



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

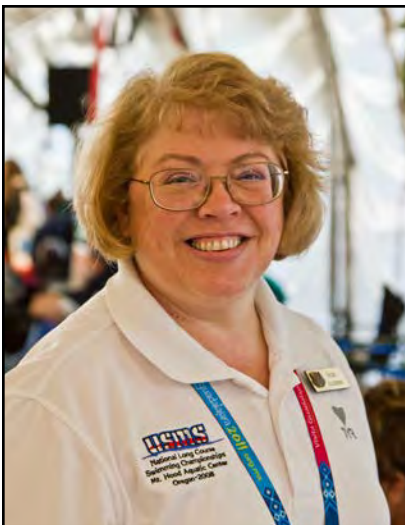
"Swimming for Life"

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U.S. Masters Swimming Recognition and Awards



Jacki Allender

Jacki Allender has been the Officials Chair of the Oregon LMSC for the last 12 years and has paced the pool decks as an official at eight USMS National Championship meets. Her selflessness has allowed meet organizers to know that officiating would be reliable, allowing them to concentrate on other issues in a swim meet.

In addition, Jacki has served as meet referee at both the 2008 and 2016 USMS Summer Nationals in Oregon. She also stepped up to work as Assistant Administrative Referee and Administrative Referee at the 2006 FINA World Masters championships and the 2013 Pan American Masters championships respectively.

Officiating at so many events involved many hours as a volunteer and to that, USMS is most grateful and honored to award Jacki Allender the 2016 Dorothy Donnelly Service Award.

Members of U.S. Masters Swimming don't confine their participation to the pool. There are many volunteer opportunities for their talent, expertise, and generosity. USMS recognizes the commitment of those who give back with the Dorothy Donnelly Service Award, named to honor one of USMS's outstanding volunteers. The award recognizes those whose contributions stand out in service to local, regional, and national programs. Up to 15 people are selected each year and nominations come from Local Masters Swimming Committees, clubs, and individuals.



Gary Whitman

USMS at all levels cannot function smoothly without the contributions of administrators like Oregon Masters Swimming Data Manager, **Gary Whitman**. In his unique Board position for over sixteen years, Gary has demonstrated what the ultimate long term volunteer can do for an organization.

Data Manager, Gary receives and processes all LMSC paper and online meet entries, solves all issues related to entries, provides the heat sheets to the meet directors, and frequently provides his services to run the meet manager software at the meets. His thorough review and verification of results is very much appreciated by meet directors and swimmers alike. As a Board member, Gary attends meetings to share his technical knowledge and expertise with those needing the help in software and database use.

USMS is honored to award Gary Whitman the 2016 Dorothy Donnelly Service Award.

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Send address changes to Susie Young all other questions to Christina Fox.
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Off the Block



Healthy Pumpkin Cookies



These healthy cookies make a great seasonal grab-and-go breakfast. With hearty whole-grain oats, cranberries and pumpkin seeds.

½ cup pumpkin puree
2 eggs, beaten

Instructions

Preheat oven to 350 F. Line a baking sheet.

In a small bowl warm coconut oil and honey (either microwave, heat inside the preheating oven, or heat on the stove top).

In a large bowl combine both kinds of oats, cranberries, pumpkin seeds, ground flax, pumpkin pie spice and salt. Add pumpkin puree, eggs, warmed coconut oil and honey. Stir until fully combined.

Drop about ¼ cup-sized scoops of the mixture onto a cookie sheet and flatten (cookies won't spread while baking). Bake for about 15-20 minutes until edges are lightly browned.

Let cookies cool on baking sheet before moving to an airtight storage container.

Editors Note: In a test of these cookies, to make them more healthy, I eliminated the oil and eggs and added an equivalent amount of water to replace the liquid shortage due to that omission. One other change was to use only quick-cooking oats, because that is what was on hand. They were 'man-tested' (by 2 men) and declared to be "very good". Good thing I doubled the recipe!

Pumpkin Breakfast Cookies

Prep time 10 minutes
Cook time 15 minutes
Total time 25 minutes
Yield 12 cookies

Ingredients

¼ cup coconut oil, melted
¼ cup honey
1 cup rolled old-fashioned oats
1 cup quick cooking oats
⅔ cup unsweetened, dried cranberries
⅔ cup pumpkin seeds
¼ cup ground flaxseed
1 teaspoon pumpkin pie spice
½ teaspoon sea salt



Fit to Swim

Would you like to write the article that fills this space in each issue of the *Aqua Master*? Please reply to the editor or to any Board member. See page 2 (sidebar) for contact information. Thanks.



