



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

"Swimming for Life"

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2017 Cascade Lakes Swim Series and Festival at Elk Lake

by Carolyn DeMarco

Along the Cascades Lakes Scenic Byway about 30 miles southwest of Bend, Elk Lake hosted the Cascade Lakes Swim Series and Festival for the 23rd year, directed by Bob Bruce, his wife, Barb, and the support of a slew of volunteers. With the South Sister, also known as "Charity," and the gorgeous Oregon Cascades dominating the skyline, there is no more picturesque location in Oregon for open water swimming than Elk Lake. The swim series consisted of 5 swims—500 meter, 1000 meter, 1500 meter, 3000 meter, and 5000 meter—spread across 3 days. The long weekend and nearby campgrounds allowed veteran and new open water enthusiasts alike to soak in the setting, socialize, and make lasting memories at Elk Lake.

Over 200 swimmers registered for the event, which included the NW Zone Championship in the 1500 meter swim on Saturday and the 5k National Championship on Sunday. Swimmers could choose to enter in the short series—500, 1000, and 1500 meter swims, or the long series—1500, 3000, and 5000 meter swims. Seventy two intrepid swimmers made the most of the warmest water temperature (70°!) since 1999, and conquered the survivor series by swimming all 5 distances for a total of 11,000 meters!

The swim series started Friday evening with the 3000 meter swim. Volunteers and swimmers gathered on the beach, greeting old friends and making new ones. There was hardly a cloud in the sky and the water was a cozy 72° near the shore and "cooling" to 70° by the first buoy 300 meters out. After the swim, swimmers and guests devoured wings provided by

Hardy's Hot Wings & Hamburgers, owned and operated by COMA's own, Hardy Lussier.

Saturday started off with the 500 meter time trial, the only swim to start on land. Swimmers were individually staggered 15 seconds apart, swam 250 meters down a cable, turned 180° and swam back to

the beach. The day continued with a Kid's Festival, where little ones enjoyed some waterside activities and earned medals for their efforts! The swimming ended for the day with a record number of swimmers competing in the 1500 meter NW Zone Championship! So many swimmers, in fact, that for the first time in event history there were 4 heats to the race, which kept swimmers safer and made the timing of finishes smoother. Congratulations go to the two teams who were crowned Open Water Champions—small team: Rogue Valley Masters, and large team: Central Oregon Masters Aquatics!

Determined swimmers assembled on the sunny Sunday morning to test their endurance and mettle to tackle the longest swim in the series—the 5k National Championship. For some, it was the biggest obstacle in earning the Survivors Cup, for others it was a chance to better their times and challenge familiar rivalries. For all, it was a rewarding achievement! The series wrapped up with the 1000 meter "Tour of Buoys" and swimmers descended on the food tables for the final time,



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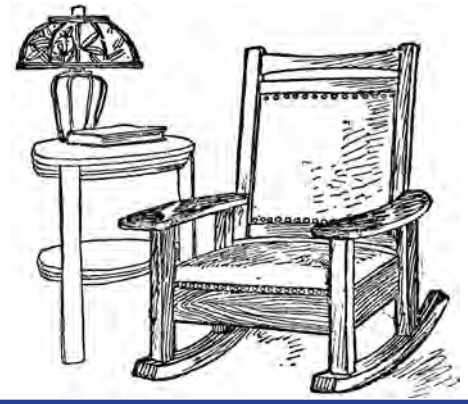
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Send address changes to Susie Young and all other membership questions to Christina Fox.

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Chair's Corner

Tim Waud
OMS Board Chairman



Greetings Fellow Swimmers,

As the Oregon Masters Swimming open water season comes to a close for 2017, it's time to get really excited about 2018. OMS will host three U. S. Masters Swimming Open Water National Championships during 2018 – which has been dubbed the “Oregon Swimcation.” Swimmers can participate in the 2018 Portland Bridge Swim serving as the 9+ mile USMS Open Water National Championship on July 8th. Then on July 12th, swimmers can compete in the 2-mile USMS Open Water National Championship at Foster Lake, or the Foster Lake Cable Swims. And completing the Oregon Swimcation, swimmers can compete in the 10K USMS Open Water National Championship swim at Applegate Lake on July 14th.

Race directors Marisa Frieder, Bob Bruce, and Matt Miller, respectively, along with an army of experienced volunteers, will be working hard to make sure we have a fun, safe, and amazing week of Open Water swimming. If you haven't tried the Oregon Open Water Series, this might be the year to start. If Open Water swimming isn't your thing, maybe you would like to help by volunteering. The Portland Bridge Swim will be increasing the maximum number of participants from 80 to 100 swimmers in 2018. Extra

safety boats will be needed to keep participants safe while competitors swim through downtown Portland. All three swims will need extra safety kayakers, so if you are an experienced kayaker and want to be part of this amazing week, let the race directors know you are willing to volunteer.

Thank you to our Open Water Race Directors: Marisa Frieder, Bob Bruce, and Matt Miller. Oregon Masters is very fortunate to have such a great group of race directors, safety directors, kayak and boat support, and the volunteers on land who make race day so exciting.

