



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

"Swimming for Life"

Volume 45• Number 4

Published 10 Times Yearly by OMS, Inc.

April • 2018

Oregon City Spring-Forward Meet

by Claudia Daly

The promise of spring heralded two days of sunny swims at the Oregon City Tankers Spring-Ahead Age Group, Open and Masters meet over the weekend of March 10-11, 2018. Beautiful weather drew swimmers to the outside deck and as the sun poured in through the glass wall and open doors of the south side of the pool, inspiration for a series of fast swims and new Oregon and Zone records seemed to follow.

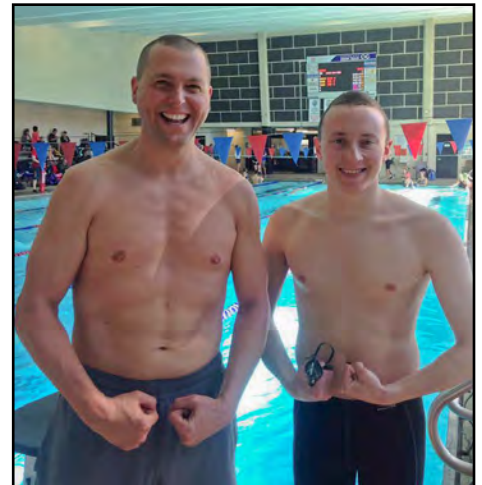
The afternoon sessions combined older USA swimmers with Masters events, giving us oldsters time to catch our breath between events, so fourteen new short course meters Oregon Masters marks were set—nine of these were zone records as well.

Northwest Zone standards were set by: Sonja Skinner, Womens 40-44 200 M IM, 2:39.83 and 100 M Butterfly, 1:09.96; Colette Crabbe, Womens 60-64 400 M Freestyle, 5:20.54. Janet Gettling, Womens 70-74 100 M Butterfly, 1:40.68, 50 M Breast, :44.35 and 100 M IM, 1:34.27 and Joy Ward, Womens 75-79 50 M Butterfly, 50.72, 200 M IM, 3:54.63 and 400 M IM, 8:29.64.

Sonja also swam to a new Oregon record in her 100 M IM with a 1:13.69. Other new Oregon records were set by: Nick Hadinger in the Mens 25-29 100 M Back 1:00.24; Erin Cavender in the Womens 18-24 200 M Freestyle, 2:24.29; Tom Phipps, Mens 65-69 200 M Butterfly, 3:16.37 and Wes Edwards, Mens 65-69 200 M Backstroke, 2:42.38.

The sometimes-painful spring time-change didn't dampen enthusiasm for cheering on young and old, and all ages swam

into the light of a new season. It's time now to look forward to more fun opportunities next month at the Association Championships April 20-22, in Corvallis. Hope to see everyone there!



Matt Miller and Grant Aldred flexing their muscles, trying to intimidate their competition.



New Swimmer at Oregon City!

Oregon Masters Swimming, Inc. Board Members

CHAIRMAN OF THE BOARD

Tim Waud • timpwaud@gmail.com

VICE CHAIRMAN - SANCTIONS

Robbert van Andel • swimmer1974@gmail.com

SECRETARY

Michelle Jacobs-Brown • Goblin34.mjb@gmail.com

TREASURER

Kermit Yensen • kermit.yensen@gmail.com

REGISTRAR

Susie Young • Swim.pdx@gmail.com

AQUA MASTER EDITOR

Alice Zabudsky • azabudsky@msn.com

AWARDS — ANNUAL

Susan Albright • albright.becker@gmail.com

COACH'S CO-CHAIR

Tim Waud • timpwaud@gmail.com

Matt Miller • matt@flytrapcare.com

DATA MANAGER — SWIM MEETS

Gary Whitman • all5reds@comcast.net

FITNESS CHAIR

Colette Crabbe • colettecrabbe@hotmail.com

HOST/SOCIAL

Michelle Jacobs-Brown • Goblin34.mjb@gmail.com

LONG DISTANCE CHAIR

Bob Bruce • coachbobbruce@gmail.com

MEMBERSHIP PROMOTION

Carolyn DeMarco • adairpete@msn.com

MEMBERSHIP

Christina Fox • foxkohnert@peak.org

OFFICIALS — SWIM MEETS

Jacki Allender • jacki.allender@gmail.com

OMS EMAIL GROUP MAINTENANCE

Susie Young • swim.pdx@gmail.com

PROGRAM DEVELOPMENT

Marlys Cappaert • m.cappaert@comcast.net

RECORDS

Stephen Darnell • inancialwizard2@comcast.net

SAFETY

Joy Ward • silenteclipse1210@hotmail.com

SOUVENIERS

Jeanna Summers • eanna.summers@optumhealth.com

SUNSHINE

Ellen Summers • ebisch123@aol.com

OREG CLUB REP

Nancy Vincent • nancy.vincent@hp.com

USMS REP

Sandi Rousseau • swim@gorge.net

TOP TEN

MJ Caswell • mjcaswell@earthlink.net

WEB MASTER

Matt Miller • matt@flytrapcare.com

PRINCIPAL FOUNDER OF OMS

Connie Wilson

CONTENTS

Regular Articles

- 3** Chair's Corner
- 4** Off the Block
- 5** Fit to Swim
- 6** Coaches Chair
- 7** Long Distance Swimming

