



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

## "Swimming for Life"

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### Summer Fun in the Sun

Charlie Helm

With most of the region in the middle of a nice summer heat wave, I thought I'd talk about outdoor options for swimming and training. Unfortunately, the Bridge Swim on the Willamette was cancelled shortly after it started due to severe weather and safety concerns. I feel for the swimmers and the volunteers that this one day of weird weather would happen on the day of their big swim event. Watching the lightning and hearing the thunder all day made it clear that this was not the day for outdoor swimming.



This made me think about our options for outdoor swimming and I thought I'd revisit a subject I wrote about two years ago. Good places for outdoor open water training for those of us who like a change from the pool. In my own neighborhood is a great place for open water training called the Clackamas Cove. It's very popular with Masters swimmers as well as the local triathlon clubs. Tim Waud and his Oregon City Tankers make frequent use of The Cove, as well as many other Masters who live in the area or who have been swimming here for a couple of summers now. Due to the narrow opening from the Clackamas River that feeds it, The Cove's water heats up warmer than the river, making it much more enjoyable to swim in. Early summer requires a wetsuit for most of us, but once the hot July and August weather hits, it warms up enough to where even cold water phobics like me can swim comfortably in just a swimsuit. Most often, someone will simply make a Facebook post when a Cove swim is planned and people will show up to socialize while we swim. It's often in the evenings during the week, sometimes in the mornings or mid-day on the weekend. Some masters will even bring their kids or spouses to join us. The other nice thing is that this type of local open water swimming is close by, is right off the I-205 freeway (exit 9 Downtown Oregon City) and is behind the Oregon City shopping center. Just follow the road and you'll see the parked cars by the paved trail entrance. See you at The Cove!

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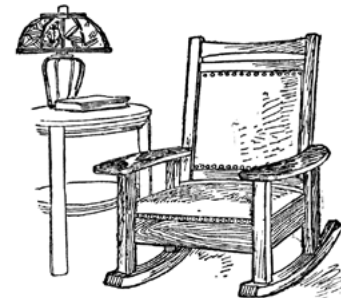
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# Chair's Corner

Jeanne Teisher



## There is a vast difference between failure and temporary defeat

Every day one my co-workers shares a 'Napoleon Hill Thought for the Day' from the Napoleon Hill Foundation website. One day one of the messages made me think of both fitness and competitive swimmers. Though the message is definitely appropriate in various facets of one's life, it is a message that you can reflect on when a race doesn't quite go the way you expected or you didn't achieve a result you had hoped for during a particular work-out set. Whatever the situation, maybe this message can help you move forward and learn from the experience.

There is no such thing as failure, unless it is accepted as such. Every defeat is temporary unless you give up and allow it to become permanent. In fact, temporary defeat often makes us stronger and more capable. Each time we try and fail, we learn something that helps prepare us for eventual success. Only in the classroom is there a single correct answer for every problem. If you try an approach that doesn't work, try something else. When you view adversity as nothing more than a learning experience, your successes in life will far outnumber your failures.

Happy swimming.

Jeanne

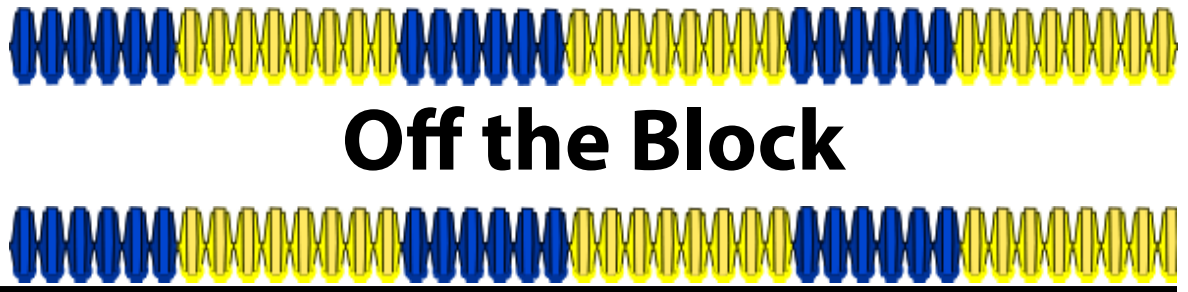


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Send address changes to [Susie Young](mailto:Susie Young) all other questions to [Jackie Parker](mailto:Jackie Parker)

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# Off the Block

**About the Author**—Chris Ritter is the founder of [RITTER Sports Performance](#) online training programs and the author of the e-book, [SURGE STRENGTH](#), which details how to strength train specifically for swimming performance. Ritter, a swimmer himself, has a degree in kinesiology and exercise science and he specializes in training athletes of diverse abilities, ranging from beginners to Olympians.

## Better Posture, Better Balance

### Tone up to stand up straight and tall

Chris Ritter

Swimmers are seldom models of perfect posture. Countless hours spent swimming back and forth encourages slumped shoulders. In addition, swimmers are often believed to be clumsier than land-based athletes. But even for these seemingly systemic problems, there is a simple solution: Strength training.