Congratulations to Matt Miller. Matt is our newest Open Water Race Director for the Applegate Lake Swims. Matt and his Rogue Valley Masters teammates have done an exceptional job in taking over the swim and preparing for next year's 10K National Championship. Matt was also this year's Oregon Club Coach at Summer Nationals. Congratulations to everyone who swam at Nationals in Minneapolis, MN. The Oregon Club placed 4th in the Regional Club division with only 20 swimmers. Way to go Oregon!

Swimmingly,

Tim Waud/OMS Chair





Off the Block

Since this column is called "Off the Block", whatever information is deemed of interest, by the editor, is presented.

Vicki Keith—Marathon butterfly swimmer

Vicki Keith was described as an unlikely athlete, not apt to succeed in any sport. In school she was last to be picked for teams. No matter how this made her feel, she refused to accept the negative comments made about her abilities.

Today, she is one of the most successful marathon swimmers in the history of the sport. Holding 18 world records, Vicki has become, to many, the face of marathon swimming in Canada. Her most recognized accomplishments include becoming the first person to swim across all five Great Lakes in 1988, and for being the only person to complete the 104 km double crossing of Lake Ontario.

The endurance aspect of marathon swimming covers a variety of evils including cold conditions, rough water, jelly fish, etc. - but for the unlucky, it may also include the occasional encounter with pollution. Vicki has encountered more than her fair share of oil slicks during her swims on Lake Ontario and during the Darling Harbor portion of her Australian swim.

Vicki completed five successful crossings of Lake Ontario, including the only successful two-way swim to date, and the only crossing using solely the butterfly stroke. In 1988, Vicki completed a major swim on each of Canada's five Great Lakes (Lake Superior, Lake Michigan, Lake Huron, Lake Erie, Lake Ontario) -- all in the same year. Ten years after her 1988 feat, the city of Toronto honored her by naming the point of Leslie Street Spit, after her—Vickie Keith Point. There is a plaque on the point that says, "This point of land was the most famous arrival and departure point for Vicki Keith's Lake Ontario Swims."

Vicki's dream has always been to make a difference in the lives of people, so, in 2005, when the need for new opportunities for children with disabilities in Kingston, Ontario became apparent, Vicki came out of swimming retirement, and spent 63 hours and 40 minutes in Lake Ontario, completing 80.2 kilometres butterfly, setting 2 world records and raising over \$200,000 for the Kingston Family YMCA. This brought her lifetime fundraising total to over one million dollars.



Vicki Keith's focus during her 40+ year coaching career has been to provide opportunities that help develop confidence and self-esteem while focusing on goal setting, leadership skills and work ethic. She believes that kids, able-bodied or with a physical challenge, require a place where they can relax, be themselves, be accepted, learn leadership skills and allow their personalities to shine through. Often, kids with physical disabilities have few opportunities where they can go to learn about, and explore their physical abilities.

A coach and a strong positive sporting environment can make a hugely positive impact on these young people's lives. They can help young people concentrate on abilities, not disabilities, focus on potential, not obstacles and identify possibilities, where others perceive impossibilities or road blocks.

Vicki has been appointed as a member of the Order of Canada and has earned an honorary doctorate from

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Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



The Five Secrets of Steady Exercisers

It is the end of summer. It is time to reset your mind and your attitude to keep working on what should be your ultimate goal: to be fit and healthy.

It is not a secret that health related diseases such as diabetes, hypertension, cardiovascular disorders and various forms of cancer are at an all-time high in the US. And nobody is contesting that fit people are generally healthier. They seem to be able to do more things and appear to enjoy life more than their sedentary, unfit counterparts. Fit people frequently have stronger lungs, muscles, joints, bones, immune systems, healthier hearts, and better cholesterol levels as well as blood pressure readings. What is not to like about that!

With that said, you first must change your frame of mind. You are not starting a diet and/or a sport regimen because you want to lose weight (although it is still the first reason mentioned by the people joining a gym or a health club) but because you want to BE FIT AND HEALTHY. This is a totally different ball game. This is a lifelong project and not a number on a scale. You want to be fit and stay fit for the rest of your life. The weight loss should not be your primary goal, although you probably will lose some along the way.

Most of us have no problem initiating the process, but the struggle lies in the challenge of keeping at it. So here are five secrets of the steady exercisers.

They exercise at the same time most days: You must pick a regular time to work out and stick with it. If it becomes predictable you don't need to invest much thought into it and the behavior becomes on autopilot mode.

Please note, I did not say you must exercise every day. In fact, starting a too strenuous and rigid schedule will probably be the first reason you cannot keep at it in the long term. Two or three times a week a regular and planned exercise session might be all you need.

