



Aqua Master

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"Swimming for Life"

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World and National Records set at Oregon City Spring Ahead Swim Meet

by Tim Waud

Oregon City Swim Team hosted their annual Spring Ahead B/C Masters Dual Sanctioned meet March 5-6, 2016. This dual sanctioned meet allows USA Swimmers and U. S. Masters Swimmers the opportunity to swim in the same meet. The 12 & under age groups swim in the morning and the Open/ Masters swim in the afternoon. The greatest part of this meet is seeing the families swimming together. Several of the Oregon City Tanker Masters swimmers have children who swim with Oregon City Swim Team. The meet is a short course meters meet and attracts the attention of people looking to set records. This year, a USA Swim Team from Sun Valley, Idaho, came to set several Idaho state age-group records. The Masters swimmers came from California, Florida, Idaho, Oregon, Utah, and Washington. Eight FINA World records, 11 USMS National records, 10 NW Zone records, and 13 Oregon Masters Swimming records were established.

Saturday afternoon, the UCLA Bruin Masters womens relay team started out the meet with a new FINA World and National record in the 200 Freestyle relay. Jacki Hirsty, Christie Ciraulo, Jenny Cook, and Veronica Hibben made the trip from California in an attempt to break the current World and National records in all four relay events. This dynamic foursome was exciting to watch and the crowd enjoyed seeing these ladies establish new records in the 400 Freestyle, 400 Medley, and 200 Freestyle relays. They just missed the 200 Medley relay World and National record by .18—so close. Mike Freshley from Rose Bowl Masters Swimming established new FINA World and National records in the 100 Breast, 200 Breast, 200 IM, and new National records in the 50 Breaststroke and 50 Butterfly. Robert Strand from Eagle, Idaho, also set World and National records in the 100 Breast and 200 Breast. Robert just missed the World record in the 50 Breast, setting a new National record.

Several Oregon masters swimmers set new NW Zone and Oregon records during the two day competition. Sonja Skin-

ner set new Oregon records in the 100 Fly, 200 IM, and 400 IM. Olympian Colette Crabbe set new Oregon records in the 50 and 100 Breast and NW Zone/Oregon records in the 400 Freestyle, 50 Back, 200 IM, and 400 IM. Ginger Pierson swept the breaststroke events setting new NW Zone and Oregon records in the 50, 100, and 200 Breaststroke events. Scot Sullivan established a new Oregon Masters record in the 400 Freestyle.

The weekend was full of excitement and everyone had a great time. The idea behind this meet is to have USA Swimmers and US Masters Swimmers come together and show off their talents. The kids love to see the Masters swimmers set records and are motivated to swim faster. Inspirational swimmers like Willard Lamb and Olympian Dave Radcliff are crowd favorites. The UCLA women's team was even asked for autographs following their World record swims. Swimming is a lifetime sport and having the US Masters swimmers in the same event shows the younger athletes that swimming is truly for life.

Hope to see you all at the Oregon Masters Swimming Association Championships. This years championship will be long course meters so that swimmers can make National Qualifying Times for the 2016 U. S. Masters Swimming Summer National Championship being held at Mt Hood Aquatic Center this August.



Christian, Alexis and Alicia Tujo — father & daughter swam together

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CONTENTS

Regular Articles

- 3** Off the Block
- 4** Setting the Pace with Coach Tim
- 5** Long Distance Swimming

Records & Results

- 6** Oregon City Dual Sanctioned Meet
- 7** One-Hour Postal Results

Articles/Announcements

- 5** Swim Your Postal 10K Early!
- 9** Swim Bits
- 9** Free Coffee Saturday
- 10** Swimmer Spotlight
- 11** Team Life
- 13** Tribute to Distance Swimmers
- 16** Open Water Schedule

Event Schedule — Back Page

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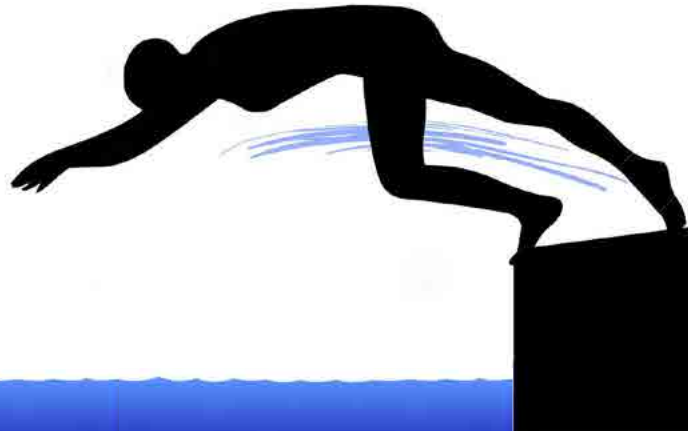
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Send address changes to Susie Young all other questions to Jackie Parker

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Off the Block



Eat For Health

Book Introduction by Joel Fuhrman, M.D.

Eat to Live, also by Dr. Fuhrman, is a *New York Times* #1 best-selling book published in 2003 (revised and updated in 2011). People now use that phrase to describe my overwhelmingly successful eating-style. I happily receive a continuous barrage of e-mails and letters of gratitude describing miraculous changes in health which result from eating this way. Those testimonies encouraged me to develop *Eat for Health*.

Eat for Health places more focus on achieving overall health and less focus on weight loss. In *Eat for Health*, Dr. Fuhrman invites

readers to transition gradually into his Nutritarian eating style and to retrain their taste to prefer healthier fare. *Eat for Health* provides meal plan options, based on your health needs and current dietary habits, with three levels of superior nutrition. Each level comes complete with 4 weeks of

sample menus and a total of 150 recipes for those who are new to cooking high-nutrient dishes. These varied meal plans offer you the ability to begin

where you are comfortable and to progress at your own pace. This is the perfect introductory book to Dr. Fuhrman's nutritional science.