Posture and balance are indicators of muscle efficiency and strength. If either your balance or posture is poor, it can be improved by increasing your strength. This simple solution may seem curious to some—for good reason—swimmers are strong athletes. However, weakness can occur in specific areas and movement patterns that swimming never uses.

#### Fix Your Posture

For postural issues, most swimmers need back and shoulder strengthening. Specifically, the muscles that line the spine from the hips to the neck need to be strengthened to help hold your torso in its preferable, straight and tall posture. Sitting for long periods of time and other societal factors can also hinder these muscles from developing appropriately.

Swimmers also need to maintain strong shoulders to avoid overuse injuries. Specifically, strengthening the back of the shoulders to help bring the head of the humerus into a more neutral position, instead of tipping forward, helps greatly to reduce injuries in the shoulder.

To accomplish better posture and improved shoulder strength, simply execute more pulling exercises (rows) than pushing exercises (push-ups). I virtually eliminate any type of pushing exercises for many of the swimmers I work with and give them a heavy dose of pulling exercis-



es instead. Nearly 100 percent of the time, their shoulder complaints disappear.

#### Fix Your Balance

Several factors can play into poor balance, but it usually stems from weakness in the core, hips, and legs. We swim in a near-weightless environment, which is different from the one land-based athletes are operating in. As a non-weight-bearing activity, swimming doesn't employ the same muscles and movements required to maintain good balance on land.

But improved balance will help your swimming and your land-based activities, especially if you tend to trip or fall frequently. Improved balance will also impact your starts and turns—critical to swimming fast—positively, because the muscles that work in those movements are the same as the ones needed for good balance.





# Fit to Swim

## Super Food and Hydration

**Coach Aubree Gustafson**

Summer. BBQs, camping trips, vacations and all of the delicious food that comes with it that sometimes isn't so great for you. Hamburgers and hotdogs, chips, ice cream and beer. None of these things in moderation will break your diet. However, next time you're ready to sit down to another meal from the grill, consider adding one or more of these super foods to your plate. According to WebMD, the multi-tasking delectables below should be a part of every healthy diet.

**Low fat or fat-free yogurt** is high in calcium and many other essential nutrients including potassium and protein. It is low in calories and fat and easier for lactose sensitive individuals to tolerate than other milk products. Yogurt can be purchased with probiotics to help balance the bacterial flora in your gut and can be found fortified with substances like vitamin D. Yogurt can also be used as a substitute in recipes in place of mayonnaise or sour cream. Try your favorite veggie dip made with yogurt at your next BBQ.

**Eggs** are nutritious and high in protein. They contain 12 vitamins and minerals including choline; important for brain development and memory. Good scrambled for breakfast or hard-boiled for a go anywhere snack option.

**Nuts** are high in protein, heart-healthy fats, fiber and antioxidants. Due to their high fat content, portion control is key to getting the most out of nuts without over indulging; an ounce of nuts a day is enough. They add texture to plain dishes and desserts and taste great all on their own.

**Kiwis** are nutritionally dense and full of antioxidants. A good source of vitamins A, C and E as well as fiber and potassium and can be added to salads and even ice cream.

**Quinoa** is high in fiber and a natural source of iron. It also has vitamin E and selenium which can help control weight and lower your risk of heart disease and diabetes. While quinoa is one of the best grains to eat, you can also

try barley, oats, buckwheat, whole wheat, wild rice and millet.

*"Beans, beans the magical fruit..."* Okay you know the rest, but beans really are good for you! Especially for your heart. Beans have a large amount of insoluble fiber, which helps lower cholesterol, and soluble fiber, which fills you up and helps rid the body of waste products. Beans can be substituted for the main dish of a meal or go along swimmingly with your backyard burger.

**Salmon** is high in omega-3 fatty acids which have been shown to contribute to heart health. The American Heart Association recommends eating fatty fish like salmon twice a week. Salmon is low in calories, high in protein, a good source of iron, and low in saturated fat. If you aren't a fan, try tuna instead.

**Broccoli** is good steamed, roasted, grilled, raw...you really can't go wrong. Available year round and as tasty in the summer as it is in the winter months, broccoli is rich in vitamins A and C, vitamin K for bone health and fiber to fill you up and help control weight.

**Sweet potatoes** are high in vitamins C and A as well as potassium and calcium and are better for you than that loaded baked potato. If they aren't for you, try pumpkin, carrots, butternut squash or orange bell peppers (a personal favorite) instead.

**Berries**, last but far from least, are full of antioxidants, phytonutrients (natural chemicals), low in calories and high in water and fiber to help control blood sugar and keep you full longer. They can be added to just about any dish and are great alone. Blueberries, for instance are incredibly high in antioxidants, and great in everything from pancakes to pies. A perfect pick for your next summer adventure.

While you are enjoying all of those great foods, don't forget to stay hydrated. Water will always be the best choice since it is non-caloric, plumps the skin and hy-

continued on page 5

# Shake and Swim with "Bake"

## Coach? Workout Group?

*Coach Dennis Baker*



I would like to go over the benefits of swimming with a coach and belonging to a workout group. Here are some tips and a mission for you to think about in the future.

