, Kristine 41 OREG 36.42  
 100 SC Meter Fly  
 1 Morgen, Cheryl 42 OREG 1:20.09  
 100 SC Meter IM  
 1 Morgen, Cheryl 42 OREG 1:23.36

### Women 55-59

50 SC Meter Free  
 1 Mauer, Maureen 46 OREG 33.89  
 100 SC Meter Free  
 1 Gorman, Susan 45 OREG 1:20.05  
 50 SC Meter Back  
 1 Mauer, Maureen 46 OREG 43.89  
 100 SC Meter Back  
 1 Gorman, Susan 45 OREG 1:40.62  
 50 SC Meter Breast  
 1 Mauer, Maureen 46 OREG 52.08  
 100 SC Meter Breast  
 1 Gorman, Susan 45 OREG 1:40.15  
 50 SC Meter Fly  
 1 Mauer, Maureen 46 OREG 40.55  
 100 SC Meter IM  
 1 Mauer, Maureen 46 OREG 1:28.94  
 200 SC Meter IM  
 1 Gorman, Susan 45 OREG 3:28.68

### Women 60-64

50 SC Meter Free  
 1 Harrington, Sue 54 OREG 34.56  
 2 Larkin, Cynthia 52 OREG 40.25  
 100 SC Meter Free  
 1 Goodman, Ann 52 OREG 1:14.60

2 Fox, Christina 51 OREG 1:24.62  
 400 SC Meter Free  
 \* Sweat, Mary 54 OREG 5:12.82 Z  
 800 SC Meter Free  
 \* Sweat, Mary 54 OREG 10:26.23 Z  
 1500 SC Meter Free  
 1 Sweat, Mary 54 OREG 19:37.45 Z  
 2 Denney, Kris 51 OREG 21:00.24  
 50 SC Meter Back  
 1 Harrington, Sue 54 OREG 47.90  
 2 Larkin, Cynthia 52 OREG 49.79  
 100 SC Meter Back  
 1 Goodman, Ann 52 OREG 1:17.86  
 2 Fox, Christina 51 OREG 1:37.85  
 50 SC Meter Breast  
 1 Harrington, Sue 54 OREG 45.09  
 2 Larkin, Cynthia 52 OREG 54.22  
 100 SC Meter Breast  
 1 Goodman, Ann 52 OREG 1:43.51  
 2 Fox, Christina 51 OREG 1:45.35  
 50 SC Meter Fly  
 1 Harrington, Sue 54 OREG 40.21  
 2 Larkin, Cynthia 52 OREG 48.70  
 3 Fox, Christina 51 OREG 49.12  
 100 SC Meter Fly  
 1 Goodman, Ann 52 OREG 1:30.93  
 200 SC Meter Fly  
 1 Denney, Kris 51 OREG 3:27.26  
 100 SC Meter IM  
 1 Harrington, Sue 54 OREG 1:30.91  
 2 Larkin, Cynthia 52 OREG 1:42.27  
 200 SC Meter IM  
 1 Goodman, Ann 52 OREG 3:04.91  
 2 Fox, Christina 51 OREG 3:29.93  
 400 SC Meter IM  
 1 Denney, Kris 51 OREG 6:48.84

### Women 65-69

50 SC Meter Free  
 1 Summers, Jeanna 57 OREG 36.40  
 100 SC Meter Free  
 1 Crabbe, Colette 55 OREG 1:10.22 O  
 1500 SC Meter Free  
 1 Shuman, Connie 56 OREG 31:33.36  
 100 SC Meter Back  
 1 Crabbe, Colette 55 OREG 1:20.51 Z  
 50 SC Meter Breast  
 1 Summers, Jeanna 57 OREG 56.98  
 100 SC Meter Breast  
 1 Crabbe, Colette 55 OREG 1:25.94 N  
 50 SC Meter Fly  
 1 Summers, Jeanna 57 OREG 45.75  
 100 SC Meter Fly  
 1 Crabbe, Colette 55 OREG 1:15.14 Z  
 200 SC Meter Fly

