



Aqua Master

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"Swimming for Life"

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Breaking News—August 2015

The 2015 International Masters Swimming Hall Of Fame inductees are announced, and one of the winners is OMS swimmer DAVID RADCLIFF! Congratulations Dave! We are so pleased that you received this well-deserved award.

Dave has set 29 FINA Masters World Records in the freestyle events. Beginning with world rankings in 1997, he has 69 long course meters rankings; and 68 short course meters rankings. He competed in the 2006 and 2008 FINA Masters World Championships winning 7 gold, 2 silver and 1 bronze medal. He had a big run in 2014 breaking 12 world records in his new age group of 80-84.

To even be considered, honorees must have participated in Masters programs through at least four different masters age groups.



Tribute to Milton "Mickey" Marks



Milton "Mickey" Marks, age 85, passed away peacefully at home, with his family around him. It was August 3, 2015, and the cause of death was complications following prostate cancer.

Mickey was born in Stamford, Connecticut, but grew up in New York City. He was the son of

Milton Marks and Louise Bickart-Marks. He had one brother, Monroe, who died in 1960. Mickey graduated from The Bronx High School of Science in 1948, and went on to attend Syracuse University. He graduated from Syracuse in 1952, earning a bachelor's degree and later a Master's degree in geology in 1954. During the Korean War era, he served in the US Army Signal Corps at Ladd Air Force Base in Fairbanks, Alaska, on a then-secret project detecting Russian nuclear tests.

Mickey married Lynn Lowenson on Feb. 15, 1959, and they settled in Westport, Connecticut, for the next 26 years. Mickey assumed a series of positions with the family-run Esbeco Distilling in Stamford, eventually rising to the position of president. Mickey and Lynn moved to Lake Oswego in 1985.

Mickey was an active member of the geology community and amassed a large collection of mineral samples. He was a longtime member in the Northwest Micro Mineral Study Group and a lifetime member of the Geological Society of America.

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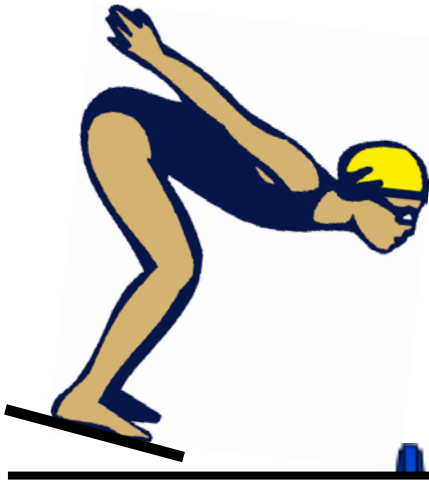
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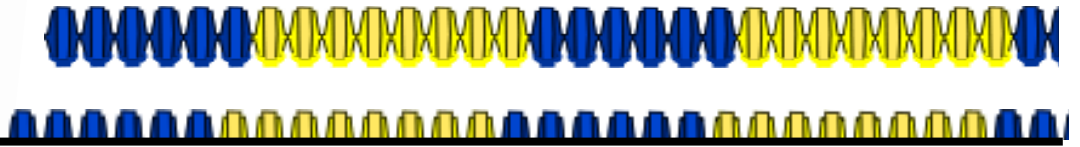
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Send address changes to Susie Young all other questions to Jackie Parker

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Off the Block



Athletics in the Spotlight: Low-Carb vs. High Carb

<https://www.drmcDougall.com/misc/2015nl/jul/athletics.htm>

The right choices at the dinner table make a winning difference in both strength and endurance for top athletes, and the same nutritional rules are true for every other human being. To be our best, we all must eat our best.

In nature there is an ideal diet for each kind of animal: cats devour meat, koala bears eat eucalyptus leaves, and panda bears thrive on bamboo shoots. People also have an ideal diet to look and feel their best and function optimally. However, in our Internet-connected world, correct nutritional information can be hard to recognize with so many conflicting recommendations. Headlines show highly visible athletes choosing polar ends of nutrition: high-carbohydrate (grains, legumes, and potatoes) vs. low-carbohydrate (meat, cheese, and eggs) for winning their events.

