



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

*"Swimming for Life"*

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## Three OMS Members Receive Awards

By Sandi Rousseau (Jacki & Alice) and Jacki Allender (Gene)



### Jacki Allender

#### 2014 USMS National Championship Meets Award

Jacki was awarded the 2014 USMS National Championship Meets Award at the recent USMS convention in Jacksonville, FL. This award is given to an individual who has shown dedication to improving our national championships and has volunteered many hours.

Jacki is a meet referee and has been contributing to USMS national championships for many years as well as serving as the Oregon Masters Officials Chair. Jacki is competent, works well with teams of officials and meet organizers, and has the demeanor to handle all aspects that come up at a national meet. Jacki has led several teams at our national and international meets and is well respected by all.

Jacki's contributions to our national/international meets are as follows:

- 2001 SC Santa Clara
- 2001 LC Federal Way
- 2006 LC FINA Worlds Palo Alto
- 2007 LC Woodlands
- 2008 LC Portland
- 2009 SC Clovis
- 2012 LC Omaha
- 2013 Pan Am Masters Sarasota
- 2014 Santa Clara
- 2015 San Antonio
- 2016 Gresham

- Stroke & Turn Judge
- Stroke & Turn, Starter
- Ass't Admin Referee
- Team Lead Chief Judge
- Meet Referee
- Meet Referee
- Meet Referee
- Admin Referee
- Meet Referee
- Meet Referee — future
- Meet Referee — future

### Gene Mielke

#### USA-Swimming Lifetime Membership Given by OMS

Gene Mielke received his USA-Swimming lifetime membership from OMS. The membership was presented at the Friday evening session of the USA Swimming HOD (House of Delegates) in Jacksonville. Gene was totally surprised. Most of the OMS delegation were able to see the presentation, and Gene was very pleased.

OMS had talked about giving some money to Oregon Swimming as a thank you to the officials who have worked OMS meets. It was suggested that OMS give a Lifetime Membership to USA Swimming for Gene Mielke. Anyone can purchase a lifetime membership for USA Swimming, however, it is an honor to be gifted a lifetime membership as a surprise.

Gene has been a long time official for Oregon Masters meets and National and International Masters events held in the Pacific Northwest.

USA Swimming membership is required for OMS officials. This membership is something that will directly benefit Gene Mielke, who has given so much of himself to OMS.

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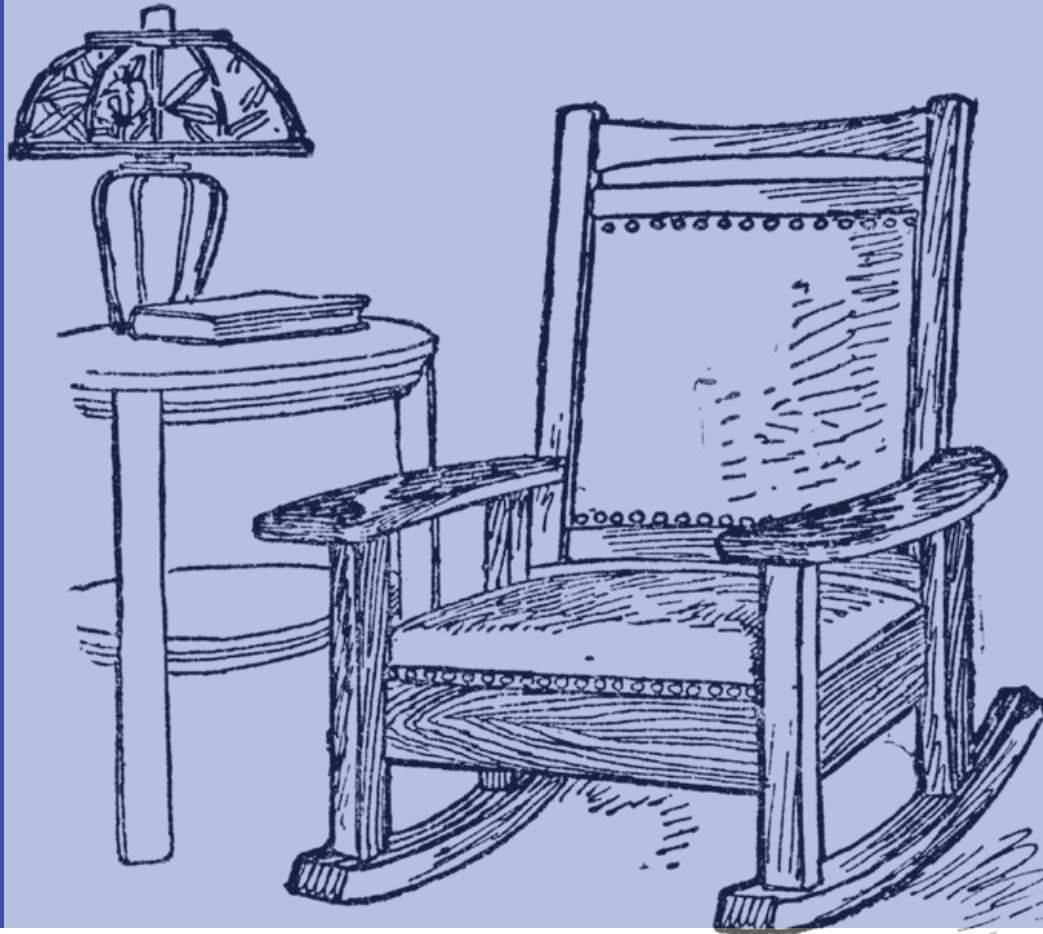
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Send address changes to [Susie Young](mailto:Susie Young) all other questions to [Jackie Parker](mailto:Jackie Parker)

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# Chair's Corner

Jeanne Teisher



## Renew Your OMS/USMS Membership NOW

It's hard to believe that it is already that time of year to renew our OMS/USMS membership. The registration for the 2015 calendar year begins November 1. Don't wait until January 1 or during the holidays to renew. Get this task completed before the craziness of the holidays even begin. You also don't have to deal with the (minor) expense of the membership renewal when all the holiday expenses hit. I'll even help you out. Here is the link (<http://swimmoregon.org/join/>) to the OMS website and where you can register.