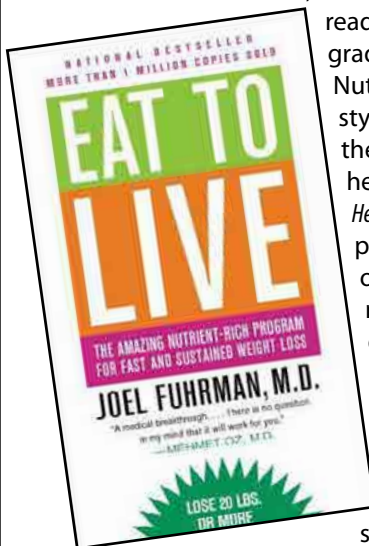
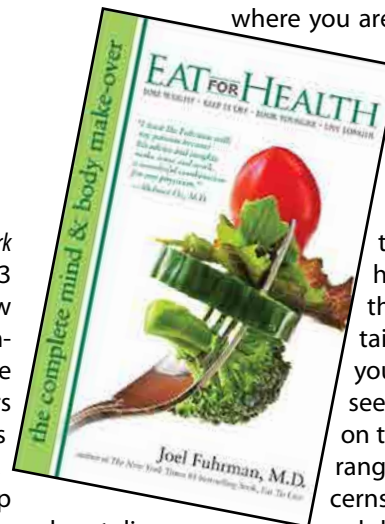
I developed *Eat for Health* after a comprehensive review of thousands of scientific studies on human nutrition conducted over the last 20 years. I can say with certainty that this is the place to begin your nutritional turnaround. I have seen the effects of this plan in action on thousands of patients with a wide range of diseases and health concerns, from migraines and allergies to

and diabetes, and the bottom line is, it works. Superior nutrition is the foundation of this diet. It is the path to medical wellness in your own life. It is the most powerful intervention, not only to prevent disease, but also to reverse it. Complete recovery from most chronic degenerative illnesses is possible.

The body is a self-healing machine when you supply it with an optimal nutritional environment. The information presented here is the fastest and most effective way to create that environment. If you have high blood pressure, high cholesterol, diabetes, heart disease, indigestion, headaches, asthma, fatigue, body aches, or pain – or you want to protect yourself from developing these and other chronic conditions – this plan is for you. *Eat for Health* can enable you to avoid angioplasty, bypass surgery, and other invasive procedures. By adopting this eating style early enough, you can make sure that you never have a heart attack, stroke, or dementia. You can reduce and eventually eliminate your need for prescription drugs. In short, you can not only optimize your health and potentially save your life, but do it all while increasing the pleasure you get from food.

Many of you are interested in this program because you

continued on page 15



Setting the Pace with Coach Tim

Coach Tim Waud
OMS Coaches Chairman



Adult Learn-to-Swim Instructors Course

The Adult Learn-to-Swim Instructor Certification course was held this past Saturday, March 12, 2016, in Portland, Oregon. The course drew 16 people from all over the Pacific Northwest. The main focus of this course is to instruct swimmers on how to teach swimming to adults who have never learned to swim or have a fear of being in the water. It was interesting to hear the personal stories from participants, a few of whom have had family members who were involved in drowning incidents. Their motivation was to offer free adult swimming lessons to their communities. The main benefits instructors were seeking from taking the ALTS were:

- Standardized curriculum
- Certified Professional instructors
- Enhanced Adult Programming
- Marketing
- Increased membership and member retention
- A program that provides a community service
- Recognition on the USMS website as a USMS certified ALTS location
- Grants and fundraising opportunities.

Sandi Rousseau from Columbia Gorge Masters provided the following information on how the Hood River Valley Aquatic Center made their Adult Learn-to-Swim program possible.

I was motivated to apply for the ALTS grant from the SSL Foundation because Hood River is a community centered around water...the Columbia River, high alpine lakes, and mountain streams. Learning to swim in this area is so important because of our direct exposure to water. In addition, the Columbia Gorge has a large Hispanic population which, historically, has not had much exposure to water safety. Because we live in a recreational area with multiple opportunities for water sports, there are many adults who would benefit from learning basic water safety, as well as becoming stronger swimmers.

The Hood River Valley Aquatic Center personnel are also very motivated to make people water safe, and the

Aquatics Director is a Masters swimmer. So we jointly applied for a grant to USMS and received \$3000.

April has been declared Adult Learn-to-Swim month by the Oregon governor, so we are planning to offer classes to any interested adult for free during April. Our plans are to offer five sessions of which we hope everyone who signs up will be able to attend all of them. We will offer these on Wednesdays, April 13, 20, and 27 (three 45 minute sessions) and Saturdays, April 16 and 23 (one 45 minute session each day).

We have solicited Columbia Gorge Masters swimmers as volunteers to teach as well as some employee/instructors from the Aquatic Center. We have made a brochure in both English and Spanish to distribute in the community; are writing articles for the local newspaper; and will be receiving a banner from USMS that advertises the program, to hang at the pool. Information will also be posted on the websites of the Aquatic Center, Hood River Valley Swim Team, and the Columbia Gorge Masters.

Every student will receive a cap from USMS, and we are giving each student goggles. We expect three levels of students...the non-swimmer with possible fear of the water, the swimmer who has not mastered breathing in the water, and the swimmer who would like some assistance with stroke technique. We will have 1:1 ratios of student to instructor for the non-swimmers and from 1:1 to 1:3 ratios for the other groups. The teaching will be very personalized to the student's comfort and ability level.

We hope that by offering this free swim instruction, it will allow every student to have some degree of comfort in the water and able to execute a strategy to rescue themselves, if ever presented with an unexpected water exposure.

continued on page 14

Long Distance Swimming



Coach Bob Bruce
Long Distance Chairman

The Oregon Club had a jump in participation and a good performance in the 2016 USMS One-Hour Postal National Championships, held in January (and early February this year) in your local pool. Our overall participation was up a bit from last year, but there were many strong swims. Alas, the ever-anticipated Club results were not available at press deadline for this article.

Oregon Participation summary:

- 125 Oregon swimmers entered the event, up from 104 last year
- 64 women & 60 men swam and entered, relatively equal numbers which really helps for mixed relays.
- 15 Oregon clubs/local teams were represented, same as last year. Well done, teams, but we're still missing participation from a few of you, and we're still missing fully representative participation from many of you.

Congratulations to...

- Our FOUR individual National Champions (USMS Long Distance All-Americans)—Sara Nelson, Matt Miller, Dave Radcliff & Willard Lamb;
- Our FOURTEEN other individual swimmers who made the top ten (and thus received medals).
- Our THREE relay team National Champions (USMS Long Distance Relay All-Americans);
- Our ELEVEN other relay teams who made the top six (and thus received medals);
- Our ONE relay team that broke the Oregon One-Hour

Relay Record—Women's 55+ team of Barb Harris, Marlys Cappaert, & Colette Crabb;

- Our TWO swimmers, Sara Nelson (4915 yards) and Hardy Lussier (5350 yards), who both broke Oregon individual records and who topped the Oregon women's and men's categories respectively: Sara for the first time in a while and Hardy for the fifth consecutive year;
- Our 20 swimmers whose performances qualified or moved them up on the Oregon All-Time Top Twelve list for the One-Hour Swim, a list becoming more challenging to make each year;
- Everyone who participated!