Having a coach watch you practice is so very important. In my group I don't over coach, that's for sure, but if I see something going out of whack I can correct it.

A coach can make sure you're getting a good mixture of workouts and not getting stuck in a rut.

A coach can manipulate your heart rate better than you can yourself.

Just having a coach to talk to all the time is extremely helpful physically and mentally.

Belonging to a workout group is very fun and social.

Swimming against people every day is much more challenging and it makes the time go by much quicker.

The sense of "team" is a very positive thing to have in your life.

My favorite thing to do is teach a novice swimmer how to swim and watch them move up the lanes and get faster and faster. I love it when a lap swimmer finally tries out for the team and says to me later "why didn't I do this years ago." So my message to you is, if you're reading this and you're not on a club, you should try it. My mission for you, if you're on a club, is to try and bring a friend or acquaintance or a lap swimmer once a month to practice. Got a Coach? Got a Workout Group? YOU SHOULD!!

## Oregon Masters Swimming Bid for 2016 or 2017 Summer Nationals

Sandi Rousseau

Oregon Masters Swimming has submitted a bid to USMS to host either the 2016 or 2017 Summer nationals at Mt. Hood Community College. The link to our bid is <http://nationals.swimoregon.org> if you would like to look at it. Several members of OMS worked on this bid with Sandi Rousseau coordinating the effort. Dennis Baker did updates on hotels and restaurants, review of the pool specs on the bid application, a letter from the MHCC President and himself as meet director, and numerous photos and maps. Jeanne Teisher provided an LMSC support letter, Jacki Allender provided a letter from Oregon officials, Kermit Yensen reviewed the budget and provided the W-9, Karen Andrus-Hughes provided info on the blocks, Dianne Sherwood provided info for the cover photo, and several Board members and Brad Bachulis provided pool shots so we had an assortment from which to choose.

### FIT TO SWIM

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drates your muscles. Next would be the coffees, teas and sodas but these also act as diuretics, pulling water from the body, and can be full of other ingredients like sugars and caffeine. Many fruits are a good source of water and meats as well; some meat contains up to 60% water. So if you are looking for an alternative water source, here is a list of potential options: hamburger, chicken breast, soups, stews and broth, Jell-O, grapefruit, grapes, watermelon, fruit juice, sports drinks or flavored waters and smoothies.

Bonnie Edwards did a terrific job in making the information look professional and smartly done, and really pulled it all together. Matt Miller set up a private Oregon website for the bid info to land for the USMS Championship Committee members to view the info. It was a great team effort and thanks to all who participated.

# Long Distance Swimming

**Coach Bob Bruce**



I am writing this at the midpoint of our Oregon open water season. Here is some news from our June events:

1. **Hagg Lake Swims:** 71 OMS-registered swimmers participated in the annual swims at Hagg Lake, joining a huge turnout of triathletes for another large event. The water temperature was modest and the swimming was very good. Although this swim is not sanctioned by OMS, I have included the results in the OMS Open Water Series standings due to our large participation and the historical involvement of the Barracudas. See full results at <http://www.hagglakeswim.com/getmainscreen.event>.
2. **Foster Lake Cable Swims:** 62 swimmers—mostly from Oregon—registered for the 4<sup>th</sup> annual cable swims at Foster Lake, hosted by COMA. The water temperature was a brisk 66-67 degrees, but the racing was strong. Dave Radcliff established the national records at both the 1 & 2-mile distances in his new age group, while Oregon swimmers established three national records in the cumulative relays and set 10 Oregon individual records. A good day's work! See the records set in this Aqua Master.

Remember that next year COMA will host the USMS Two-mile Cable Swim National Championships at Foster Lake. This will be the thirteenth USMS open water championship event that Oregon has hosted since 2000, an outstanding record of successful bidding and hosting in its own right. Put this on your long-range radar now, for I would like to see all of you take a crack at national glory.

3. **Oregon Open Water Series:** After swims at three venues (the above two plus the Lake Juniper Buoy Swim in May), we've had a pretty good start on the season series. Three swimmers—Laura Schob, Darrin Lajoie, and Robin Bragg—have already qualified for the final standings by racing in all three venues. I expect many others to join them in the next few weeks, with July swims at Applegate Lake (featuring the OMS Open Water Association Championships at

1500-meters) and the Portland Bridge Swim in the Willamette River nearly upon us. August includes the 20<sup>th</sup> anniversary of the Cascade Lakes Swim Series & Festival at Elk Lake (5 swims in 3 days), featuring the USMS 5-km Open Water National Championships and a terrific celebration. It's not too late to register and swim in an Oregon open water event this year!

4. **5 & 10-km ePostal Swims:** Are you getting tired of hearing me shill for these national championships and excellent fitness events? It's simple—the ePostal swims should be a part of your open water preparation! We Oregonians have had a good start to the long course ePostal season; let's keep it going. Find info at [https://www.clubassistant.com/club/meet\\_information.cfm?c=1246&smid=5167](https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=5167), and split sheet forms at [http://www.usms.org/longdist/5k\\_10k\\_splits.pdf](http://www.usms.org/longdist/5k_10k_splits.pdf) and get to work. Although the deadline for swimming the two long course ePostal swims is September 15<sup>th</sup>, you should consider doing them earlier—like NOW—to enhance your open water preparation. Missing that, think of them as a way to show off your excellent summer fitness. Remember that Rogue Valley Masters is hosting these events, so all entry fees go to support one of our local teams. And, Oregon Club members, we have a national team title in the 5-km event to defend, and the national title in the 10-km event to regain!