Records and Links to Meet Results

- 8** Oregon City Dual-Sanction Meet—SCM

Articles & Announcements

- 9** Swimmer Spotlight—Mark Frost
- 10** Swim Bits
- 11** Scott Spann Clinic
- 14** 2018 Open Water Schedule

Event Schedule — Back Page

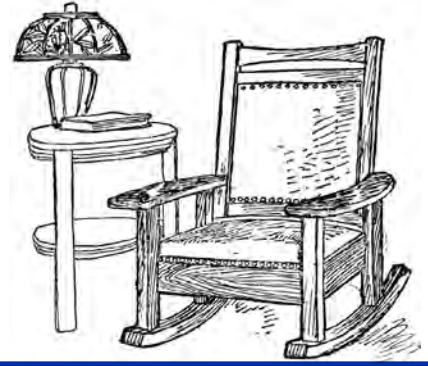
United States Masters Swimming, Inc. (USMS), can not and does not accept responsibility for the content of any information or material not authorized by USMS. All opinions stated in any such material are solely those of the author(s) and not necessarily those of USMS or Oregon Masters Swimming. *Aqua Master* is the official publication of Oregon Masters Swimming (OMS). OMS is a Local Masters Swimming Committee (LMSC) and part of USMS. Information is also available online at www.swimoregon.org.

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

Volume 45 • Number 4 • April 2018

Chair's Corner

Tim Waud
OMS Board Chairman



Greetings Fellow Oregon Masters Swimmers,

Congratulations to everyone who swam at the Oregon City Spring Ahead meet March 10-11. It's always great to catch up with swimming friends we haven't seen in a while. This was Oregon City's largest event drawing 95 U.S. Masters swimmers from Oregon, Washington, California, and Florida. Over 250 USA Swimming athletes were also entered in this dual-sanctioned event. The best part of this unique event is watching the Masters swimmers cheer on their kids during the morning session and the kids cheering on their parents during the afternoon session.

Next month, Corvallis will be hosting our 2018 OMS Association Championship. This is an exciting three-day event in which our membership comes together to swim fast, show our team spirit, and honor those who make our sport great. We need an army of volunteers to help us put on this event. If you have a friend or significant other attending the meet, please have them consider volunteering over the

weekend. A link to a job sign-up list will be sent via email in late March. We are also looking for officials. If you have a friend or family member who is a certified official, please have them contact Jacki Allender.

Don't forget to sign up for our annual OMS meeting, awards, and social event with appetizers, light fajita bar, and a no-host bar after the meet on Saturday, April 21st, at the Historic Old School from 5:00-8:00 pm. Cost is \$15 per person (swimmer or guest). Don't miss this opportunity to socialize with your teammates and meet your OMS board members and other Masters swimmers outside of the pool. See you in Corvallis!

Swimmingly,

Tim Waud/OMS Chair



Off the Block



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

Claire Forrest went to her first swim meet at the age of eleven, on a whim. She fell in love with the sport and never looked back. Classified an S6 disabled swimmer for US Paralympics, Claire specialized in mid-distance freestyle and backstroke and made national and world rankings throughout her career. Claire is passionate about integrating disability swimming into the larger swim community, having swum for able-bodied club teams and her college’s DIII team.

Ten Gifts Swimmers Actually Want

by Claire Forrest

You may be stumped on what to gift the swimmer in your life, and the answer isn’t yet another new swimsuit, but much simpler than that. Here are a few gift ideas that will make your swimmer feel like taper came early this year!

10) A pass to an all-you-can-eat pasta bar.

Not only will your swimmer absolutely love this, but it is also a very economical gift from your perspective. Every single cent you spent on this gift will be put to good use.

9) A get-out swim.

Who needs the consumerism these days anyway? The best gifts are free, and it is the thought behind them that counts! And the thought that a coach just gave them a chance to hit a goal time on a sprint and get out of the remainder of a tough practice? Priceless.

8) A coupon redeemable for five uninterrupted naps.

There’s nothing better than finally drifting off into one of those beautiful post-morning practice swimmer naps where you fully intend to wake up not knowing what day it is. And there is nothing worse than a nap being interrupted by a knock on your door. Promise to let your swimmer sleep, and they’ll be forever grateful.

7) A one-time use of the best shower in the locker room.