1 Shuman, Connie	56 OREG	5:26.52	3 Evans, Nick	27 OREG	26.62	1 Baele, Michael	47 OREG	25.68
100 SC Meter IM			50 SC Meter Back			2 Lussier, Hardy	46 OREG	25.99
1 Summers, Jeanna	57 OREG	1:38.24	1 Madson, Logan	25 OREG	27.44 Z	3 Miller, Scott	46 OREG	27.95
200 SC Meter IM			2 Arzner, John	28 UNAT	28.81	4 Nelson, Timothy	46 OREG	30.44
1 Crabbe, Colette	55 OREG	2:48.71 Z	100 SC Meter Back			100 SC Meter Free		
400 SC Meter IM			1 Evans, Nick	27 OREG	1:19.40	1 Calvin, Kris	49 OREG	1:03.23
1 Shuman, Connie	56 OREG	9:33.82	50 SC Meter Breast			50 SC Meter Back		
<b>Women 60-64</b>			1 Madson, Logan	25 OREG	31.81 Z	1 Baele, Michael	47 OREG	31.89
50 SC Meter Free			2 Arzner, John	28 UNAT	33.40	2 Lussier, Hardy	46 OREG	33.79
1 Rousseau, Sandi	64 OREG	39.00	100 SC Meter Breast			3 Miller, Scott	46 OREG	34.58
2 Cardwell, Diane	60 OREG	48.29	1 Evans, Nick	27 OREG	1:28.30	4 Nelson, Timothy	46 OREG	37.89
100 SC Meter Free			50 SC Meter Fly			100 SC Meter Back		
1 Imwalle, Catherine	61 OREG	1:20.00	1 Madson, Logan	25 OREG	26.00	1 Calvin, Kris	49 OREG	1:15.58
50 SC Meter Back			2 Arzner, John	28 UNAT	27.29	50 SC Meter Breast		
1 Rousseau, Sandi	64 OREG	47.96	3 Evans, Nick	27 OREG	31.77	1 Lussier, Hardy	46 OREG	33.02 O
2 Cardwell, Diane	60 OREG	57.88	100 SC Meter IM			2 Baele, Michael	47 OREG	35.12
100 SC Meter Back			1 Madson, Logan	25 OREG	59.79 Z	3 Miller, Scott	46 OREG	40.66
1 Imwalle, Catherine	61 OREG	1:31.22	2 Arzner, John	28 UNAT	1:03.24	4 Nelson, Timothy	46 OREG	41.07
50 SC Meter Breast			<b>Men 30-34</b>			100 SC Meter Breast		
1 Imwalle, Catherine	61 OREG	48.25	50 SC Meter Free			1 Calvin, Kris	49 OREG	1:25.55
2 Rousseau, Sandi	64 OREG	54.17	1 Bessenyey, Tamas	31 OREG	27.74	50 SC Meter Fly		
3 Cardwell, Diane	60 OREG	1:05.65	100 SC Meter Free			1 Baele, Michael	47 OREG	27.26
100 SC Meter Breast			1 Miller, Matthew	34 OREG	1:05.22	2 Lussier, Hardy	46 OREG	29.20
1 Imwalle, Catherine	61 OREG	1:39.98	200 SC Meter Free			3 Miller, Scott	46 OREG	31.49
50 SC Meter Fly			1 Adams, James	34 HMS	2:15.40	4 Nelson, Timothy	46 OREG	34.27
1 Rousseau, Sandi	64 OREG	42.24	2 Miller, Matthew	34 OREG	2:18.48	100 SC Meter Fly		
2 Cardwell, Diane	60 OREG	1:03.25	1500 SC Meter Free			1 Calvin, Kris	49 OREG	1:10.94
100 SC Meter IM			1 Miller, Matthew	34 OREG	19:56.07	100 SC Meter IM		
1 Rousseau, Sandi	64 OREG	1:43.44	50 SC Meter Back			1 Lussier, Hardy	46 OREG	1:05.67 O
2 Cardwell, Diane	60 OREG	2:09.80	1 Bessenyey, Tamas	31 OREG	31.83	2 Baele, Michael	47 OREG	1:06.06
<b>Women 65-69</b>			200 SC Meter Back			3 Miller, Scott	46 OREG	1:14.63
50 SC Meter Free			1 Adams, James	34 HMS	2:37.06	4 Nelson, Timothy	46 OREG	1:17.18
1 Ward, Joy	69 OREG	37.96	50 SC Meter Breast			200 SC Meter IM		
50 SC Meter Back			1 Bessenyey, Tamas	31 OREG	30.59 Z	1 Calvin, Kris	49 OREG	2:41.61
1 Ward, Joy	69 OREG	42.63	200 SC Meter Breast			<b>Men 50-54</b>		
50 SC Meter Breast			1 Adams, James	34 HMS	2:50.31	100 SC Meter Free		
1 Ward, Joy	69 OREG	56.82	50 SC Meter Fly			1 La Count, Curt	53 OREG	1:02.11
50 SC Meter Fly			1 Bessenyey, Tamas	31 OREG	28.28	2 Allender, Patrick	53 OREG	1:03.21
1 Ward, Joy	69 OREG	41.87	2 Miller, Matthew	34 OREG	32.08	3 Anspach, Jeffrey	50 OREG	1:08.67
100 SC Meter IM			100 SC Meter Fly			4 Roberts, Steve	53 OREG	1:11.50
1 Ward, Joy	69 OREG	1:38.91	* Adams, James	34 HMS	1:03.29	5 Lane, Mark	54 OREG	1:39.76
<b>Men 18-24</b>			200 SC Meter Fly			100 SC Meter Back		
50 SC Meter Free			1 Adams, James	34 HMS	2:20.40	1 La Count, Curt	53 OREG	1:12.25
1 Esser, Thomas	23 OREG	30.64	100 SC Meter IM			2 Allender, Patrick	53 OREG	1:16.12
2 Powell, Lindon	19 OREG	35.58	1 Bessenyey, Tamas	31 OREG	1:10.52	3 Anspach, Jeffrey	50 OREG	1:18.69
50 SC Meter Back			2 Miller, Matthew	34 OREG	1:19.40	4 Lane, Mark	54 OREG	2:24.94
1 Powell, Lindon	19 OREG	42.85	400 SC Meter IM			50 SC Meter Breast		
50 SC Meter Breast			1 Adams, James	34 HMS	5:59.43	1 Roberts, Steve	53 OREG	46.53
1 Powell, Lindon	19 OREG	40.79	<b>Men 40-44</b>			100 SC Meter Breast		
100 SC Meter Breast			100 SC Meter Free			1 Allender, Patrick	53 OREG	1:16.04
1 Esser, Thomas	23 OREG	1:24.81	1 Tujo, Christian	40 OREG	1:03.59	2 Hathaway, David	51 OREG	1:22.76
50 SC Meter Fly			100 SC Meter Back			3 La Count, Curt	53 OREG	1:29.21
1 Esser, Thomas	23 OREG	33.16	1 Tujo, Christian	40 OREG	1:18.67	4 Anspach, Jeffrey	50 OREG	1:41.03
2 Powell, Lindon	19 OREG	35.93	100 SC Meter Breast			50 SC Meter Fly		
100 SC Meter IM			1 Tujo, Christian	40 OREG	1:20.14	1 Lane, Mark	54 OREG	58.36
1 Esser, Thomas	23 OREG	1:18.25	100 SC Meter Fly			100 SC Meter Fly		
2 Powell, Lindon	19 OREG	1:28.99	1 Tujo, Christian	40 OREG	1:08.22	1 La Count, Curt	53 OREG	1:07.15
<b>Men 25-29</b>			200 SC Meter IM			2 Hathaway, David	51 OREG	1:08.30
50 SC Meter Free			1 Tujo, Christian	40 OREG	2:39.66	3 Allender, Patrick	53 OREG	1:09.88
1 Madson, Logan	25 OREG	24.35	<b>Men 45-49</b>			4 Anspach, Jeffrey	50 OREG	1:12.99
2 Arzner, John	28 UNAT	24.75	50 SC Meter Free			100 SC Meter IM		