Pumpkin is a Healthy Treat

Enjoy the health benefits of pumpkins just like our forefathers before us. Native

American Indians used pumpkin as a healthy staple in their diets for centuries before the pilgrims landed. Pumpkins continued to be an important crop for the pilgrims because they stored well and provided a nutritious food source during the winter months.

Pumpkins Contain Carotenoids Important for Immune Function

Pumpkins and related squashes are good sources of beta-carotene, alpha-carotene, lutein and zeaxanthin, antioxidants belonging to a group of pigments called carotenoids.

- Carotenoids defend the body's tissues against oxidative damage, helping to prevent chronic diseases and premature aging.
- Lutein and zeaxanthin are the only known carotenoids located in the human retina. They help protect the eye from damage and improve several aspects of visual performance.

Pumpkin is a Versatile Food

Pumpkin makes a great pie but, don't stop there. Pumpkin puree can be stirred into soups, stews or chilis. You can whip up a pumpkin smoothie by blending pumpkin puree with a banana, spinach or romaine lettuce, a few dates, some non-dairy milk and cinnamon and nutmeg. I recommend cooking your own pumpkin puree or using the puree packed in non-BPA containing cartons.

Easy Pumpkin Puree

Tip: Choose the lighter colored "pie pumpkins" or "sugar pumpkins," they are sweeter and less watery than the orange jack-o'-lantern pumpkins.

1. Cut the top from the pumpkin and scrape out the stringy membranes and seeds.
2. Cut the pumpkin into large pieces and place in a roasting pan.
3. Pour ½ cup water into the bottom of the pan and cover with foil.
4. Bake 45-60 minutes or until pumpkin is soft and easily pierced with a fork.
5. Scrape the soft pulp from the skin into a food processor or blender and puree.

Leftover pumpkin puree may be frozen in an airtight container for up to 12 months.

Pumpkin Seeds are Super Foods

When preparing pumpkin puree or carving a Jack-o'-lantern, don't throw away the seeds. Pumpkin seeds, also known as pepitas, are not only flavorful, they are a super food. Pumpkin seeds are a good source of:

Continued on page 11

Setting the Pace with Coach Tim

Coach Tim Waud
OMS Coaches Chairman



Practice Makes Permanent

Practicing good habits while training can be an accurate representation of how we compete. Even when we are tired, we should maintain focus and perform as if we were in a race. If we perform poor, unfocused turns, continuously during practice, this will translate into how we swim our races. During every practice session, we have the opportunity to practice every aspect of our swimming race with focus and discipline.

1. **Lazy turns**—During the course of a 3,000-yard practice, we have the opportunity to work on up to 120 turns. The most common aspects of lazy turns are: slow rotation, poor foot placement, a loose tuck, and a failure to explode off the wall. Swim into and out of your turns with speed and purpose. Make sure you place your feet correctly and explode off the wall. Practice your open turns much the same way. I developed a bad practice habit of touching with one hand on my breaststroke and butterfly turns. This translated into my competitions, and at one event I was disqualified 6 separate times, in the same race, for a one hand touch on breaststroke.
2. **Streamlines**—When you push off the wall (or dive into the water), you will be at the highest velocity of your swim. Over the course of your swim, you will not be going any faster than you will on your start and turns. Maintaining an efficient streamline takes focus and discipline through every turn. This is most important when you are exhausted both mentally and physically. Maintain speed off your walls and make sure you have a tight streamline and breakout. I call this “free swimming,” and I like to discipline myself to breakout past the backstroke flags on every turn. That translates to 6 yards of “free swimming” during every 25.
3. **Smooth Swim Perfect**—During warm-up, main sets, and warm-down. Focus on good technique. Maintaining good technique takes time, patience, and repetition. Get out of the habit of swimming “easy.” Instead focus on swimming with purpose and perfect technique. At the end of every set, or at the end of a practice session, cool down working on perfect skills. Use terms that have been brought to your attention such as: finishing the kick on breaststroke, driving your hips forward on butterfly, keeping your elbows up on freestyle, “thumbs out, pinkies in” on backstroke to name a few.
4. **Kick Sets**—Use kick sets to build leg strength. Don’t cheat yourself by getting lazy during a kick set and pulling on the lane line or pulling into the wall. Use the first 10-15 yards to work on breakout speed, and the last 5 yards to finish strong. Repeating this during every kick set will give you the stamina to maintain an efficient, strong kick.
5. **Finish with your head Down**—Charge into the wall with your head down. Many races are decided by who finishes with their head down. Make it a practice habit to finish every swim with your focus being on the wall.
6. **Finish Strong**—Attack the wall repeatedly during practice. Don’t get into the habit of gliding into the wall. When you see the backstroke flags and the black “T”, finish strong. If you continue to practice your finishes with purpose, this will translate into some great closing speed during your races.