Good luck and good swimming!



# Meet Records/Results Links

**O** = Oregon Record  
**Z** = Zone Record  
**\*** = Splits

**N** = National Record  
**W** = World Record

## Hagg Lake

Open Water; June 15,2014; Forest Grove, Oregon

Results: <http://www.hagglakeswim.com/getmainscreen.event>

**NO RECORDS**

## Oregon Senior Games

SCY; June 21,2014; Bend, Oregon

Results: [http://swimoregon.org/wp-content/uploads/2014/07/ResultsOregonSrGames\\_SCY\\_201406\\_Splits.htm](http://swimoregon.org/wp-content/uploads/2014/07/ResultsOregonSrGames_SCY_201406_Splits.htm)

**NO RECORDS**

## Foster Lake Cable Swims

Open Water; June 28,2014; Sweet Home, Oregon

Results: <http://swimoregon.org/results/>

Then click on "2014 Foster Lake Cable Swim results." for a pdf

**RECORDS**

| One Mile Swim           |     | Suit Category: I |            |            | Age Group: 65-69           |    |      |            |            |
|-------------------------|-----|------------------|------------|------------|----------------------------|----|------|------------|------------|
| Name                    | Age | Club             | Final Time | Record     |                            |    |      |            |            |
| <b>Female</b>           |     |                  |            |            | <b>Age Group: 80-84</b>    |    |      |            |            |
| <b>Age Group: 25-29</b> |     |                  |            |            | Steve M Johnson            | 66 | OREG | 0:50:40.00 | <b>O</b>   |
| Kayla R Scheafer        | 28  | OREG             | 0:30:20.45 | <b>O</b>   | David A Radcliff           | 80 | OREG | 0:53:22.72 | <b>O/N</b> |
| <b>Male</b>             |     |                  |            |            | <b>One Mile Relays Men</b> |    |      |            |            |
| <b>Age Group: 35-39</b> |     |                  |            |            | <b>Age Group: 35+</b>      |    |      |            |            |
| Matt Miller             | 36  | OREG             | 0:21:29.11 | <b>O</b>   | Oregon                     |    |      | 1:06:32.77 | <b>O/N</b> |
| <b>Age Group: 45-49</b> |     |                  |            |            | Darren Lajoie              | 49 |      | 23:50.75   |            |
| Hardy C Lussier         | 48  | OREG             | 0:21:12.91 | <b>O</b>   | Matt Miller                | 36 |      | 21:29.11   |            |
| <b>Age Group: 55-59</b> |     |                  |            |            | Hardy Lussier              | 48 |      | 21:12.91   |            |
| Patrick Allender        | 55  | OREG             | 0:24:12.47 | <b>O</b>   | <b>Age Group: 55+</b>      |    |      |            |            |
| <b>Age Group: 80-84</b> |     |                  |            |            | Oregon                     |    |      | 1:13:41.14 | <b>O/N</b> |
| David A Radcliff        | 80  | OREG             | 0:25:53.57 | <b>O/N</b> | Tom Landis                 | 72 |      | 24:54.80   |            |
| <b>Two Mile Swim</b>    |     |                  |            |            | Curt LaCount               | 55 |      | 24:33.87   |            |
| <b>Female</b>           |     |                  |            |            | Pat Allender               | 55 |      | 24:12.47   |            |
| Name                    | Age | Club             | Final Time |            | <b>Two Mile Relays Men</b> |    |      |            |            |
| <b>Age Group: 18-24</b> |     |                  |            |            | <b>Age Group: 55+</b>      |    |      |            |            |
| Lisa Gibson             | 24  | UNAT             | 0:45:34.25 | <b>O</b>   | Oregon                     |    |      | 2:29:23.22 | <b>O/N</b> |
| <b>Age Group: 60-64</b> |     |                  |            |            | Steve Johnson              | 65 |      | 50:40.00   |            |
| Jeanna Summers          | 60  | OREG             | 0:55:10.28 | <b>O</b>   | Curt LaCount               | 55 |      | 49:45.41   |            |
| <b>Male</b>             |     |                  |            |            | Pat Allender               | 55 |      | 48:57.81   |            |
| <b>Age Group: 55-59</b> |     |                  |            |            |                            |    |      |            |            |
| Patrick Allender        | 55  | OREG             | 0:48:57.81 | <b>O</b>   |                            |    |      |            |            |

## Pendleton Dual-sanctioned Meet

LCM; July 11-13, 2014; Pendleton, Oregon

Results: Results have not been posted

**NO RECORDS**

**Cancelled**

## Portland Bridge Swim

Open Water; July 13, 2014; Portland, Oregon

Cancelled due to lightning storms

**Cancelled**

## Applegate Lake

Open Water; July 19-20, 2014; Ruch, Oregon

Results: <http://swimoregon.org/wp-content/uploads/2014/07/14-Applegate-Lake-Results.pdf>

**NO RECORDS**



*Applegate Lake —photo by Aubree Gustafson*



## You Can Update Your Own USMS Registration Information at Any Time

For swimmers who need to change their USMS registration information, here is the way.