1 Hathaway, David	51 OREG	1:10.44
2 Roberts, Steve	53 OREG	1:24.80
3 Lane, Mark	54 OREG	2:09.87
200 SC Meter IM		
1 Allender, Patrick	53 OREG	2:34.29
2 La Count, Curt	53 OREG	2:37.77
3 Anspach, Jeffrey	50 OREG	2:49.67
<b>Men 55-59</b>		
50 SC Meter Free		
1 Mann, Steve	59 OREG	28.10
2 Dwight, Charles	56 OREG	30.44
3 Powell, John	55 OREG	33.34
200 SC Meter Free		
1 Yensen, Kermit	58 OREG	2:37.90
50 SC Meter Back		
1 Mann, Steve	59 OREG	33.92
2 Powell, John	55 OREG	43.56
200 SC Meter Back		
1 Yensen, Kermit	58 OREG	3:11.09
50 SC Meter Breast		
1 Mann, Steve	59 OREG	37.20
2 Powell, John	55 OREG	47.47
100 SC Meter Breast		
1 Dwight, Charles	56 OREG	1:31.13
200 SC Meter Breast		
1 Yensen, Kermit	58 OREG	3:30.87
50 SC Meter Fly		
1 Mann, Steve	59 OREG	31.56
2 Dwight, Charles	56 OREG	33.42
3 Powell, John	55 OREG	38.90
200 SC Meter Fly		
1 Yensen, Kermit	58 OREG	3:21.58

100 SC Meter IM		
1 Mann, Steve	59 OREG	1:12.52
2 Powell, John	55 OREG	1:28.47
400 SC Meter IM		
1 Yensen, Kermit	58 OREG	6:37.84
<b>Men 60-64</b>		
200 SC Meter Free		
1 Walker, Thomas	64 PNA	3:51.13
200 SC Meter Back		
1 Walker, Thomas	64 PNA	4:07.70
200 SC Meter Breast		
1 Walker, Thomas	64 PNA	4:58.67
200 SC Meter Fly		
1 Walker, Thomas	64 PNA	5:32.42
400 SC Meter IM		
1 Walker, Thomas	64 PNA	9:35.70
<b>Men 65-69</b>		
50 SC Meter Free		
1 Landis, Tom	69 OREG	31.01
100 SC Meter Free		
1 Hirschberg, Bren	66 OREG	1:17.39
50 SC Meter Back		
1 Landis, Tom	69 OREG	43.06
2 Hirschberg, Bren	66 OREG	46.83
50 SC Meter Breast		
1 Landis, Tom	69 OREG	44.75
2 Hirschberg, Bren	66 OREG	47.30
50 SC Meter Fly		
1 Landis, Tom	69 OREG	34.64
100 SC Meter Fly		
1 Hirschberg, Bren	66 OREG	1:30.53
100 SC Meter IM		

1 Landis, Tom	69 OREG	1:25.91
200 SC Meter IM		
1 Hirschberg, Bren	66 OREG	3:26.94
<b>Men 85-89</b>		
50 SC Meter Free		
1 Lamb, Willard	89 OREG	43.91
100 SC Meter Free		
1 Lamb, Willard	89 OREG	1:34.34
50 SC Meter Back		
1 Lamb, Willard	89 OREG	55.95
100 SC Meter Back		
1 Lamb, Willard	89 OREG	2:02.51

**Relays**

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

1 OREG	2:08.19
1) Calvin, Kris	2) Lussier, Hardy
3) Tujo, Christian	4) Nelson, Timothy

**Men 200-239 200 SC Meter Free**

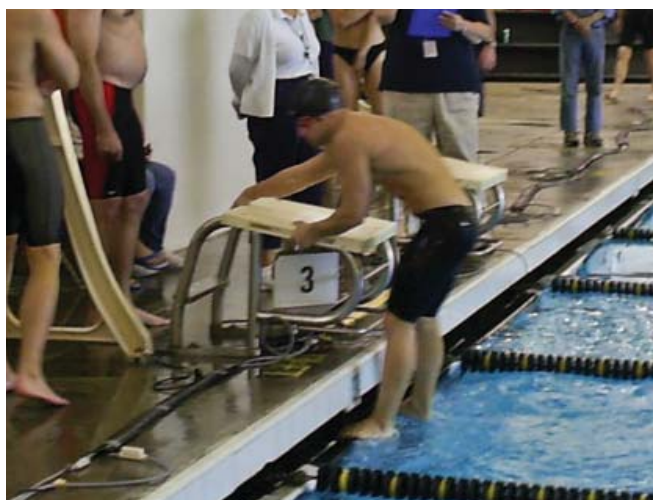
1 OREG	2:23.29
1) Yensen, Kermit	2) Powell, John
3) Hirschberg, Bren	4) Lane, Mark

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

1 OREG	2:00.92	Z
1) Ward, Amy	2) Bessenyey, Tamas	
3) Madson, Logan	4) Senkier, Kristine	

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

1 OREG	2:31.19
1) Imwalle, Catherine	2) Mann, Steve
3) Landis, Tom	4) Denney, Kris



**Special Notice Goes To...**

**Colette Crabbe**, who set a National Record in the 55-59 age group at the COMA meet December 10. 100 SC Meter Breast 1:25.94

## LONG DISTANCE SWIMMING

Continued from page 6

- A commitment from EVERYONE to enter the National event when you finish. We had thirty-six (yup, 36!) swimmers complete the swim in 2011 yet not enter the event. Now I love the aesthetic of doing the One-Hour Swim for its own sake, yet I'd also love to see everyone who did it pitch in for the larger team effort by entering the event. If the Oregon Club is to have any chance of winning the club championship, we cannot afford to leave uncounted swims on the table.

**Is a championship run feasible?** In 2009 & 2010, the Oregon Club won the National Club Title in the 5-km, 10-km, 3000-yd, and 6000-yd Postal Championships. And we dominated these four events again in 2011! What about the One-Hour Swim? We have the pools. We have the swimmers. We have the experience. Do we have the will?

**Can we do it?** Of course...if we want! We rallied like crazy to crush the rest of the nation when we hosted the Long Course Pool Championships in 2008, and we have dominated every one of the other postal championships in the past three years. But I estimate that it will take 400 swims to win this thing. That's right, 400! Sure, that's way more than we've ever had before, but that's still just half of our club membership. Together, we can do it...if we choose to do it!

As OMS Long Distance Chair, I will put together information packets for each team and distribute them before Christmas. These packets will include...