A Brief History of Carbohydrate Performance

All large populations of trim, healthy, athletic-competing, war-fighting people throughout verifiable human history have obtained the bulk of their calories from high-carbohydrate

foods (starches). Examples of thriving populations include the Japanese, Chinese, and other Asians, who eat sweet potatoes, buckwheat, and/or rice; Incas in South America who eat potatoes; Mayans and Aztecs in Central America who eat corn; and Egyptians in the Middle East who eat wheat. Unfortunately, since the global spread of “fossil-fueled” economies beginning in the 1980s, the diets of billions of people have changed to include obesity- and disease-producing amounts of meat, dairy, and vegetable oils.

Today, the running abilities of the Tarahumara people of the Copper Canyon of Northwestern Mexico, and the East Africans from Kenya and Ethiopia provide undeniable evidence that the healthiest diets for human beings are very high in carbohydrates (natural sugars). Members of these communities have exceptional capacities for performance and endurance, which translates into winning.

Historically the Tarahumara are known to run distances of [up to 200 miles](#) in a competitive sport of “kickball” races, lasting several days. Honoring their abilities is the 50-mile foot race called “Ultramaraton Caballo Blanco.” These men and women are noted for their [absence of](#) obesity and diabetes, and their very low levels of cholesterol and blood pressure. Carbohydrates, primarily from corn, beans, and squash, make up almost 80% of [their diet](#), and meat consumption is rare.

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[Marc Gasol](#), a 30-year-old professional basketball star for the Memphis Grizzlies, after sitting on the bench for two months, made a major change to a high-carbohydrate, plant-food-based diet. He lost 20 pounds and improved his score at the hoop

Diametrically opposed and in the low-carb boat is [Sami Inkinen](#), a triathlon competitor. His most recent effort to promote the eating of animals and veg-

etable oil was to row a specially designed water craft in an event called the “Fat Chance Row” 2,400 miles from San Francisco to Honolulu in a record-breaking time. A valuable outcome of his journey was to reinforce the message to cut simple sugars and highly refined flours; but on the damaging side, eating almost exclusively “[food poisons](#)” was a disservice to the public.





Fit to Swim

Fail to Succeed

Coach Aubree Gustafson

You are ready. You have prepared yourself for your event to the best of your ability; poured blood, sweat and tears into training; missed out on time with friends and family to bike for an additional hour or swim one more time during a given week. You tell yourself all of your efforts will pay off. The big event comes and...you don't do as well as you thought you would. All of that time spent preparing; where did you go wrong? Sometimes we must fail to succeed.

Failure is an integral part of success. We often learn the most about ourselves when we are not doing our best. When we accept that we could give more or do better, we open ourselves to succeed on a new level. We rededicate ourselves to our goals and have a more intent focus on making things happen. Breaking down lofty goals into digestible chunks, and committing time to work on improving where you need to, helps one prioritize what needs to happen in order to succeed.

Sometimes it is hardest to fight the urge to compare oneself to our former self. In masters sports in particular, there are many of us who are former champions on one level or

another. Allowing oneself to get caught up in the comparison of where you are now, to where you were then, can be self-depreciating. This is a new beginning. You are not the person you were as a teenager who did nothing but eat, sleep, swim. Remember those t-shirts? Now you have a career, a family, a dog, responsibilities, deadlines and plans and preoccupations that you did not have then, and that's okay.

There is no master equation for success in sport; success in and of itself means something different to each of us. Being the best you can be right now is plenty to strive for, and committing exactly the time you have available to dedicate to training is perfect for you. In the water, on the road, and anywhere else you choose to compete, it's really just you and the clock. It doesn't matter anymore what other people do, it's about what you can do, and what you can do is amazing. There is no such thing as failure when you give something your all. Set your goals, train your ass off, and get out there and do your best.