Remember: “Practice Makes Permanent”



Long Distance Swimming

Coach Bob Bruce
Long Distance Chairman

Convention

I attended the USAS/USMS Convention for the 17th consecutive year, joining about 300 other delegates in the annual meeting of the National organization. I serve as Chair of the National Open Water Committee (charged with the development of and participation in open water swimming) and as a long-time member of the National Long Distance Committee (charged with overseeing long distance rules and national championship events—I have chaired the Rules & Legislation Subcommittee for many years). This is a working convention, and serving on two committees and maintaining the necessary networks means that there isn't much discretionary time—I always return from convention exhausted!

As always, there was lots of action across the organization. I'll focus on long distance and open water.

Rules: 69 long distance rules proposals passed the House of Delegates, and will go into effect on January 1, 2017. Most proposals were minor or housekeeping, but here are several that might make a difference for you:

Age Determining Date for Open Water and Postal Swims (rule 301.5): "In open water and postal swims, the eligibility of a swimmer shall be determined by the age of the swimmer on December 31 of the year of competition, except for 18-year-olds, who must be 18 on the day that they swim." This mirrors the birthdate rule used by FINA and USA-Triathlon (and for metric pool meets too). For most of you, this will affect your age for the One Hour Swim, and may also affect your age through part or all of the open water season.

Water Conditions (new 302.2.2): Temperature guidelines have been amended for swimmer safety in swims with very warm water. "A swim of 5 kilometers or greater shall not begin

if the water temperature exceeds 29.45° C. (85° F.). A swim of less than 5 kilometers shall not begin if the water temperature exceeds 31° C. (87.8° F.)." This mirrors the FINA general standard of 31° C, and the USA-Swimming exception to that rule of 29.45° C for swims 5-km or longer. We'll need giant climate change for this rule to affect us in Oregon, but hot weather and the resulting warm water have been a big issue across the southern states this year.

Swimwear (303.7): For Category I open water swimwear, clasps and zippers are now excluded. This mirrors the FINA swimwear rule, and will make it easier for event staff to identify legal swimwear at each venue. This will rule out some suits specifically created for triathlon that also contain neoprene or coated surfaces.

Officials (308.1 & 303.12.1): The roles and authorities of open water event director, safety director and referee have been defined, particularly the authority to postpone the start, stop a swim in progress, and cancel an event. Swimmers might not notice changes, but this change will help event hosts.

Independent Safety Monitors (303.8): The requirement to have a USMS-approved Independent Safety Monitor at all USMS open water swims has been removed. Although this will have no effect on swimmers, we event directors sure do like this! The Oregon LMSC is still responsible for assuring that approved safety plans are implemented and that adequate safety precautions are in place for existing conditions at their sanctioned open water swims, as we always have done.

Policy:

One Hour Swim: This event has been extended from January 1st through the end of February, giving you a larger window to complete your annual kick-off-the-year swim.

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SPECIAL NOTICE from the OMS BOARD

USMS Registration Fees for 2017

There is good news for Oregon Masters swimmers as a result of hosting a successful USMS Summer National Championship meet at Mount Hood Community College in August, 2016.

When you register for your 2017 USMS membership, starting on November 1, OREG Club swimmers will have no increase in annual registration fees. Fees will remain unchanged from the levels in 2015 and 2016.

The younger age group (18-24) and older age group (70+) will also continue to receive a discount.

As an added benefit, the OREG Club annual registration fee will be ZERO for 2017. The OREG Club fee has been \$5 in recent years. So if you have been registered as Unattached to save \$5, this will be a great year to join 80% of your fellow Oregon Masters Swimmers and join the OREG Club.

Here are some of the benefits of becoming an OREG Club swimmer:

- ◆ Swim RELAYS with your teammates and other friends at swim meets.
- ◆ Be a part of the OREG Club effort to win National Championships in the five annual USMS ePostal swim championships. Fitness-only swimmers and triathletes are especially valuable contributors in this effort.
- ◆ Be a part of the OREG Club effort to place in the top 5 as a regional club at USMS Spring and Summer National Championships and bring home a banner.
- ◆ Enjoy the camaraderie of being on a team.
- ◆ Increase your social network of swimming friends.

