



Aqua Master

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"Swimming for Life"

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World Masters Swimmer of the Year (2017) Willard "Wink" Lamb

Selected by *Swimming World Magazine* in March, 2018

Swimming World Magazine has been recognizing the Top 12 World Masters Swimmers of the Year for the last 14 years. For their 2017 list, Willard Lamb was one of the 12 swimmers chosen.

Wink got back into swimming in 2005, after decades away from the pool, with the goal of getting a little exercise. He quickly found that he could still swim proficiently. After a few months of lap swimming, he called the YMCA in Longview to see if they had a phone number for Andrew Holden, 90, who was a former teammate and coach from his high school and college swimming days in the 1930s. "I found out he was still hanging in there!" said Wink, "so I went to visit him, and he gave me a copy of the *Aqua Master*. Wally (Wink calls Andrew "Wally") got me entered in my first Masters swim meet – the Tualatin-Hills Pentathlon on March 11, 2006."

Soon after joining OMS and entering swim meets, Wink started setting National and World records in his age group. To fully appreciate Wink's journey back to the pool and competition, we need to look back about 75 years to when Wink and Wally were in high school together. Wink met Wally at R.A. Long High School in Longview where Wally was a senior when Wink was a freshman. When asked about a favorite swim memory, Wink says "I blame Wally for this one!" In Wink's last year of high school, he won the 220 yard free at the state championship in record time (2:23.4*). To his surprise Wally was there at the end of the race pulling him from the pool – knowing that in a few minutes he had a 100 free to swim. "He gave me a good rub down to make me feel the best possible for the next race and I got 3rd place. I didn't even know that he was

at the meet, because he was in his 4th year at the University of Washington at the time." Wink added that Masters swimming has provided many more favorite memories, relays especially, but another notable memory was when Bert Peterson paced him in an 800 LCM Free, where he broke his old World Record by 45.93 seconds at the Tualatin-Hills pool in April, 2008.



After high school, Wink followed Wally to the University of Washington, but after the bombing of Pearl Harbor he returned home to Longview to build wood dry docks for the government (60 hours per week for \$1.20/hour), and then in the beginning of 1943 he was drafted into the Army and was part of the first Airborne Division formed. He eventually was chosen for the exclusive 511th Parachute Infantry Regiment. He made all 15 jumps his company made, one into combat 60 miles

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

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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 Sensations Swimmers Feel

There are a lot of benefits to swimming. The sport boasts innumerable health benefits. It also greatly improves your social and mental well being.

And then...there’s the sublime, bliss-inducing moments that only we swimmers experience. These sensations don’t directly impact our health or our performance in the pool, but when we experience them, it feels like nothing else could.

10. When the water FINALLY drains out of your ear after practice.

This usually occurs approximately ten hours after you’ve left the pool, after violently jerking your ear towards your shoulder approximately five thousand times. How one measly drop of water can stay nestled in there for so long, I’ll never know, but finally getting rid of that rattle is so nice.

9. Jumping into the water for warm-ups your first time wearing a brand new fast suit.

Yes, you may only get a season’s wear of use out of it, but the first time that fabric hits the water, you know you’re going to get in and fly. Eventually, it begins to take less than fifteen minutes to put on, or pieces of it start to fall apart or fall off (RIP to those Fast Skins with the little bumps!) and you know it’s time for a new one.

8. Feeling your skin expand when you take your fast suit off.

Okay, let’s state the obvious—fast suits are tight and they hurt to wear. You can literally feel your skin stretching

out again as you strip the suit off inch by inch. It’s a bizarre feeling, but it feels so good.

7. That moment on taper when you feel truly invincible.

Everyone reacts to taper different. Some people have boundless energy, while some swimmers feel like they’ve been hit by a truck every day for a week. Regardless, there seems to be at least one day of taper for every swimmer when their moderate 50s turn into blazing fast sprints in the blink of an eye. It’s like you became The Flash for one set, and it feels pretty great.

6. That first bite of food after a challenging practice.

It’s most pleasing if this bite of food is from one of your favorite post-swim meals (a giant bowl of spaghetti and meatballs, anyone?), but some days, you’re so hungry, even the first bite of that disintegrating Nature Valley bar at the bottom of your swim bag does it for you.

5. Taking your first shower at the end of a multiple-day meet.

When you finish cooling down from prelims, and have to be back in four hours to warm up for finals, why would you even consider taking a shower? Multiply that logic for a three-day competition, and things start to get a little uncomfortable. That’s a whole lotta chlorine! Rinsing off and shampooing for the first time feels like you’ve shed your old skin and are reborn.

4. Waking up from a post-practice nap.

What day is it? Does it even matter anymore? Did I

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Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



Tips to get in shape for the summer season

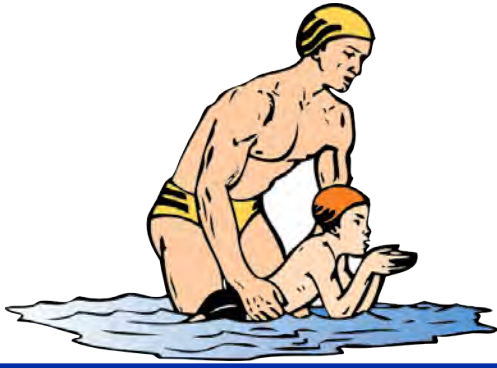
Summer is coming upon us and that means something different for each of us. If you are a big fan of the open water circuit and/or an avid triathlete getting ready for your best season ever, summer means it is the time for you to be in your best level of fitness. For others, summer means relaxation, vacation time, just looking for your “beach ready” body.