There's a bonus—125 Oregon-registered swimmers have now completed the first of the three legs of the Oregon Postal Participation Award. These swimmers just have to swim & enter the 5 or 10-km postal and the 3000 or 6000-yard postal later this year to snag this award. You've seen the patches—now you can earn your own. Put these swims on your calendar! Of course, the truly compulsive swimmers—like me—plan to complete all four remaining postal swims this year to earn the National Participation Award.

Where do we go from here? Keep on swimming—the essence of the postal events is to do them. Next up are the 5 & 10-km postal National Championships, to be done between May 15 and September 15 in a long course pool.

Look for the full 2016 Oregon LMSC results in this *Aqua Master*. (see page 7)

Good luck and good swimming!

Swim your ePostal 10K!

Amazon Pool - Eugene
May 29, Sunday, 2-6 PM

\$15 - Bring a timer: Watches and split sheets will be provided.

For more information: Ralph Mohr, rmohr1565@charter.net: 541-269-1565

Recent Meets & Records

Oregon City Spring Ahead Meet — SCM

March 5-6, 2016; Oregon City, OR
Sanction #376-S003

Results for this meet can be found at:

<http://swimoregon.org/results/> Then click on the meet name

Records established at this meet

13 Oregon, 10 Zone, 11 U.S. National, 8 FINA World

Age group	Event	Name	Age	Club	Time	Record
Women 40-44	100 SC Meter Butterfly	Skinner, Sonja	40	OREG	01:11.22	Oregon
Women 40-44	200 SC Meter IM	Skinner, Sonja	40	OREG	02:44.42	Oregon
Women 40-44	400 SC Meter IM	Skinner, Sonja	40	OREG	05:40.82	Oregon
Women 60-64	50 SC Meter Freestyle	Crabbe, Colette	60	OREG	32.39	Oregon
Women 60-64	100 SC Meter Freestyle	Crabbe, Colette	60	OREG	01:10.25	Oregon
Women 60-64	400 SC Meter Freestyle	Crabbe, Colette	60	OREG	05:23.27	Oregon, Zone
Women 60-64	50 SC Meter Backstroke	Crabbe, Colette	60	OREG	37.42	Oregon, Zone
Women 60-64	200 SC Meter IM	Crabbe, Colette	60	OREG	02:47.18	Oregon, Zone
Women 60-64	400 SC Meter IM	Crabbe, Colette	60	OREG	05:54.91	Oregon, Zone
Women 70-74	50 SC Meter Breaststroke	Pierson, Ginger	70	OREG	46.67	Oregon, Zone
Women 70-74	100 SC Meter Breaststroke	Pierson, Ginger	70	OREG	01:41.71	Oregon, Zone
Women 70-74	200 SC Meter Breaststroke	Pierson, Ginger	70	OREG	03:47.66	Oregon, Zone
Men 50-54	400 SC Meter Freestyle	Sullivan, Scot	50	OREG	04:39.27	Oregon
Men 70-74	50 SC Meter Breaststroke	Strand, Robert	70	SAWS	35.97	Zone, National
Men 70-74	100 SC Meter Breaststroke	Strand, Robert	70	SAWS	01:20.76	Zone, National, World
Men 70-74	200 SC Meter Breaststroke	Strand, Robert	70	SAWS	02:55.87	Zone, National, World
Men 75-79	50 SC Meter Breaststroke	Freshley, Mike	75	Rose Bowl	39.23	National
Men 75-79	100 SC Meter Breaststroke	Freshley, Mike	75	Rose Bowl	01:25.92	National, World
Men 75-79	200 SC Meter Breaststroke	Freshley, Mike	75	Rose Bowl	03:06.89	National, World
Men 75-79	50 SC Meter Butterfly	Freshley, Mike	75	Rose Bowl	33.79	National
Men 75-79	200 SC Meter IM	Freshley, Mike	75	Rose Bowl	02:57.34	National, World
Relays						
Women 240-279 200 SC Meter Free Relay				UCLA	02:02.15	National, World
1) Hirsty, Jacki 2) Ciraulo, Christie 3) Cook, Jenny 4) Hibben, Veronica						
Women 240-279 400 SC Meter Free Relay				UCLA	04:30.74	National, World
1) Hirsty, Jacki 2) Ciraulo, Christie 3) Cook, Jenny 4) Hibben, Veronica						
Women 240-279 400 SC Meter Medley Relay				UCLA	05:20.01	National, World
1) Hibben, Veronica 2) Cook, Jenny 3) Ciraulo, Christie 4) Hirsty, Jacki						

Oregon LMSC Postal One-Hour Swim Results—2016

Place numbers are national places
OR = Oregon Record; NR = National Record
* = made the Oregon All-Time Top Twelve

Women 25-29

13	Caldwell, Cailee	26	NIKE	4600	*
30	Stamm, Stacy	27	NIKE	3910	

Women 30-34

3	Oester, Claire	32	UC37	4635	*
26	Blair, Heather	30	ORM	4050	
40	Callahan, Amanda	33	NCMS	3800	
52	Markwardt, Sheri	31	OCT	3455	
59	Alcott, Emily	30	CGM	3320	
70	Arora, Sasha	34	CGM	2775	

Women 35-39

4	Showell, Brianna	36	OR-un	4700	*
11	Kieras, Jessica	35	ORM	4515	*
16	Johnson, Serena	38	LHST	4445	
35	Yarris, Lainie	39	NCMS	4000	
38	Ducore, Rebecca	35	OCT	3955	
55	Bassett, Nicole	38	CGM	3600	
77	DeMarco, Carolyn	35	EA	3225	

Women 40-44

1	Nelson, Sara	43	COMA	4915	*OR
14	Edwards, Bonnie	43	ORM	4375	
15	Jawewski, Suzy	40	ORM	4370	
23	Criscione, Anicia	40	CAT	4160	
36	Uesugi, Sandra	41	CBAT	3990	
47	Ready, Jodi	44	CGM	3740	
71	Jacobs-Brown, Michelle	44	LHST	3410	
78	Dean, Kelly	43	LHST	3385	
80	Nobbs, Cassie	44	CGM	3380	
83	Bentley, Anne	40	LCA	3300	

Women 45-49

28	Pettit, Jayette	48	CAC	4265	
32	Morgen, Cheryl	46	COMA	4225	
46	Lodzinski, Larissa	48	CGM	4095	
56	Salton, Gillian	47	COMA	3940	
63	Fadlovich, Angela	49	LHST	3785	
77	Mack, Jaime	48	CGM	3640	
86	Wardell, Jennifer	47	CGM	3575	
102	Rohlf, Karen	49	COMA	3440	
177	Smith, Julie Ann	47	OR-un	1925	