Your fellow Oregon Masters swimmers look forward to seeing you at the pool (or lake !) in 2017.

Local USMS Classes in 2017

Coach Certification Courses

March 4, 2017 Seattle, Washington Level 3
May 13, 2017 Portland, Oregon Level 1, Level 2
Contact: Marianne Groenings; (mgroenings@usms.org)

Adult Learn-to-Swim Instructor Certification Courses

January 28, 2017 Seattle, Washington
April 22, 2017 Spokane, Washington
Contact: Holly Neumann; (holly.neumann@usms.org)

USMS Stroke Development Clinics

March 5, 2017 Seattle, Washington
May 14, 2017 Portland, Oregon
Contact: Marianne Groenings; (mgroenings@usms.org)



***Night-time open water swimmer crossing the moon-path,
with a safety-light glowing.***

Swimmer Spotlight

Scot Sullivan

Age: 50; Workout Group: Multnomah Athletic Club (MAC)

The first time I recall experiencing the impulse to race in the water came in December, 1974, in Norman, Oklahoma. My older brother and sister were swimming in a meet, and I was relegated to the stands. As a 3rd generation "Okie", my family didn't have a swimming tradition. By his own admission, my dad wasn't much of an athlete and my uncles had excelled in the more traditional Oklahoma sports of football and track. Yet, my brother and sister, 2 and 3 years my senior, had found their way onto the swim team. The outcome of the racing that day is not part of my memory; I just remember wanting to dive in and race. I hadn't taken many swimming lessons and other than some limited success at summer camp, there was no basis for this urge. I soon joined my siblings on the swim team, and 3 months later, I competed in the 8-and-under 50 yard backstroke. As I touched the wall, I looked up to see my Dad leaning over the pool edge yelling "You won!". Of course, at the time I didn't realize its magnitude, but in retrospect, this was the singular moment when I discovered that I was a swimmer.

The ensuing years represented my awakening as an athlete and sports fan. I was a huge Oklahoma Sooners and Dallas Cowboys football fan which meant lots of championships in those days. But without a doubt, my favorite experience came at age 10 with the 1976 Montreal Olympics. I watched an American men's team win every individual and relay event except for one. From this stunning display of dominance emerged my childhood hero, John Naber, who swept the backstroke events and won 4 gold medals. This Olympics also marked the dark and mysterious emergence of "doping" with the East German women winning nearly all of the events while using performance enhancing drugs in a state-sponsored program that wouldn't fully be exposed for more than 20 years. Despite this, the American women pulled off an impossible upset of the East Germans in

the 4 x 100 Freestyle relay in perhaps the most memorable race of the entire Olympics. As it turns out, my good friend Karen Andrus-Hughes was close childhood friends with the lead-off swimmer of that relay, Oregon's own Kim Peyton. I enjoyed recently reading Karen's personal account of her friendship with Kim giving me just one degree of separation from this fantastic story. The '76 Games was an inspiring way for an American kid to connect to swimming, and after that I was hooked for life as a devotee of the sport.



I imagine my high school swimming years looked pretty standard to most other swimmers. My day started at 5:00 am for two-a-days and ended by 9:00 pm in an utterly unexciting existence that allowed me to stay out of trouble (although I sometimes envied those getting into trouble). I learned that no matter how big my chaotic teenage mind made my "problems" seem, 6,000 yards in the water always held the promise of calm and perspective. Training was mostly drudgery, but twice yearly came that magical period wonderfully and affectionately referred to as the "taper". Among the greatest memories of my teenage years were when my high school team prepared to enjoy the fruits of our months of effort, and high school state gave us those Springsteen-like "Glory Days" memories to enjoy for a lifetime.

Ultimately, I decided not to swim in college, so high school graduation marked the end of my competitive swimming years. Despite this, I realized I had been given the gift of a go-to exercise. Truth told, I'm not nuts about working out, yet I always love getting in the pool. There's a joy in moving weightlessly through the water which takes the "work" out of workout which simply doesn't exist for me in any other form of exercise. I'm a physician and during the decade of my medical education I mostly swam

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Swim Bits

Turns, Turns, Turns

by Ralph Mohr
Central Oregon Masters Aquatics (COMA)



In recollection I have always felt that Michael Phelps had two swims in the 2008 Olympics that were beyond compare. First was the 400 IM in 4:03.84, which still stands and probably will for quite awhile.