We're all cheering for you!



The 2015 Check-Off Challenge is a postal event designed to motivate swimmers to complete 18 pool events and an open water swim during the 2015 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.

The events may be swum in practice or in meets, in yards or in meters, any time during 2015. The challenge is to complete all events or try new events. The event is open to all registered Masters swimmers. Enter by filling out the [online entry form](#) or send in a paper entry via U.S. mail using the [paper entry form](#).

Entries this year have come from as far away as Australia and the U.S. Virgin Islands and almost every state in between. Check out the video clip at https://www.youtube.com/embed/pD_utx85We4 then enter today. Your entry may just be the one to complete the 50 state sweep for the 2015 Check-Off Challenge.

The 2015 Check-Off Challenge is hosted by Tennessee Aquatics Masters Swimming and sanctioned by the Southeastern LMSC for USMS, Inc., sanction #155-5002.

Shake and Swim with 'Bake'



Coach Dennis Baker

Around the Barrel in Freestyle

Many good swim coaches will tell you as you pull down underwater in your Freestyle to pull "around the barrel". I agree this is a great visualization for the correct underwater recovery. Let's look at some do's and don'ts while practicing a high elbow underwater pull down.

Start your pull down from just under the water near the surface of the water. Don't plunge your arm/hand too deep on entry.

Keep your shoulder high and thrust it forward as you pull down.

Pull deep. I see many swimmers pull down and around too shallow, taking away power, and usually the elbow is leading the arm, which isn't good.

Don't pull too far back. This will pull your shoulder back too far and take it out of a power position. Also this can lead to bad body position and over or bad rotation.

Disregard any previous learning of the "S" curve or "Question Mark" curve in your pull down. This has scientifically been proven to be less powerful than the straight down pull. You will have some slight natural inward pull because of the way your arm is built. To add to that creates resistance and loss of power.

Think: pull straight down and use the side of your body as a guide.

Try these suggestions and tips and you will be well on your way to getting 'around the barrel' and a better Freestyle.

MICKEY MARKS

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Among Mickey's life works was his dedication to philanthropy. Together with his wife, Lynn, he established the M & L Marks Family Fund through the Oregon Community Foundation.

Mickey is survived by his wife, Lynn of Lake Oswego; and sons, Michael Marks of Silverton and Leland Marks of Gresham. His daughter, Lianne Marks Klein predeceased him in 1994, at the age of 33 from Hodgkin's disease.

Mickey learned to swim as a toddler in Long Island Sound, Stamford, CT, where he was born, and has enjoyed being in, on and around water, ever since. He began competitive swimming at the age of 7 at a summer camp in Maine. He was an avid competitive swimmer, having been active in Masters Swimming for over 40 years. In 2011 he was awarded the OMS "Outstanding Swimmer" in the category of Male 50 and Over.

Mickey was highlighted in the *Aqua Master* under "Swimmer Spotlight" in the November/December, 2010, issue. Quot-

ing Mickey's own words from that 2010 article: "In 1970, I was diagnosed with Type 2 diabetes, and was advised by my MD to take up a sport, and lose weight. That was the incentive to begin competing again, as Masters Swimming was just getting under way around the same time. ... In the 50 breast, I swam the first lap under water, as we had in high school and college, and was almost DQed. The judges decided that there were no rules in effect for Masters to disallow under-water swimming, so they let my result stand.