Let’s be honest, we all know there is one shower in

every locker room that has significantly better water pressure than all the others. If you’re looking for a gift to give a great teammate, look no further. Sharing the good shower is caring, especially if they’re trying to relieve their shoulders from the straps on their speed suit after a long meet.

6) Recovery day.

Coaches are chuckling reading this, knowing this one isn’t likely to happen, but what is life without the wonder of dreaming big dreams?

5) A day off...with no obligations!

This happens once in a blue moon, but when it does, it’s pure magic. No homework, no chores. Just thinking of it makes you blissfully sigh.

4) A snorkel that doesn’t leak.

Wouldn’t that be something? If anyone knows if this actually exists, please let me know, because I want one.

3) Hot tub time.

Perhaps as rare as a day off are the times when your coach says, “You know what? You guys worked hard today. Enjoy the hot tub for a bit.” Instead, it just calls to you from beyond the deck while you’re struggling through practice. A little hot tub time is a true treat.

2) A tournament of Sharks and Minnows.

Only swimmers know how especially intense this game can be. Take no prisoners! Or minnows, I guess.

1) A swimmer’s body without having to swim.

Well, this will probably never happen. But wouldn’t it be nice? Until then, back to the pool we go!

Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



Get ready for the Association Championship

In less than a month, it will be our annual Association championship meet. This year it is taking place in Corvallis, April 20 to 22. First of all, it is an excellent “middle of the state” location with a great pool and an outstanding organizing team. As you already know, it will be well-run, it will be fast and it will be a lot of fun with a lot of cheering and support from all the swimmers.

If you are new to swimming, I am sure you are still a little apprehensive and wondering what to expect. Here is your roadmap:

First and foremost-- register. If you do not know which events to register for, ask your coach and time yourself at practice. This will give you the confidence that you can do it, and to be able to enter with a time. You are now committed and have a measurable goal.

Until two weeks before, keep your normal schedule, especially if you are new to swimming. Do not increase your swim load or mileage but keep the emphasis on technique, speed, starts and turns.

In the two weeks prior to the meet, you might start decreasing your mileage and start working on speed (how does it feel to sprint: faster tempo, faster kick to put you on top of the water!!) You also need to work on starts and turns. If you can, practice diving with your goggles, do they fall off? Practice your turns, mostly the nice push-offs with your two feet on the wall, the streamline under water, the flip-turns. Remember you do not have to dive or flip-turn, you can start from the water. A fast open-turn with a good push-off from the wall might be better for you than a flip-turn. In the last two weeks, most of your improvements will

come from what you do outside of the pool: rest, healthy eating, and reducing stress as much as possible.

Last but not least, if it is one of your first meets, you are setting up your mark. Whatever you do is your own benchmark and an achievement in itself. Do not stress about performance, it will not be in the newspaper on Monday (however good or bad it might be). The Masters swimming community is very supportive, and both your coach and teammates will cheer you on, give you some tips on what to improve, recognize your performance and help you set up your next goals.

Now you are mentally ready to go to your first meet.

What should you bring?

Extra towels and extra warm clothes: there is nothing worse than being cold. Once wet, the feeling of being cold will exacerbate, so you need to be able to dry yourself and keep warm to get ready for your next race. Don't forget a pair of deck shoes (clean, non-slippery and easy to get on and off).

Snacks and drinks: The association championship is a pretty long swim meet which will last until probably mid-afternoon without any significant break. So be ready for it: you should have a nutritious breakfast before the meet, but you also need to stay hydrated and nourished during the meet. Keep drinking before, between and after each race. You should have your lunch and a lot of healthy snacks ready, such as fruits, nuts, sandwiches, pasta, etc. Personally, I am sticking with healthy, easily digestible food in small quantities throughout the meet and will not eat specialty bars, gel or energy drinks, but it is a question

continued on page 13





Coaches Chair

Coach Matt Miller
OMS Co-Coaches Chair

Watch the Clock

Most seasoned swimmers understand the value and importance of watching the pace clock while swimming. Whether doing an easy warm-up or an intense set, keeping an eye on the clock at all times is important. This article is primarily targeted at people new to the sport of swimming, but hopefully will also provide some good information for long-time swimmers.

Reading a Pace Clock

Let's get everyone comfortable with some terminology first. Traditional pace clocks are analog clocks with two hands: one for seconds and one for minutes. They lack an hour hand and the clock itself has seconds written on it instead of hours. So the "top" of the clock reads "60" (instead of "12") and the "bottom" of the clock reads "30" (instead of "6").

Swimmers often refer to "60" or "0" as "the top." So when someone says "OK, let's start the set on the top," that means they intend to push off the wall when the second hand gets to the 60 (the physical top of the clock). Similarly, swimmers often refer to "leaving on the bottom", as pushing off the wall when the second hand reaches 30.