With your own goal in mind, here are a few tips to get in shape for summer the healthy way (*):

- Avoid falling into the “quick fix” trap but make small changes **CONSISTENTLY**. Ignore the hype and get slowly into shape. If a program offers “instant” results – i.e. 30 days or less, it is probably nonsense and may be unhealthy. Those kinds of diets might deprive your body of essential nutrients in favor of dropping pounds, and can be detrimental to your level of performance. A too strong workout regimen is not sustainable in the long term. Think small but be consistent such as adding a 30 sec plank, or a 10 min walk or eating an apple instead of a donut. Be creative.
- Get off the scale. The problem with the scale is that it can lie, it does not measure the muscle gain versus the fat loss. Better ways to assess your results are, for example, laps swum at workout, number of fitness classes or workouts attended, healthy meals prepared, fruits and vegetables consumed, how your clothes fit, your energy level and so on.
- Stop comparing yourself to other people. Everyone is different. Bodies come in all shapes and sizes, with different metabolic rates, body fat percentage and capabilities. Only judge your own progress. If you are doing better than last month then you are doing something right.
- Get your heart pumping. Regular exercise helps you achieve both physical and mental wellness. Make movement part of your life. Vary your cardio training with low, moderate and high intensities. Swim fast and slow, mix up your sets, add different strokes.
- Build lean muscle and improve performance with strength training. It gives your metabolism a major boost, allowing you to burn more calories and helping you to maintain your weight goal over a long period of time. It will improve performance, endurance and energy level. However, make sure you get guidance from a fitness professional before using weight equipment in order to avoid injuries and overuse.
- Find your team. A good support system is vital to keep you going long term. But find the right people to help you. A swim team and/or a workout partner are your best bet to reach your goal and support you along the way.
- Don’t diet, just eat healthy. If you go on a diet, you will eventually have to go off a diet. Learn to nourish your body. Educate yourself about nutrition and maybe your own specific needs. It is worth investing time in. It will help you to eat healthy and to remain fit in all the seasons and in the long run.
- Mix it up. After doing the same routine over and over, your body adapts, and you burn fewer calories, and you place stress on the same muscles and joints which may create injuries. So mix it up: strokes, energy level, cross training. Not only will you see better results with a varied plan, it might also help you stick with it at the end.

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Coaches Chair

Coach Matt Miller
OMS Co-Coaches Chair

2018 U.S. Masters Swimming Spring Nationals

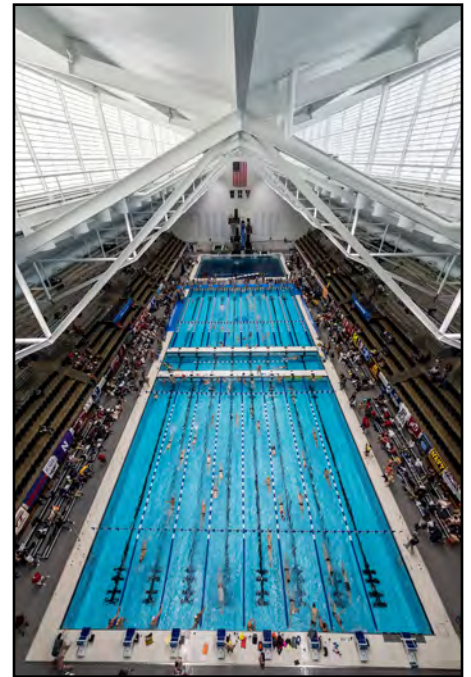
Registration has now closed for the 2018 USMS Spring National Championship in Indianapolis, Indiana, that will take place May 10-13. The event will be hosted by Indy Aquatic Masters at the amazing IU Natatorium. The facility has seating space to accommodate 5,000 people, which is a very good thing since this meet sets a new record for number of participants at any USMS National Championship event with 2,388 swimmers entered. This record number of swimmers is a testament to the awesomeness of the facility.

The indoor facility will run two eight-lane 25-yard competition courses. The pool is 9 feet deep at the ends and 10 feet in the center. The water temperature is kept at a competition-perfect 79°F and there will be nineteen 25-yard lanes of space available for warm-up at all times in two different pools.

I'll be serving as Head Coach for the Oregon team, and Sara Shepherd will be the assistant coach. This is Sara's first time serving as a coach at Nationals and I'm very much looking forward to working with her. This will be my 3rd Nationals as Head Coach of Oregon and my 4th Nationals serving as a coach in some role.

Oregon club (OREG) will be represented by 20 swimmers: James Adams, Karen Andrus-Hughes, Erin Cavender, Anna Daggett, Alice Fasbender, Barry Fasbender, John Foges, David Hathaway, Michael Kelber, David Kilburn, John Kinder, Willard Lamb, Allen Larson, Matt Miller, Sandi Rousseau, Sara Shepherd, Margaret Toppel, Robert Voll, Joy Ward and Cynthia Werhane.

With that lineup from Oregon, it will be interesting to see how many Oregon, Zone and National records are set by our swimmers. I would guess that quite a few records will fall to Oregon swimmers over the 4-day meet. And with 20 swimmers, Oregon will have some fun relay options as well.



Indiana University Natatorium

It is really great to see some youth traveling to Nationals from Oregon this year! Anna Daggett and Erin Cavender, both in the 18-24 age group, will be participating in their first USMS National Championship meet.

Entering new age groups this year, I suspect that Karen Andrus-Hughes (60-64), Robert Voll (60-64), Allen Larson (65-69), Michael Kelber (70-74), Sandi Rousseau (70-74), Margaret Toppel (70-74) and Joy Ward (75-79) all have their eyes set on age-group best times, Oregon records, Zone records or possibly even National records.