Beat the last minute rush – renew your membership now!

Here's wishing you and your family a joyous and safe holiday season.

Jeanne





# Off the Block

## Read Those Labels!

### What's in Your Nutritional Product?

\*Sunny Blende, Sports Nutritionist

Below is a list of some of the more common ingredients you may encounter when reading sports nutrition product labels. See the main article, "Read Those Labels" published in the July/August 2014 issue of *SWIMMER* magazine for more information about what to look for when choosing nutritional products to fuel your swimming.

**Maltodextrin.** Maltodextrin is a type of glucose polymer chain manufactured from complex carbohydrates. It provides lots of very usable glucose for energy in a rather tasteless medium, with minimal sweetness. It can provide more calories in the same amount of liquid when compared to a glucose-alone solution.

**Brown Rice Syrup.** Not surprisingly, brown rice syrup is made from brown rice, a complex carbohydrate with a low glycemic index that can take 2 to 3 hours to be absorbed. This is a similar absorption rate to maltodextrin.

**Glucose Polymers.** The term glucose polymers refers to a large category of maltodextrins and brown rice syrup, entirely made up of glu-

cose molecules and considered a complex carb. They leave your stomach quickly and are easily absorbed in your small intestine. Think of them as "time-released" energy.

**Glucose (also known as Dextrose).** Found everywhere in your body, glucose is a simple sugar that acts as the primary energy source used by the central nervous system. It can be used immediately by working muscles for fuel and energy.

**Fructose.** Fructose is fruit sugar, a simple sugar that can cause gastric upset in athletes, but if used in conjunction with other sugars, can actually aid absorption. Used alone, it can cause "Dumping Syndrome" (exerting a reverse osmotic effect in the intestines causing weakness, sweating, and diarrhea) in some athletes.

**Sucrose.** Sucrose, or common table sugar, is a simple sugar made up of one molecule each of glucose and fructose. Because of the combination, there is less chance of stomach upset and it is quickly absorbed.

**Whey protein.** Whey protein is the most rapidly absorbed protein and the most biologically available. This is important for repair of muscles post-workout. Whey's amino acid profile has a high content of branched chain amino acids, which also helps in reducing muscle soreness following exercise.

**Soy protein.** During endurance workouts of more than 2 to 3 hours, athletes need to begin adding some



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## Fit to Swim

## Trick or Treat

**Coach Aubree Gustafson**

There is no trick to staying healthy during the holiday season. With all the events and parties filled with delicious food and drink, not to mention all the treats, it may seem impossible, but you really can have your cake (or pumpkin pie, my favorite) and eat it too! Below are a few ideas to help keep you on track.

Make and stick to a holiday workout plan. You may have to switch things up a bit due to holiday travel, or take a few days off when family is in town. Planning your workouts a week in advance can help you maintain your fitness level during this busy time of year. Maybe you don't have time for a 4000M swim workout or a 25 mile bike ride. Remember that working out for at least 30 minutes everyday can do the trick. So on the days when a "normal" workout isn't in the cards, go for a jog, take the dog on an extra long walk, and try your best not to sit at your desk all day. Do your best not to miss your scheduled workouts. If you do, don't beat yourself up about it, it's the holidays after all, and I'm sure you deserve a few days off.

If your main workout facility is closed for maintenance, or the holidays in general, this may be a great time to try something new. Consider hiking one of the many trails in the Columbia River Gorge or your local outdoor area; be prepared, tell someone where you are going and when you plan to be back, choose the difficulty of your route carefully, and dress appropriately for the weather. Once the snow starts falling, try snow shoeing or cross-country skiing as a form of cross-training. You could even try ice skating at the mall and get your shopping done on the same day!

Avoid over-indulging when it comes to food and drink. Never attend a holiday party on an empty stomach; eat a small meal or snack before arriving to avoid over eating at the event. Try a little bit of everything, eat your vegetables, watch your portion size and avoid graz-

ing; eat a normal plate full of food and don't go back for more. Have a piece of pie, or one of the cookies Grandma sent you, but don't eat them all in one sitting. Most importantly, always have a designated driver if you plan to consume adult beverages.

Wishing you and yours a safe and happy holiday season, and as always, thank you for reading.

See you next year!!

*\*\*Note: There is still time to participate in the 3K and 6K Postal National Championships. The 3K and/or 6K must be completed in a 25 SCY or SCM pool by November 15<sup>th</sup>, 2014. For more information, visit [www.usms.org](http://www.usms.org), click on the Events & Results tab, and select National Championships under Open Water & ePostals. Good luck swimmers!!\*\**

Happy  
Holidays!  
Thanksgiving  
Christmas  
New Year



# Shake and Swim with "Bake" Need a Goal?

**Coach Dennis Baker**

It's true we all need goals to help motivate us to get into shape and jump in that cold water every day. Need a goal? I just happen to have one for you! Oregon Masters Swimming just received the bid to host the 2016 Long Course Masters Nationals at Mt. Hood Community College Aquatic Center. Let's look at some tips and reasons why you should have this as your goal.