When he moved to Oregon after retirement he "joined the Mt. Hood Masters Swim Team, although I did not work out with the team at MHCC. Since 1985, I have worked out by myself at the Barbur Blvd. Y, ... now (called) All Star Fitness. I usually swim 2400 meters, five days a week, and try to vary my workouts to include all strokes. Unless there is a meet coming up, my swims are mostly "maintenance" swims, with no interval training. About six weeks before a meet, I increase the intensity of my workouts, and start intervals, mostly 100s, 50s, and 25s. In the meantime, I have done some dryland training with

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Long Distance Swimming

Coach Bob Bruce



COMA-Sponsored Events — Support OMS Teams

5 & 10-km ePostal National Championships: Some of you have completed either or both of your annual 5 & 10-km ePostal swims, in preparation for your summer open water season. Others have been waiting until they get in their best shape of the summer before doing theirs. Now's the time! Whether you do these for fitness, pacing, training, or racing, get'em done. Work with your coach and teammates to find time at your local 50-meter pool. Info & registration at https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=6092. Split sheets at http://www.usms.org/longdist/5k_10k_splits.pdf.

Two salient points:

1. Oregon Club swimmers, we are defending our national club titles in both the 5 & 10-km events. Due to the inclusive scoring method, everyone counts. And let's not forget that we were runners-up in the One-Hour Club Championships earlier this year by only 300 yards - indeed, everyone counts!

2. COMA is hosting these events this year, so you know that your entry dollars are going to a good (and local) cause!

Deadlines: Complete your swim before or on Tuesday, September 15, and be sure to make the entry deadline of Friday, September 25. As the event director I know that many of you who have swum already have not entered yet. Don't forget - what a shame to complete these long swims and then fail to have them count in your club scoring!



MICKEY MARKS

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barbells. My favorite competitive swimming memory is a recent one. I was fortunate to be able to join some great Oregon swimmers, Gil Young, Wink Lamb and Dave Radcliff on a 200 meter freestyle relay to set a Masters National record. To me, that was a big WOW!

Aside from swimming, Mickey's main passions are gardening, mineral collecting, hiking, and travel.

"In the spirit of making lemonade from lemons, I tell

people that it may have been a good thing that I developed diabetes. If I hadn't, I would probably now be a sedate, big, fat old couch potato. Taking up swimming after a 20 year layoff was a Godsend. Any achievements, which I have made in Masters Swimming, I attribute to that."

Mickey has five USMS All-American listings; 27 Oregon records; 19 NW Zone records and 170 USMS Top Ten times.



Events

Cascade Lakes Swim Series

July 31 Aug 2, 2015; Bend, OR

Results for this meet can be found at:

<http://swimoregon.org/results>

NO RECORDS

USMS Summer National Championships

August 6-9, 2015; Geneva, OH

Results for this meet can be found at:

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

NO RECORDS

Eel Lake Swims

August 15, 2015; Lakeside, OR

Results for this meet can be found at:

<http://swimoregon.org/results>

NO RECORDS

Gil Young LCM Zone/Association Championship

August 21-23, 2015; Gresham, OR

Results for this meet can be found at:

http://swimoregon.org/results_pdfs/2014-2015/ResultsGilYoung_LCM_20150821_Splits.htm

RECORDS ON NEXT PAGE



NW Zone LCM Championship Meet / Gil Young Memorial Meet

Mount Hood CC outdoor pool -- 8/21-23/2015

USMS Sanction # 375 - S008

New records established: 12 Oregon, 13 Northwest Zone, 1 National, 1 FINA World

Women 55-59

800 LC Meter Freestyle	split	Sweat, Mary	58	OREG	10:58.18	Oregon, Zone
1500 LC Meter Freestyle	1	Sweat, Mary	58	OREG	20:37.27	Oregon, Zone

Women 80-84

200 LC Meter Freestyle	split	Kawabata, Geraldine	81	OREG	4:22.89	Oregon, Zone
400 LC Meter Freestyle	split	Kawabata, Geraldine	81	OREG	8:59.60	Oregon, Zone
800 LC Meter Freestyle	1	Kawabata, Geraldine	81	OREG	18:14.06	Oregon, Zone
1500 LC Meter Freestyle	1	Kawabata, Geraldine	81	OREG	34:53.38	Oregon, Zone
50 LC Meter Butterfly	2	Kawabata, Geraldine	81	OREG	1:19.40	Oregon, Zone