- If you move, you can update your information in the USMS database.  
<http://www.usms.org/reg/member/updateinfo.php>
- If you would like another copy of your registration card, you can do it from home:  
<http://www.usms.org/reg/getcard.php>



Tim's first day of swimming, November, 1975, as an age-grouper for Gold Coast Swim Team in Coos Bay, Oregon, was his coach Kathe McNutt's first day of coaching. Kathe is still coaching the same team and Tim is still swimming, although elsewhere. Tim says, "I was mediocre at other sports, so decided to give swimming a try and it just seemed to be my place."

He competed for Marshfield High School when OMS swimmer and *Aqua Master* contributor Ralph Mohr was coach. While in college he swam for California State University, Chico (1985-89), and was 8-time NCAA Division II All-American with his highest place (3<sup>rd</sup>) coming in the 1650. He established a school record of 15:51.89, which stood for several years.

Tim graduated with a BA in Economics, then went on to get his MBA in Finance and Investments and has worked in the financial field for 25 years. Among his jobs are Financial Analyst for Rockwell; Portfolio Manager for U.S. Trust Company (Los Angeles); and Real Estate Development in Bend. He has also been a lifeguard/swim coach in North Bend, Coeur d'Alene and Bend.

After graduating, Tim took a break from swimming competition for 6 ½ years; although he did swim at least 1 year of that time. He didn't know that any way existed for a person to keep swimming and competing after college, so when he first heard about a new Masters team being formed in the area of Southern California (Palos Verdes) in which he lived, he thought, What? Tim tells us, "I showed up at a practice with a few guys (ladies came later!) who

were good swimmers, and we just hit it off. I think I was swimmer #10 or less on that team which now has 100+. My first meet was in August, of 1995, at Mt. Hood Community College: USMS Nationals. From then on I was hooked."

Tim went on from there to post the fastest time in the 800 SCM freestyle in the world for 30-34 in 1997. Then he won the 1000 SCM freestyle at USMS Nationals in Indianapolis in 1998.

## Swimmer Spotlight



**Tim Nelson**

Tim tells about a very memorable experience he had that is related to swimming. "When I moved to Bend in 2001, I wandered on to a pool deck for a Masters workout. The coach hit me with a "you're late" beckon — and I didn't know if she was serious or funny or what, so I politely did the posted workout. Turns out, the coach was Sara Quan who is now my wife and best friend and mother to our two children, Sophie (7) and Drew (2); and the best 'step-monster' in the world to my four older kids — Ashley (23), Tyler (21), Lindsay (18), and Karlie (13)." Tim dearly loves and is so proud of his six kids! Their ages span a generation and they were born in three different decades! Very unique!

Tim is willing to give stroke or workout advice and enjoys thinking "of nothing" during his workouts. However, during rest cycles, there is plenty of friendly jabs flying around.

Tim enjoys running, reading and keeping current with what is happening in his field.

—submitted by Denise Stuntzner



**Name/Age:**  
**Occupation:**  
**Local Team:**

Timothy (Tim) Nelson/48  
Currently stay-at-home dad, part-time USA Swimming coach for Cascades Swimming Academy "Current Swimming" in Bend.  
Central Oregon Masters Aquatics (COMA)

## "I'm Back!"

by Shannon Woods

I was a former world-class athlete in two sports, swimming and rowing, and like a lot of retired athletes, I got very fat on the SAD (Standard American Diet). At 5'9 I ballooned up to 180 pounds. Unsuccessfully I tried to tackle the excess weight with exercise, up to 3 hours a day. After a year, I was still fat, on the verge of obesity according to a BMI calculator.

I love the story Dr. McDougall tells about his daughter's, Heather's, friends, running and running and running and never making progress with their weight loss, and how she looks great without any serious exercise program. You were talking about me!!—At least about the old me, who exercised diligently for a year without losing a pound.

In 2011 my focus on nutrition was heightened when my two brothers, who are 6 and 8 years older than me, were diagnosed with heart disease within a week of each other. I suspected that I, like most other Americans, including my older brothers, eating the SAD diet, had lined my arteries with fatty plaques. I knew that "the deadly diseases" were headed my way because I was living in a fat, sick body. At this time my weight-related health issues included: debilitating pain in my feet when I awakened in the morning, pain in my knees and hips all day long, excessive phlegm production with constant clearing my throat after meals, gastric reflux, lethargy, and sleep apnea. I was scared, but I didn't know what to do.

Shortly after learning about my brothers' heart disease I watched Dr. Sanjay Gupta on CNN interview Dr. Caldwell Esselstyn, Jr, the author of *Prevent and Reverse Heart Disease*. My eyes were opened by this documentary, *The Last Heart Attack*. Next my journey took me to the McDougall books. Mary's cookbooks were my lifesaver and I can credit them with helping me lose 45 pounds three years ago.