- An information letter to Coaches, Team Reps, and One-Hour Swim Captains;
- A copy of the event information and entry form;
- Instructions on how to run a successful group postal swim;
- Our current OMS One-Hour Swim Top Twelve; and
- A large-print copy of the "Top Ten Reasons to Do the One-Hour Swim", suitable for posting.

Ideally, I would like to see a swimmer from each local team with eight swimmers or more to step forward to be Team Captain for this event and help your coach

coordinate this effort and rally the troops. After all, the most powerful motivation and group effort is local. Please work it out within your team structure, then tell me who you are (contact me at coachbob@bendbroadband.com). This would be an enormous help!

**But a one hour swim is so long...:** C'mon. No flimsy excuses! Your typical practice lasts for one hour, often longer. Just consider that single continuous swim lasting one hour as your practice for that day.

**Note to SWMS & DUCK swimmers:** If swimmers representing Southwest Washington Masters or U of O Duck Masters—the other Clubs in our Oregon LMSC—are feeling a bit left out in this effort, please don't be! I have been thrilled by your commitment to participation and excellence, and urge you strongly to keep the ball rolling. In 2010, SWMS was second in the nation in the Medium Club size category. Commit to the strategies listed above, and go for it this year!

Good luck and good swimming in your One-Hour Swim!

---

## Introducing USMS 2012 Online Coaches

Do you train alone? Do you swim with a small group and no one in your group really likes to write workouts? Are you wondering where to get your next workout?

USMS is proud to announce its newest benefit: handpicked coaches who will be writing workouts in seven different specialties and posting them in the members-only area of the [USMS Discussion Forums](#) at [usms.org](#).

If you are new to swimming, training specifically for a triathlon, a distance swimmer who loves being in the Animal Lane or are working on your explosive sprinting and need some speed sets, these workouts are designed just for you.

These coaches will be writing in the following specialties:

- Laura Schuster: Basic Training
- Eric Mitchell: Stroke and IM
- Mallory Mead: Open Water
- Leslie Livingston: High Intensity
- Patrick Brundage: High Volume
- Sara McLarty: Triathlon Training
- Danielle Newton: Expectant Mothers

# THE COLORADO RIVER

by Joe Oakes

## LAKE POWELL, ARIZONA/UTAH

Edward Abbey was not pleased about the construction of the Glen Canyon Dam. The dam was going to interrupt the flow of the Colorado River near the Arizona/Utah border, flooding a magnificent canyon. The futile sabotage attempts by his Monkey Wrench Gang were unable to stop the dam, and today Lake Powell runs for mile after mile upstream of the huge structure. Lake Powell is an aquatic Mecca in the middle of this vast desert. Just downstream in Lee's Ferry you can join a rafting party down the Colorado River. It is an exciting, awe-filled ride directly below millions of years of multi-colored stone lamina that form the walls of Grand Canyon.

*No one else is here. I am on the Utah side of Lake Powell in the Wahweap area, a few miles off Route 89. I have climbed down the stone bank to the edge of the lake at a place called The Coves. It is not an easy descent. A slip can bring big problems in a place this difficult to reach. The sun is getting ready to drop behind the mountains to the west, where she will stir a soft pink into the pastel blue of the sky. The water this late October evening is kind of cold as I move away from the rock walls into deep water. Before I go any further I want to make sure that I can recognize my exit point, the place where I have left my clothing: all of the rocks lining the shore look the same, especially at night. My white towel, left hanging from a rock, is clearly visible. I feel confident that I'll find it when I swim back.*

*After a while I turn over on my back to get a better look at the vast dome of the sky. To the west the blue sky is soft and pale, starting to absorb the pink of the sunset. As I role my eyes to the east the sky seamlessly darkens to a Prussian blue, becoming almost black at the indistinct horizon where the black of the sky becomes indistinguishable from the black of the distant mountains. There are three puffy clouds in the western sky, dazzling white where they face the setting sun, swarthy on the opposite side. The sun is down and it is getting darker. Shadows blanket everything, but the reflection of the sun off the sky and the lake leaves plenty of visibility for me to finish my swim.*

*When I try to see the bottom there is nothing but blackness. Before the canyon was flooded there were big trees here, now long gone. There was even a village. All of that is down there someplace, ghostly remnants of what once was. I swim back to my beckoning towel and climb out of the water. A slight breeze has stirred up some waves, but not enough to wet my things. As I dry off it comes to me once more how lucky I am to be able to pleasure myself by swimming in such beautiful places.*

A few miles up Route 89 you will cross the border from Arizona into Utah. Just past the Utah line is a



more developed place to swim. From the highway look out over Lake Powell and you will see a large sandstone monolith jutting skyward from the middle of the lake. The turnoff is marked LONE ROCK, a very creative moniker for a big, lone rock. About a mile down the access road, which is paved most of the way, you will come to a blacktop parking lot and toilets. From there on the road becomes a mishmash of sandy paths. Four-wheel-drive will be helpful, but not necessary for a cautious driver. (You can also leave your car in the parking lot and walk down.) The beach is long and wide, with many places to enter the quiet lake. It is a favorite place for RVers because they can park their rigs right at the water's edge. The lake bottom is soft and white, a continuation of the fine grained, sandy beach. On a sunny day in October the surface temperature was quite pleasant.

You may feel a temptation to try swimming out to Lone Rock, but I advise against it for two reasons. It is further away than it looks, but more important, there is plenty of boat traffic. I have little confidence in the judgment of a teenager speeding along on a jet ski. Swimming reasonably close to the shore is safer and you can swim quite far either left or right. If you cannot resist the strong pull to swim out to Lone Rock, make sure that you have a competent escort. Wear a brightly colored cap.

## HUALAPAI COUNTRY

Downstream from Glen Canyon Dam and upstream from Las Vegas and Lake Mead is Grand Canyon, the huge ditch carved deep into the earth's crust by the Colorado River. (I once heard a park visitor ask a warden if the Grand Canyon was built by the government or a private company.) On the south bank of the river, several miles west of the visitor center at the National Park, is the ancestral home of two Native

American peoples, the Havasupai and the Hualapai. The Havasupai are small in number and live deep in Havasu Canyon most of the way down to the river. It is worth a trip down, but give yourself at least two days. You must have reservations and you will have to walk down and back up, a long hike. Native horse packers are available to carry your gear both ways.