- You can swim 3 events without having a qualifying time! Qualifying times are not too fast.
- It's in August of 2016 so you have time to get ready.
- It's a super fun meet with lots of relays. Relays are a great way to get a medal!
- It's in our own backyard; no travel. You can sleep in your own bed.
- The "Social" is very fun.
- If you're a Triathlete or have never been to Nationals

this is your chance.

- If you don't want to swim you can work at the meet! We need A LOT of help.

Now lastly, here are some tips to get ready to swim.

- Start now!
- Start with some light dry land training to get your wind back.
- Set a swimming schedule and stick to it.
- Circle "August 2016" on your calendar.
- Get some other friends involved to train with you. Or plan a relay.
- If you're not on a team join one for a year.
- GET FIRED UP!!!

Need a Goal? There you go!

## AWARDS

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### Alice Zabudsky

#### 2014 Dorothy Donnelly USMS Service Award

Alice was honored with a 2014 Dorothy Donnelly USMS Service Award at the recent USMS convention in Jacksonville, FL. These awards are given to individuals who have shown unending service and dedication to their LMSC and to USMS.

Alice's dedication to Masters swimming goes back into the 1970s when she assisted Earl Walter and Connie Wilson, founders of OMS, with top 10, meets, results, and anything else that needed to be done ....and of course, all of it was done by hand in those days!

She has continued to contribute and most recently as-

sumed the newsletter editor position in 2009. Luckily she has progressed with the ages and keeps OMS fully computerized in our editing department. She takes time to seek out articles of interest to share with our swimmers, keeps every contributor on task for meeting deadlines, and produces a professional looking newsletter.

Alice participates in LMSC Board meetings and brings new ideas to the Board regarding communication using improved technology.

Alice has, for more years than most, demonstrated how volunteers really make our Masters swimming organization what it is today.





# Long Distance Swimming

**Coach Bob Bruce**

In the Northern Hemisphere, this is usually a quiet time in the world of open water, as the days get shorter, the water gets colder, and most of us have already moved inside for the winter. But the long distance world never stops, and here's what's happening as we go to press this month.

1. Another challenge is now under way! October and early November is the season for **USMS 3000-yard & 6000-yard National ePostal Championships**. These swims must be completed on or before November 15<sup>th</sup>. As a coach, I believe strongly that these wonderful fitness swims provide solid early season training swims, great conditioning benchmarks, fun team-building events, and are a must for all swimmers, whether you consider yourself a sprinter, mid-distance ace, or distance specialist. As the OMS Long Distance Chair, I would love to see the Oregon Club successfully defend the National Club Title in both 3000 and 6000-yard events. As the Event Director—that's right, COMA is hosting the event this year—I would love to see you participate, as all proceeds help the host team. The 3000 is easily within everyone's capabilities, and don't forget the 6000! See [https://www.clubassistant.com/club/meet\\_information.cfm?c=1287&smid=5572](https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=5572) for info & entry blanks, and get to it!

Remember that you can swim these events in a 25-meter pool by doing a 3000 or 6000-meter swim and letting the event host convert the time to yards. I know, I know, you gotta swim a bit further, but this allows those who only have access to 25-meter pools to participate. Take advantage of this possibility and do it!

FLASH! Based on the unofficial results just posted, it looks as though the Oregon Club will win the Club Championship titles in both the 5-km and 10-

km Postal National Championships. If this holds, it will be Oregon's seventh year in a row winning the 5-km championship, and a regaining of the 10-km championship after an uncharacteristic second place last year. Very well done indeed! We have a similar streak going in the 3000 & 6000-yard events—let's keep those streaks going too!

2. I attended the recent **USMS Convention** in Jacksonville, Florida. I sit on both the USMS Long Distance and Open Water Committees, chairing the Joint Legislation & Rules Subcommittee involving both committees (In Oregon, I chair the OMS Long Distance Committee in which the local functions of these two national committees are combined). I spent my days at Convention running from one meeting after another of the two committees and the Legislation Committee, participating in the open Rules Forum and leading a portion of the Open Water Safety Workshop, and pounding the keyboard between meetings trying to keep up. This was a 'rules year', in which the rulebook activity mostly focuses on the rules for both pool meets and open water swims (see below). Next year will be a 'legislation year', in which the focus will be on reviewing the regulations which govern our national organization.