The second was the 200 free where Phelps obliterated the field by more than two seconds in 1:42.96. That time would have won the Mens' 200 free in both of the 2012 and 2016 Olympic Games.

Phelps won so convincingly with the new (in that time) technique of kicking many dolphin kicks off every turn. It was both amazing and fun to watch him stay underwater for four to six kicks before he used his arms. We should do the same.

Instead of continuing to use Phelps as the one we should copy, however, I will recommend you watch the video of Dana Vollmer at http://espn.go.com/espn/feature/story/_/id/17045502/dana-vollmer-power-flip-turn.

We Masters swimmers don't have the power or technique of Michael Phelps, except, perhaps, Denny Baker, so Vollmer is more fitting for us to emulate. Let me make some comments on the video.

1) Notice how far away from the wall Vollmer is as she is starting the turn. Her swimming momentum and that arm under her body will pull her into the wall. Many Masters swimmers start the turn too close to the wall, tucking their knees into their chest to get around.

2) Dana is going straight over in a pike somersault. I can not emphasize this enough: you do NOT tuck on a flip turn. Do not pull your knees into your chest. Bring your chest to almost straight legs and stay on your back.

3) Dana is pushing off on her back, not on her stomach,

with her hands already over her head in the direction she will be going. Do NOT let your hands go out to the side for balance as you do the pike somersault on to your back. Blow air out of your nose or wear a nose clip but stay on your back. Pull your hands together under your body and keep your hands together as you do the pike somersault. You can push water straight up or down with your hands for balance when your hands are over your head.

4) Dana's feet are off the wall, and she is still mainly on her back, preparing to dolphin kick several times before she starts her arms. She is already a yard off the wall and is not yet ready to use her arms. Stay underwater for two or three seconds before starting your arms. You should be able to see the backstroke flags on your first stroke of every freestyle turn.

Now for some ideas that are not in the video. Which hand do you pull with first after your dolphin kicks? If you pull with the hand that is opposite the side you normally breathe on, you will pull with both arms before taking your first breath. Don't pull and immediately take a breath.

How do you get used to staying under longer? Start now in the fall and do every turn emphasizing holding your breath and staying under longer. It will take a while to get used to.

After your feet leave the wall, keep your head between your arms, arms on your ears, and count 'One - Two - Three' or more as you dolphin kick and then come up to the surface, pulling with your opposite hand in free. Stay under even longer if you kick with fins. Get use to being down there underwater off every turn. Nuclear submarines are a lot faster than aircraft carriers because they can be totally underwater.

Last, you should do the same thing for backstroke and butterfly on every turn. Breaststroke, of course, is a different matter. Stay underwater on turns like Phelps and Vollmer.

LeRoy Webster's Columbia River Swim

by Joe Oakes
OMS Unattached

Every year on Labor Day I like to do the *Roy Webster Cross Channel Swim* in Hood River, Oregon. It is one of my favorite events. At 75 years in 2017, it is the second oldest swim in the United States. The 2016 event was my sixteenth. Here is what I like about it: The people who put it on are competent and user friendly. More important, it is *not* a race, just a happy get-together in which about 450 swimmers take on a rather difficult (but not too difficult) challenge. In the wee hours we all board a ferry in Hood River, Oregon, and ride north across to the Washington side. There, we jump several feet from the ferry deck, ten swimmers at a time, and make our way across the Columbia River back to the Oregon side. As we swim we are flanked between anchored boats and paddle boards along our route. It is somewhat over a mile across.



Jumping off the boat into the Columbia

In 2016 our challenge was more challenging than usual: The water temperature was in the sixties, several degrees lower than normal. The early morning temperature of the air was even colder, at 58 F. But the killer part was a strong wind blowing from the west, pushing up an irregular pattern of waves that made it difficult to catch a breath on your right side. (Let me put it this way: I gulped enough of the river so I was not in need of a drink at the finish.) In a long swim I like to alternate breathing on both sides: it keeps my neck from getting a 'crick,' but that was not possible this Labor Day. Because I have a lot of open water swimming experience, this inconvenience was not a major problem for me, just a little more challenging: slower, therefore a longer time having fun (?) in the water. My finish

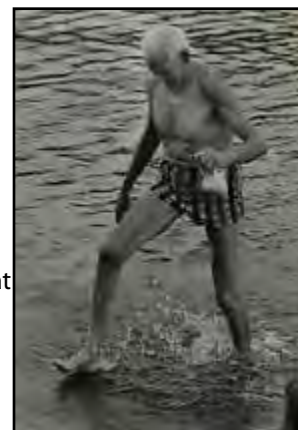
was ten minutes slower than past times. For some swimmers it was just too hard, and they needed the assistance of the volunteers along the way.