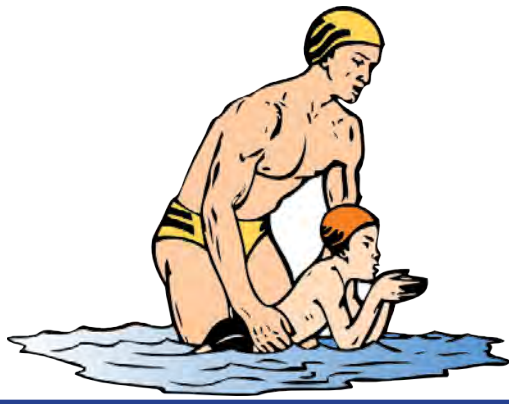
Active people are widening their definition of exercise: Many people think exercise must make you sweaty and exhausted. It does sometimes, but not always. Frequent exercisers increasingly view things like a family bike ride or yoga class as things that count as exercise. I am an advocate of cross training and of listening to your body. Somedays you will feel like you can push yourself, but if you can't, it is ok too. On that day, choose a gentler option, such as a few stretching or core exercises at home.

Frequent exercisers have a streamlined pre-exercise routine with visual cues: Going to the pool tomorrow? What about having your suit and equipment bag ready and in a prominent place. It will give you the visual cue and prompt you to go.

They are more flexible than infrequent exercisers about how long or vigorously they exercise: Active people are less likely to have all-or-nothing definitions of physical activity. You need to get rid of the old-school belief: you set a goal, it is a bull's-eye, you hit it or you miss it. But life is busy. When you are more flexible, you are able to shift your position, your stance. It removes the psychological punishment of "Oh, I failed". If a frequent exerciser's workday spills into the planned club swim workout, she or he will be creative and swim on his or her own for maybe 30 minutes only, or do something else if the pool is closed.

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Coaches Chair

Coach Tim Waud
OMS Co-Coaches Chair

10 Tips for Effective Strength Training Programs for Swimming

This article was written by Dr. G John Mullen and cited with his permission. Dr. Mullen was one of several guest speakers at the 2017 U. S. Masters Swimming National Coaches Clinic in San Mateo, California.

Dr. G. John Mullen, Physical Therapist and Strength Coach Dryland for the Masters Swimmers. Dr. G. John Mullen received his Doctorate in Physical Therapy at University of Southern California (USC) and is a certified strength and conditioning specialist (CSCS). At USC, he was a clinical research assistant performing research on adolescent diabetes, lung adaptations to swimming, and swimming biomechanics. G. John has been featured in *Swimming World Magazine*, and *Swimmer Magazine*. He is currently the owner of COR, providing Physical Therapy, Personal Training, and Swim Lessons to swimmers and athletes of all skills and ages. He is also the creator of the Swimmer's Shoulder System, *Swimming Science*, *Swimming Science Research Review*, *Dryland for Swimmers*, and the *Swimming Troubleshooting System*.

To become a better swimmer, training out of the pool is vital. One important part of a successful swimmer's training program is strength training. Unfortunately, many strength training programs for swimming are out-dated or incorrect. Swimmers who want to become stronger without influencing their body weight turn to strength training that improves muscle power, intensity, and focus when done properly.

Here are 10 tips that will make your swimming workouts more effective.

1. Don't put too much stress on your shoulders

Your arms and shoulders are essential for your swim, but improper technique and training can lead to shoulder injuries. Strength training for swimming requires precise and targeted training. Instead of doing a lot of overhead work or even Bench Presses, try exercises that improve shoulder stability and work the muscles in your back and posterior shoulder—exercises such as the 3-Point Y, 90/90 External Rotation and Cable/Heavy Band Face Pulls.

2. Start light and gradually increase difficulty

You are not an Olympic lifter, so don't try to pump out that kind of weight. Athletes who begin new strength training programs for swimming must start out with light weights before gradually increasing weight. For example, it's best to perform a Bodyweight Squat and master technique before adding resistance of any kind. Apply this strategy across the board. Movement quality is always better than lifting lots of weight.

3. Strength-train in phases

Work with a trainer to develop a strength training program for swimmers, in phases. First, establish your goals and limitations. Then progress through a training program, establishing resting points and focusing on the final phase for recovery before competing.

4. Don't do too many repetitions

Overloading with too much weight is dangerous, and so is doing too many repetitions. Instead of doing the same number of repetitions as a weightlifter, you, as a swimmer, must modify each sequence. Reducing the number of repetitions reduces stress and the

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Long Distance Swimming

Coach Bob Bruce
OMS Long Distance Chairman



We have just finished the Oregon Open Water Season, perhaps the most successful one that we have ever had! I haven't had a chance to mull through the results or analyze the statistics, but I couldn't miss seeing that our participation leapt upwards dramatically. News and previews...