The House of Delegates passed 66 long distance rules, a few of which were large, some substantive, but most aimed at reorganization and clarification to make the rulebook an easier, clearer, and more precise tool for everyone. As swimmers, I'll bet that most of you will notice few of these changes at all! In my opinion, the four largest changes for open water swimming were (1) the introduction of water temperature limits (60 degrees minimum and 85 degrees maximum for all swims, with modification

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# Records & Results

\* = Split

SCM = Short Course Meters

## NW Zone Championships — SCM

September 26 - 28, 2014; LaCamas, Washington; Sanction #374-S009

Results for this meet can be found at:

[http://swimoregon.org/wp-content/uploads/2014/10/LaCamasZone\\_SCM\\_20140926\\_Splits.html](http://swimoregon.org/wp-content/uploads/2014/10/LaCamasZone_SCM_20140926_Splits.html)

### RECORDS

**New records established: 15 Oregon, 18 Zone, 11 National, 10 World**

#### Women 40-44

100 SC Meter Butterfly	McClafferty, Christine	41	OREG	1:14.02	Oregon
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#### Women 50-54

100 SC Meter Freestyle	Reynolds, Ellen	50	SAWS	1:01.41	Zone, National, World
200 SC Meter IM	Reynolds, Ellen	50	SAWS	2:28.64	Zone, National, World
400 SC Meter IM	Reynolds, Ellen	50	SAWS	5:10.96	Zone, National, World

#### Women 65-69

50 SC Meter Freestyle	Gettling, Janet	66	OREG	35.28	Oregon, Zone
100 SC Meter Butterfly	Gettling, Janet	66	OREG	1:35.86	Oregon, Zone
200 SC Meter Butterfly	Gettling, Janet	66	OREG	3:38.55	Oregon, Zone

#### Women 80-84

100 SC Meter Freestyle	Kawabata, Geraldine	80	OREG	2:04.74	Oregon, Zone
400 SC Meter Freestyle	Speer, Bonnie	80	OREG	11:05.14	Oregon, Zone
800 SC Meter Freestyle	Kawabata, Geraldine	80	OREG	18:25.50	Oregon, Zone
1500 SC Meter Freestyle	Speer, Bonnie	80	OREG	42:30.92	Oregon

#### Men 50-54

50 SC Meter Breaststroke	Phillips, Dan	51	PSM	32.29	Zone
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#### Men 65-69

800 SC Meter Freestyle	Kirkland, Dan	66	UC36	10:19.31	Zone, National
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#### Men 80-84

100 SC Meter Freestyle	Radcliff, David	80	OREG	1:11.26	Oregon, Zone, National, World
200 SC Meter Freestyle	Radcliff, David	80	OREG	2:38.25	Oregon, Zone, National, World
800 SC Meter Freestyle	Radcliff, David	80	OREG	*11:42.02	Oregon, Zone, National, World
1500 SC Meter Freestyle	Radcliff, David	80	OREG	21:59.53	Oregon, Zone, National, World

#### Men 90-94

400 SC Meter Freestyle	Lamb, Willard	92	OREG	7:44.83	Oregon, Zone, National, World
800 SC Meter Freestyle	Lamb, Willard	92	OREG	16:04.18	Oregon, Zone, National, World
1500 SC Meter Freestyle	Lamb, Willard	92	OREG	30:41.82	Oregon, Zone, National, World



# 2014 Pacific Masters Championships — SCM

October 10 - 12, 2014; Walnut Creek, California

Results for this meet can be found at:

<http://www.pacificmasters.org/comp/14/14WCMSCM.html> complete results  
<http://www.usms.org/comp/meets/meet.php?MeetID=20141010WCM-2S> search

## RECORDS

**New records established by OREG swimmers: 5 Oregon; 4 Zone**

<b>W 65-69</b>	Janet Gettling	66	100 Meter Freestyle	1:21.11	Oregon
	Janet Gettling	66	100 Meter Butterfly	1:35.23	Oregon, Zone
<b>M 65-69</b>	Allen Stark	65	50 Meter Breaststroke	35.92	Oregon, Zone
	Allen Stark	65	100 Meter Breaststroke	1:18.36	Oregon, Zone
	Allen Stark	65	200 Meter Breaststroke	2:55.59	Oregon, Zone

## Oregon Open Water Series 2014 Final Summary

AgeGr	Pl	Name	Team	Points	Swims	Venue	W/M
<b>W30-34</b>	1	Kieras, Jessica	UC37	160	13	4	5
	2	Gustafson, Aubree	ORM	121	14	5	7
<b>W30-34</b>	1	Keegan, Shannon	RVM	91	8	3	9
<b>W40-44</b>	1	Edwards, Bonnie	ORM	168	11	4	3
	2	Stark, Mary	OPEN	74	8	3	11
<b>W45-49</b>	1	Watkins, Betsy	ORM	58	4	3	13
<b>W50-54</b>	1	Phillips, Sue	CAT	171	12	4	2
	2	Wheeler, Kendra	KAM	161	11	3	4
	3	Malloy, Janie	CMG	102	8	4	8
<b>W55-59</b>	1	Schob, Laura	COMA	201	11	5	1
	2	Shuman, Connie	COMA	148	10	4	6
	3	Schivon, Caryl	OPEN	34	3	3	14
<b>W60-64</b>	1	Royle, Mary Anne	ORM	90	8	3	10
<b>W70-74</b>	1	Ziemer, Judy	COMA	67	5	3	12
<b>M35-39</b>	1	Frazzini, Brian	UC37	87	5	3	12
<b>M45-49</b>	1	Lussier, Hardy	COMA	143	7	4	6
	2	Lajoie, Darrin	AQDK	102	5	3	10
<b>M50-54</b>	1	Wash, David	COMA	182	12	4	1
	2	Thompson, Ron	COMA	176	11	4	2
	3	Bragg, Robin	OPEN	127	13	5	9
<b>M55-59</b>	1	Allender, Pat	CAT	172	10	3	3
	2	LaCount, Curt	PCCM	144	9	3	5
	3	Ramsey, Ed	THB	96	10	3	11
	4	Douglas, Mike	COMA	81	7	3	13
	5	Hopkins, Ben	UC37	77	8	3	14
<b>M60-64</b>	1	Carew, Mike	COMA	153	13	4	4
	2	Yensen, Kermit	COMA	142	10	3	7
	3	Richardson, Brooks	COMA	137	9	4	8
<b>M70-74</b>	1	Spence, John	COMA	70	6	3	15
<b>M80-84</b>	1	Radcliff, Dave	THB	187	12	4	X

30 swimmers qualified for the 2014 Oregon Open Water Series.