Much larger in number and covering a greater area are the Hualapai. The majority of the Hualapai live away from the river, but their land extends all the way down. Sylvia and I hired Johnny, a Hualapai guide with a jeep to take us several miles down a very rugged track to the water's edge. We dropped a thousand feet before reaching a small beach at the edge of the river.

*"I want to swim in the river." Johnny is skeptical and suggests that maybe the current is too fast or maybe the water is too cold for me. "I like cold water and I will hike upstream and swim back to here with the current." He tries to size me up: either I am a nutcase or I am serious. I put on my Speedo and an insulated cap and make my way on a trail upstream for a half mile. There is a quiet pool where I lower myself into cool, chest deep water. Easing from the pool into the current, I let the river take me, making sure that I move downstream head first and head high. It is not difficult to find my way around boulders: that is where the current is going anyway, so I just keep myself in the main stream and let the current do the thinking and the work.*

*The river moves me along fast. The canyon walls fly by. It takes no time at all and I am back at the beach. Johnny, my personal Kokopeli, is standing high on a rock playing his flute to guide me as the river brings me home.*

*We celebrate with a picnic of PBJs on Indian fry bread.*



## Swim Meet Photos by Brad Bachulis: *for your viewing pleasure, and for purchase.*

Check out masters swim meet photos by fellow Oregon Master swimmer, Brad Bachulis at: **suchnessphotography.com**. Click on **Swimming**, though there are other captivating subjects as well. You'll find hundreds of photos taken at many meets this year, starting as far back as the Oregon Masters Championship meet in April. Brad is a gifted photographer, and has brilliantly captured the energy, excitement and challenge that moves us to compete. You'll find a host of action shots that are difficult to get without high-quality camera equipment and the talent to make use of it. Re-live the excitement of past meets you've attended — or maybe ones that you have missed — by visiting <http://www.suchnessphotography.com/Swimming>. Brad lives in Portland and swims for Oregon Reign Masters. On his website you will find options for ordering prints or for downloading them.

## Top 10 Reasons To Do The One-Hour Swim

10. Start your fitness year right.
9. Feel confidently smug.
8. Groove your beautiful stroke.
7. Earn bragging rights with your sorry lane-mates.
6. Enjoy a big dessert afterwards (or before, if you're so inclined).
5. Improve your aerobic capacity.
4. Feel great when you're done.
3. Qualify for the Oregon & USMS Series & Awards.
2. Help win the USMS Club Title.
1. Because it's there.

## Kaiwi Channel

by Marisa Frieder

My friend and teammate, Michelle Macy, is one of my heroes. Over the past 5 years I've watched her chase her dreams and transform into an accomplished and seriously tough marathon swimmer. Last year she shared her world and even swam next to me on my own long distance swim. After begging and cajoling and finally putting my butt in a kayak next to her for hours at a time, I finally convinced her to let me crew for her on one of her swims. That is how, in late October, I had the honor of watching Michelle swim the Kaiwi Channel from Molokai to Oahu in Hawaii.

Michelle, her sister Katie and I all flew to Honolulu and pretty much laid low until we got the go ahead for the swim. We swam, we ate, we read, I worked. Katie and I got to know each other, and Michelle busied herself with gear and whatever else she needed to keep her head in the right place. We cooked our meals in the condo so that Michelle wouldn't have to risk any kind of stomach upset. We had to wait for the weather, the tides, and for the departure of the box jellyfish that come to shallow waters after the full moon. Saturday and Sunday appeared to be good, so we waited and watched. Saturday night our pilot, Ivan, said we'd have our shot the next day, so we packed and prepared to go. We flew over to Molokai at about 2 on Sunday, got a room at a B&B, and just spent the afternoon napping and relaxing.

At 9 p.m. I found myself on a pitch-black beach, listening to big surf crashing just out of range of the head lamp I was wearing. The boat couldn't come in to pick us up, so we learned a few days before that we would have to swim out to it. In the dark. In that surf. Michelle and our other crew-member, Rob, are both experienced ocean swimmers, but her sister Katie and I are not. Katie's a Macy, of course, so she's tough and I know she's got to be faster than me, but she currently doesn't have a big swimming base to draw from. This was my first real ocean swim, my first night swim AND my first time in surf. Neither Katie nor I said anything, but later on we admitted that neither one of us had been sure this was a good idea. There was no way I was going to back out and nowhere else to go even if I wanted to, so I put my goggles on and kept my mouth shut. Robert, the



kayaker, took his boat out first, during a set of weaker waves. He got hit with a wave that snapped the line to his kayak, and we watched it get sucked out into the surf. We all ran like mad out after it, then had to worry about getting hit as it was pushed back in, but without that kayak there was no swim. Michelle caught it and we hauled it back on shore, regrouped, and started again. He made it past the surf, I started my watch, and then the 4 of us went out, Katie, Michelle, our other crew-member Rob, and me. We got knocked around, I thought I lost everybody at one point, I started wondering if there were any hungry sharks underneath me and started to panic a couple of times, but fought it back down. We could see the waves, somewhat, so at least we knew just before we got hit, but it was definitely the longest 100 yard swim of my life. It was terrifying. And what a rush! I'm not sure I've ever felt more alive.

We made it to the boat, took about 28 minutes to get everything ready, and then we were off. The first few hours went fine, conditions were relatively calm. We limited the amount of light from the boat, and Michelle chose to swim without a light or glow stick. We could see the light on the kayak, but it was a struggle to actually see her and that was really unsettling for Katie and me. Michelle's mainly a cold-water swimmer, so the warm Hawaiian water was uncomfortably overheating for her. At the first feeding Katie had the good idea of mixing Michelle's food with cold water from the bottom of our cooler, and that went a long way to keep her cool.

About 3 hours in, I heard what sounded like a man exhaling out in the darkness. My first, completely irrational, thought was "good golly, have we picked up a second swimmer?" Then we started to

see things moving around us in the water. Dolphins! They were darting between us and Michelle, and scaring the heck out of her repeatedly. She popped her head up every once in a while to ask us, "this is a good thing, right?" It was a fairly big pod, and they stayed with us for almost an hour. She says they were swimming really close beneath her, turning to make eye contact with her, blowing bubbles in her face or popping water at her with their tails. She said they got so close they were stealing her water, giving her less to pull against. For her the water was full of their chirps and chatter, we heard it a few times from the boat, too. Without any lights, the dolphins were shadows out of the water and green phosphorescent streaks in the water. They looked like ghosts. It was AMAZING to watch, one of the most magical things I've ever seen.