- **Oregon Season Series Standings:** 38 Oregon swimmers (up from 22 last year!) swam in three or more venues, qualifying them for the Oregon Open Water Swim Series. COMA again led with 12 qualifiers. See the season summary in this *Aqua Master* (page 15), and the full season scoring at <http://swimoregon.org/open-water/>.
- **Overall Champions:** Our overall individual season champions were Lisa Gibson (NIKE, 13 swims at 6 venues, 198 points) and Kermit Yensen (COMA, 13 swims at 5 venues, 175 points). Congratulations!
- **USMS 1-mile Sprint Open Water National Championship at Angle Lake on Saturday, September 23:** The Oregon Season may be over, but there is still another big swim ahead in the Pacific Northwest Zone for all of us. The 'Last Gasp of Summer' Swims will include this championship swim at Angle Lake in Seatac, WA, about one mile from the airport—it's easy for us to get there! Find information and entry at https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=8976. There is a cap on the number of entries, so don't wait—I suspect that this swim will be popular!
- **USMS 5-km & 10-km Postal National Championships:** The window of opportunity for you to swim your 5-km and/or 10-km will close on Friday, September 15. Whether you swim these as training or racing, get them done! Put your summer training and fitness to good use. Find information and entry at https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=8484, and get your split sheets at http://www.usms.org/longdist/5k_10k_splits.pdf.
- **USMS 3000-yard & 6000-yard Postal National Championships:** Another postal challenge awaits as we start our new school and swim training year! Mid-September through mid-November is the season for the USMS 3000-yard & 6000-yard Postal National Championships. These swims must be completed between September 15th and November 15th. These swims provide solid training swims, great conditioning benchmarks, fun team-building events, and are a must for aspiring distance swimmers. Why not use these swims to jump start your training for 2018? See <http://www.usms.org/longdist/ldnats17/> for event & entry information,

Look for a complete review of the Oregon open water season in the October *Aqua Master*, coming soon to a computer near you!

Good luck and good swimming!



Records & Links to Results

2017 USMS Summer LCM Championships Meet

August 2-6, 2017 (Wednesday - Sunday); Minneapolis, MN

* = 1500 split

~ = relay split

Results: <http://www.usms.org/comp/meets/meetsearch.php?club=OREG&MeetID=20170802MNNATSL>

Age group	Event	Name	Time	Record set
Women 55-59	50 Fly	Arlene Delmage	32.38	Oregon, Zone
Women 55-59	200 Fly	Arlene Delmage	2:49.31	Oregon, Zone
Women 60-64	50 Free	Karen Andrus-Hughes	31.01	Oregon
Women 60-64	100 Free	Karen Andrus-Hughes	1:08.39	Oregon
Women 60-64	50 Back	Karen Andrus-Hughes	35.14	Oregon, Zone
Women 60-64	100 Back	Karen Andrus-Hughes	1:17.53	Oregon, Zone
Women 60-64	200 Back	Karen Andrus-Hughes	2:56.82	Oregon, Zone
Women 75-79	50 Back	Joy Ward	47.50	Oregon, Zone
Women 75-79	100 Back	Joy Ward	1:43.60	Oregon, Zone
Women 75-79	200 Back	Joy Ward	3:46.69	Oregon, Zone
Women 75-79	50 Fly	Joy Ward	50.82	Oregon, Zone
Women 75-79	100 Fly	Joy Ward	2:00.46	Oregon, Zone
Men 55-59	50 Breast	Richard Howell	34.66	Oregon (tie)
Men 55-59	100 Fly	Keith Uebele	1:09.66	Oregon
Men 95-99	50 Free	Willard Lamb	~ 45.71	Oregon, Zone, National, World
Men 95-99	100 Free	Willard Lamb	1:53.86	Oregon, Zone, National, World
Men 95-99	200 Free	Willard Lamb	*4:21.57	Oregon, Zone, National, World
Men 95-99	400 Free	Willard Lamb	*9:11.20	Oregon, Zone, National, World
Men 95-99	800 Free	Willard Lamb	*19:20.86	Oregon, Zone, National, World
Men 95-99	1500 Free	Willard Lamb	37:06.82	Oregon, Zone, National, World
Men 95-99	50 Back	Willard Lamb	58.63	Oregon, Zone, National, World
Men 95-99	100 Back	Willard Lamb	2:11.19	Oregon, Zone, National, World
Men 95-99	200 Back	Willard Lamb	4:37.71	Oregon, Zone, National, World

Age group	Event	Time	Record set
Women 240-279	200 LCM Freestyle Relay	2:12.00	Oregon
1)Janet Gettling	2)Arlene Delmage	3)Jan Hildebrandt	4)Karen Andrus-Hughes
Women 240-279	200 LCM Medley Relay	2:27.03	Oregon
1)Karen Andrus-Hughes	2)Janet Gettling	3)Arlene Delmage	4)Jan Hildebrandt

Swimmer Spotlight

Robert “Bob” Voll, age 60
Retired UPS driver
Oregon Reign Masters

— submitted by Karen Andrus-Hughes

I started competitive swimming when I was 9, after a bout with rheumatic fever and Rheumatoid Arthritis when I was 8. The doctor recommended swimming as a sports activity to help with my recovery. I joined the Parkrose Swim Club with Coach Tom Anderson, and discovered that this was a sport I could be good at.