Other common yet confusing term, at least for people new to the sport, is "leaving on the side." This refers to pushing off the wall when the second hand of the clock reads either "15" or "45." Typically it's whichever is nearest to where the second hand is at the time the statement is made. People sometimes also say "let's leave on the east side" or "leave on the west side," which would be pushing off the wall on the 15 or the 45 respectively.

When using a digital pace clock, the terminology is the

same (0/60 is top, 30 is bottom, 15 and 45 are the sides) despite the fact that there is no second hand to give it the same meaning as in the case of an analog clock.

Using a Pace Clock to Time Yourself

Using a pace clock to figure out how fast you're swimming is quite easy with some simple math. For example, suppose you push off to swim a 50 freestyle on "the top" and when you get to the wall after finishing, you look at the clock and see the second hand is pointing at the 40. That means you swam the 50 free in 40 seconds.



Suppose you want to do a set of five repetitions of 50 freestyle leaving on a 50-second "sendoff," meaning that every 50 seconds, you start another repetition of 50 free. This could be done by starting the first repetition on "the top" and then doing each repetition 50 seconds after that. So the second one you would be pushing off as the clock reads 50; the 3rd repetition you'd leave on the 40; 4th on the 30; and the 5th on the 20.

During this set, you should also be making note of what the clock reads when you touch the wall. That way you can do some simple math to figure out how long each repetition is taking you to swim. Taking the above example, suppose on the 3rd repetition you finished, you touched the wall when the clock read "21." To figure out how long that 50 free took you to swim, you can figure that the time elapsed from when you left on the 40 until you touched on the 21 is 41 seconds.

Why use a pace clock?

There are many good reasons to use a pace clock. The primary reasons for using a pace clock are to:

- Know how fast you are swimming,

continued on page 13





Long Distance Swimming

Coach Bob Bruce
OMS Long Distance Chairman

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 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.

In 2017, six Oregonians—that's right, six—joined fourteen other outstanding swimmers in the nation in earning that honor. Think about this: six out of twenty from one club! No other club in the nation had more than one Long Distance All-Star. Oregon has now had 30 of 80 Long Distance All-Stars in the past four years, continuing our enviable tradition of excellence!

Arlene Delmage (Oregon Reign Masters, Womens 55-59 age group) joins the All Star team for the fourth time, the third time representing Oregon. Arlene got an early jump last spring by traveling far afield and winning the first two open water championships on the USMS schedule, and placed high in each of her postal swims.

Matt Miller (Rogue Valley Masters/Southern Oregon Masters Aquatics, Mens 40-44 age group) has been named to the All Star team for the sixth consecutive year. Matt won three open water swims and three postal championships and scored more All-Star points than anyone else in the nation!

Christian Tujo (Central Oregon Masters, Mens 45-49 age group) joins the All Star team for the third year. Chris won by participating and scoring high in two open water swims and all five postal championships.

Bob Bruce (Central Oregon Masters Aquatics, Mens 65-69 age group) joins the All-Star team for the eighth time, fifth time consecutively, completing a sweep of his time in that age group. Bob won one open water swim and one postal championship. He also served as event director for two open water championships.

Ralph Mohr (Central Oregon Masters Aquatics, Mens 75-79 age group) has been named to the All-Star team for the fifth time, again leading by example. Ralph won two open water swims and two postal championships.

Dave Radcliff (Tualatin Hills Barracudas, Mens 80-84 age group) joins the All-Star team for the seventh time, sixth time consecutively. Dave won two open water swims and three postal championships, every one that he entered. Dave 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. Note that we have three open water championships in Oregon in 2018! All of our All-Stars last year raced locally, and many travelled out-of-state for other championship events. And they all participated heavily in the Postal Championships, which are available to everyone without much travel. If you want to succeed, you gotta show up! Of course that applies to all of us, All-Star or not.

Good luck and good swimming!



Records & Links to Results

Records are for Oregon Swimmers Only

Oregon City Dual-Sanction Meet — SCM

March 10-11, 2018; Oregon City, OR; Sanction #378-S001

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

Age Group	Event	Name	Age	Time	Record set
Women 18-24	200 SC Meter Freestyle	Cavender, Erin	24	2:24.29	Oregon
Women 40-44	100 SC Meter Butterfly	Skinner, Sonja	42	1:09.96	Oregon, Zone
Women 40-44	100 SC Meter IM	Skinner, Sonja	42	1:13.69	Oregon
Women 40-44	200 SC Meter IM	Skinner, Sonja	42	2:39.83	Oregon, Zone
Women 60-64	400 SC Meter Freestyle	Crabbe, Colette	62	5:20.54	Oregon, Zone
Women 70-74	50 SC Meter Breaststroke	Gettling, Janet	70	44.35	Oregon, Zone
Women 70-74	100 SC Meter Butterfly	Gettling, Janet	70	1:40.68	Oregon, Zone
Women 70-74	100 SC Meter IM	Gettling, Janet	70	1:34.27	Oregon, Zone
Women 75-79	50 SC Meter Butterfly	Ward, Joy	76	50.72	Oregon, Zone
Women 75-79	200 SC Meter IM	Ward, Joy	76	3:54.63	Oregon, Zone
Women 75-79	400 SC Meter IM	Ward, Joy	76	8:29.64	Oregon, Zone
Men 25-29	100 SC Meter Backstroke	Hadinger, Nick	28	1:00.24	Oregon
Men 65-69	200 SC Meter Backstroke	Edwards, Wes	65	2:42.38	Oregon
Men 65-69	200 SC Meter Butterfly	Phipps, Tom	65	3:16.37	Oregon