The Overall Series Champions were Laura Schob and David Wash.

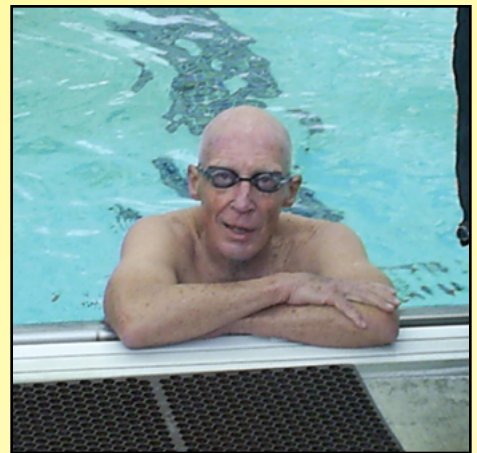
X = With five previous wins, Dave Radcliff is retired from Series competition

# Records Fall at LaCamas!

by Charlie Helm

Records were falling all over the place at the LaCamas NW Zone SCM meet September 26<sup>th</sup>-28<sup>th</sup>. The host Headhunters gave us some cool morning weather but also a fast pool as 11 National and 10 World records were broken, plus a bunch of Zone and Oregon records. David Radcliff and Wink Lamb continued their year-long assault on World records, while the other World records were set by Ellen Reynolds who was visiting from Sawtooth Masters. Check out the official results for all of the Zone and Oregon record breakers.

The morning fog seemed to want to attend the meet as well during the weekend as it kept the swimmers bundled up on deck for most of the day. Maybe this helped push the swimmers to go for fast times as they wanted to get into the pool fast so they could warm up. Most of the swimmers were in a friendly mood on deck and in the bleachers for this meet, but I tend to think most of the snuggling up was due to the desire to warm each other up and share body heat, rather than just being friendly—although masters swimmers are the friendliest athletes, as we all know. It was overall a fun and productive meet at a location we haven't been to for a few years. Thanks again to the volunteers, hosts, and officials for making this a successful championship event! See you next time in Hood River.



**Dave Radcliff after his world record swim in the 200 Free.**



**Missy Waud came to help time.**



**Wink Lamb after one of his record swims.**



**Swimmers on the start blocks.**

**Jill Asch, Tim Waud, and Sonja Skinner**

**Richard Howell trying to keep warm on the deck.**



Photos by Charlie Helm

**Name/Age** Suzanne Campbell/35  
**Occupation:** Student  
**Local Team:** Central Oregon Masters Aquatics (COMA)

I live in La Grande, Oregon; however, I swim with COMA.

I graduated from Eastern Oregon University with a BS in psychology. I am currently pursuing my nursing home administrator's license.

Over the past 10 years, I've been a Hotshot firefighter in La Grande, and a substitute teacher for the North Franklin School district, teaching a variety of classes, including kindergarten, high school music, and GED courses for Walla Walla Community college at the local prison. When I got a job as a mental health therapist at the psychiatric hospital in Pendleton Oregon, I thought I had hit the jackpot. Pretty soon the excitement of getting juice dumped on me and my hair pulled wore off, and I was looking for something else. I landed a position in Hospice and really fell in love. As I began working in the field, I realized Nursing Home administration was where I wanted to go.

I began swimming at a very young age. I was the "under" in 8& under. My sisters and I began taking lessons when we moved to Oregon. Pretty soon we 'graduated' from the highest level in lessons and moving to swim team was the next step. My father (and his brother) swam competitively growing up, eventually at Colorado College in Colorado Springs. My Uncle Scott married Kirsten Strange who was an Olympic swimmer for Denmark in the 1964, 1968, and 1972 Summer Olympics. Needless to say, swimming was a family tradition. My sisters and I traveled to several meets every year, competing and meeting new friends. We eagerly looked forward to the annual Newport Seahorse Meet every year, and bringing home some hardware. I went on to swim at Newport High School and was the only senior female on my team. I placed at Districts every year and enjoyed improving, and even our relay teams went to State.

When I graduated from high school, swimming took a back seat. I switched sports to run cross country and track at Eastern Oregon University. I was running around 70 plus miles a week, which was hard on the body and periodically, we'd spend time "running" in the pool, or on the elliptical machine. After I graduated, I continued running but it had lost its appeal. I often argued with myself (sometimes even had to bribe myself!) to get out for a run.

I got married and had 2 kids. Then within a six month period, I got divorced, had yet another child, changed jobs, changed locations, and dealt with the devastating loss of my older sister, Sara. I needed a new project. I bought a year pass to the Veteran's Memorial Pool in La Grande and set the goal of going to spring Nationals in 2014. It was a bit lofty, even for me, but I thought it best to have high expectations. Besides, I was in a position to train, and ready for the challenge.