Men 65-69

200 LC Meter Backstroke	1	Kirkland, Dan	67	UC36	2:48.99	Zone
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Men 75-79

50 LC Meter Backstroke	1	Hiatt, Chris	75	OREG	41.04	Oregon, Zone
100 LC Meter Backstroke	1	Hiatt, Chris	75	OREG	1:29.70	Oregon, Zone
200 LC Meter Backstroke	1	Hiatt, Chris	75	OREG	3:14.60	Oregon, Zone

Men 80-84

400 LC Meter Freestyle	1	Radcliff, David	81	OREG	5:45.21	Oregon, Zone, National, World
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Relay

Women 200-239 800 LC Meter Free Relay				OREG	11:45.91	Oregon, Zone
1	1) Crabbe, Colette 59	2) Fox, Christina 55	3) Summers, Jeanna 61	4) Edwards, Bonnie 43		



The Late Fred Eckhardt

Fred Eckhardt died at his North Portland home on Monday, August 10. He was 89.

Fred was an OMS swimmer back in the 1970s when not many permanent records were kept, and the organization was a part of the AAU (Amateur Athletic Union). Unfortunately, there was no *Aqua Master* back then from which to find records, our historian has passed away (Earl Walters), and no one that we are aware of can supply any information about Fred's swimming career.

Oregon Live reported the loss of Fred like this: "Even a cursory survey of why Portland is a great beer city turns up Fred Eckhardt's name -- which was actually Otto Frederick Eckhardt, though I never heard anyone call him Otto -- early and often." Eckhardt died, "and the beer world he helped build will never be the same without him."

Fred "was a U.S. Marine in World War II and Korea, a photographer and a swim instructor well before he was a beer guru. His epiphany came with the Cuban Missile Crisis in the early 1960s: If the nukes did hit the fan, as seemed likely at the time, the post-apocalypse world would have little need of either swimming instructors or guys who took portraits of cute babies."

The *Oregon Live* article told more about his brewing career, you can find it at http://www.oregonlive.com/beer/index.ssf/2015/08/the_late_fred_eckhardt_he_was.html

Swimmer Spotlight

Colette Crabbe: 58

Swim instructor and coach—Oregon Reign Masters

I grew up in Belgium and my first experience with swimming, or at least with water, was not a good one. On a hot summer day in a small private backyard pool, I almost drowned. I was 7 years old. I had not yet learned how to swim and was playing in the water with my older sister and her friend. At one point, they decided to leave but being already stubborn, I choose to stay just a little bit longer. It did not take long before I slipped and found myself at the bottom of the pool with no way to get back up. Fortunately, the mother of the friend saw them coming back inside without me and knew it was time to check, jumped in the water and saved me. After that experience, my mom decided it was time for me to learn how to swim and brought me to the local public pool for my first lessons. This was not an easy task!!! I fought with all the swim instructors, screamed and was not going to put my head under water under any circumstances. I was the dreaded student!!

After a long process and a lot of patience, I finally learned to swim and decided to join the swim team, because my sister was doing it. I probably had a good sense for the water because not long after, I won my first local age group race. I was 10 years old. Swimming was then fun and I was motivated. Unfortunately, when I was about 11 or 12, there was a conflict between the coach and the committee. The coach decided to create a new swim team and my parents decided to follow him. At that time in Belgium, the rules for transfer between teams were really tough. If your old team did not agree to release you, you could not swim in competition for 2 full years. That is how we started a 2-year training stint in a small 16 meter school pool, probably no more than 3 feet deep in the shallow end. After that, we were ready and we started to break all sort of Belgian records and became one of the strongest swim teams in the country.