The OMS Postal Challenge Award—started in 2009—is given to all OMS-registered swimmers who complete and enter three or more of the five USMS Postal Championship swims in a calendar year. The qualifying championship swims include the One Hour Swim, the 5 & 10-kilometer swims, and the 3000 & 6000-yard swims. The award for the first year is a custom patch & chevron denoting the year, and the award for subsequent years is the chevron for that year.

Question: Who are the only two Oregon-registered swimmers who have won the Oregon Postal Challenge Award all nine years (2009-2017)?

Answer on page 10

Swimmer Spotlight—Mark Frost

by Mark Frost

submitted by Karen Andrus-Hughes

Name: Mark Frost
Age: 50
Team: Columbia Gorge Masters
Occupation: Architect, Software Consulting

I've never been too far away from water. I was born in a seaside town in the Southwest of England (Torquay, Devon), but spent my life growing up around the world to Diplomatic parents. Malaysia, Romania, England, Seattle, Bulgaria, and where I went to Boarding school – the UK at age 8. At least we DID have a swim team. I recall we used to do 'sponsored swims' to raise money for stuff (like a new pool). We'd do a relay and keep (at least someone) swimming for a week. My shift seemed always to be at 2am. I wasn't sure the teachers were paying attention to count my laps. In the UK, they had the ASA Awards to test survival swimming skills. You'd have to swim a certain distance with clothes on, tread water with your hand up, etc., getting progressively harder as you went along. I was the youngest to get through Bronze, Silver, Gold all the way to "Honours", with a "u". I left that school at the age of 13 with most of the pool records, except for Backstroke. But, none of it was pretty.

In our equivalent to High School, I rowed. You call it "crew". At 6'-3" and "14 stone", I was in the powerhouse of the eight. We didn't have much of a pool, let alone a swim team. Once a year we would have "Inter-House" tournaments for swimming (think Hogwarts without the quidditch), but, with only two or three boys who had any actual swimming ability, we would face the same opponents in every other event. In my last year I think I broke something like 15 records, was given "House Colours", and got to wear the esteemed Colored Blazer. Thereafter, rowing propelled me forward through Architecture School at Oxford Brooks University. I was invited to join the Leander Club - the breeding ground for the British Olympic rowing team. Alas, I missed going to the Under 23 World Championships by just a few seconds, and after College ended my rowing career. That's when I found Triathlon.

Triathlon is cool. The great equalizer. I tried a couple of races (in the UK) at age 22. I did well in the swim, held my own on the bike, and tried to limit my losses on the run. I figured I needed to buy a bike. Twenty-three years later I bought that bike. I showed up for the "Aluminum Man" Triathlon in The Dalles basically 'off the couch'. I came second in the swim - to a "kid". (I limited my losses on the bike and suffered on the run.)

But that was it; I realized I could actually swim. That's when I joined US Master Swimming. Five years ago.

It's been a blast. Living in the Gorge--windsurfing, mtn/road biking, kiting, and even some rowing-- and now triathlon and open water swimming (OWS). Sandi Rousseau, and the Columbia Gorge Masters team, are terrific. Bob Bruce and the Elk Lake summer swims are epic.



Pre-USMS, in that 23-year period, "swimming" meant going to the "Y", swimming 1,500 meters straight, and getting out. Boring. Not. Any. More. Morning workouts are to a different "daily recipe". I am now undefeated at the Aluminum Man Triathlon swim. I chuckle, as a half-muggle-Brit, to have become an "All American" for winning my age group at the 10km National Championships two years ago. I can't make all the regular Oregon swim meets, but have enjoyed the summer OWS events, ePostals, and we've got a good thing going with OWS in Hood River during the summer. We swim out along the HR Bridge all summer long, and do a "Mosier to HR" (8km) swim a couple times a year. As "Director Svim" of the Tri Club, I even organize an upstream "Salmon Swim" in the fall, and an epic 8 mile "Round Chicken Charlie Island". Join us.

I can't get my three kids (12, 16, 18) to join me in the water, but my wife, Carolyn, started swimming two years ago in order to complete a Sprint, and then Half-Ironman tri. She and I are currently training for IM70.3 triathlon in Coeur d'Alene this summer. And I am training for something called a 'Bridge Swim'.