Women 50-54

16	Delmage, Arlene	53	ORM	4485	
27	Phillips, Sue	51	CAT	4295	*
30	Tynismaa, Terri	53	CGM	4245	
41	Sanford, Jocelyn	50	RVM	4085	
66	McLarty, Suzanne	50	ORM	3775	
69	Schrotzberger, LeAnne	51	OR-un	3750	
81	Murphy, Jeannette	50	LHST	3690	
87	Daubersmith, Britta	50	OCT	3625	
88	Pappa, Debbie	54	COMA	3620	
114	Bell, Maureen	50	OR-un	3360	

119	Sutherland, Susan	53	CGM	3335	
194	McElwee, Kathryn	53	CGM	2455	

Women 55-59

5	Crabbe, Colette	59	ORM	4555	*
22	Cappaert, Marlys	57	CBAT	4100	*
27	Harris, Barb	56	COMA	4035	*
35	Goodman, Ann	56	CGM	3990	*
58	Vincent, Nancy	56	LHST	3685	
72	Bender, Sherry	56	LHST	3570	
99	Harrington, Sue	58	CGM	3345	

Women 60-64

29	Summers, Jeanna	61	ORM	3575	*
56	Roberts, Calli	61	COMA	3225	
67	Shuman, Connie	60	COMA	3045	
105	Towne, Charris	64	CGM	2480	
116	Casselberry, Jo	61	CBAT	1950	

Women 65-69

16	Groesz, Jeannie	66	COMA	3285	*
48	Markwardt, Kristen	69	NCMS	2470	

Women 70-74

9	Sherman, Pat	71	COMA	3200	*
23	Ziemer, Judy	71	COMA	2825	

Women 75-79

14	Magmer, Jeanne	76	NCMS	2200	
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Women 80-84

7	Speer, Bonnie	81	LHST	2065	
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Men 25-29

27	Yelin, Matt	26	LCA	4100	
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Men 35-39

1	Miller, Matt	38	RVM	5115	*
39	Hiller, Patrick	38	CGM	3840	

Men 40-44

10	Van Andel, Robbert	41	OCT	4875	
30	Lantry, Todd	40	RVM	4430	
33	Tujo, Christian	44	COMA	4380	
46	Yarris, Jonathan	40	NCMS	4150	
68	Johnson, Aaron	41	LHST	3790	
86	Johnson, Brett	40	CGM	3440	

Men 45-49

28	Frost, Mark	48	CGM	4480	
32	Myers, Ken	46	ORM	4425	
74	Meussig, Dirk	45	OCT	3990	
93	Wallenberg, Fredrik	48	LHST	3750	
97	Bogard, Clint	48	CGM	3610	
102	Baker, Troy	48	UC37	3550	
118	Hermann, Alexander	47	PDX	3150	
121	Chuang, Po	45	OR-un	2995	

Men 50-54

3	Lussier, Hardy	50	COMA	5350	*OR
15	Calvin, Kris	54	COMA	4750	*
27	Nelson, Tim	50	COMA	4550	
43	Casterline, Theodore	50	NCMS	4360	
52	Wursta, Steve	50	COMA	4260	
58	Lajoie, Darrin	50	AQDK	4220	
71	Engbersen, Rutger	50	CGM	4075	
139	Norris, William	50	CGM	3285	
150	Kersey, Kyle	51	OR-un	3170	

Men 55-59

41	Anspach, Jeff	55	COMA	4225
41	Toepper, William	56	OR-un	4225
54	Voll, Robert	58	ORM	4100
61	Ramsey, Ed	59	THB	4015
71	Graeber, Doug	56	COMA	3920
77	Lacount, Curt	57	PCCM	3900
97	Ribkoff, Mark	55	CGM	3605
116	Hunter, Bart	59	CGM	3400
136	Lane, Mark	58	COMA	3030
141	Tynnismaa, Edward	55	CGM	2840

Men 60-64

18	Phipps, Tom	62	OCT	4315	
19	Stephens, Cliff	60	ORM	4255	*
20	Tennant, Mike	62	COMA	4250	*
24	Stephenson, Michael	63	CGM	4195	
27	Richardson, Brooks	63	COMA	4165	
28	Hopkins, Ben	60	COMA	4045	
48	Edwards, Wes	62	CAC	3935	
51	Larson, Allen	62	ORM	3850	
80	Dwight, Charles	60	PCCM	3550	
94	Sargent, Randy	63	COMA	3250	
110	Carter, Walt	60	COMA	2915	
118	Darnell, Steve	61	LHSC	2750	

Men 65-69

9	Bruce, Bob	67	COMA	4365	*
10	Johnson, Steve	67	EA	4310	
30	Carew, Mike	66	COMA	3820	
34	Kehoe, Bob	69	ORM	3730	

Men 70-74

8	Hirschberg, Bren	70	COMA	3730	*
10	Mohr, Ralph	74	COMA	3670	
25	Spence, John	73	COMA	3145	
35	Foges, John	71	COMA	2985	
48	Mellow, Bill	74	CGM	2520	

Men 75-79

14	Lake, Brent	78	COMA	2635	
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Men 80-84

1	Radcliff, Dave	81	THB	4115	
6	Thayer, George	79	COMA	2545	*

Men 90-94

1	Lamb, Willard	93	ORM	2890	
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Women 25+: 3 x One-hour

6	OREG (Blair, Edwards, Johnson)	12,870	
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Women 35+: 3 x One-hour

3	OREG (Kieras, Showell, Nelson)	14,130	
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Women 45+: 3 x One-hour

9	OREG (Pettit, Phillips, Delmage)	13,045	
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Women 55+: 3 x One-hour

3	OREG (Harris, Cappaert, Crabbe)	12,690	
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OR**Women 65+: 3 x One-hour**

7	OREG (Ziemer, Sherman, Groesz)	9,310	
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Men 25+: 3 x One-hour

6	OREG (Yelin, Myers, Frost)	13,005	
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Men 35+: 3 x One-hour

3	OREG (Lantry, Van Andel, Miller)	14,420	
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Men 45+: 3 x One-hour

3	OREG (Nelson, Calvin, Lussier)	14,650	
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Men 55+: 3 x One-hour

6	OREG (Tennant, Stevens, Phipps)	12,820	
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Men 65+: 3 x One-hour

4	OREG (Carew, Johnson, Bruce)	12,495	
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Men 75+: 3 x One-hour

1	OREG (Lake, Lamb, Radcliff)	9,640	
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Mixed 25+: 4 x One-hour

7	OREG (Kieras, S Johnson, Yelin, T Nelson)	17,610	
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Mixed 35+: 4 x One-hour