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Long Distance Swimming

Coach Bob Bruce
OMS Long Distance Chairman



The 2018 Oregon Open Water Preview

The coming of spring reminds us that summer is not far away, and with it the 2018 Oregon open water season.

You can find the schedule, event information, and entry forms for all Oregon events and information about the 2018 Oregon Open Water Series at <http://swimoregon.org/events/#> and <http://swimoregon.org/open-water/>. What a year we have planned for you!

This is a very special season for us, as we are hosting the “My Oregon Swimcation” Festival that includes the Portland Bridge Swim, the Foster Lake 2-mile Cable Swim, and the Applegate Lake 10-km Swim as USMS Open Water National Championship swims (see items 2, 3, & 4 below). This is the first time ever that three championships will be held by one LMSC, it’s happening during one week, and it’s in your backyard! You don’t have to do all three championship swims, but come join us for at least one of them!

Here is a short description of the open water offerings at each venue this summer with basic camping and parking information, so that you can plan ahead and reserve your campsites early.

Lake Juniper Buoy Swim (Sunday, May 20)—USMS-sanctioned: Host team Central Oregon Masters and Event Director Bob Bruce will open the season by offering the 7th annual Lake Juniper Buoy Swim in the 50-meter pool at Juniper Swim & Fitness Center (a.k.a. Lake Juniper). Out go the lane lines, in go the buoys! The swim will be 1200-meters, run in small heats & smaller waves, feature the warmest water on the Oregon open water circuit, and include a big brunch afterwards. The Buoy Swim is to open water as short track is to long-oval speed skating—close physical proximity & drafting, tight turns, forceful passing, and daring split-second tactical decisions. All in all, wonder-

ful preparation for open water racing! Event & entry at https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=10538.

On Saturday, May 19, the previous afternoon, COMA will also present a long course meters meet. Warm-up at 12:00 noon and meet 1:00-5:15 pm. This meet is one of two USMS-sanctioned long course meets held in Oregon this summer, so don’t miss a rare chance to swim long course! Together, the back-to-back meet and buoy swim are a great value and a good enticement to spend a splendid weekend in Bend.

For most of us, it’s a bit brisk and a bit early for camping in Central Oregon, but you should be able to find lodging in all categories and price ranges. Secure your reservations soon, as this weekend is also Pole-Pedal-Paddle weekend in Bend.

My Oregon Swimcation: Portland Bridge Swim (Sunday, July 8)—USMS-sanctioned: See Portland like you never have before! Event Director Marisa Frieder will host our longest event of the season, the 8th edition of a 17-km swim in the river, which is also the **USMS Ultra-Marathon National Championships**. The swim will also include 3-person relays. Starting from Sellwood Riverfront Park, you will pass under all 11 of Portland’s bridges and end at Cathedral Park. For safety reasons, this swim will start early, will require an individual escort (non-motorized boat or kayak), and entry will be limited. Additionally, there will be a qualifying swim of 5-km; think about swimming your postal 5-km soon after May 15 to use as your qualifying swim. The swim is already sold out, but you can find info at <https://portlandbridgeswim.redpodium.com/portland-bridge-swim-2018>.



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Records & Links to Results

Records are for Oregon Swimmers Only

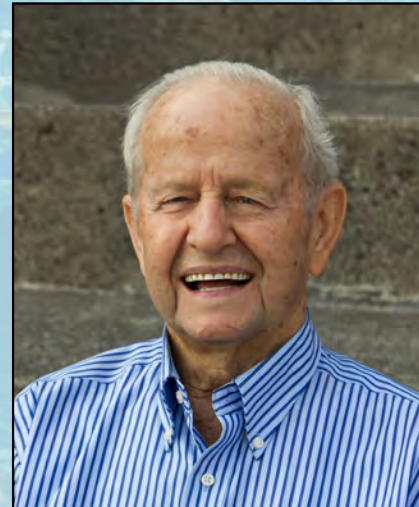
PNA Association Championship Meet — SCY

April 14-15, 2018; Federal Way, WA; Sanction #368-S006

Results: <http://bluewave-aquatics.com/Members.aspx?ArticleID=341>

* = split

Age Group	Event	Name	Age	Time	Record set
Women 75-79	50 Yard Backstroke	Ward, Joy	75	42.12	Oregon, Zone
Women 75-79	100 Yard Backstroke	Ward, Joy	75	1:30.02	Oregon, Zone
Women 75-79	200 Yard Backstroke	Ward, Joy	75	3:15.45	Oregon, Zone
Women 75-79	50 Yard Butterfly	Ward, Joy	75	42.70	Oregon, Zone
Women 75-79	200 Yard IM	Ward, Joy	75	3:30.48	Oregon, Zone
Men 95-99	50 Yard Freestyle	Lamb, Willard J	95	*43.28	Oregon, Zone, National
Men 95-99	100 Yard Freestyle	Lamb, Willard J	95	1:38.33	Oregon, Zone, National
Men 95-99	200 Yard Freestyle	Lamb, Willard J	95	3:38.02	Oregon, Zone, National
Men 95-99	500 Yard Freestyle	Lamb, Willard J	95	9:40.15	Oregon, Zone, National
Men 95-99	1000 Yard Freestyle	Lamb, Willard J	95	20:14.24	Oregon, Zone, National
Men 95-99	1650 Yard Freestyle	Lamb, Willard J	95	33:54.85	Oregon, Zone, National
Men 95-99	50 Yard Backstroke	Lamb, Willard J	95	*57.24	Oregon, Zone, National
Men 95-99	100 Yard Backstroke	Lamb, Willard J	95	*2:02.30	Oregon, Zone, National
Men 95-99	200 Yard Backstroke	Lamb, Willard J	95	4:10.89	Oregon, Zone, National