I can't get my three kids (12, 16, 18) to join me in the water, but my wife, Carolyn, started swimming two years ago in order to complete a Sprint, and then Half-Ironman tri. She and I are currently training for IM70.3 triathlon in Coeur d'Alene this summer. And I am training for something called a 'Bridge Swim'.

Swim Bits

Planning Your 10K Swim at Applegate Lake

Part 1

by Ralph Mohr



Oregon Masters Swimming has a long history of hosting national championships, going back to 1982. This year we will have three, all in one week, and they will prove a daunting challenge.

On Sunday, July 8, swimmers will go under the Portland Bridges down the Willamette River, eleven plus miles. Then Thursday, July 12, we will have a chance to go around the Foster Lake cable course four times for the Two Mile Cable National Championship. Then on Saturday, July 14, the week will end with a 10K National Championship at Applegate Lake, swimming's version of a marathon.

The question comes up: how do you train for these? You start now, but most of you have already done that by getting ready for the State Association Championship meet. That has laid a base of training to get you ready for the next step.

The next step is that we take suggestions from runners who go an actual marathon, 26+ miles, 2 to 5 hours of effort, similar in time to our 10K swim. There are lots of websites with advice and training plans for runners. The plan I will focus on is Zappos marathon training plan. The web address is monstrous, so do a search with "Zappos marathon training plan."

There are many marathon plans for runners. I like Zappos because it indicates specifically on a chart things to do besides run (or in this case, swim), including cross training, types of training, and rest.

In all of these plans, though, there are two basic considerations in training to swim a 10K or to run a marathon:

1. you must jump up your weekly yardage, and
2. you must go a long continuous training effort, more than an hour, once a week. And, as you will see on the Zappos chart, you are expected to increase this distance gradually each week.

The other important element to swimming the 10K at Applegate Lake is commitment. Plan to do it and to do the work ahead of time.

So what to do now? Continue your regular preparation for State but add a long swim once a week. Compete at State. Then start 13 weeks of preparation for the 10K, which would be week 3 on the Zappos chart.

In week 3, Monday is an easy swim to loosen up from the weekend at State. Tuesday you will rest or do cross training of some sort, walking, bicycling, light weights – you choose.

Wednesday is intervals in your normal workout. Thursday is an easy day or do your regular workout. Friday is a rest day.

Saturday is a long swim, more than an hour. Get your head into swimming an hour straight, not hard, but without stopping. You will increase both time and distance in succeeding weeks. I swim on Sunday also, a regular workout, as it is lovely outdoors in the morning.

Repeat by going on to the next week of the plan.

Each week, though, increase the long swim by 10 minutes or 500 yards until you are swimming almost two hours straight. For me that would be around 6000 yards. On the Zappos chart that would be the equivalent to running 18 miles. For others it would be further. Dave Radcliff, for instance, plans to be going 9000 yards on the long swim by May.

I would also talk to your coach, if you have one, to arrange a distance lane at least once a week for you to go that long swim and to get ideas from him or her on how he or she can help you do the 10K. There are several other ideas to add to a 10K program for Applegate, but they can wait for Part 2.

Answer: Bob Bruce and Ralph Mohr have won it nine times. Dave Radcliff has won it eight times. Mike Carew, Allen Larson, Gillian Salton, and Christian Tujo have won it seven times. Hooray for all of them!

Scott Spann Clinic

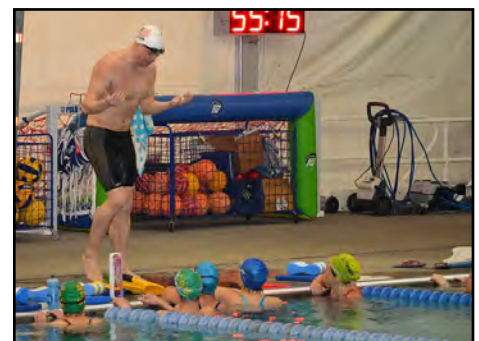
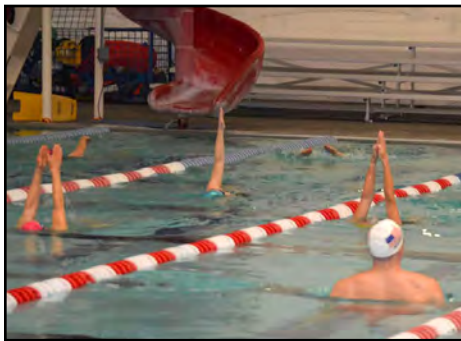
by Sandi Rousseau

Columbia Gorge Masters hosted Scott Spann, a 2008 U.S. Olympian, for a clinic on Saturday, March 10th. Scott was the first place qualifier in the 200 meter Breaststroke at Olympic Trials in Omaha, and placed 6th in the Olympics held in Beijing.