I also started to be selected for the Belgian National Team and travelled all over Western Europe for competition. We only saw our strong rivals from Eastern countries (mostly the "girls" from Eastern Germany) at the big competitions such as European or World Championships. Personally, between 1974 and 1979, I had the privilege to be selected at most of the big international competitions: 1974 - European championship in Vienna; 1975 - Worlds in Cali, Columbia; 1976 - Olympic games in Montreal; 1977 - European Champions, Jönkopig, Sweden; 1978 - Worlds, Berlin, Germany; 1979, University Games, Mexico.

In 1980, I graduated with a degree in business from the University of Liege (Belgium), got married, started working with Citibank, Belgium, founded a family, had three daughters and did not swim. In 1989, we moved to Oregon for my husband's job. In 1998, I heard about the World Master Games which were going to take place in Portland, and it inspired me to get back in the water. I started in May with about 45 minute workouts by myself at the local gym 3 times a week. I registered for the races I was used to doing, mainly 400 IM, 200 breast, 800 free. Big mistake!!! You need to be fit for those events. I finished, but it was painful. On the other hand, it motivated me to get back in shape. At the same time, one of my daughters, Claire, started swimming with Oregon City Swim Team and they allowed me to swim with them too. I was hooked again.

I also learned a lot about Masters swimming and here are a few of my mantras: Master swimming is for life; enjoy it; do not overdo it; listen to your body; improve your technique, for it will make swimming so much easier; learn the four strokes, it is a challenge but it will allow variety and fun in your workouts. Join a Masters swim team and you will meet a huge group of supportive friends who will be there for you during all the ups and downs of life.

When my daughter Claire joined the high school swim team, I volunteered as an assistant coach, which turned into a head coach position two years later. I also started coaching a small summer league and enjoyed teaching swim lessons at the public pool. Between 2011 and 2015 we were back in Belgium where I coached the Brussels British School swim team, an age group team at the local swim center. I also swam with their Masters group and particularly enjoyed teaching technique to the Masters and the triathletes. While swimming in Belgium, I noticed a few surprising facts: pool lap swimming was way more busy than in the States (no question of having your own lane, you better learn circle swimming) and you can see a lot more breaststroke, especially among the older people. Starting at 8:30 AM, the school kids start coming in and invading all the lanes, so there are about 20 to 25 per lane from high school to kindergarten age. Knowing how to swim is part of the curriculum in grade school, and last but not least, there is a pub in every public pool in Belgium, so it makes it so much easier for the social recovery drink after workout. continued on page 12



Trans-Tahoe Relay Swim

July 18, 2015

by Arlene Delmage with rendering by Jill Marie Asch

When my good buddy Graham Johnston called me to ask if I would participate in the Trans-Tahoe relay with him, who was I to say no? The Trans-Tahoe relay is a notorious open water swim run by the Olympic Club in San Francisco, famous for high altitude, at 6200 feet, cold water, typically around 58 degrees, and of course no wetsuits allowed. For no one else would I have said yes but I did because I knew that Graham is part of a six man relay attempting the Catalina Channel swim on August 20, 2015. (Editor's note: at the time this was written, the Catalina Channel swim had not taken place). The group of six, Graham Johnston, age 84, Masters of South Texas; Bob Beach, age 84, St. Pete's Masters, FL; **David Radcliff, age 81, Oregon Masters, Tualatin Hills**; Don Baker and Bob Best of San Diego Masters; Bill Spore, not a USMS swimmer but Uncle to Karlyn Pipes-Nielson; and substitute Norm Stupfel of Walnut Creek CA; hope to break the world record for men in their 80s attempting this swim. I don't imagine that they have too much competition in this category.

As we sat around at night and listened to these gentlemen discuss the formation of USMS and tales of Ransom J. Arthur vehemently insisting that Masters Swimming be open to all swimmers and not just Olympians and National Champions, we knew that we were in for a historic weekend. At least that is how I peddled it to my two female swim mates Jill Marie Asch, age 48, from Multnomah Athletic Club, and Bonnie Edwards, age 43, from Oregon Reign Masters. I have to give them credit for attempting this swim that combines two of my least favorite things: (a) getting up early, and (b) cold water. Jill Asch is an accomplished sprinter (and I mean 50s) and has never done an open water swim. Bonnie Edwards is an accomplished open water swimmer but has never done ocean swimming or anything like this before.