They left us eventually, and it started to rain. Then harder. Then it was pouring and we all got soaked. We kept trying to sit and were sliding all over the boat. Michelle appreciated the rain because it gave her a cool layer to swim through. After about an hour of rain, we hit the deep part of the channel, and the waves got bigger, knocking the boat around. That's when I got seasick. Now, I don't have extensive experience but in the past, I've never had any trouble on boats. After an episode on a snorkel trip in March, I was a little less certain, so to be safe I got myself a scopolamine patch for this adventure. I was wearing it, and I still got seasick. I'm that good.

After feeding the fish a couple of times I had to sleep it off -lying in a puddle, resting my head on a dry bag, and shivering the whole time, but grateful for all of it. I slept for about 4 hours and I feel like I let the team down. Katie's just as amazing as her sister though - I'm told she never gets seasick. She was a beautiful, shining constant while Michelle was in the water. I woke up at sunrise and my seasickness had eased, so I was up and around again. Michelle was still going strong. She had taken a Portuguese man-of-war sting to the face, but she was in good spirits.

There's not much to say about the next several hours. This was the meat of the swim, and I don't mean to gloss over it. It was a beautiful day and the sun was out, we really lucked out with the conditions. Michelle swam. We fed her. Katie and I had custom-made T-shirts to cheer her up and we switched them out often. Katie put on a little German beer-maid outfit and we all had a good chuckle. A couple of boats headed straight for us until Ivan made contact.



He explained that we were not in distress, we had a swimmer in the water and we needed them to give us some room. We had to assure one of them that our swimmer was in the water on purpose and we did not, in fact, need help.

Now, I'm a sprinter. To see me do my thing takes about 1 1/2 minutes. To see Michelle do her thing, you really need about 12 hours. When we started out, Michelle was swimming 56 strokes per minutes. When I woke up 7 hours in, she was still swimming 56 strokes per minute. All 26+ miles across that channel, Michelle swam 56 strokes per minute. She just keeps going.

One special challenge of this crossing, and the reason we started out at night, was because the last 6 miles nearing Oahu are on a kind of a shelf. It creates really strong currents rushing South and around the island, away from any landing spots. The best way to get past that is to come in with the tide. We timed it right and Michelle got a great push in, but that shore didn't get any closer for a very long time. With each feeding Ivan would tell her how much closer she was, but she didn't necessarily believe him. She kept swimming and held her pace.

Finally, after 14 hours, we were as close to the shore as the boat could get. Her friend on the beach sent one of the surfers out to escort her in, and we watched with tears in our eyes as she clamored up the beach and eventually stood up. Her official time is 14:12:11, making her the 17th person to ever complete this swim.

So as we had all hoped, it was a safe, relaxed and successful swim. There were some magical moments. I got to watch my friend do something amazing, something very few people will ever do.

## Thank you to the following OMS Sponsors!

### Diamond Medal Sponsors

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Andrew Holden  
Willard Lamb

### Gold Medal Sponsors

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Milton Marks  
Edwin Morgan  
Lynne Pendleton  
Mike Pendleton



Frank Philipps  
Jon Schieltz  
Maureen Sullivan  
Nick Thorpe  
Kermit Yensen

## Swim Bits

by Ralph Mohr



Janus is the Roman god of doorways, looking backwards to the past and ahead to the future at the same time. It is time for us Masters swimmers to do the same thing, looking

back at how the 2011 season went and ahead, planning to make 2012 a good swimming year.

Only you can properly evaluate your past year, but I can put some parameters on it. How many days did you swim? Was your yardage reasonable per day? One easy way to keep track of this mundane task is join the USMS "Go the Distance Program 2012" for next year. Recording your workouts this way not only allows you to keep track of what you did, it sets a goal for you to shoot for 2012.

I also keep a handwritten log and have done so since 1975. A good log can be purchased from Lee Valley and Veritas or a 2012 "At a Glance" Standard Diary, the latter available at stationery stores. Both have good paper, strong bindings, one page for each day of the year, and room to write more than just how far you went.

Now, what meets/events will you focus on? One should be the Spring State SC Championships at Hood River, April 13-15. It's a good pool, a fun city, good people, and we can all get our Promotion suit for the summer open water swims.

Before April there are meets at Chehalem, Canby and T-Hills, good preps for the State Championships. At the end of April are the SC Nationals in Greensboro, NC.

The summer season will most likely start for me in Bend, May 10, in an early LC meet. Then I can look forward to at least seven open water swims, including two (count that – 2) National Open Water Championships. Go look at the OMS Competitive Calendar under "Events" on the OMS Home page and choose what you may do for the summer.

The summer season will come to a glorious end with the Gil Young Memorial Meet held late in August, 24-26. A marvelous way to end the summer season, unless you want to go to Whiskeytown Beach near Redding, CA, for one last open water swim.

And there are always the five Postal swims for 2012, starting with the Hour Swim in January. Keep in mind that the 5K and 10K Postals must be in a 50 meter pool. It may be wise to arrange pool time before July 31 in such, as we had trouble last year getting time for a 10K.

Here is a challenge, too! If anyone in OMS participates in everything on the Competitive Calendar plus the Postals, I will personally buy the swimmer and a POOSLQ dinner after the swim year is over.



## Chehalem Short Course Yards Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #372-01

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

Unregistered swimmers must submit a 2012 registration form and fee with this form.

Hosted by: Chehalem Swim Team

DATE: Saturday January 28, 2012

Location: Chehalem Aquatic Center  
1802 Haworth  
Newberg, OR 97132

25 yards ~ 6 lanes competition-electronic timing  
separate warm-up/down area

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

Meet Director: Kathleen Buck • Phone 503-625-5747 • e-mail kbuckcheney@comcast.net

Directions to Pool: Take I-5 (North or South) to the Tualatin/Sherwood Exit (289). Turn West onto Nyberg Road, which becomes the Tualatin/Sherwood Road. Proceed through the community of Tualatin until you reach Sherwood (5 miles). In Sherwood, immediately past the Albertson's shopping complex, take a left (South) onto Hwy 99W. Continue on 99W to Newberg. In Newberg, turn Right onto Villa Road (Walgreens will be on your left). Turn right onto Haworth, and the pool is on your right.

**ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT 2012 USMS REGISTRATION CARD WITH THIS ENTRY.**

**ENTRY DEADLINE: POSTMARK NO LATER THAN TUESDAY JANUARY 17, 2012**

FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

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

PHONE \_\_\_\_\_

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

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

2012 USMS # \_\_\_\_\_

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

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 18+, 25+, 35+, 45+, 55+, 65+, 75+, ETC. **YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200Y, 400Y OR 800Y (800Y FOR FREE RELAYS ONLY). THE 500 & 1000 FREESTYLES & 400 IM WILL BE DECK SEEDED. *CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM.* ALL EVENTS WILL BE SEEDED SLOW TO FAST.

### SATURDAY, January 28

**500 FREE** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BACK** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

**100 FREE** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

#### MEDLEY RELAYS (5-8)

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

**200 BACK** (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FLY** (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

#### MIXED FREE RELAYS (12-14)

**400 IM** (15) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FREE** (16) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

**100 BACK** (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 IM** (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

#### FREE RELAYS (20-25)

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

**200 FREE** (27) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BREAST** (28) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 IM** (29) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

#### MEDLEY RELAYS (30-31)

**1000 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 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: \$20.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.**  
**SEND FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072**

**Eighth Annual Animal Masters Meet**  
**OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET**  
 Eligibility: Currently registered USMS swimmers, 18 years and older.  
 Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #372-02



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

**Date: Sunday, February 12, 2012**

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

*Hosted by: Canby Swim Club "The GATORS"*

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

Directions to the pool: **Southbound-** I-205 South to Exit 9 (99E, Oregon City, Gladstone), turn left onto HWY 99E (Oregon City, Canby). continue south on 99E, turn left on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center • **Northbound-** I-5 North to Exit 278 (Aurora), turn right on Ehlen Rd and follow into Aurora, turn left onto 99E, drive North into Canby, turn right on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center  
 Lodging: Holiday Inn Wilsonville, 24525 SW 95th Ave, Wilsonville (North Wilsonville exit off I-5) 503-682-2211

Ask for the *Canby Swim Club* preferred rate.

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

**ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR 2012 USMS REGISTRATION CARD OR 2012 REGISTRATION FORM WITH THIS ENTRY**  
**ENTRY DEADLINE: POSTMARK NO LATER THAN Tuesday February 1, 2012**

⌂ < FILL IN LOWER PORTION COMPLETELY    RETURN LOWER PORTION    FILL IN LOWER PORTION COMPLETELY    > ⌂

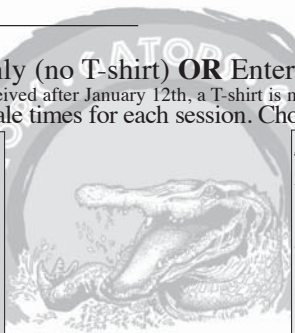
NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_  
 STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE \_\_\_\_\_  
 E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
 2012 USMS # \_\_\_\_\_  
 USMS CLUB (OREG, SWMS, DUCK, PNA, ETC) \_\_\_\_\_

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

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

**Animal Sprint Masters**  
**100 I.M. (1-2)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 FLY (7-8)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 FREE (13-14)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 All swimmers must enter above 3 events to be scored for an award. Times are cumulative. Slowest time of all swimmers plus 5 seconds for Disqualifications. Slowest time of all swimmers plus 20 seconds for no show.



**Animal Masters**  
**200 I.M. (3-4)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 FLY (9-10)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**500 FREE (15-16)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 All swimmers must enter above 3 events to be scored for an award. Times are cumulative. Slowest time of all swimmers plus 15 seconds for Disqualifications. Slowest time of all swimmers plus 60 seconds for no show.

**Animal Grand Masters**  
**400 I.M. (5-6)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 FLY (11-12)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**1000 FREE (17-18)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 All swimmers must enter the 3 events to the left to be scored for an award. Times are cumulative. Slowest time of all swimmers plus 30 seconds for Disqualifications. Slowest time of all swimmers plus 2 minutes for no show.

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

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

Shirt size (circle) S    M    L    XL    2XL

MEET ENTRY FEE: **WITH T-SHIRT \$32.00 OR WITHOUT T-SHIRT \$20.00**  
 MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.  
 MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072



## 2012 MEMBERSHIP APPLICATION

ALL MEMBERSHIPS EXPIRE ON DECEMBER 31, 2012



Renewal – my last USMS number was \_\_\_\_\_

New registration

I do not have access to a computer/email



You can register online at:  
<http://www.usms.org/reg/>

**Register with the same name you will use for competition. Please print clearly.**

Last Name		First Name		MI
Street Address				
City/State/Zip			Phone	
Date of Birth (mm/dd/yy)	Age	Sex (circle) M      F	E-mail address	

### RELATED MEMBERSHIPS & CERTIFICATIONS

I am a:  Masters Coach  
 Certified Official

I am a member of:  YMCA  
 USA Triathlon  
 USA Swimming

**Today's Date (required)** \_\_\_\_\_

Please circle **both** the Club and the Workout Group you plan to swim with:

<b>Oregon Masters (OREG):</b> <input type="checkbox"/> AST: Allstar Triathlon Club <input type="checkbox"/> AQDK Aquaducks Masters <input type="checkbox"/> BASS: Baker Area Seasoned Swimmers <input type="checkbox"/> BCAC: NW Blue Crush Aquatic Club <input type="checkbox"/> BRSC Bearcat Swim Club <input type="checkbox"/> COMA: Central Oregon Masters Aquatics <input type="checkbox"/> CBAT: Circumnavigating Beavers Aquatic Team <input type="checkbox"/> CGM: Columbia Gorge Masters <input type="checkbox"/> CAT: Corvallis Aquatic Team Masters <input type="checkbox"/> EA: Emerald Aquatics <input type="checkbox"/> KAM: Salem Kroc Masters <input type="checkbox"/> KBM: Klamath Basin Masters <input type="checkbox"/> LGMS: La Grande Masters Swimming	<input type="checkbox"/> LOM: Lake Oswego Masters <input type="checkbox"/> MAC: Multnomah Athletic Club Masters <input type="checkbox"/> NCMS: North Clackamas Masters Swimming <input type="checkbox"/> OCT: Oregon City Tankers <input type="checkbox"/> OPEN: OPEN Narwals <input type="checkbox"/> ORM: Oregon Reign Masters <input type="checkbox"/> PEND: Pendleton Masters Swim Club <input type="checkbox"/> PCCM: Portland Community College Masters <input type="checkbox"/> PSM: Portland State Masters <input type="checkbox"/> RVM: Rogue Valley Masters <input type="checkbox"/> SLSA: South Lane Swimmers Association <input type="checkbox"/> SYD: Sherwood YMCA Dragons <input type="checkbox"/> TSCO Team Club Sport Oregon <input type="checkbox"/> THB Tualating Hills Barracudas	<input type="checkbox"/> WVAC: Willamette Valley Aquatic Club  <b>University of Oregon Swim Club (DUCK):</b> <input type="checkbox"/> DUCK: University of Oregon Swim Club  <b>Southwest Washington Masters Swimming (SWMS):</b> <input type="checkbox"/> LSWM: LaCamas Southwest Washington Masters <input type="checkbox"/> SWMS: Southwest Washington Masters Swimming <input type="checkbox"/> TOR: Tornadoes Masters <input type="checkbox"/> VSC: Vancouver Swim Club
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I am not joining a Club and will be swimming **Unattached** (I realize I cannot swim on Relays)

Full Year Registration Nov. 1, 2011 – Dec. 31, 2012:	Age 25–74 Years Old	Age 18–24 and 75+ Years Old
USMS full-year fee (\$31):	<b>\$31</b>	<b>\$31</b>
<b>plus OMS LMSC (local governing body) fee (\$9):</b>	<b>\$9</b>	<b>\$0</b> <small>(OMS LMSC fee waived)</small>
<b>plus DUCK, OREG, SWMS Club fee(\$5) (If applicable):</b>	<b>\$5</b>	<b>\$5</b>
I wish to contribute this amount to the International Swimming Hall of Fame Foundation:		
I wish to contribute this amount to the USMS "Swimming Saves Lives" Fund:		
I wish to contribute this amount to Oregon Masters Swimming:		
<b>Total:</b>		

Benefits of Membership include a subscription to USMS's magazine, *SWIMMER*, during the length of the membership year (\$8.00 of the annual dues is designated for the magazine subscription).

USMS Registered swimmers are covered with secondary accident insurance:

- 1) in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

Please allow 2 weeks processing time.

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 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 (required): \_\_\_\_\_ Date \_\_\_\_\_

Please make check for total fee plus any donation amounts payable to: Oregon Masters Swimming  
Mail check and completed form to: Susie Young, OMS Registrar, 14565 NW Salvia Ct., Portland, OR 97229  
Questions? Contact Susie at [swim.pdx@gmail.com](mailto:swim.pdx@gmail.com)



## Board Meetings

Wed, Jan 11th  
 Wed, Feb 8th  
 Wed, Mar 14th  
 SAT, APRIL 14TH (ANNUAL MEETING)  
 Wed, May 9th  
 Wed, Jun 13th  
 Wed Jul 11th  
 SAT, AUG 25TH (GIL YOUNG MEET)  
 SAT, OCT 13TH (RETREAT).

## Meet Results: Tualatin Hills Zone Meet COMA Brute Squad/Pentathlon

# 2012



## Looking Ahead . . .

DATE	COURSE	MEET	LOCATION	DEADLINE
Jan 28	SCY	Chehallem SCY Meet	Newberg, OR	January 17
		<a href="https://www.clubassistant.com/club/meet_information.cfm?c=1352&amp;smid=3406">https://www.clubassistant.com/club/meet_information.cfm?c=1352&amp;smid=3406</a>		
Feb 12	SCY	Canby Animal Meet	Canby, OR	February 1
		<a href="https://www.clubassistant.com/club/meet_information.cfm?c=1352&amp;smid=3411">https://www.clubassistant.com/club/meet_information.cfm?c=1352&amp;smid=3411</a>		
Mar 10	SCY	T-Hills SCY Pentathlon	Beaverton, OR	February 29
		<a href="https://www.clubassistant.com/club/meet_information.cfm?c=1352&amp;smid=3407">https://www.clubassistant.com/club/meet_information.cfm?c=1352&amp;smid=3407</a>		
Apr 13 - 15	SCY	Association Meet	Hood River, OR	March 25
Apr 26 - 29	SCY	USMS Spring Nationals	Greensboro, NC	March 15
May 12	LCM	Coma LCM Meet	Bend, OR	April 26
May 12 - 13	OW	Lake Juniper Basic Open Water Clinic and Pool Swim	Bend, OR	May 8
Jun 3 - 17	LCM	FINA World Masters	Riccione, Italy	April 28
Jun 3	OW	Hagg Lake – TENTATIVE	Gaston, OR	June 2
Jun 17	OW	Devils Lake – TENTATIVE	Lincoln City, OR	June 10
Jun 30	OW	Foster Lake Cable Swims	Sweet Home, OR	June 20
Jul 5 - 8	LCM	USMS Summer Nationals	Omaha, NE	May 15
Jul 14 - 15	OW	Applegate Lake	Ruch, OR	July 1
Jul 22	OW	Willamette River Bridge Swim	Portland, OR	July 22
Jul 27 - 29	OW	Cascade Lakes Swim Series	Bend, OR	July 16
Aug 12	OW	Cottage Grove Lake	Cottage Grove, OR	August 2
Aug 18	OW	Eel Lake	Lakeside, OR	August 8
Aug 25	OW	RiverFest Willametter River OW Swim – TENTATIVE	Portland, OR	August 15
Aug 24 - 26	LCM	Gil Young Memorial TENTATIVE	Gresham, OR	July 31
Oct 14	SCM	THB SCM Meet	Beaverton, OR	September 22