He spent almost an hour telling the story of his swimming career ...the highs and lows ...how he chose swimming as his passion sport, his college career, and the thrill and excitement of competing on the biggest swimming stage at the Olympics. He showed a video of his Olympic Trials swim and discussed his strategy and focus. He then demonstrated, and had the 20 Masters swimmers practice drills for each stroke.

It was inspiring to listen and learn from a swimmer of this caliber, and all of our Masters swimmers thoroughly enjoyed his presentation and visit. After a social breakfast, Scott then made a similar presentation to 25 kids from the Hood River Valley Swim Team. All of this was organized by Shelly Rawding, HRVST and CGM Head Coach.

Scott currently lives in Boston and is in law school. He has not yet swum Masters, but was reassured that there will be a place for him when he is ready!



Thank You!

2018 Donors to OMS Thank You, Thank You, Thank You!

<i>First/Last Name</i>	<i>Level</i>	<i>First/Last Name</i>	<i>Level</i>	<i>First/Last Name</i>	<i>Level</i>
Stephen Darnell	Diamond	Rupert Fixott	Silver	Ronald Nakata	Silver
Willard Lamb	Diamond	John Foges	Silver	Mike Pendleton	Silver
Roy Lambert	Diamond	Gregory Frank	Silver	Lynne Pendleton	Silver
Tyler Thessin	Diamond	Jane Garrick	Silver	Frank Philipps	Silver
Peter Berghaus	Gold	Patricia Gayman	Silver	James Proffitt	Silver
Doug Brockbank	Gold	Dan Gipe	Silver	Abbie Rankin	Silver
Earl Ellis	Gold	Julie Hall	Silver	Dave Sandin	Silver
Christina Fox	Gold	Sue Harrington	Silver	Ginny Saunders	Silver
Toni Hecksel	Gold	David Harrington	Silver	Laura Schob	Silver
Michelle Macy	Gold	Matt Henderson	Silver	Kaleo Schroder	Silver
Keith Peters	Gold	Lori Hollingsworth	Silver	Sonia Schuemann	Silver
Sandi Rousseau	Gold	Suzy Jajewski	Silver	Chuck Schuler	Silver
Scot Sullivan	Gold	Jennifer Johnston	Silver	Wes Seckler	Silver
Mike Tennant	Gold	Kjell Karlsen	Silver	Hilary Simmons-Sand	Silver
Nancy Vincent	Gold	Rebecca Kay	Silver	Mark Snider	Silver
Elizabeth Watkins	Gold	Bob Kehoe	Silver	Bonnie Speer	Silver
Kate Wilson	Gold	Michael Kelber	Silver	Jessica Stacy	Silver
Elke Asleson	Silver	Lori Lamoureux	Silver	Steve Suesserman	Silver
Jeanette Bello	Silver	Allen Larson	Silver	Charlie Swanson	Silver
John Bergendahl	Silver	Craig Limoges	Silver	Jeanne Teisher	Silver
Lou Boone	Silver	Jaime Mack	Silver	Elaine Turner	Silver
Michael Brinster	Silver	Jeanne Magmer	Silver	Brent Washburne	Silver
Diane Buswell	Silver	Stephanie Martin	Silver	Dick Weick	Silver
Patrick Cecil	Silver	Karl Mawson	Silver	Sumner Williams	Silver
Colette Crabbe	Silver	Jan Irene Miller	Silver	Kermit Yensen	Silver
Michael Dix	Silver	Edwin and Robyn Morgan	Silver		
Ed Fernbach	Silver	Ryan Morrow	Silver		

FITNESS

continued from page 5

of preference. The important thing is to eat and drink before you feel starving and thirsty. Eat even if you do not feel like it, because of stress.

A camping chair: this is not required as there will be some bleacher seating, but it might be more comfortable and prevent you from having to sit on the deck if it is too crowded.

Extra goggles and extra team caps: both can break, and you do not want the extra stress just before your race. Association championships is the only meet in which we represent our own local team, so the team spirit is a key element. Showing your color thru wearing the team cap is nice.

Team spirit, a can-do attitude, sportsmanship and smile: this will be fun, you will meet new people, you will make new friends, you will achieve new performances, you will set up new goals and you will be motivated to go back to the pool the next week.

See you all in Corvallis!!!

COACH'S CHAIR

continued from page 6

- Understand and practice pacing, and
- Get a better and more consistent workout.

It is very important to know how fast you are swimming because practice times are an exact measurement of our performance. By watching the clock we can measure our performance every day, which gives us instant feedback about how we're progressing (or regressing). I find watching the clock and measuring performance to be a great way to self-motivate during a hard set, especially when swimming alone.