The experience of AAU Age group swimming was fulfilling for our entire family: Camp outs at meets, Junior Olympics, Columbia Basin Swim Championships, a whole lot of ribbons, medals, trophies and dozens of friends that I still see today and compete against!

At age 12, my family moved into the Reynolds school district and I transferred to the Reynolds Swim Club (RSC) with Coach Martin McLain. I swam all through high school, qualifying for state all four years. I won numerous district titles and set a few records. I made two trips to Junior Nationals in Lincoln, Nebraska, and Ithaca, New York. I took 5th place in the 400 IM and got a kiss on the cheek from Olympian Donna de Varona on the podium.

I had college swim scholarship offers and ended up accepting a tuition, books and fees scholarship to Texas Christian University with Coach Rufe Brewton. Coach Brewton also coached Greg Troy, the U.S. Men’s Olympic Coach. I had a very successful freshman year and qualified for the NCAA Division 1 Championships and the 1976 National Championships in Long Beach, California. Under the threat of TCU possibly dropping all the minor sports programs, I decided to transfer to the University of Oregon. I came home, sat out a year and attended Mt. Hood Community College. I joined the David Douglas Swim Club with Coaches Don Jackson, Burt Stratton and a host of phenomenal swimmers including Olympic gold medalist Kim Peyton. In 1977 I qualified for Nationals in Canton, OH.

Unfortunately, my transfer to Oregon was foiled by having to sit out (red shirt) for another year because of eligibility rules. This was a major frustration for me: I dropped out of college and joined a Rock & Roll band with my brother Jim (a University of Oregon diver) and another world-caliber swimmer out

of Tacoma and the University of Washington, Randy Sauro. We formed a power trio band called “Layce”. We performed at all the major clubs in Portland, Boise and Seattle as well as smaller cities. We were together for three years, met tons of accomplished musicians, opened for a couple of concerts and sparked interest from Cream Records. We were chosen to be on KGON’s first “home grown album.”



In 1980, I married my wife, Judi, and had 3 children over the next 3 years. We currently have 6 grandchildren! I worked pumping gas, giving guitar lessons and coaching age group swimming for the Eastmont Aquanauts. In 1982 I landed a job as a driver for UPS, and retired after 31 years, in 2013.

After a long hiatus, in 1997, I decided to get back into performing music. I formed a Classic Rock & Blues band called the “Too Loose Band” - www.toolooseband.com and we are still together and gigging today! We perform at all types of venues and events: clubs, small brew pubs, duos, weddings, country clubs, festivals, private parties and corporate functions. This past year, we performed on New Year’s at The Resort at the Mountain and Timberline lodge, the Bite of Portland and the Portland Rose Festival.

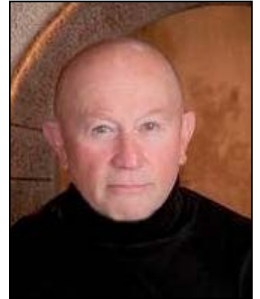
For a short time from 1995 through 1998 I swam Masters and achieved a couple of USMS top-tens, then took a long break from swimming. After retiring, I decided to get back into competitive swimming and I’m so glad I did. I called my buddy and former team mate Dennis Baker, and he coerced me into joining the Oregon Reign Masters Team, which he coaches. So far it has been challenging and rewarding to make some kind of comeback. Things are going well. In April of 2017, I qualified and swam in the SCY nationals in Riverside, CA. I ranked in the top 15 in several events and enjoyed being there competing along with 22 Olympians. I have lost 50 pounds and am regaining my strength and wind. My goals are to make top 10 rankings in long and short course nationals in 2018. Thanks Oregon Masters Swimming!

An Obscure World Record

Joe Oakes (swims for OMS as Unattached)

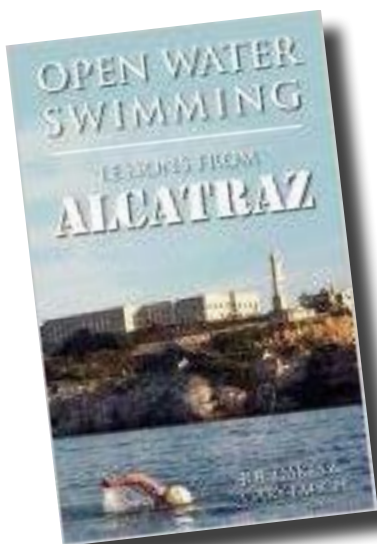
Over the years I have chased down a few records that others seem to have overlooked. In 1994, at age 60, I became the first person to swim in the Bering Strait from Russia to Alaska. At times I have done other things that some might think odd, but it has always been challenging, fun and kept me out of trouble.

So, as I approached my 83rd birthday I decided to sneak in another one. Sylvia and I love sailing the world on Holland America's cruise ships, and one of our favorites is the ms Prinsendam: It is one of the few ships with a salt water swimming pool. A few years back we sailed around South America on the Prinsendam, with a foray off the coast of Antarctica. It was my pleasure during our time in Antarctica to swim a mile in the ship's pool: the air was cold, but the water was kept at a tolerable temperature.