1	OREG (Showell, S Nelson, Van Andel, Miller)	19,605	
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Mixed 45+: 4 x One-hour

5	OREG (Phillips, Delmage, Calvin, Lussier)	18,830	
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Mixed 55+: 4 x One-hour

3	OREG (Cappaert, Crabbe, Stevens, Phipps)	17,225	
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Mixed 65+: 4 x One-hour

4	OREG (Sherman, Groesz, S Johnson, Bruce)	15,160	
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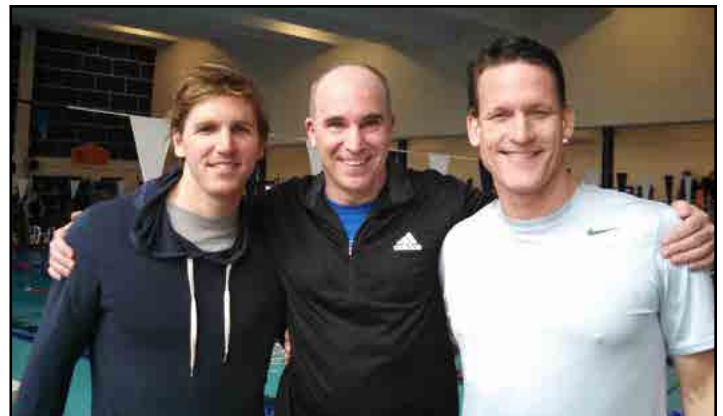
Mixed 75+: 4 x One-hour

1	OREG (Speer, Magmer, Lamb, Radcliff)	11,270	
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**2016 National Club Placement (Large Club Category):
Not Available at Press Time**



Oregon City Swim Team



Ted Bonus, Brent Washburne and Scot Sullivan (MAC)

contentment: [kuhn-tent-muhnt]: The state of being mentally or emotionally satisfied with things just as they are; peace of mind.

Swim Bits

"On Contentment" a la Montaigne*

by Ralph Mohr

Central Oregon Masters Aquatics (COMA)

"It's a marathon, not a sprint! Do not play outside yourself. Play your role, but also find joy in that. Don't do it in suffering. Find contentment."*

Sometimes you find a quotation that comes at the right time in your life. The above one will do right now.

We who swim daily are sometimes asked why do we swim so much. My main answer has become "It's part of me. It's what I've become."

What has evolved has been a sense of freedom in the water. I do hard intervals because they feel good. I go on long lake swims for the same reason. There is an element of freedom in being able to swim for a long and hard time because I want to, not because I have to.

In this I have found a role, as the above quotation suggests: *nato, ergo sum*. "I swim; therefore, I am." Swimming is an expression of myself, of me.

I have a friend who has done the same thing. He likes being able to swim 100 miles in a month, 1000 miles in a year. I'm not saying he does this all the time, but he knows he can do it, and it is a great satisfaction to him.

There is also contentment in this ability of ours as Mas-

ters swimmers to do something that most people would find tedious or difficult. We put in hours of energy and focus in and out of the water, and for what purpose, people ask.



Because we can. It is within us to swim. So we swim.

We also realize after awhile that the race is not when we get on the blocks. The race is the daily workout in the pool, the weekly preparation for the season, the yearly focus on swimming most days.

The race is a marathon, and like most marathons finishing becomes the final goal. Times are simply an indication of effort, nothing else. The true success is to finish what you started.

That is when the contentment comes. After a while it is enough to say, "I have done this." In Latin, *feci*.

In the meantime, we continue on, because the marathon we are performing really never ends until we do, and there is contentment in that, too.

* Michel Eyquem de Montaigne was one of the most significant philosophers of the French Renaissance, known for popularizing the essay as a literary genre. The quotation is from http://espn.go.com/espn/feature/story/_id/14850448/texas-western-david-lattin-grandson-carries-legacy-fifty-years-later.

Free Coffee Saturday

After Tim Waud wrote an article in the February *Aqua Master* about building teams, Susan Albright, Tualatin Hills Barracudas (THB), writes: *Great advice. Making personal connections is so important in building a team. Here's one more idea.*

Once a month we host "FREE coffee Saturday" immediately following our practice. We are fortunate to have a Peet's Coffee inside the Fred Meyer directly across from our pool. The space has plenty of tables to move around to accommodate our group. At 7:20 am on a Saturday there are rarely any other customers there.

I send out an email 4-5 days ahead announcing the FREE coffee. Swimmers can order any coffee drink they like, courtesy of the club. They are on their own for food although there are several bakers in the group who usually bring some goodies. Not only does this provide an opportunity for folks to chat in a relaxed setting and get to know one another, it has boosted attendance at Saturday practices. The last FREE Saturday we had 38 at practice (that's about 50% of our regular weekday swimmers) and 30 at the coffee. Some group members have made it a regular part of their Saturday morning routine to gather for coffee after practice even if it's not free.

Swimmer Spotlight

Rupert Fixott

Age 94; Oregon Reign Masters (ORM)

He's a FINA 95! He hasn't swum in meets for a year or two, but when I reminded him that he was aging up this year, and could actually compete in the M95-99 age group now (before his November 1st birthday, in meters meets), he replied "I better up my game and get back in the pool more than once a week!" Though Rupert learned to swim close to 85 years ago, he didn't compete until he was 75. "I was swimming at 24-hour Fitness, and some of the swimmers there were going to compete in a meet, and I thought I would just give it a try". Since he started competing in Masters Swimming 20 years ago, he has achieved 67 USMS Top Ten times including four #1 USMS times in breaststroke and freestyle events. He is the current state record holder for M85-89 and M90-94 in several courses of the 100 breaststroke, as well as the SCM 50 breaststroke - M90-94. He is truly a prime example that it's never too late to enjoy Masters Swimming!

Willee Broberg, who was coaching Rupert at 24-hour Fitness about 10 years ago recalls Rupert's spunk and good nature. *"Rupert was always a leader and inspiration to his lane and frequently encouraged and supported 'non swimmers' to practice and compete. During one particularly challenging IM workout, about two-thirds the way through, Rupert came into the wall and hopped out. Yes, he literally hopped! He went to the bathroom, returned and began completing the rest of the set. When I asked if he were ok he said 'oh yeah, just lost my breakfast, but I am ready to go'. I was honored and a better coach to have worked with him. A truly inspirational man," Willee added.*

A Masters Swim memory that sticks out in Rupert's mind took place in October, 2011, when he was a member of an Oregon relay that set a World Record for M320-360 — 400 SCM freestyle. The other members included Wink Lamb, Robert Smith and the late Milton Marks.