Swimmer Spotlight

submitted by Arlene Delmage

Name: Megan Tosh
Age: 33
Team: Oregon Reign Masters
Occupation: Mechanical Engineer/Product Manager at Integrated Environmental Solutions (IES)

Megan is a relative newcomer to Oregon Swimming but she is certainly not new to swimming. With five Top Ten swims in 2017 this distance swimmer can definitely hold her own. For those of us fortunate enough to work out with Megan we see first-hand how hard she works in every practice and we are all the better for it. I personally tried to keep up with her in a 1500 SCM race in Hood River and was dropped like a hot potato around the 800 meter mark!

Megan grew up in Orlando, Florida, where she attended Lake Mary High School. When she was eight years old she started swimming with Patriot Aquatics in Florida. She continued to swim age group and high school through her junior year. She did not swim her senior year because she was taking a Differential Equations class at the local community college which meant that she would miss too many practices and most swim meets.

After graduating from high school in 2003 she attended University of Central Florida where she received her undergraduate degree in 2006 and her Master's degree in 2008. She swam on her own from time to time after college but did not join a Masters team until she moved to Atlanta to work for IES. She says "In Florida it's pretty easy to find a pool to swim some laps. In Atlanta many of the pools close for the winter so I joined a Masters team to have good pool access. I was very lucky to have found Swim Atlanta and spent 2.5 years training with them at Georgia Tech in the pool from the 1996 Olympics! About 2 months after I joined Masters with Swim Atlanta my coach encouraged me to race. It was kind of a disaster - I learned how much work my mom had done to prepare for age group meets when I suddenly realized I didn't know how many towels to pack! I forgot about bringing snacks as well but was too nervous to eat anyway. Race days are much easier for me now "

In March 2017, Megan moved to Portland, Oregon, to accept a promotion to Product Manager with IES. She also

teaches "Energy Efficiency in Buildings" in the engineering college at the University of Portland as an Adjunct Instructor. Says Megan, "I love it here & have no plans to leave! My Masters team in Atlanta was really incredible, so I was pretty nervous to leave them behind last year. I have gratitude beyond words for the amazing swim family that's adopted me in Oregon."

The same coach that encouraged Megan to race again encouraged her to try Open Water. Swim Across America hosts an event in Atlanta every year, so Megan raced a 5K with them and learned about the unique challenges of open water swimming! "I love racing open water and am very much looking forward to the Swim Vacation series in Oregon this July. One of my Swim Atlanta teammates, Stephanie Lemmons, is flying out for the week to join me and the other competitors (she's in a different age group than me, so it's okay ;)). We're pretty excited."

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Swim Bits

Planning to Swim a 10K at Applegate Lake Part 2

A distillation of open water experience
by Ralph Mohr

State is done, and the National Championship Open Water 10K will be at Applegate Lake on Saturday, July 14. You've said, "I'm going to swim the 10K." Now what?

First, get a calendar, either paper or electronic. Put the Applegate Lake date on it. Go look at the "Events" list on the swimoregon.org website and scroll down to May. You will see two events that will help prepare you for the 10K.

The Lake Juniper Swim, 1200 meters in the Juniper Pool in Bend will be held on May 20. You'll go around four buoys set in the corners of Juniper Pool 12 times, mimicking a crowded open water swim. You'll get to practice swimming in a group and doing buoy turns. You can also come a day early and swim one of the rare long course meets in Oregon.

The other 10K practice event will be held at Amazon Pool in Eugene on Saturday, May 26, 2-6 PM. We will rent Amazon and swim the 5K and 10K ePostal events. Contact Matt Miller to reserve your spot. matt@flytrapcare.com or 636-209-8916. We can swim 16 people at one time. Bring a timer and sunblock.

The second thing to do to prepare for the Applegate 10K is to find a lake to swim in. Portland is lucky as they have two lakes they can use which are quite close. Lake Vancouver, across the Columbia, has a rowing course set up with buoys on a 2000 meter stretch. The big buoys are 500 meters apart. Use them to time splits. Stay out of the way of the sculls, of course.

There is also the Northwest Open Water Swim series at Hagg Lake in May, which is put on for triathletes, on four Tuesday nights in May. For info go to <http://www.nwopenwaterswim.com>. Hagg Lake will be the site for three open water events for triathletes, sponsored by the Portland Tri Club. See <https://www.pdxtriclub.org/hagg-lake-swim/>.

There are many other lakes in Oregon in which to swim open water. Bend is surrounded by swimmable lakes. Eugene has Fern Ridge, Cottage Grove and Dorena Lakes near by. There are swimmable lakes on the coast from Devils Lake in Lincoln City to Eel Lake, just south of Reedsport, where I work out. For

Oregon lakes in your area go to <https://aol.research.pdx.edu> for the Atlas of Oregon Lakes.



So you have made a decision to swim the 10K and have set up a 13 week training plan as described in Part One in last month's Aqua Master. There are some other things to do. Read the articles in the March/April Swimmer magazine from USMS on open water swimming, especially pp. 6-7. Register for the swim itself. Get your housing for Applegate Lake set up, either in a motel or camping at the lake.

Now, focus your practice in May and June on the 10K. Jump your yardage up. Swim a long distance swim once a week until a 5K straight feels comfortable. Do an open water swim in a lake once a week as soon as the water temperature is tolerable for you. Wet suits are fine for training.