The first time I raced this year was at the State meet in April. I was incredibly nervous, and wasn't sure how to feel or what to expect. I did well considering how long it had been, but the highlight of the whole experience was to meet up with old swimming friends and make some new ones. It was the most fun I had in a very long time, so I jumped in with both feet and signed up for Nationals! Santa Clara was the best swimming experience I have ever had. I loved belonging to a team, watching other athletes compete and competing myself. My children, who are 8, 5, and 2 really admire their athletic mother and want to be swimmers, too. I can't wait for them to "graduate" from their swimming lessons on to swim team. With my free time (uh what?!) I like to garden and hang out with my kids and my wonderful boyfriend, Shane. I'm incredibly fortunate to have this sport and the support of my loved ones.



—submitted by Denise Stuntzner

# Swim Bits

by Ralph Mohr

Sometimes it is difficult to get pool time to do one or more of the epostal swims, in particular, for the 5K and 10K, which must be done in a 50 meter pool. As there are only seven 50 meter pools in Oregon, we who live more than 100 miles from any one of them have problems.

I mention this as my own efforts to finish both the 5K and 10K this summer were wild. First, Mike Carew and I were comfortably into a 5K at Juniper Pool in Bend before the Elk Lake swim series, when there was lightning far off in the distance, and we were pulled from the water after 2700 meters. I then drove the 250 miles back to Juniper late in August to swim a 10K and to swim Suttle Lake the next day.

I still needed a 5K. You might ask why I didn't swim either distance at Amazon Pool in Eugene. I could not get into Amazon for a 5K all summer as they do no allow half-lane swimming during lap swimming. A 10K was flat out impossible there as I needed at least 3 and a quarter hours to finish the event, and they do not have a lap swimming session that long. What to do?

It turned out that at the end of August my wife and I took the "trip of a lifetime," a cruise from Dover to Barcelona. We landed in Barcelona September 10, and immediately checked out the 1992 Olympic Pool on top of Montjuic hill. If you can arrange a timer through a spouse, a friend or

someone at the pool, it is possible to swim a 5K in Europe.

Fortunately, there were few swimmers in the Montjuic pool when I started Saturday morning. No one joined me in my lane until 3000 meters, and it wasn't until around 4000 meters that I noticed that the boy swimming with me was actually a young woman who was topless. Focus, I guess.

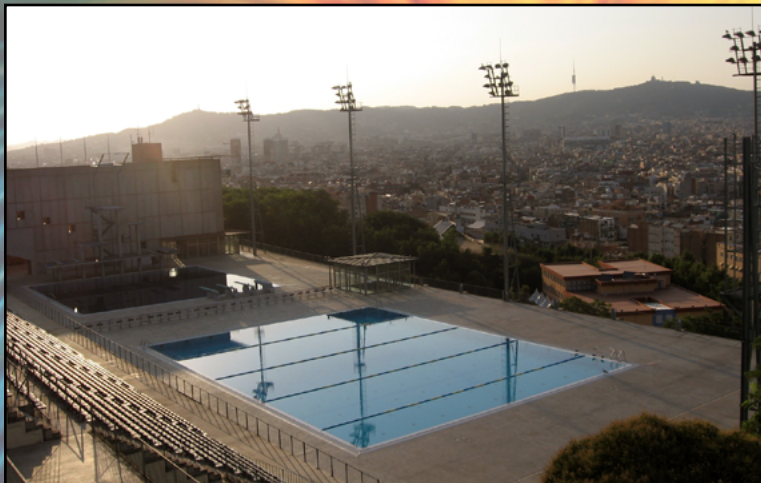
I don't want to repeat this in 2015. We who are south of Corvallis are looking into renting Amazon

on a Sunday in May (the 23rd or 30th), so we can get the 10K out of the way early. Depending on who shows up, we'll split the rental cost, and the OMS Board has just provided some money to help with such a rental.

There also happens to be a National Cham-

pionship Open Water 10K at Livermore, CA, Saturday, June 13, followed by the One Mile Open Water at the same place the next day, June 14. There's a challenge! We can also look forward to the Two-Mile Cable National Championship at Foster Lake, June 27.

I know it's early, but if you are going to do two 10Ks in 2015, all five postals, and the Two Mile Cable Swim, now is a good time to start. You still have the 3000 and 6000 ePostals to do this year, and the Hour Swim in January. So, look ahead to next year, 2015 will be interesting.



*Less than one-third of USMS swimmers identify themselves as “competitors” — but we all swim because we love swimming and want to be fit. Swimming is one of the most popular forms of aerobic exercise, and it is an excellent activity for anyone who wishes to get fit and stay fit. Below is the first of a series of articles to encourage fitness swimmers to try competition to see whether it “fits” you. You may be surprised!*



## **Masters Swimming 101**

### **How to start swim practice as an adult**

Jim Harper\*

Swimming is great exercise, but practicing with a group can seem mysterious to the uninitiated. Can I just show up? Are other swimmers going to laugh at me?

The great news about joining a club as an adult is that you get to set the agenda. You show up when you want to—and even how you want to—making whatever fashion statement you choose on that day. That type of freedom is liberating. On the flip side, you are fully responsible for your progress or lack thereof. You make no gains by sitting on deck in a trendy Speedo (or at home on the couch, in a potato sack).

Showing up is half the battle, so decide today—right now—to show up at a practice. You lose nothing by trying, and as many Masters swimmers will tell you, you just may be making one of the best decisions of your life.

#### **Where can I find a pool?**

First, you need to know where to find good water. Visit our online Places to Swim directory to locate pools in your area. Before visiting, contact the pool and/or club to confirm that the information online is current.