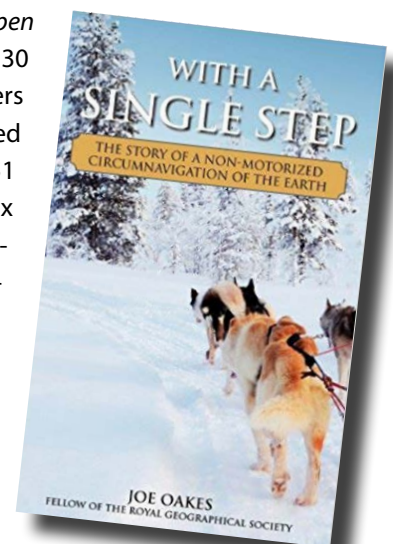


In June of 2017 we found ourselves on the Prinsendam again, this time off the North Cape of Europe, in Nordkapp, Norway, beyond 71 degrees North Latitude, considerably north of the Arctic Circle. After taking the ship's land excursion to the magnificent North Cape, it was time for me to go for my new record: By swimming a mile in the ship's pool off the North Cape, I set the extremely obscure record (who really cares?) of swimming in the same swimming pool in both the Arctic and the Antarctic, half a world and thousands of miles apart. The water in the pool had a slight chill, the sky was cloudy, and there was a cold Arctic breeze that made me want to stay in the (relatively) warm water. And it was made possible by being faithful to the Prinsendam.

Note: Joe has done a few other things of note. He is the only person to swim a mile and run a full marathon on all seven continents. He is the only person to do all of the recognized Intercontinental Swims. He has swum from Alcatraz 41 times. And he completed a non-motorized circumnavigation of the earth. In the interim, he and Sylvia found time to become a member of Holland America's Presidents Club, with 1,500 days at sea. All of the above were done after the age of 50. You can find his books on Amazon.com.



Editors Note: This was taken from the back cover of, *Open Water Swimming: Lessons from Alcatraz*. "Over the past 30 years Joe Oakes has guided more than 30,000 swimmers across the frigid waters from Alcatraz. He has finished open water swims all over the world; 130 marathons; 51 ultradistance runs and many triathlons (including six IRONMAN contests in Hawaii). Joe was the first person to swim from Russia to Alaska. For his adventurous travels he was honored as a Fellow of the Britan's Royal Geographical Society." This book was coauthored with Gary Emich, who is the Alcatraz Swim record-holder, with 750 crossings without wet suit or fins (as of the books publication date of 2009).



With a Single Step is the story of Joe's non-motorized circumnavigation of the earth. Joe's son wrote a lengthy and interesting note about this book in the comment section at Amazon.com.

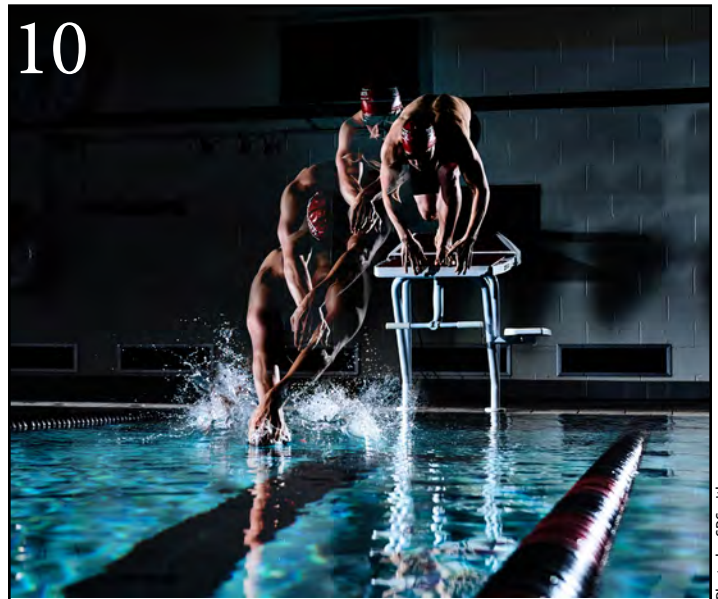
Here & There





Photo captions

1. Carolyn Welty-Fick of CGM was at the Moorhead, MN, meet in a 50 yard pool. Attendance- 4, including Carolyn. No lane lines made it tough for backstroke! Notice the pool in the background.
2. Congratulations: Kirby swam the 50 fly at workout! CGM
3. Matt Miller, Hardy Lussier and Bob Bruce—Portland Bridge Swim. Hardy swam, Matt kayaked for him, and Bob observed for the USMS Open Water and Long Distance committees.
4. Portland Bridge Swim—view of Portland
5. Getting ready for 500 meter and 1500 meter swims in Elk Lake. Brent Washburne, Ted Bonus, Lisa Gibson, Jessica Stacy, Lauren Binder and Kurt Grote
6. Toni Hecksel at the Applegate 10k Open Water swim—first place; women’s 50 to 54; third woman out of water with a PR of 2:49
7. Maternity lane in the Tank—OCT
8. Jill Marie Asch and Arlene Delmage at Elk Lake
9. Small Team Open Water Champions—Elk Lake—Photo by Carolyn DeMarco
10. Brett Nagle—Photo by SRSmith



ELK LAKE SWIMS

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chowing down on the sweet fruit from Farmer Brown and sandwiches provided by volunteers, while Barb had the formidable task of tallying results for the whole weekend of swimming before the awards ceremony where medals, coasters, and survivor cups were awarded.