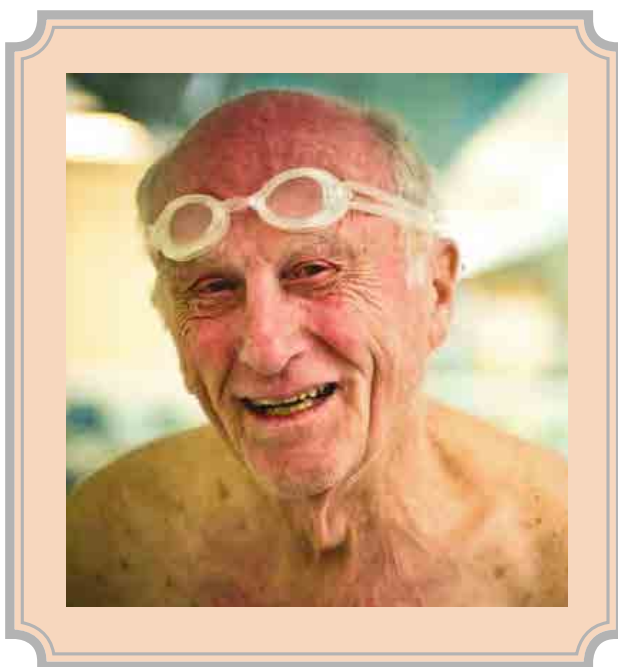
Rupert, who lives in Tigard, OR, is a retired dentist. He was born in Portland and graduated from Grant High School. He studied pre-med at Oregon State College (OSC) with the class of 1943, but due to World War II didn't graduate until several years later. In 1943 he enlisted in the Navy and served as a Corpsman during World War II. He began as a pharmacist's mate at Pearl Harbor in the fall of 1943 before serving the remaining 3 years in the hospital corps. After the War he went back to college and got a degree from the University of California at Berkeley and OSC. He decided to go into dentistry, and went to the University of Oregon Dental School. He graduated in 1951. He also served in the military as a dentist during the Korean War in the early 1950s.

He was an avid bicyclist, having completed Cycle Oregon six times – five times as a participant and once as a volunteer. He says he owes his health to the fact he had two wonderful wives. He was married to Ann for 33 years, before she passed away, and then married Margie, who he was married to for 24 years before she passed away. He has a daughter and son, two grandchildren and one great grandchild. He currently enjoys singing barbershop harmony with the Tualatin Valley Harmonizers. In September, 2015, he was escorted

with about 100 other veterans on an Honor Flight for WWII veterans to Washington D.C. Last year he also joined 100 Lions from Oregon and Canada to help distribute more than 5000 pairs of glasses to needy people living near Sacateca, Mexico. In his spare time he enjoys the company of a lady friend, Jean, who lives in West Linn. Her late husband was also a dentist and they met on a blind date.

Rupert is an absolute delight and inspiration; certainly a 94-year-old who is young at heart!

—submitted by Karen Andrus-Hughes



Team Life

If you would like your team featured in "Team Life" please send information in an email to the Editor at azabudsky@msn.com



Oregon Mid Valley Masters (OMVM)



OMVM has a total of 15 swimmers, most are shown in the picture

The Oregon Mid Valley Masters has been a USMS / YMCA team for almost 4 years now. A new 60,000 sq. ft. YMCA has just been opened in Albany, complete with a 3 story water slide, lazy river, kids pool, therapy pool, hot tub, and best of all, an ultra violet chlorine water filled, state of the art, 6 lane, 25yd. lap pool!

With this potential at hand, I became a USMS coach, thankful that Dennis Baker and Tim Waud had the vision to encourage more Master Swimming coaching clinics in the Pacific NW. in the past few years. They were very valuable and informative sessions, and our team is thriving.

We have 15 members now, and just hired a certified USA coach to help build the program as well. Robin Beechert is a well-known USA and HS swimming coach in our area.

Our team is comprised of WOU students, several competitive (Ironman) triathletes, fitness swimmers, and several newer swimmers, all blending and swimming with determination to complete the sets, as we only have 1 hour, 3 times a week, available for now.

I always find it fascinating to learn about Master swimmers, we are a dynamic and self-disciplined group.

I did compile what the OMVM swimmers noted was most important regarding what it is about "Masters Swimming" that they enjoy the most, and that keeps them coming back, hungry for more?!

Here are their comments: Enjoy!

continued on next page

- ◆ “Camaraderie”. I know I am more likely to swim if people are expecting me! Swimming with a team motivates me to swim harder and longer than if I were swimming on my own. My son now swims Masters with me, it is something we can enjoy together!!”

—**Marcie**

- ◆ A few years before I turned 70, I realized my feet were probably not going to carry me as well as they had for 35 years of running, so I decided to try the pool.

I did not know any strokes, but took a few lessons, did a few triathlons, and then joined Masters! It has given me an opportunity to learn new things! What a treat, I’m getting my breast stroke timing down, diving off the blocks, and have won a few ribbons now. I like the encouragement, and camaraderie of the team.

I love the meets, the positive energy and encouragement that flows through ALL of the competitors makes it a real joy for me to be there!

—**Ethel**

- ◆ I joined Master Swimming because it gave me the ability to stay in touch with the competitive side of swimming. I also enjoy the “all ages” aspect of Masters, as it not only gives me a chance to swim throughout my life after college, but it also inspires me to pursue my passions, no matter what age!

—**Charleigh**

- ◆ Masters swimming has provided an opportunity to achieve a high level of fitness and the atmosphere is there to maintain that level. Our group welcomes fitness and competitive swimmers. I was terrified of swim meets in high school, and Masters has provided the opportunity to overcome those fears. Meets are positive and encouraging. I am proud to have a Masters Swimming sticker on my vehicle! I believe there is

a spot in any Masters group for any skill level. Masters has made me a better swimmer. The coaching has allowed me to make small changes in a stroke, which can make a huge difference in time or endurance. After a good workout, I feel I own the water, it is a good feeling for a person 63 years young!

—**Jerry**

- ◆ After many years of USA swimming, it is a great way for me to still compete, as our university does not have a team.

—**Grant**

- ◆ I joined Masters because I enjoy being part of a team, and love swimming. I love practices and learning how to swim faster and better. Swimming is a part of who I am, and I think it makes me a better person, because it is something I TRULY enjoy!

—**Rahevin**

- ◆ As a child I learned to swim in a salt water lagoon. I am still energized instantly when in water! I recently joined Masters to push myself, and push others.

—**Laurie**

- ◆ I enjoy the “journey of life” aspect, as seen in Masters swimmers. Everyone has similar changes, challenges, highs and lows that we often share at meets.