Speaking of ocean swimming, that is what Lake Tahoe was like as we traversed the northern part of the lake in the wee morning hours to reach our starting point. The lake was white-capping and before we reached our destination the entire boat was engulfed in a tidal wave rendering everyone wet and cold.

Our boat captain told us these were the worst conditions he had seen in his five years of driving boats on Lake Tahoe. I had a lot to say about this but I remained silent when I realized that not one of our 80+ year old men seemed to be phased by this. I guess there is something to, "been there done that". For the record both Johnston and Radcliff competed in the 1952 and 1956 Olympics respectively as distance swimmers.



Arlene and Jill in route to the start. Notice the clothing being worn!!

Eleanor Roosevelt said "We gain strength, courage and confidence with every experience in which we really stop to look fear in the face. We must do that which we think we cannot."

Due to unusual morning lake conditions we arrived at Sand Harbor a few minutes late. This put the pressure on Bonnie as she needed to check in prior to the deadline. When she jumped off the boat Bonnie underestimated the depth of the water and was unable to keep her coat dry as she tried to quickly make it to the shore.



Bonnie Edwards heading to the start line. Yes, even Bonnie was cold!

So much for age before beauty! The Old Guys and Babes were by far the oldest relay with a combined age of 396. In fact the three men on our relay are the oldest participants to have ever competed in the Trans Tahoe Relay.

Bonnie started at 8:30 am in the 4th and final wave. Our experienced captain stayed back outside the buoys as Arlene and Jill Marie frantically searched the choppy, dark waves for their friend. About 20 minutes into her 30 minute swim Bonnie is spotted and the captain maneuvers the boat alongside her.

Our second swimmer was Arlene "I am a tropical girl", followed by "Just a sprinter" Jill Marie.



Judge Bob Beach

Thankfully the sun started to peek out around 10:00 a.m. and conditions improved. Each of us completed a 30 minute swim followed by a 15 minute swim. Bonnie, Arlene and Jill also completed a 10 minute leg which brought us in under five hours. Given the age of our team race organizers were surprised that we finished so quickly. We took that as a compliment.



Jill Marie Asch

Next up was "Training for Catalina" David and the fifth position was Hall of Famer Graham. Bob "The Judge" brought up the rear.



Old Guys and Babes 2015

Bonnie Edwards, Bob Beach, Jill Marie Asch, Graham Johnston, Arlene Delmage, David Radcliff



Graham Johnston

WHAT A RUSH!!! We finished 119th out of 222 teams in 4 hours and 54 minutes. It was an amazing experience. So many perfect moments.

OFF THE BLOCK

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The exceptional running abilities of the Tarahumara are not due to a genetic advantage. People from the same [ancestral lineage](#), the Pima of Southwestern US, have some of the highest rates of obesity, diabetes, and coronary heart disease in the world as a direct consequence of adopting a diet based on meat, dairy, and junk food less than a century ago.

Runners from Kenya have set astonishing middle- and long-distance running records. [Kenyan men](#) have accounted for 40% of the winners in all major international middle- and long-distance running competitions between 1987 and 1997. Like the Tarahumara, [they follow a diet](#) of about 80% carbohydrates. The staple of their diet is bread, boiled rice, poached potatoes, boiled porridge, cabbage, kidney beans, and ugali (well-cooked cornmeal molded into balls).