An event like this in a scenic (but remote) setting doesn't happen without a lot of planning and a lot of helpers! A huge heartfelt thanks goes out to the organizers and volunteers who made this event possible and safe for all swimmers! The success of this event depended on the teamwork of everyone involved, from those who manned the registration table, the safety spotters and medic volunteers, those who hauled in coffee and water, helped serve food all weekend, and those who helped with the cookies, like Andy Schob who wrapped Rice Krispies Treats (pictured below). As always, the 2017 Cascade Lakes Swim Series was a fun event to commune with other swimmers and do what we love—SWIM!

FITNESS

Continued from page 5

They are more likely to exercise for pleasure than for weight loss or other long-term health goals: In a 2016 study, some gym-goers were randomly sorted into 2 groups. In the first group, people were told to choose the exercise they most enjoyed, and in the second group they were told to choose the exercise that was the most useful for their health goals. People in the first group on average did 29 reps compared to 19 reps in the second group. If you really care about losing weight or having a healthy heart, it is what gets you to the gym or the pool but it is not what keeps you there.

Instead, be a frequent exerciser, be flexible and mostly enjoy whatever forms of exercise you choose. Don't focus on a number on a scale, just get FIT. You certainly will reap health benefits and permanently get rid of some weight along the way.



Photo by Doug Graeber



Photo by Carolyn DeMarco



Photo by Laura Schob

VICKI KEITH

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Queen's University in recognition of her outstanding achievements and service. In 1996 she was inducted into the Terry Fox Hall of Fame, and in 1998 she had her most famous arrival and departure point renamed after her.

An extremely inspirational talk given by Vicki can be found at: <https://www.youtube.com/watch?v=znY6JbrHVt8>

RECORD swims, taken from the IMSHOF (International Marathon Swimming Hall of Fame) web site

Date	Distance	Time	Event
2001	32 km		Tandem Crossing of Eastern Lake Ontario with Husband John Munro
1990	43 miles	24 hours	Greatest distance in a pool 24 hours.
1989	22 miles	14 hours, 53 min.	Catalina Channel California—Butterfly
1989	32 miles	31 hours	Lake Ontario—Butterfly
1989	6 times		Greatest number of Lake Ontario Crossings
1989	18 miles	13 hours	Lake Winnipeg—Butterfly
1989	20 miles	14 hours	Juan de Fuca—Butterfly
1989	21 miles ⁺	23 hours, 33 min.	English Channel Greatest Distance—Butterfly
1989	14 miles	13 hours, 30 min.	Circumnavigate Sydney Harbour—Butterfly
1988			First Person to swim all five Great Lakes—all within an astounding 61-day period
1988	32 miles	23 hours, 30 min.	Lake Ontario
1988	24 miles		Lake Ontario—Butterfly
1988	20 miles	17 hours	Lake Superior
1988	45 miles	53 hours	Lake Michigan
1988	48 miles	46 hours, 55 min.	Lake Huron
1988	20 miles	20 hours	Lake Erie
1987	64 miles	56 hours, 10 min.	First double crossing of Lake Ontario
1986			Attempted double crossing of Lake Ontario (one completed crossing)
1986		129 hours, 45 min.	Kingston, Ontario—Continuous pool swim
1985		100 hours	Kingston, Ontario—Continuous pool swim
1985	12 miles	11 hours 30 min.	Lake Ontario—Butterfly

⁺actual distance covered was 47.18 miles

COACHES CHAIR

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potential for injury. Remember, you get high volume in the pool; try something else out of the pool.

5. Put down the weights before competition

The final phase of strength training for swimmers is to stop lifting right before competition. Taking a break before a taper meet allows your muscles to recover and rebuild.

6. Train in the off-season

The off-season may last only a few weeks, but it's a great time to put in some serious swimming strength training. Strength training during off-season allows swimmers to maintain muscle health and performance. The off-season is a good time for strength training, because stiffness won't affect performance.

7. Use resistance for range of motion

Strength training for swimmers must involve movement through a range of motion. Not only does resistance training improve range of motion, it allows

swimmers to pull through the water more efficiently.

8. Train with a purpose

Dry land exercises must be done with a purpose. An effective dry land program includes targeted exercises that combine strength, flexibility and power. Dry land exercises are important for all swimmers, from grade schoolers to elite level, but not all exercises are transferable. Any weight training must directly translate to success in the pool. That is not the case for a good many strength training workouts for swimming. Swim-
next page please

COACHES CHAIR

Continued from previous page

mers should not just start doing Push-Ups and powering out Dumbbell Presses. The risk for improper form with weight is too great. Instead, swimmers should do variations of common strength training methods, mastering bodyweight training first.