If you live in an isolated area, you may need to train by yourself the majority of the time. USMS provides online workouts for members who cannot or choose not to join a club or workout group. Even so, consider making

a special trip to visit a USMS program close to you, or use planned travel to visit clubs in other areas. Members of USMS often find a home-away-from-home when they visit a club in another city.

#### **How much will it cost?**

Swimming tends to be much less expensive than equipment-intensive sports such as cycling, but the cost of maintaining pool facilities is unavoidable. The good news is that a club or workout group oftentimes can provide access to a high quality facility at a reasonable price.

The fee to join USMS—less than a pair of new jeans—varies slightly by region, because it includes a small charge that allows coordination by a local authority. Individual clubs set their own fees, and these can range from free practices to an annual charge in the hundreds of dollars. Ask your club about fees for first-time visitors.

To keep costs down, check with your employer about reimbursements available for joining a fitness program. Some clubs assess an annual membership fee and some do not. Many coaches and clubs are sympathetic to someone in financial distress, and they may provide scholarships or other means of making a program affordable. For most people, where there is a will, there is a way to pay for training with a club.

\*Jim Harper is an All-American Masters swimmer and coach in Miami who writes about health and nature. He is a frequent contributor to SWIMMER magazine, a columnist for the Biscayne Times, and a member of the Society of Environmental Journalists.

# Racing Is for Everyone

**Really! And Masters meets are friendly and supportive places**

Karen Gangloff (Adapted)

Bryan Karkoska (PK), 36, started swimming only a few years ago with Auburn Masters Swimming in Auburn, Ala. PK, a former placekicker for the Auburn University football team, races in one meet a year. "I like to race," he says, but PK's busy work schedule keeps him from competing in more meets. PK is the head strength and conditioning coach for Auburn University Olympic sports. "I swim with about 20 Masters swimmers during my lunch, and almost all of us compete in the meet that we host in February," PK shares, but quickly informs that, "it's not about the competition, it's about the camaraderie." Conner Bailey, one of PK's teammates in Auburn, also competes in U.S. Masters meets throughout the year. Conner, a professor of rural sociology at Auburn, said that competing is a "real pleasure. I don't swim against the other people in the pool. I swim against myself and the clock."

"Yeah, there is a lot of smack behind the blocks," PK jokes, "but it is all in good fun," he insists, and goes on to say, "I didn't get into this sport to see how fast I could go; this is a lifestyle and I do it to feel good." U.S. Masters meets are notorious for coach and athlete socials after the competition. "It is a time for us to hang out, socialize and recap on the meet." Conner agrees and calls Masters meets "one big social event." Even though racing isn't PK's first priority, he recently set new goals for himself in the pool. "I've never swam a long course meet before and I think I'd like to try." Conner, 62, also shared his racing goals for the future. "My goal is to always go faster than my age in a 100 free. Last year I swam faster than 62 seconds and touched at 1:00.80!" he said.



Some U.S. Masters swimmers dread the word "race." Some might think that competition is only for the "fast" swimmers or the "experienced" swimmers, but that is not the case. "It is absolutely for everyone," says PK. "Yes, there are people wearing high-performance suits and worry about hitting their taper, but there are just as many of us that show up in a regular suit and just want to challenge ourselves." Conner admits to getting nervous behind the blocks, but says, "I tell myself, 'It's only about what I can do today,' and then I can compare it to what I can do in one month from today or one year from today." Conner doesn't feel pressure to swim fast, but feels a sense of pride when he knows that he has swum a "smart" race. Conner keeps a spreadsheet of his races and likes to look back on them and see where he's improved; "I've actually gotten faster in a few events over the years."

Want to swim in a U.S. Masters meet? Finding a meet in your local area is easy! Either visit <http://www.usms.org/> and click on "upcoming events", or contact your local LMSC registrar — Susie Young (see bottom of page 2 for her contact information).

Can't find time in your schedule to attend a meet? Go ePostal!

If you can't find time in your schedule to attend a U.S. Masters swim meet, you can still compete against other USMS members; it is a great way to kick off the season. You might be wondering, "How does it work?" Answer: Simply swim the distance required in that particular event and have a counter make note of your split times on the handy split sheet. Then, once you've dried off, you can submit your results and see how you stack up against the competition across the United States. It's a great way to get in a long workout while also getting a taste of some national-level competition. The only requirement is that you be a member of USMS. Easy, right?



# The Family Secret: An Endless Pool

## A small team wins thanks to great training

Phillippe Diederich

The Cronins are a swimming family and at the 2008 New England Masters Championship at Harvard, three generations competed in the family team, Technique and Training, better known as TNT. The team fielded three-generation mixed relays and ended up taking first place in the small team division.

The team matriarch is 84-year-old Marilyn Cronin, joined by her daughter Carilyn Cronin-Donovan, her sons Carlton Cronin, Christopher Cronin and Chuck Cronin – Chuck serves as TNT’s coach – and two grandchildren C.J Cronin and Nathan Cronin.



Marilyn was busy training in an Endless Pool for a few months to get ready for the meet. This strategy paid off when she brought home three silvers and two golds.

Cronin-Donovan says

her mother started swimming at the Boys Club pool at the age of 15. She began coaching as a volunteer at the Lawrence YWCA in the 1960s. Lawrence placed 2nd at the YWCA Nationals.