Taper

Part of your taper can be one or both of the other National Championship open water swims in Oregon this year. You can do the 11+ mile swim down the Willamette under the Portland bridges on July 8, and/or the Two Mile Foster Lake Cable Swim, Thursday, July 12.

There are a few more things to do for the Applegate 10K. Plan your meals carefully the night before and for breakfast. I will eat a small banana just before the swim, but I am used to that. Practice your food intake before long swims.

You will need hydration for the swim. The 10K is four laps around a 2500 meter course with a hydration table sitting in the water near the finish. Everyone has their own hydration formula, so use yours. Be sure to stop each lap and hydrate. Don't skip any stop just because you are feeling good.

Applegate Lake is relatively easy to swim for open water as the first buoy is clearly visible, and then you follow the shore for over 1000 meters. The most troublesome part is coming back, as the swim is just one long straightaway. In your warmup go out a bit and look at the finish line from the water so you know what to look for coming back.

Bring your sunblock and lather up well on your back and face before the swim. A positive attitude helps, too. Good luck, but remember what Seneca said, "Luck is what happens when preparation meets opportunity."

Mad Dogs and Masters Swimmers

by Ralph Mohr

I was in outdoor Mingus Park Pool on the Oregon coast at noon one day this spring, and I was asked, "What SPF should I use?" I'd put on my standard sun block in the locker room that day so I guess that made me some sort of expert on sun blocks. I just answered with what my dermatologist has said to me many times.

Use physical sun blocks such as Titanium Dioxide (TiO₂) or Zinc Oxide (ZnO). Don't depend on chemicals to block the sun even if they say they are SPF 30 or higher. Such chemicals have to be absorbed into the skin to work. That's not blocking the sun's UV rays from reaching your skin as TiO₂ and ZnO do. One chemical commonly used in sun screens, oxybenzone, kills coral even in very small amounts. Save the coral and your skin. Avoid it.

Unfortunately I and many like me grew up with the idea that getting a sun tan was a good idea. Even now, because I swim outdoors all year, usually in lane one where the shadow from the pool building covers the water, I still have tan lines. I also have pre-cancerous actinic keratoses on my head and arms that develop regularly.

I see my dermatologist every six months, and she removes the keratoses by freezing it with liquid nitrogen. It stings a bit and blisters develop, but I am careful to keep the lesions clean and dabbed with Neosporin until they heal. No big deal.

Skin cancer, though, is a big deal. Protect yourself. Use no skin block under SPF 50. Read the list of ingredients. If the list is only chemicals, don't buy it. Look at the products for babies and kids. They usually have TiO₂ and/or ZnO. I've seen one with 21% ZnO. Wow!

Next, use the sun block every time you swim outdoors. I know that some people don't like the white smear that you can get from ZnO and TiO₂. There is clear zinc oxide on the market with two chemicals in it (not oxybenzone). Find that and use it.

Last, you might consider not swimming at noon in the sun. I stop swimming at noon when the shadow disappears as the sun gets higher. If you don't have a choice, put sun block on your face, arms and back, wear a cap covering your ears, and don't stay more than an hour. Only mad dogs and Masters swimmers go out in the noon-day sun.



Memories from the Klamath Falls Pool

by Jeanna Summers

The Ella Redkey pool in Klamath Falls is named after a woman who was the driving force behind bringing swimming and water safety to Klamath Falls. In an area of open irrigation ditches, mill ponds and deep marshes, this was a godsend to the area, which had seen more than its share of drownings.

She was manager for many years of the pool she helped establish, and was probably in her early 60s when I was a young teen on summer swim team. She ran a tight ship, and did not

look kindly on the brazen swim team youth who dove in the shallow end, horseplayed on deck, and loved to take extended warm showers after chilly morning practice. She was known to go into the boys' dressing room to enforce order when necessary. One of her most remarkable skills was that she could float vertically with her head above water, with absolutely no movement of her arms or legs. Another memory I have of her era was my thought, as a 14 year old, that I would NEVER look like she did in a swimsuit! Ahem!!

OMS Volunteer Service Awards for 2017

Connie Wilson Memorial Award

This award is given to an individual who has made an outstanding, long-term leadership contribution to OMS and to Masters swimming.



Matt Miller

Matt Miller has been an enthusiastic Oregon Masters swimmer for some years now, but in the past four years he has made a huge contribution in assisting OMS with getting to the 'cloud'. He stepped up to host the OMS website and worked with our webmaster in developing the revamped OMS website. He eventually assumed the position of Webmaster and currently serves in that position. He assisted with organizing Oregon's bid to host the 2016 Summer Nationals and revamped how OMS delivers information to our swimmers.

Two years ago, Matt assumed the Co-chair position of the OMS Coaches Committee and has worked to offer and staff stroke clinics in various parts of the state for Masters swimmers. He is always willing to offer stroke advice to any swimmer and has become a guiding hand for one of our elder swimmers. He has served as the Oregon Club's coach at Nationals three times in the last three years, and has done a superlative job in this position.

He is the founder of the newly formed local workout group, Southern Oregon Masters Aquatics, and has created much enthusiasm in his swimmers, an important step forward in generating team spirit and more involvement among Masters swimmers who live in that area. He also assists with video presentations at Oregon Masters Association Championships social/award presentations.

Matt is an avid open water swimmer, has served as an event director (Applegate), and took on researching, purchasing, and testing a chip system for Oregon Masters' open water events to assure their success. He attended the U.S. Aquatics Sports convention in 2017 and is now serving on the U.S. Masters Swimming Long Distance Committee.