Scientific Research Consistently Favors Carbs

[Thorough reviews](#) of the scientific research and position statements from organizations such as the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine recommend a high intake of carbohydrate-derived calories for athletes. [The benefits begin](#) as soon as the carbohydrate substances enter the mouth. Their sweetness stimulates the pleasure and reward centers of the brain. Even sweet tasting mouthwashes translate into a benefit for performance of short durations. In longer duration exercise, greater than two hours, where muscle [glycogen stores](#) are stressed, performance is enhanced by consuming sugars in simple (table sugar, fruit, etc.) and complex (beans, corn, potatoes, rice, etc.) forms. Athletes also enhance long-duration performance by using manufactured foods and drinks made of glucose and fructose.

What's the Theory for the Low-Carb Advantage?

Several [writers](#), long associated with the low-carb, Atkins diet movement, stand out as promoters of a high-meat, high-dairy diet for athletes as well as for the general population. (Highly visible names include Noakes, Volek, Phinney, and Westman.) The fairy tale served up to gullible competitors is that after a period of time (called "keto-adaptation") the human body adjusts to more fat utilization for fuel, and performance improves. Their "science" is soundly debunked in several re-

views: two from a [popular website](#) and another from the [Sports Dietitians of Australia](#).

A Life Changer: High-Carb vs. Low-Carb

Athletes, and all others who are considering a low-carbohydrate approach to life, must not overlook the well-established fact that the foods they are choosing (meat, poultry, cheese, seafood, and eggs) dramatically increase the risks of suffering from coronary heart disease, strokes, common cancers, constipation, and obesity. There is the moral issue, too: Livestock is a top contributor and the most controllable variable in global warming and environmental destruction.

SWIMMER SPOTLIGHT

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As for Masters swimming in Brussels, the basic philosophy is the same. I met a big group of interesting people from all walks of life, ages and nationalities who became my friends. My fondest memory while swimming with them was being part of their 4 x 50 free relay which won the 200-240 category at the World Masters Championship in Riccione, in 2012. Being an IMer and not having a real weak stroke, it also allowed me to beat all the individual Belgian records in my age category in both long course and short course meters (no yards of course). I was also able to put my names on some European records in 200 and 400 IM, 100 fly and 200 back.

Since January, I am back in Portland and swimming with the Oregon Reign. I just certified as a Masters coach and hope to be able to volunteer more next year to share some of my enthusiasm and swimming experience with the whole Oregon Masters community.

Karen's Note: Since 1998, Colette has made the USMS top ten list in 230 individual events and 42 relays. She has set nine USMS National Records. Colette's current hobbies outside of the pool include travel & golf.

—submitted by Karen Andrus-Hughes



Dave Radcliff after his World Record 400 m Freestyle at the Gil Young meet. (see 'Records' on page 8)

Cascade Lakes Swim Series Photo Gallery

Photos by Brad Bachulis



Can Ergenekan, Aly O'Brien, Kelsey Bowen



Shelly Jones



Brooke Parker-Notis with Bob Bruce



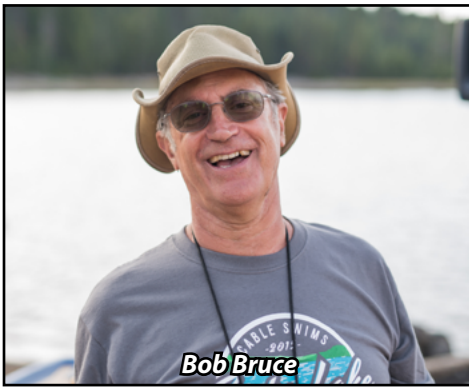
Jeanna Summers



Pat Allender



Connie Shuman



Bob Bruce



Christian Tujo



Ted Bonus



Shannon Singer (Puget Sound Masters)



Kelsey Bowen



Paula Moores (Sawtooth Masters)



Tim Waud, Todd Lantry, Matt Miller



Instructions



Start of the 1500 meter swim

Summary . . .

Records

Gil Young Memorial Association/NW Zone Championships

Looking Ahead . . .



DATE	COURSE	MEET	LOCATION
November 21-22	SCM	SCM Zone Championship	Federal Way, WA

Let's Swim