The organizers (the Hood River Chamber of Commerce) promise that conditions will be better next year.

Not many *months* ago, in Lac Megantic, a small city in Quebec, a train carrying petroleum crashed and burned, completely demolishing the town and killing 47 people. As a result, the Canadian government has put stringent restrictions on oil shipments in that area.

Not many *weeks* ago, a train carrying extremely volatile Bakken crude oil crashed in Mosier, Oregon, a small town just east of Hood River, Oregon. Sixteen oil tank cars tumbled from the rails like Pick-Up-Sticks, resulting in an inferno that engulfed two of them. It took many firefighters from several nearby jurisdictions fourteen hours to extinguish the flames. The cause? A loose track bolt, we were told. As is often the case, our politicians got excited for a while and made some speeches, but there have been no tangible results so far. The crude oil trains are still rolling.

That trainload of Bakken crude was being sent to Tacoma, WA, for what? To burn and throw more foul contaminants into the atmosphere. The only beneficiaries of the Bakken oil sale are the speculators bleeding the earth in North Dakota and their clients; everyone else, meaning us, loses. For Bakken crude to reach its customers, many Oregon communities along hundreds of miles of railroad tracks, including Portland, are being regularly exposed to the possibility and eventual *probability* of another oil train derailment, regretfully causing a massive disaster next time, maybe even in Portland. The prediction is for five oil trains daily, each hauling a string of a hundred tank cars. That amounts to more than fifteen million gallons of volatile petroleum passing through our back yards *every blessed day*. And none of this requires local opinion, permission or oversight: We have been told that we have nothing to say about it,



LeRoy Webster

Continued on page 13

PUMPKIN

Continued from page 4

- Omega-3 fatty acids
- Phytochemicals
- Zinc, calcium and iron

To Roast Pumpkin Seeds

1. Rinse seeds under cold water and pick out the pulp and strings.
2. Place seeds in a single layer on a non-stick baking sheet and, if desired, sprinkle with your choice of no-salt seasonings.
3. Bake at 225 degrees F. until lightly toasted, about 45 minutes, checking and stirring frequently.
4. Sprinkle on salads, mix into healthy baked recipes or use as a topping for soups and entrees.

Enjoy the delicious flavors and health benefits of fresh pumpkins, pumpkin seeds and other winter squashes, and ignore those SAD (Standard American Diet) pumpkin-flavored fake foods.

LONG DISTANCE SWIMMING

Continued from page 6

Open Water Guide to Operations: Many of you don't even know that this huge document exists, but it contains the requirements, policies, and procedures that govern all USMS-sanctioned open water swims. The national Open Water Committee is reviewing, reformatting, and rewriting this policy book in the coming year to make it more approachable and much more user-friendly than it is now. This will be a major task—if you miss me during the coming year, you'll know what I'm up to. In the end, swimmers may not notice, but event hosts sure will!

National Championship Events: The stars continue to shine on Oregon!

2017: Although these bids were approved at convention last year, they were confirmed this year. In 2017, Oregon will host two Open Water National Championships, also the first time ever that the same event host (COMA) has been selected to run two National Championship swims on separate weekends:

- The 2-mile Cable Swim National Championship at

Foster Lake on Saturday, June 24, 2017;

- The 5-km OW National Championship at Elk Lake on Sunday, July 30, 2017, as part of the Cascade Lakes Swim Series & Festival.

2018: Oregon teams were awarded three open water National Championships at convention this year, another first-time-ever lightning strike! Our championship week will be a crowning glory for all distance swimmers, so start planning now! We'll host these swims in an expanded festival format that I have tentatively named "Your Oregon Swimcation":

- ★ The 11-mile Open Water National Championship at the Portland Bridge Swim in the Willamette River on Sunday, July 8, 2018
- ★ The 2-mile Cable Swim National Championship at Foster Lake on Thursday, July 12, 2018; and
- ★ The 10-km Open Water National Championship at Applegate Lake on Saturday, July 14, 2018.

We'll be working on the details and promotion this year.

Other Business

How are you doing on your 3000 and/or 6000-yard eP-ostal swims this fall? Remember that you must complete these swims on or before November 15th. These are great fitness events and can be done in your home pool, even if it is a 25-meter pool. For full information and entry forms, see https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=7130.

Good luck and good swimming!