More importantly than all of the above, Matt personifies all the qualities that make up an excellent athlete and swimmer and shows by example the dedication and hard work it takes to achieve goals in the pool and in open water. And, he does all this cheerfully!



OI' Barn Award

This award is given to the individual who has shown outstanding leadership, dedication, and devotion throughout the past year, to OMS and Masters swimming.

Bill Summerfield has been a Masters swimmer for many years but, over time, has stepped up to contribute more to Oregon Masters. He has served as the Oregon Club Chair for seven years during the phase when the club had to become a separate entity from the Oregon LMSC. He has served as pro bono OMS legal counsel for several years and has always been available when advice was needed. Bill serves as a substitute coach for his local workout group and has been on an aquatics subcommittee to explore pool renovation options for his local pool as well as being involved in discussions about expanding pool options for his local community. He was also a significant contributor to his local workout group, Columbia Gorge Masters, and decision-making regarding a timing system and funding options.

Bill is the always-in-the-background person who is quiet, but has made significant contributions to our organization.



Bill Summerfield

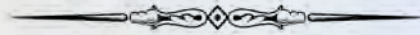
Special Service Award

This award is given to an individual, organization, business, or group that has gone the extra mile by contributing outstanding service to a club or to OMS.



Joy Ward

While serving under three presidents on the Oregon Board for the past thirteen years, Joy Ward has been at the helm of the Safety Committee. It may not seem like a very task oriented duty but it requires her to see to it that the “no diving” and other safety signs are up/taken down at every swim meet and the safety marshals have their vests– that’s EVERY OMS meet for thirteen years. It has also been her charge to make sure that there are enough working stopwatches for every lane for every meet. These three items are a necessity/requirement for OMS meets.



Hazel Bressie and Gil Young Spirit Awards

These awards are given to the female and male who has shown enthusiasm and spirit to her team and/or other Masters swimmers during the past year.



MJ Caswell

MJ Caswell is a person who is always willing to share her stroke knowledge with her Columbia Gorge Masters workout group members as well as any other swimmer who has questions. She fills in for other Masters coaches, offers lessons on the side, and soothes the ‘newbies’ worries about swimming inadequacies. She is the person who arrives on the pool deck early to be sure all is prepared for others to have a good workout. She encourages others to swim at their potential and is always a cheerleader for teammates’ swims at meets. She is an inspiration to fellow teammates and is a great asset to Columbia Gorge Masters.

Christian Tujo continually demonstrates a commitment to his fellow Masters Swimmers. This was demonstrated most recently by his thoughtful interaction with David Hathaway after the passing of David’s brother. Christian and David completed a long distance open water swim together near Sitka, Alaska.



Christian Tujo



Aubree Gustafson

Mike Morehead Spirit Award

This award is given annually to a male and female who display the highest character of sportsmanship during the Oregon Open Water Series.

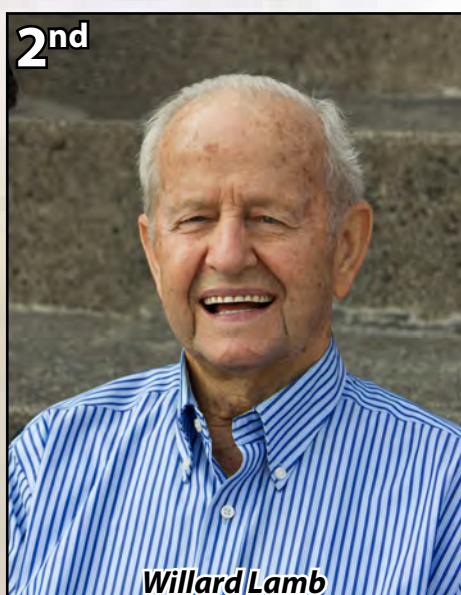
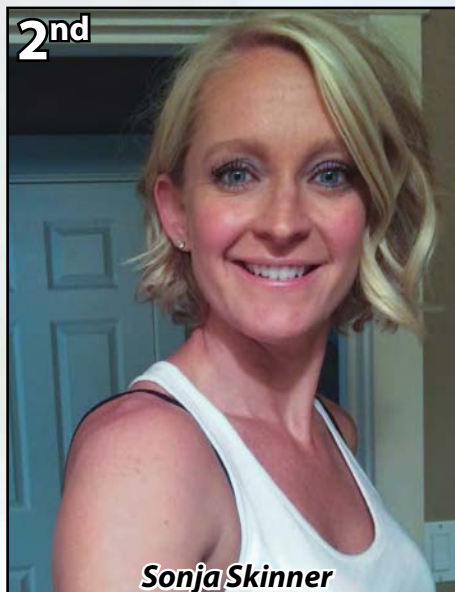


Hardy Lussier

2017 Art Welch Most Splashes Award

Place	Female	Splashes
1	Christina Fox	32
2 tie	Janet Gettling	20
2 tie	Jeanna Summers	20
2 tie	Sonja Skinner	20

Place	Male	Splashes
1	Matt Miller	29
2	Willard Lamb	27
3	Matthew Roth	25



The Most Splashes Award is presented to an OMS male and female who achieve the most splashes (swims), not including relays, within Oregon.



Outstanding Swimmer Award for 2017

49 and Under

<u>Female</u>	<u>Points</u>
Sonja Skinner	120
Jayna M Tomac	68
Christine Mcclafferty	53

<u>Male</u>	<u>Points</u>
Matt Miller	83
Kurt Grote	57
Mike Self	42



Points are accumulated from first to tenth place in the USMS pool top ten (10 points for first place, 9 points for second, etc...). The swimmer who has amassed the most points from short course yards, short course meters, and long course meters, is the OMS Outstanding Swimmer.