A couple of years ago, Marilyn Cronin had to stop wintering in Florida after her husband was diagnosed with Alzheimer’s. The family came together and purchased an Endless Pool to help her stay in shape. “It keeps her active. It’s good for her. She worked out daily for most of her life,” Cronin Donovan says.

The Endless Pool works with an adjustable current level for different strokes and level of swimmer. Cronin liked the convenience: adjusting the temperature and the flow allowing her to swim whenever she likes. She keeps the pool in a separate room in her house and trains for an hour every day, practicing all her strokes, but keeps away from the butterfly. She doesn’t use a clock, preferring to use stroke count instead. She was excited about competing in the championship, but her daughter said before the meet, “She’s a little concerned about the start and the flip turns,” since those are not practiced in an Endless Pool.

As it turns out, the whole family is now using the Endless Pool to train whenever they’re not at the Hocomock YMCA in Attelobro, Mass. where Chuck Cronin is a coach. “We’re a tiny team,” says Cronin-Donovan. The team has eleven members, seven of which are family. In 2007 at the championship they placed third overall in their division. In 2008 they were able to take first.

Cronin continues to enjoy her workouts at home. Cronin-Donovan says her mother is especially fond of watching the snow fly when she swims.

## Three new plaques added to the wall at Mt. Hood Community College Pool

Stephen Darnell



Willard Lamb



Sandi Rousseau



## READ THOSE LABELS

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sort of protein to prevent the body from breaking down muscle to supply its protein needs. Soy protein produces less ammonia than whey protein as it's metabolized, and because ammonia has been shown to cause muscle fatigue, soy protein can help during long workouts. Soy protein, like other proteins, also acts as a buffering agent and an antioxidant.

### Vitamins, Minerals, and Other Ingredients

**Sodium citrate, citric acid, potassium citrate.** These ingredients act as neutralizing and buffering agents and maintain pH balance.

**Calcium carbonate, calcium.** These minerals act as an antacid and also help prevent muscle cramps and weakness as long as the athlete is hydrated.

**Magnesium.** This mineral, which plays a part in more than 300 chemical reactions in the body including metabolism and muscle relaxation and contraction, aids in releasing energy from muscle storage. It's lost in sweat, and needs to be replaced by whole foods or electrolyte supplements.

**Vitamins.** Although mostly a marketing scheme when used in products made for consumption during exercise, some vitamins may help in recovery.

**Sodium, chloride, sodium chloride.** Salt or table salt, this mineral is necessary for maintaining body fluid levels and body temperature regulation.

**Manganese.** Trace amounts of this mineral are needed for enzyme reactions in muscle cells. Manganese also helps convert protein and fatty acids into energy, and are therefore not necessary in 100% carbohydrate products.

\* Sunny Blende is a frequent presenter and writer on sports nutrition, fueling for enhanced performance, and making healthy food choices. She currently works with teams and athletes in many endurance and resistance sports, including swimming, cycling, running, rowing, stand-up paddle boarding, triathlons and other team sports. An avid master competitor herself, she trains and competes in the Bay area and beyond. Sunny received her BS degree from USC and her Masters from University of New Haven. She also teaches Sports Nutrition at College of Marin and is the nutrition columnist for *UltraRunning Magazine*.

## LONG DISTANCE SWIMMING

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under certain circumstances); (2) the reintroduction of shoulder-to-ankle textile suits in open water only, for both men and women (I'll write much more about this in the spring before the next open water season starts); (3) the outlawing of navigational aids generally and MP3 players specifically (wristwatches are still allowed); and (4) the presence of an Independent Safety Monitor appointed by the local LMSC to make sure that the stringent safety requirements are followed at each local sanctioned swim.

In other news, the USMS Long Distance committee awarded the 2016 10-km Open Water National Championships to Rogue Valley Masters to be held at Applegate Lake.

3. The OMS Long Distance Committee has already compiled a **tentative open water schedule for summer 2015**. In outline, the schedule looks similar to the one last summer, but many dates, event lists, and details are yet to be resolved. At this point, the only certain date is the Cascade Lakes Swim Series &

Festival at Elk Lake, which will be held on July 31 & August 1-2, 2015. Stay tuned for more details within the next two months!

4. I just put the **OMS open water equipment** to rest for the winter. Despite the fact that it is well used, our gear looks pretty good as we head towards another year.

Good luck and good swimming!



**Bob's Pumpkin Patch (open water equipment in storage)**



# Summary . . .

**Records For:**  
Northwest Zone Championship — SCM  
2014 Pacific Masters SCM Championship

## Looking Ahead . . .



DATE	COURSE	MEET	LOCATION
November 15	SCM	Columbia Gorge Meet <a href="https://www.clubassistant.com/club/meet_information.cfm?c=1352&amp;smid=5841">https://www.clubassistant.com/club/meet_information.cfm?c=1352&amp;smid=5841</a>	Hood River, OR
December 6	SCM	COMA All-Around Challenge Pentathlon and Brute Squad <a href="https://www.clubassistant.com/club/meet_information.cfm?c=1352&amp;smid=5849">https://www.clubassistant.com/club/meet_information.cfm?c=1352&amp;smid=5849</a>	Bend, OR



JUST  
KEEP  
SWIMMING

### OMS Board Meetings (2nd Monday of month)

November 10, 2014  
December 8, 2014  
January 12, 2015

February 9, 2015  
March 9, 2015  
April 13, 2015

May 11, 2015  
June 8, 2015  
July 13, 2015

August 10, 2015  
September 14, 2015

# Let's Swim