Donner Lake Swim 2016. Matt Miller is in front in the black full body (FINA legal) suit, left center of the photo

SWIMMER SPOTLIGHT

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alone without regard to competitive goals which allowed me to maintain a decent level of fitness in my 20s and 30s.

When I turned 40, I moved to Portland and started a solo medical practice downtown. Once I got busy, I made the brilliant decision to stop swimming altogether. I remained “devoted” to that decision for 6 years (I was in full workaholic mode) until one day I looked in the mirror and saw a guy with a lot of bad habits carrying 30 extra pounds. How had I let it get to this? I had recently gotten into the MAC through the lottery and decided to drop in on a Masters workout. I remember starting my warm-up and being winded before even finishing a hundred. A teammate commented that I “needed a little work on my core” (you can translate), and that was the last straw! From that point on, I dedicated myself to swimming at least four times per week. I began entering meets and was impressed by how many opportunities there were to compete in the area. I couldn’t believe how excited I would get anticipating a meet and how nervous I could still be behind the blocks. There was a child-like wonder to the experience, and I was sold. As my times dropped, I got more motivated, swam more, felt better and swam even faster which created a cycle of infinitely better physical and mental health for me.

Through competition, I discovered the larger world of Oregon Masters Swimming. For anyone who hasn’t been to one of Dennis Baker’s Oregon Reign workouts at Mt. Hood Community College, it’s a sight to behold. On the deck, megaphone in hand, is a living legend in Oregon swimming (who I learned they call “Bake”) lording over 8 lanes of Masters swimmers in an outdoor long course pool surrounded by a rain forest (at least from the perspective of a guy from Oklahoma). At meets, I soon realized I had the easy job of showing up to race. For every swim meet, there are the heroes who put in untold hours to host them demonstrating the incredible spirit of volunteerism in Oregon Masters swimming. Tim Waud, Aubree Gustafson and Bob Bruce became my heroes for their efforts in hosting annual events, Tim’s being the annual spring Oregon City dual-sanctioned meet (not to mention co-directing this past summer’s Nationals meet in Gresham), Aubree’s the end-of-summer Gil Young meet and Bob’s the entire Oregon Open Water series each summer. As much as I respected fellow swimmers for their achievements in the water, it was these individuals and the armies of volunteers they organized who left me in awe. I will mention two fellow competitors who I’ve adopted as men-



With my MAC team at the 2016 OMS Association Championship meet

tors, Dave Radcliff and Willard Lamb. Through their excellence, longevity and by simply being awesome guys, they have shown the way for those of us also searching for the fountain of youth in chlorinated water.

With all of the fun I’ve had competing in my latest chapter of competitive swimming, by far the greatest gift of all has been the relationships I’ve gained, which begins with my team at the MAC. I wouldn’t ordinarily get excited to plunge into the cold water in the dead of winter after a long day of work, but the camaraderie of teammates and the ability to enjoy friendly duels has made this one of my favorite parts of the week. My coaches Jill Marie Asch and Alix Danielson and my teammates Daemon Anastas, Brad Bachulis, Hailey Bambusch, Lauren Binder, Ted Bonus, Marc Bowen, George Dingeldein, Kelsey O’Banion, Jordan Porter, Jessica Stacy, Eric Wan and Brent Washburne have been my consistent companions for the past several years. And there’s our recent addition of Olympic gold medalist, Kurt Grote, who has seriously raised the bar of our workouts! Together, they have inspired me to work harder and get better all while enjoying the effort in a way I simply can’t imagine doing alone.

There’s the saying that we are born with our first family and get to choose our second one through the friends we make. This past June, I turned 50 and admittedly got a little introspective as I faced the second half of life. I realized I am most grateful for my family, my friends and my health. Four years ago, I found all three in the swimming pool, and for this reason, I cherish the fact that I have always been and will always be a swimmer.

—submitted by Karen Andrus-Hughes

LEROY WEBSTER'S SWIM

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that it is all within the prerogatives of some federal agency in Washington, D.C.

The population of Mosier is 430. Its volunteer fire department has one paid employee. It is indeed fortunate that there were nearby communities with firefighting personnel to help contain the damage. The crash site was just yards from the banks of the Columbia River, and thank God, the brave responders were able to keep spilled oil from reaching the river. The people of Mosier were told that they were really lucky that the damage was limited. *What is so damned lucky about having an oil train crash in your little town and come close to destroying it?*

A few weeks after the Mosier crash, just six miles away in Hood River, 450 swimmers swam from the Washington side of the Columbia River to Hood River on the Oregon side, in the 74th annual Roy Webster Cross Channel swim. The river was clean, clear and maybe a bit too chilly for some, but I loved it. I want to continue doing that swim next year and for as many years as my weary old bones allow me. But shortly after the swim, just weeks after the Mosier oil wreck, I sat watching another oil train come rattling and plowing its way through our



Boats lining the swim route

incomparable Columbia Gorge. Just how arrogant and selfish can they be?