Outstanding Swimmer Award for 2017

50 and Over

<u>Female</u>	<u>Points</u>
Arlene Delmage	129
Janet Gettling	121
Margaret Toppel	95

<u>Male</u>	<u>Points</u>
Barry A Fasbender	175
Allen Stark	72
Hardy Lussier	34



Points are accumulated from first to tenth place in the USMS pool top ten (10 points for first place, 9 points for second, etc...). The swimmer who has amassed the most points from short course yards, short course meters, and long course meters, is the OMS Outstanding Swimmer.



Tribute to Willard Lamb

**Congratulations Willard
for being honored as one of
Swimming World Magazine's
Top 12 World Masters
Swimmers of the Year (2017)**

*"We Don't Stop Swimming Because We Grow Old;
We Grow Old Because We stop Swimming"*



The great lesson we can all learn from "Wink". Don't stop Swimming. Stay young like "Wink" and keep on swimming. Thanks for being Oregon Masters Swimming's Outstanding Role Model.

This Tribute was given by Dave Radcliff, who was also awarded a Top 12 World Masters Swimmer of the Year from *Swimming World Magazine* (2014).

SWIMMER OF THE YEAR

continued from page 1

south of Manila in the Philippines. In 1946 he came back from the war and married his high school sweetheart, Jean. Wink and Jean were married for 63 years until her death in March, 2009.

"I feel the exercise has been a real benefit to my health. I dropped 20 lbs, which was a surprise!" says Wink. Reuniting with Wally after all these years was also a bonus. "Wally was four years ahead of me and my first coach in 1937," explains Wink. "He was my star – a great swimmer at R.A. Long High school and four years at University of Washington too! Masters swimming has been an unbelievable experience and such an accident for me. Plus, I've had somewhat respectable times for my age group," he adds.

Willard swims five days per week at his local health club. His workout used to consist of only freestyle and backstroke, but he recently made some changes.

"One of my coaches suggested that I should be swimming an IM," he said. "I swam my first IM at the end of December. I didn't get disqualified, so now she wants me to swim the 200 IM. Every day, when I go to the club, I swim up and back butterfly and then up and back breaststroke, and then I do my freestyle. I end with six laps of backstroke at the end of the workout."

Wink had a spectacular competitive swimming year in 2017, setting new FINA World Records in most of the events in his 95-99 age group. Wink now holds the World Records in these 19 events:

- 50 Free (both LCM and SCM)
- 100 Free (both LCM and SCM)
- 200 Free (both LCM and SCM)
- 400 Free (both LCM and SCM)
- 800 Free (both LCM and SCM)
- 1500 Free (both LCM and SCM)
- 50 Back (both LCM and SCM)
- 100 Back (both LCM and SCM)
- 200 Back (both LCM and SCM)
- 100 I.M. (SCM)

All of these World Records are also USMS National Records.

Wink set these World Records at 2017 swim meets in Oregon City (SCM), Minneapolis (LCM), Mount Hood Community College (LCM), Hood River (SCM), Federal Way (SCM), and Bend (SCM).

*Willard set a Washington state record in the 220 yard freestyle, so that's one record he knows will never be broken, because after World War II the championship courses changed from 220 yard races to 200 yard races. A few of the Masters World records he has set recently might also stand the test of time.

OFF THE BLOCK

continued from page 3

slip into an alternative universe where time is eliminated and all that matters is resting my sore and tired body in these cozy blankets? Yes, for right now, that is all that matters.

3. Dolphin dives during cool down or bobs off the bottom of the deep end.

Okay, we admit it. Sometimes, we swim just for the ability to pretend we're secretly mermaids or mermen from time to

time. The water seems to go on forever, and you are one with it. There's nothing more peaceful.

2. Entering the water when you're shaved, suited, and tapered.

Unless scientists figure out how humans can grow gills, I think this is the closest we'll get to knowing what it's like to be a fish.

1. Taking off your cap and dunking your head underwater at the end of a tough workout.

FIT TO SWIM

continued from page 4

- Stop criticizing your body. If you continue to beat yourself up over your imperfections, you will never be happy with yourself. Learn to be comfortable and confident in your body.
- Focus on how your life feels. A healthy lifestyle will make you feel better all around. If your perspective is to focus on how you feel more than how you look, you have a much better chance of sticking with your goals and being healthy long term, which should be the ultimate goal of everybody. Health is your biggest asset, you cannot enjoy life without it. So preserve it.

With these tips in mind, enjoy your summer, good luck in reaching your goals: open water races, triathlons, swim meets, fitness challenges, travels, family adventures or anything you have set your mind in achieving. Feel good about yourself and stay fit.

(*) These tips have been inspired by an article written by Caroline Jordan who is a wellness and fitness coach living in California and writing for various fitness magazines.

SWIMMER SPOTLIGHT

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When Megan is not swimming she is working, authoring technical publications, and volunteering with ASHRAE (the American Society of Heating, Refrigerating and Air Conditioning Engineers), a global professional association seeking to promote engineering to students. She organizes leadership events for young engineers around the world, and leads many activities with Girl Scout troops. Her volunteer efforts with ASHRAE have taken her to Argentina, Colombia, Sri Lanka, Costa Rica, and all over North America.

Her Oregon coach Dennis Baker has nicknamed her "Raspberry" because she has a garden big enough to feed a small army. She earned this nickname by bringing so many fresh-picked raspberries from the garden to practice last year to share. When everybody else was swimming Dennis ate most of them!