As a Masters swimmer for over 20 years now, I am slowly realizing that even though the times are not what I want or expect at a meet anymore, it is a great fulfillment to just be with like-minded people who enjoy fitness, friendships, and fun, along with some good competition as well, as part of their journey through life.

—**Elke**

—submitted by Elke Asleson

Volunteer Coach/PE Instructor/Western Oregon University



Six excited OMVM swimmers attended the Newberg meet on January 30. Everyone placed 1st or 2nd in their age group, a lot of fun!!

Tribute to Distance Swimmers

by Bob Bruce

The highest distinction for a Masters long distance swimmer is to be named to the USMS Long Distance All-Star Team. To be considered for this honor, swimmers must participate in at least three of the eleven National Long Distance Championship events, including at least one open water and one postal event. Points are tabulated for placement in each event, much like our scoring in the Oregon Open Water Series. The top point-scorer in the nation in each age group—and only one from each age group—is named to the All-Star Team.

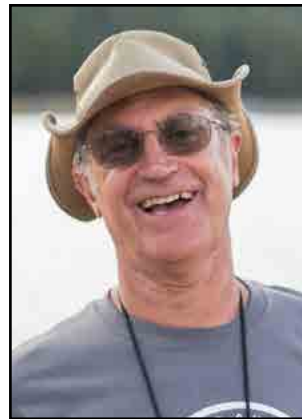
Jayna Tomac (Central Oregon Masters Aquatics, Womens 40-44 age group) joins the All-Star team for the first time. Jayna was truly dominant in her age group, winning three open water and all five postal championships. In other words, everything in sight. What a year!



Hardy Lussier (Central Oregon Masters Aquatics, Mens 50-54 age group) joins the All-Star team for the third time. Moving up an age group in the middle of the summer, Hardy won the 2-mile cable, 5-km postal, 10-km postal, and 6000-yd postal championships.



Arlene Delmage (Oregon Reign Masters, Womens 50-54 age group) also joins the All-Star team for the second time. Arlene took a little time away from her outstanding butterfly career in the pool to win the 2-mile cable and 10-km postal championships, and placed high in every postal swim.



Bob Bruce (Central Oregon Masters Aquatics, Mens 65-69 age group) joins the All-Star team for the sixth time, practicing what he preaches as OMS Long Distance Chair. Bob swam in nine of the eleven championship races in 2015, winning the 10-km open water and placing strongly in seven other championship events.

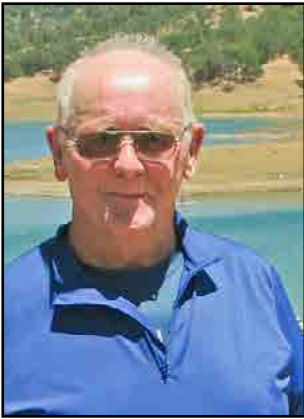
Matt Miller (Rogue Valley Masters, Mens 35-39 age group) has been named to the All-Star team for the fourth consecutive year. Despite a bad bike accident in 2014, Matt appears to have healed well and won the national 5-km postal and 10-km postal championships and placed well in his other postal and open water efforts.



Christian Tujo (Central Oregon Masters Aquatics, Mens 40-44 age group) joins the All-Star team for the second straight year. Chris repeated by winning the 2-mile cable swim championship, and he scored lots of points in the postals.



continued on next page



Ralph Mohr (Central Oregon Masters, Mens 70-74 age group) has been named to the All-Star team for the fourth time, again leading by example. Ralph won the National 2-mile cable title and scored lots of points by placing very high in all five postal championships. Ralph is the very active leader of the COMA coastal training group, and his swimmers are among the most active postal participants in the nation.

Dave Radcliff (Tualatin Hills Barracudas, Mens 80-84 age group) joins the All-Star team for the fifth time, fourth time consecutively. Dave won every USMS national championship event that he entered this year, including two open water and all five postal championships. Dave set the national record in the 10-km postal, and now owns all seven (five postal & two cable) USMS long distance records in his age group.



What does it take to become a USMS Long Distance All-Star? Obviously, a swimmer has to be pretty good at what they do. But, beyond that, they also have to show up for National Championship events. We have been fortunate in Oregon to have National Championship open water events locally almost every year, thanks to assertive bidding by a few of our Oregon teams. All of our All-Stars last year raced locally, and many travelled out-of-state for other championship events. AND EVERY SINGLE ONE OF OUR 2015 USMS ALL-STARS SWAM IN ALL FIVE POSTAL CHAMPIONSHIPS, WHICH ARE AVAILABLE TO EVERYONE WITHOUT TOO MUCH TRAVEL. REPEAT—EVERY ALL-STAR SWAM ALL FIVE POSTALS! If you want to succeed, you gotta show up!

These eight swimmers are now listed among a distinguished group of twenty Oregonians who have been named to the USMS Long Distance All-Star Team, an elite list of swimmers that includes Steve Johnson (2001, 2004, 2005, & 2008), Mary Sweat (2003, 2005, 2006, & 2008), Tom Landis (2008 & 2012), Lavelle Stoinoff (1995), Pam Himstreet (2001), Sara Quan (2001), Gina Dhom (2002), Ray Allen (2004), Doug Asbury (2007), Jackie Parker (2008), Bonnie Edwards (2015), and Peggy Whiter (2015). Congratulations to all our All-Stars for their outstanding achievement!

Good luck and good swimming!

COACH TIM

continued from page 4

Marlys Cappaert, from Oregon State University received an SSL grant for the ALTS program. The program is being run through the Faculty Staff Fitness (FSF) program at Oregon State University. This year there will be five sessions on Tues/Thurs April 5-19. The program is open to all and free. The goal is to make adults water-safe. In addition to all the obvious reasons we like this program (i.e. saving lives), there are few things more exciting than watching someone figure out how to blow bubbles out their nose for the first time. Helping someone through that stage of being fearful of water to thinking water could be a nice place to be is a wonderful thing to share. Last year I had 5-10 participants and this year I am targeting 20. A few of the students in my ALTS class from last year are now in my swimming classes...and enjoying swimming.

The SSL grants program really offers wonderful support and makes it possible to host these programs all over the state.

Mike Hamm from Idaho, and Bill Brenner from USMS, were responsible for putting on this certification course. Instructor Mike Hamm was very dynamic in his presentation. I remember when Bill Meier, founder of the ALTS program, introduced this idea at United States Aquatic Sports convention a few years ago. Bill Meier and Mike Hamm's presentations were powerful. These two men along with Bill Brenner, USMS Education Director, have a passion for this program that is ever present in their delivery of this amazing program. I would encourage everyone in Oregon Masters Swimming to consider offering Adult Learn-to-Swim programs to their community. I plan on offering ALTS lessons in the South Metro area of Portland next year. Like Sandi Rousseau stated above, our communities are surrounded by water, reaching out to those who have a fear of water might save a life, and possibly attract people who want to continue "Swimming for Life." Several ALTS participants have continued onto swimming lessons, and some have joined USMS workout groups.