9. Don't work harder, work smarter

This sounds like a phrase on an office cubicle wall but it truly applies. Just because you are in a weight room doesn't mean you have to go big for more power. You will only end up hurting yourself. Swimmers need to work with trainers who can guide them on form, appropriate weights, and injury-prevention methods.

10. Target to build-up strength

Many swimmers shy away from weight training because of its potential to increase body mass. This does not have to be the case with a well-designed strength training program. A carefully constructed strength training program for swimmers will increase power and muscle efficiency without "bulking up" and increasing body weight.

Is strength training safe for swimmers?

This is a question that comes up a lot. Is strength training for swimmers safe? Yes, if you follow these tips and have a dedicated support system, it is safe. When a swimmer takes his or her training out of the pool and starts a dry land program, he or she must have a purpose and a goal. If coaches and swimmers are concerned about safety, soreness and exhaustion, they should seek professional advice and training. Swimmers cannot tackle strength training on their own. This only leads to injury and exhaustion.

Oregon Open Water Series 2017 Final Summary

AgeGr	Place	Name	Team	Points	Swims	Venue	W/M
W25-29	1	Gibson, Lisa	NIKE	198	13	6	1
	2	Caldwell, Cailee	NIKE	70	5	3	17
W30-34	1	Tosh, Megan	ORM	170	10	3	5
W35-39	1	DeMarco, Carolyn	EA	174	14	5	3
W40-44	1	Harrison, Elizabeth	THB	128	13	5	10
	2	Taylor, Tammy	COMA	111	8	3	12
	3	Marokus, Celeste	RVM	92	7	3	14
	4	Winter, Neva	THB	71	5	3	16
W50-54	1	Phillips, Sue	CAT	188	16	5	2
	2	Pettit, Jayette	OR-un	156	14	5	7
	3	Watkins, Betsy	ORM	147	9	3	8
	4	Hecksel, Toni	CGM	136	10	3	9
	5	Chamberlain, Lee	CAT	39	4	4	18
W55-59	1	Malloy, Janie	PCCM	165	12	6	6
	2	Schob, Laura	COMA	117	6	4	11
	3	Schiavon, Caryl	OPEN	86	9	5	15
W60-64	1	Shuman, Connie	COMA	171	13	5	4
W75-79	1	Hodge, Peggie	COMA	99	6	3	13
M35-39	1	Trexler, Adam	ORM	62	3	3	19
	2	Gendron-Hansen, Amaury	UC37	47	3	3	17
M40-44	1	Lantry, Todd	RVM	163	11	4	3
M45-49	1	Bernardo, Ceasar	ORM	65	4	3	16
M50-54	1	O'Connor, Lee	THB	168	14	5	2
	2	Lussier, Hardy	COMA	132	6	5	6
	3	Waud, Tim	OCT	96	9	3	11
M55-59	1	Thompson, Ron	COMA	142	11	4	5
	2	Graeber, Doug	COMA	129	8	5	7
	3	Bragg, Robin	OPEN	100	13	5	9
	4	Allender, Pat	CAT	73	8	3	15
M60-64	1	Yensen, Kermit	COMA	175	13	5	1
	2	Ramsey, Ed	THB	148	13	5	4
	3	Brockbank, Doug	ORM	122	9	4	8
	4	Douglas, Mike	COMA	98	11	5	10
	5	Dow, Keith	OR-un	85	8	3	13
	6	Carter, Walt	COMA	74	8	3	14
	7	Lane, Mark	COMA	44	5	3	18
M65-69	1	Bruce, Bob	COMA	88	5	3	12
M80-84	1	Radcliff, Dave	THB	176	15	5	x

38 swimmers qualified for the 2017 Oregon Open Water Series.

The Overall Series Champions were Lisa Gibson and Kermit Yensen.

(With five previous wins, Dave Radcliff is retired from Series overall consideration)

Bob Bruce, 8/15/2017

Summary

Results & Records

USMS Summer Nationals 2017

Looking Ahead. . .

Event Schedule

Date	September 23; Saturday
Course	Open Water
Swim	USMS National Championship (1 mile)
Venue	Angle Lake
Location	SeaTac, WA
Enter:	https://www.clubassistant.com/club/competitions/team_rosters.cfm?c=1449&smid=8976

Date	November 11-12; Saturday-Sunday
Course	SCM
Swim	Northwest Zone Championship
Venue	Hood River Aquatic Center
Location	Hood River, OR

Quote for the month. . .

Many swimmers ask, "What is the secret to success?" I can tell you what it is. When you feel like you can't swim any faster, hold your breath any longer, kick any harder, you must keep going. Greatness is only milliseconds away; but you have to give 100%. You can't slack off halfway through the race because you think negatively, you must maintain a 100% effort for the entire race. This is the secret to success.