I am afraid that we are playing Russian roulette with these oil trains. Sooner or later, one of the thousands of bolts and other components that make up the hundreds of miles of track will give way. It is inevitable. Or maybe some nutcase or terrorist will cause a major derailment. It would not be hard, with hundreds of miles of unguarded track and dozens of bridges. And what about the effects of the seismic event that we have all been told to expect? I do not want to think about the terrible conflagration, nor the loss of life and property, nor the thousands of barrels of crude oil cascading into the river.

Here is the bottom line: The magnificent Columbia River belongs to all the people, and that means you and me, not to a few oil magnates in Wyoming who could care less about the river or us: we are in no way represented in their profit calculations. It is our duty and our responsibility to protect our river. Here is how you can help to defend our river: First, let your representatives in Washington and Salem know that you are expecting them to take strong action: that is their job to protect our state, and they answer to you, the voter. Why not do it today? Second, get involved with others who really care about our river. *Columbia Riverkeeper* is located in Hood River. They have a history of exercising legal muscle to get real results: but strength is in numbers, so they need help, yours and mine. Get involved in this struggle. You can reach them at: info@columbiariverkeeper.org Or contact me at alcatrazjoe@hotmail.com.

Heed the words of an ancient philosopher, "If not me Who? If not now When?"

I hope to see you at the Roy Webster swim next Labor Day. Sign up early: spaces on the ferry are limited. The forecast is for sunshine, no wind and warmer water. I promise. Maybe.



These Oregon City Tankers gals are tough! Mary Ann Decker, Emily Grassman, and Kristina Franklin each swam a 400 IM, 200 Fly, 200 Back, 200 Breast and 200 Free. This was the 3rd stage of a Postathlon several Tankers are participating in this year. The swims were done during practice. On this day, Kristina swam the 200 Fly, Mary Ann and Emily swam the 400 IM and 200 Breast.

Oregon Masters Swimming: Tentative Open Water Race Schedule for 2017 (as of 10 Oct 2016)

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	OR Series Category	USMS Status
Sat 20 May	1	JSFC OW Clinic	Bend	COMA	Bob Bruce	Basic Open Water Clinic	xx	Unsanctioned
Sun 21 May	1	Lake Juniper (pool)	Bend	COMA	Bob Bruce	1200-meter	Featured	Unsanctioned
???	1	Hagg Lake	Forest Grove	PTriClub	?	2000-meter 800-meter 4000-meter	Featured Qualifying Featured	Unsanctioned
Sat 24 Jun	1	Foster Lake Cable Swims	Sweet Home	COMA	Bob Bruce	2-mile cable (Nat'l Champs) 1-mile cable	Featured Featured	Sanctioned
Sun 9 Jul	1	Portland Bridge Swim in the Willamette River	Portland	PBS,LLC	Marisa Frieder	17-km downriver	Featured	Sanctioned
Sat 15 Jul	2	Southern Oregon Swims at Applegate Lake	Ruch	RVM	?	2500-meter (with 10,000-meter) 5000-meter (with 10,000-meter) 10,000-meter 1500-meter 3 x 500-meter Pursuit Relay	Qualifying Qualifying Featured Featured Participation	Sanctioned
Sun 16 Jul								
Fri 28 Jul	3	Cascade Lakes	Bend	COMA	Bob Bruce	3000-meter	Qualifying	Sanctioned
Sat 29 Jul		Swim Series & Festival at Elk Lake				500-meter 1500-meter	Qualifying Featured	
Sun 30 Jul						5000-meter (Nat'l Champs) 1000-meter	Featured Qualifying	

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.

Looking Ahead...

Meet Schedule

<u>Date</u>	<u>Course</u>	<u>Meet</u>	<u>Location</u>
November 19	SCM	Fall Classic	Hood River, OR
December 10	SCM	COMA	Bend, OR
Long Distance Schedule (see page 14)			

On line registration is up and running at the following web sites::

Hood River https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=8271

Bend https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=8159

Quote for the month...

For myself, losing is not coming in second. It's getting out of the water knowing you could have done better. For myself, I have won every race I've been in.
—Ian Thorpe