Tim, Bill and Mike



ALTS Class with instructor Mike Hamm

OFF THE BLOCK

continued from page 3

want to lose weight. I want to assure you that you will lose all the weight you want, even if diets have failed you in the past, and the results will be permanent, not temporary. According to a recent medical study of over 760 participants, those adhering to my nutrient-rich diet-style lost addictive cravings and experienced a reduction in their desire to overeat. This is not dieting; rather, it involves the biochemical repair of your appetite control. More and more, new medical studies are investigating and demonstrating that diets rich in high-nutrient plant foods have a suppressive effect on appetite and are the most effective for long-term weight control. The healthiest way to eat is also the most successful way to obtain a favorable weight, if you consider long term results.

This is not a diet in the sense of something you do to lose weight. This is a new diet-style for life. A diet-style that every American has the right to know about, so that they have the choice to protect their precious health. It is healthful eating. Eating healthfully is more effective for long-term weight control because it modifies and diminishes the sensations of so-called hunger, making it possible to be more comfortable eating fewer calories. I will talk about this later.

Many of my patients have lost up to 20 pounds in six weeks and that was just the beginning. However, this is nothing like your typical diet book because when the focus is on weight loss alone, the results are rarely permanent. Here, there is no calorie counting, portion-size measuring, or weighing involved. You will eat as much food as you want and over time you will become satisfied with fewer calories.

When you consume sufficient nutrients and fiber, you will become biochemically filled (nutrients) and mechanically filled (fiber), and your desire to consume calories will be blunted or turned down. One key factor that determines whether you will be overweight is your failure to consume sufficient fiber and nutrients.

This is an eating-style that you will learn to enjoy forever. You will be presented with logical, scientific information that explains the connection between diet and your health. Let these facts change the way you think about food. Incorporate the information into your life by using the *Eat for Health* meal plans and great tasting recipes. If you need to lose weight, you will shed pounds naturally and almost miraculously, merely as a side effect of eating so healthfully.

The reason my program works so well is because its success is built on knowledge. It takes time and effort to acquire this knowledge, but that's because this program is not simply a quick fix. Once you have learned and practiced all of the information, you will be a nutritional expert and the key to successful weight management will be in your hands — and your mind. This book will guide you through your transition as you step up to greater health. You will learn how to plan great menus and shop wisely for delicious, natural ingredients.

Applying the information in this book to your life will help you achieve long term success. It will create new, healthful behaviors that will eventually become effortless. It is so highly effective that it will enable you to take control of your own health destiny.

To receive the benefits of superior nutrition, however, you must actually eat well. Many people believe they can meet all of their nutrient needs by taking supplements. However, supplements can't match or duplicate all the protective, strengthening elements of real fruits and vegetables. There are too many unknown and undiscovered factors in these natural foods. There are more than 10,000 identified phytochemicals, with more being discovered all the time. Only by eating a diet rich in whole foods can we assure ourselves of obtaining a full symphony of these disease-protecting, anti-aging nutrients. Supplements can be useful in delivering micronutrients found in foods that would be very difficult to incorporate into our diet, such as fatty fish. This is why the word supplement is a good one: the pill is supplemental to a healthy diet, not a replacement for it.



Jacki, Jenny, Mike, Tim, Robert, Christie and Veronica



Sixteen Certified ALTS Instructors

Oregon Masters Swimming: Tentative Open Water Race Schedule for 2016 (as of 1 Jan 2016)

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	OR Series Category	USMS Status
Sat 14 May	1	JSFCC OW Clinic	Bend	COMA	Bob Bruce	Basic Open Water Clinic	xx	Unsanctioned
Sun 15 May	1	Lake Juniper (pool)				1200-meter	Featured	Unsanctioned
Sun 12 Jun?	1	Hagg Lake?	Forest Grove	PTriClub	Joie Matteo?	2000-meter 800-meter 4000-meter	Featured Qualifying Featured	?
Sat 25 Jun	1	Foster Lake Cable Swims	Sweet Home	COMA	Bob Bruce	2-mile cable 1-mile cable	Featured Featured	Sanctioned
Sun 10 Jul	1	Portland Bridge Swim in the Willamette River	Portland	PBS,LLC	Marisa Frieder	17-km downriver	Featured	?
Sat 16 Jul	2	Southern Oregon Swims at Applegate Lake	Ruch	RVM	Andy Gramley	2500-meter (with 10,000-meter) 5000-meter (with 10,000-meter) 10,000-meter (Nat'l Champs) 1500-meter (Ass'n Champs) 3 x 500-meter Pursuit Relay	Qualifying Qualifying Featured Featured Participation	Sanctioned
Fri 29 Jul Sat 30 Jul	3	Cascade Lakes Swim Series & Festival at Elk Lake	Bend	COMA	Bob Bruce	3000-meter 500-meter 1500-meter (Zone Champs) 5000-meter 1000-meter	Qualifying Qualifying Featured Featured Qualifying	Sanctioned
Sun 31 Jul								

Swimmers must participate at three venues to be eligible for the Oregon Open Water Series. Swimmers may score Series points in all swims. Featured and qualifying events score points by place, and participation events score 7 points. Top 10 scores count towards a swimmer's final Series total.

Summary...

Records And Meet Results

Oregon City Spring Ahead Meet – SCM

Looking Ahead... Meet Schedule

<u>Date</u>	<u>Course</u>	<u>Meet</u>	<u>Location</u>
April 8-10	LCM	Oregon Association Championships	Beaverton, OR
May 14	LCM	Road to Nationals	Bend, OR
June 3-5	LCM	Dual Sanctioned Meet	Beaverton, OR
June 11	LCM	Oregon Senior Games	Bend, OR
June 25	OW*	Foster Lake Cable Swims	Sweet Home, OR
July 10	OW*	Portland Bridge Swim	Portland, OR
July 16-17	OW*	Southern Oregon Applegate Lake Swims	Ruch, OR
July 29-31	OW*	Cascade Lakes Swim Series & Festival at Elk Lake	Bend, OR
August 17-21	LCM	USMS Summer Nationals	Gresham, OR

*For more details on Open Water events and for Non-sanctioned Open Water events see page 16

Quote for the day...

"They never said it would be easy.
They said it would be worth it."