When people notice my weight loss and ask how I regained my health, I always tell them that I eat starch. Most think that I am kidding. But my physical accomplishments are obvious and my improved self-esteem shines through. It took me 14 months to lose 45 pounds. At first, I lost rapidly, but then the process slowed to about one pound a week, soon I was seeing only a pound every couple of weeks, and finally one pound a month. Besides the weight loss, my cholesterol dropped from a total of 188 to 136 with great HDL and LDL numbers.

The turning point was when I learned the importance

of starches: rice, corn, barley, bread, pasta, potatoes, sweet potatoes, and beans. Finally I understood sustainability, comfort, and satiety from my food choices. With starches there is no longer painful hunger on a weight loss program. No counting calories or portion control. Once I saw it, I said to myself, this eating plan is truly a "no brainer."

I am not only healthy, but I am happy. Most important for my happiness is that my energy levels are phenomenal and I am a competitive athlete again. I admit I was nervous in the beginning because when I competed as a kid, I was taught that protein was to be at the centerpiece of a high performance diet. I ate no "protein" in the form of meat, chicken, fish, eggs, or cheese. Now I keep a platter of sweet potatoes cooked and ready for post-workout snacks. I eat greens, starches and other veggies as the base of my diet along with a variety of fruits, legumes, beans and whole grains. My sense of well-being and confidence are bolstered by understanding that my new foods are loaded with protein, calcium, and all other nutrients that a winning athlete needs.

I am competing again at the World Indoor Rowing Championships, as a lightweight in the 135-pound class. Even though I was a former world record holder on the Concept II Rowing Ergometer in 1997, it was an uphill climb for me to regain a high level of athletic achievement due to the damage I had caused my body over the previous decade. This year, I was 2nd in the 40 to 49 age group at the World Championships and 11th in the world overall. I am on track to have a chance of winning a world title in the 50 to 59 age group next year. That should put me in the top 10 in the world overall. Furthermore, I hope to break a world record for my age group very soon. Lofty goals for someone who was in constant pain and on the verge of obesity just a few short years ago, don't you think? Fortunately, I discovered that "It's the food!" and the human body has the power to heal itself and excel with high performance, even in mid-life, given a chance.



AS A RETIRED ATHLETE, BLOATED TO 180 POUNDS



HOPING TO SET A WORLD RECORD FOR MY AGE-GROUP (50-59)



# Swimming in the Black Mirror

By Ralph Mohr (COMA)

Sometimes when I go swimming at Eel Lake on the Oregon Coast, I have to go alone. I'm asked, "Aren't you afraid of swimming by yourself?" No. Others say, "It isn't safe." So. I float real well.

I go swimming alone because I am alone. Only one other person came out to the lake one Tuesday in May under a grey, rainy sky, not the S.T.E.P. guys who usually stand in the parking lot smoking together, not another Masters swimmer, not any fishermen on the T-dock.

There was only the one guy fishing on the boat ramp dock under the sign that said "Fishing from this dock prohibited" when I arrived at 8 AM. He had no luck, and leaving he said, "Swim Safe." I almost always do.



*Eel Lake Boat Ramp — "No Fishing" sign*

I zipped up my full body swim suit that protects me from the sun, no neoprene, and took my usual five minutes to acclimate to the water. The song ran through my head again. "I walked into the water and got my ankles wet. I walked into the water ... ." I stroked off for East Bench Point, about a thousand meters away, where the lake trail has a bench log to sit on, and walkers can watch kingfishers and osprey and swimmers, but there is never anyone there.

That is the quiet joy of it. I am swimming in the black mirror, as I call it, half in air, half in water. I feel like Alice in the Looking Glass, half in one world and half in the other. But she went from one side of the mirror to the other.

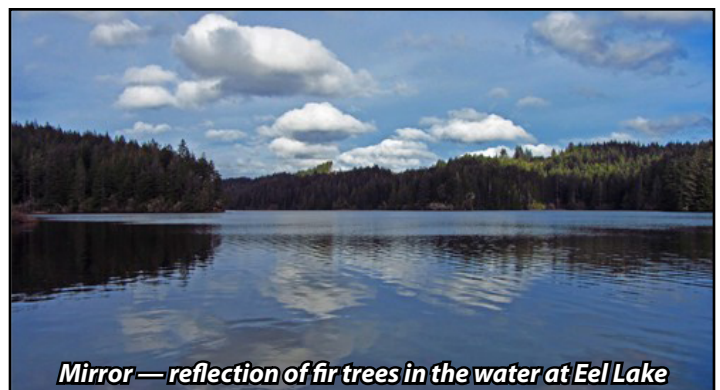


*Eel Lake Fishing Dock — T-Dock*

We swimmers never make that translation. We swim the middle way.

I once took a course in Jungian philosophy, and a question came up about the surface of a lake: which side is real? "It depends," I said, "if you are a fish or not." For a swimmer both sides are real. We swim in the black mirror, on both sides.