Even when warming up and cooling down, it's good to keep an eye on the pace clock so you can develop a feel for swimming at different speeds. This is especially valuable for distance swimmers who might want to maintain a slow pace for a long time, for example during an 11-mile down-river swim in the Willamette River in July!

Doing sets on a sendoff that allows for some fixed amount of rest, which can be varied depending on the goal of the set, allows for keeping one's heart rate in a target zone for an entire set. In this way, choosing a proper sendoff and watching the clock can help to dramatically improve the quality of your workouts when working toward a goal time for a particular event. And choosing an interval wisely can also help keep track of the number of repetitions completed.

Watching the clock and doing the same or similar sets from time to time can easily tell us if we're improving day-to-day. It can also let us know if we might be getting sick or if we might have a potential health issue. I've heard stories of swimmers who figured out they have a heart condition based on the fact that they were significantly slower one day than they were the day before. If you're watching the clock every day and notice a serious and significant slowdown in your pace, that could be a signal that you're getting ill or have some health condition that may need to be addressed. Who knows, watching the clock could very well save your life!

For those new to the sport of swimming, I hope this brief article provides a clear overview of how and why we use a pace clock. Outside of goggles, I think a pace clock is the most important piece of equipment for swimming. Learn to use the pace clock well and you'll appreciate the key role it plays in training to swim well!

Announcements

1. **OMS Banquet Membership Slide-show** -- Please send photos for the OMS banquet slide-show to Matt Miller at matt@flytrapcare.com. Photos from USMS and OMS events from April, 2017, through now are wanted!
2. **Amazon Pool Rented for 5K or 10K ePostal swims** - OMS has rented the Amazon Pool in Eugene, Oregon, on **Saturday, May 26th, from 2 pm to 6 pm** for swimmers from across the state to come do their 5K or 10K ePostal swim in a great centrally-located facility. Space is limited so please contact Matt Miller at matt@flytrapcare.com or 636-209-8916 to reserve your spot today!

Oregon Masters Swimming: Tentative Open Water Race Schedule for 2018 (as of 21 Feb. 2018), OR Series

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category	USMS Status
Sun 20 May	1	Lake Juniper (pool)	Bend, as pool event	COMA	Bob Bruce	1200-meter	Featured	Sanctioned
Sun 8 Jul	1	Portland Bridge Swim in the Willamette River	Portland	PBS,LLC	Marisa Frieder	17-km downriver (Nat'l Champs)	Featured	Sanctioned 378-W001
Thu 12 Jul	1	Foster Lake Cable Swims	Sweet Home	COMA	Bob Bruce	2-mile cable (Nat'l Champs) 1-mile cable (Ass'n Champs)	Featured Featured	Sanctioned 378-W002
Sat 14 Jul	2	Southern Oregon Swims at Applegate Lake	Ruch	RVM	Matt Miller	2500-meter (with 10,000-meter) 5000-meter (with 10,000-meter) 10,000-meter (Nat'l Champs) 1500-meter 3 x 500-meter Pursuit Relay	Qualifying Qualifying Featured Featured Participation	Sanctioned 378-W003
Fri 27 Jul	3	Cascade Lakes Swim Series	Bend	COMA	Bob Bruce	3000-meter	Qualifying	Sanctioned
Sat 28 Jul		& Festival at Elk Lake				500-meter 1500-meter 5000-meter 1000-meter	Qualifying Featured Featured Qualifying	378-W004
Sun 29 Jul								
Sat 11 Aug	1	Southern Oregon Coast Swims at Eel Lake	Lakeside	SOMA	Matt Miller	3000-meter 1500-meter	Featured Featured	Sanctioned not yet
Sat 8 Sep	1	Lake-of-the-Woods	Klamath Falls	SOMA	Matt Miller	3000-meter 1500-meter	Featured Featured	Sanctioned not yet

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; participation events score 7 points. Top 10 scores count towards a swimmer's final Series total.

Summary

Records & Results

Oregon City Dual-Sanction Meet SCM

Looking Ahead. . .

Pool Schedule

<u>Date</u>	<u>Course</u>	<u>Swim</u>	<u>Venue</u>	<u>Location</u>
April 20-22; Fri.-Sun.	SCY	Association Meet	Osborn Aquatic Center	Corvallis
May 19-20; Sat.-Sun.	LCM	Wonderful Water Weekend	Juniper Aquatic Center	Bend
Aug. 24-26; Fri.-Sun.	LCM	Gil Young Meet	Mt. Hood Community College	Gresham
Nov. 10; Sat.	SCM	Hood River Fall Meet	Hood River Pool	Hood River
Dec. 8; Sat. (tentative)	SCM	COMA All-Around Challenge	Juniper Aquatic Center	Bend
Dec. 16; Sun.	SCY	Animal Meet	Canby Swim Center	Canby

Open Water Schedule (see page 14)

Quote for the month. . .

The strongest people aren't always those who win,
but those who don't give up when they lose.