As I stroke through the mirror surface, I can see the evergreen firs reflected in the water upside down reaching toward me. Dark water is below, and my reality has shrunk to two inches above the water, all that I can see. I lift my dripping arms forward, ripples echo around my capped ears, and the cold compresses my head into mild headaches.



*Mirror — reflection of fir trees in the water at Eel Lake*

Let me make one other idea clear. Being alone is not being selfish. I am quite willing to share. Dave and I swam out the Friday before, up around the peninsula, 1800 or so yards, until we were about 30 minutes out. We stopped and looked around, treading water gently 200 yards from any shore, and both of us smiled.

We then headed back to our cars waiting for us in the  
continued on page 12

**BLACK MIRROR**

continued from page 11

parking lot. They were lit up with the early morning sun behind us so it was easy to see our way back to the dock. We were headed home, back to warmth, clothes and wives. I then had hot tea in the car and a double ginger snap cookie or two. Cookies are a tradition after a swim in the lake, and the tea warms from the inside.

I like long swims of 15-20 minutes at a stretch with no turns. There are no lane markers on the bottom of the lake and no turn crosses at the end of the pool to tell me when to turn around. There is no chlorine to sanitize the water.

I navigate by looking up and seeing where a clear cut had been made forty years ago, and the sharp edge where the cut stopped marks north. A dead, white snag leaning over the water marks 1000 yards from the boat dock up the east arm of Eel Lake. I could go 4000 yards all the way to the end of the arm where old logging pilings are still in the lake. I swam that far once and was picked up by friends in my wooden peapod.

Usually I stop in the middle of the mirror lake after 30-35 minutes and twirl 360 degrees, seeing no one else there, no fishermen, no other swimmer, no spectator on a log, unless it is a great blue heron or kingfisher. I possess the lake though I am within it. Then I have to swim back to the boat dock and land, and, like Huck off the river, find reality waiting for me.

For a moment though, in the lake, spinning a full circle, with nothing but black mirrored water around me and no one else there, I know how Alice felt when she was translated into another world, I know how Huck felt out on the Mississippi River, I know how an astronaut feels, suspended in space, looking down at the great blue marble.



*Eel Lake — Tugman State Park*

**Oregon Masters Swimming: Open Water Race Schedule for 2014**

| Date(s)           | Days | Event/Venue                                      | OR Location | Host | Event Director | Swims   | Category   | Sanction |
|-------------------|------|--|-------------|------|----------------|---|--|----------|
| Fri 1 Aug through | 3    | Cascade Lakes Swim Series & Festival at Elk Lake | Bend        | COMA | Bob Bruce      | 3000-meter<br>500-meter<br>1500-meter<br>5000-meter (National Champs)<br>1000-meter | Qualifying<br>Qualifying<br>Featured<br>Featured<br>Qualifying | Yes      |
| Sun 3 Aug         |      |  |             |      |                |   |  |          |

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



# Oregon Association Long Course Meters Championship

USMS Sanction #374-S008

August 22-24, 2014 — Mount Hood Aquatic Center; Gil Young Meet

OFFICIAL RULES AND GUIDELINES

DISTANCE EVENTS: CHECK-IN DEADLINES

## Friday, August 22: 400 IM – 3:30 PM / 1500 Free – 4:00 PM

Saturday, August 23: 800 Free – 2:30 PM

Sunday, August 24: 400 Free – Start of 200 Freestyle

RELAYS: CHECK-IN DEADLINES

Relays will not be used for workout group scoring purposes.

Enter relays at the meet. Check-in deadlines for relays will be announced during the meet.

THE EVENTS LISTED ABOVE WILL BE OFFICIALLY CLOSED AT THE STATED TIMES.

SEEDING FOR DISTANCE EVENTS WILL BEGIN PROMPTLY AT THE STATED TIMES.

THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.

### WORKOUT GROUP SCORING:

1. Only Individual Events will be used for workout group scoring purposes. Relays will NOT be used for workout group scoring.
2. Only workout groups registered by August 12, 2014, will be able to score points.
3. Workout group awards will be given to the top five (5) scoring OMS workout groups represented at the meet. There will be only one workout group category for this meet. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the workout group competition. Full workout group names and their abbreviations are listed below. Someone from your workout group must register your group for 2014.
4. The workout group registration form is on the OMS website and in the current Aqua Master issue. Please make sure your group is registered.

As of June 15th, the following 40 workout groups were registered for 2014:

| Code | Name                                  | Club |      |                                    |      |
|------|---------------------------------------|------|------|------------------------------------|------|
| AQDK | Aquaducks Masters                     | OREG | NCMS | North Clackamas Masters Swimming   | OREG |
| BASS | Baker Area Seasoned Swimmers          | OREG | NCSC | North Coast Swim Club              | OREG |
| BRSC | Bearcat Swim Club                     | OREG | OACM | Oregon Athletic Club Masters       | OREG |
| CAT  | Corvallis Aquatic Team Masters        | OREG | OCT  | Oregon City Tankers                | OREG |
| CBAT | Circumnavigating Beavers Aquatic Team | OREG | OMVM | Oregon Mid-Valley Masters          | OREG |
| CGM  | Columbia Gorge Masters                | OREG | OPEN | OPEN Narwhals                      | OREG |
| CMG  | Canby Masters Gators                  | OREG | ORM  | Oregon Reign Masters               | OREG |
| COMA | Central Oregon Masters Aquatics       | OREG | PCCM | Portland Community College Masters | OREG |
| CSTM | Chehalem Swim Team Masters            | OREG | PEND | Pendleton Masters Swim Club        | OREG |
| DUCK | University of Oregon Swim Club        | DUCK | PSA  | Pendleton Swim Association         | OREG |
| EA   | Emerald Aquatics                      | OREG | PSM  | Portland State Masters             | OREG |
| FAST | Portland Fast                         | OREG | RVM  | Rogue Valley Masters               | OREG |
| KAM  | Salem Kroc Masters                    | OREG | SHC  | Stafford Hills Club                | OREG |
| KBM  | Klamath Basin Masters                 | OREG | SHRC | SHARC Masters                      | OREG |
| LCA  | Lewis & Clark Aquatics                | OREG | SYD  | Sherwood YMCA Dragons              | OREG |
| LHST | LaCamas Headhunter Swim Team          | OREG | TCSO | Team Club Sport Oregon             | OREG |
| LOM  | Lake Oswego Masters                   | OREG | THB  | Tualatin Hills Barracudas          | OREG |
| LSC  | Lebanon Community Swim Club           | OREG | TOR  | Tornadoes Swim Club                | OREG |
| MAC  | Multnomah Athletic Club Masters       | OREG | VSC  | Vancouver Swim Club                | OREG |
| MJCC | Mittleman Jewish Community Center     | OREG | WVAC | Willamette Valley Aquatic Club     | OREG |

What you write down on your entry form is your workout group designation for the meet and no exceptions will be allowed. If you leave this workout group space blank you will be entered as representing the workout group listed on your 2014 USMS Registration for scoring purposes.

INDIVIDUAL AWARDS: Northwest Zone ribbons will be awarded for 1st thru 6th Place.

GROUP AWARDS: Awards for 1st thru 5th Place will be awarded.

IF YOU HAVE ANY QUESTIONS CONCERNING THE RULES AND GUIDELINES FOR THIS MEET, PLEASE CONTACT:

Wes Edwards wesedwards.backstroker@comcast.net (503)460-7989

# Oregon Masters Swimming

## 2014 Workout Group (Local Team) Registration

This form must be received by the entry deadlines of 2014 OMS Association Championship and 2014 OMS Open Water Championships for a team to compete as a "Local Team" at those events.

**Team Name** \_\_\_\_\_ **Abbreviation** \_\_\_\_\_  
(up to 4 letters)

**Club** \_\_\_\_\_

**Website** \_\_\_\_\_

### Team Representative Information (must be an OMS member)

**Rep. Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone #1** \_\_\_\_\_ **Phone #2** \_\_\_\_\_

**E-mail** \_\_\_\_\_

### Team Information

**Approximate number of swimmers** \_\_\_\_\_

**Drop-in/pool entry fees** (if any) \_\_\_\_\_

**Practice schedule** (attach additional sheet, if necessary)

**Mon** \_\_\_\_\_ **Tues** \_\_\_\_\_

**Wed** \_\_\_\_\_ **Thurs** \_\_\_\_\_

**Fri** \_\_\_\_\_

**Sat** \_\_\_\_\_ **Sun** \_\_\_\_\_

### Coaches Information

**Head Coach** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone #1** \_\_\_\_\_ **Phone #2** \_\_\_\_\_

**E-mail** \_\_\_\_\_

**Assist. Coach** \_\_\_\_\_

**Phone #1** \_\_\_\_\_ **Phone #2** \_\_\_\_\_

**E-mail** \_\_\_\_\_

### Pool Information

**Pool Name** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Address** \_\_\_\_\_

# Summary . . .

## Links to Results for:

Hagg Lake  
Oregon Senior Games  
Foster Lake Cable Swims  
Applegate Lake

## Records from:

Foster Lake Cable Swims

# Looking Ahead . . .



| DATE            | COURSE | MEET  | LOCATION         |
|-----------------|--------|---|------------------|
| August 1-3      | OW*    | Cascade Lakes Swim Series; Elk Lake   | Bend, OR         |
| August 3-9      | LCM    | FINA World Masters Championships  | Montreal, Canada |
| August 10       | OW     | FINA World Masters Open Water   | Montreal, Canada |
| August 13-17    | LCM    | USMS Nationals  | College Park, MD |
| August 22-24    | LCM    | Gil Young Meet; Oregon & Zone Championships MHCC<br><a href="https://www.clubassistant.com/club/meet_information.cfm?c=1352&amp;smid=5829">https://www.clubassistant.com/club/meet_information.cfm?c=1352&amp;smid=5829</a> | Gresham, OR      |
| September 26-28 | SCM    | NW Zone Championship  | LaCamas, WA      |
| November 15     | SCM    | Columbia Gorge Masters  | Hood River, OR   |

\*Open water events — for the detailed open water schedule see page 12



## OMS Board Meetings

August 11, 2014  
Retreat — TBD