Her Father moved to Portland with her while her mother and youngest sister are still in Orlando. Megan has another younger sister and a nephew who both live in Paris, France.

COACHES CHAIR

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One Oregon swimmer to pay particular attention to is Willard (Wink) Lamb. Following up on his record-setting performance in August at Summer Nationals in Minneapolis where he took out all 9 of the freestyle and backstroke world records for the 95-99 age group, Wink will be looking to set National

records (only the US swims short course yards, so there are no world records for SCY) or improve upon his National records (assuming he gets some at PSM SCY Champs and Oregon Association Champs) in his new 95-99 short course yards age group.

Be sure to stay tuned to see how our Oregon swimmers represent us at 2018 USMS Spring Nationals in Indy.

LONG DISTANCE SWIMMING

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I strongly suspect that you won't be planning to camp the night before this swim, and there are plenty of hotel accommodations in the Portland Metro area.

My Oregon Swimcation: Foster Lake (Thursday, July 12)—USMS-sanctioned: Host team Central Oregon Masters and Event Director Bob Bruce will run the 8th annual Foster Lake Cable Swims—featuring the **USMS Two-Mile Cable Swim National Championships**—just east of Sweet Home on the only permanent cable swim course west of the Allegheny Mountains (not the Rockies, the Alleghenies!). The one-mile swim will be the OMS Open Water Individual & Team Association Championships. Both one & two-mile swims are on a certified course, so National, Oregon, and course records are in play. Online entry only (and NO day-of-race entries) at https://www.clubassistant.com/club/meet_information.cfm?c=1756&smid=9712. Some of you have never done a cable swim, so visit www.comaswim.org for the records and all of the down-and-dirty details that you're gonna need to know for these swims.

I've done something unique about this event this year and I'm a bit apprehensive. To make the three-swims-in-one-week 'My Oregon Swimcation Festival' possible, I took a risk and scheduled this event in mid-week on a Thursday morning. I know that some—perhaps many—of you will need to take a day off from work. Please support the swim and plan ahead by scheduling a vacation day now and joining us at the lake then.

Foster Lake is centrally located within two hours of most Oregon-registered swimmers, allowing many swimmers to travel to and from the venue on event day. For those wishing to camp, we offer tent camping (sorry, no RVs) in Lewis Creek Park the previous night only—the fee is \$10 per tent, payable with your entry. Also, Sunnyside Park is a fully-equipped Linn County campground 1.2 miles from the race site. Tent sites are \$13/night and hold up to 8 people, and hookup sites are \$18/night plus \$11 reservation fee/site. Call 541-967-3917, but do it soon—this campground always fills quickly. Note: The race venue at Lewis Creek County Park has a \$5 parking fee.

My Oregon Swimcation: Applegate Lake (Saturday-Sunday, July 14-15)—USMS-sanctioned: Event Director Matt Miller and host team Rogue Valley Masters (RVM) will present the 33th annual Southern Oregon open water swims at Applegate Lake, featuring the **USMS Marathon (10-km) Open Water National Championships**. Saturday's events will be 2500, 5000 &

10,000-meter swims, run simultaneously, perfect for this venue. Sunday features the classic 1500-meter race and the popular 3 x 500-meter pursuit relay. Look forward to hot weather, clear & balmy 73-77 degree water, fine camping, great recreational or cultural opportunities (bring your mountain or road bike, or your appetite for wine tasting), and the ever-bountiful RVM hospitality. So come swim in the lake, bring friends and family, and have fun! Info & online entry at https://www.clubassistant.com/club/meet_information.cfm?c=2128&smid=9709.

RVM has reserved tent camping sites and self-contained RV camping spaces (no hookups) at race site Hart-Tish Park. For Hart-Tish camping, contact Jocelyn Sanford at 541-210-0088. Other camping sites near Hart-Tish include Jackson, Watkins, and Carberry Campgrounds—call the Hart-Tish Concessionaire at 541-899-9220 or www.applegatelake.com. Beaver Sulfer campground may be reserved at 1-877-444-6777 or www.reserveamerica.com. For other accommodations away from the race site, search the web for lodgings in Ruch, Jacksonville, Medford, or Ashland. Note that the race venue at Hart-Tish Park has a \$5 per day vehicle parking fee; please drive down the hill to the general store and purchase your parking pass so that you can park before the event. No dogs are allowed in Hart-Tish Park.

Cascade Lakes Swim Series & Festival at Elk Lake (Friday-Sunday, July 27-29)—USMS Sanctioned: Event Director Bob Bruce and host team Central Oregon Masters will present the 24th celebration of this major event, which will retain the traditional 'five swims in three days' format. Start late Friday afternoon with a 3000-meter swim. Saturday will feature the individual-start 500-meter sprint and the 1500-meter championship race, and plenty of lolling around the beautiful lake. Sunday will open with the 5000-meter swim and conclude with the tactically-challenging 1000-meter swim with small group send-offs. There are cumulative awards for the three-swim Short and Long Series, as well as Survivor awards for those compulsive maniacs who complete all five swims (will you be among them?). COMA promises a festival atmosphere with fun family-oriented events and the usual groaning hospitality table. For full info and entry details, see https://www.clubassistant.com/club/meet_information.cfm?c=1756&smid=9711. Online entry only except for day-of-race entries.

COMA has reserved the Little Lava Lake Group Site (note that this is NOT the usual Little Fawn Group Campground, which was unavailable this year), and you may pay for camping with your entry at \$8/adult/day—there is a limit, so enter and reserve early as there will be no last-minute drop-in camping!

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LONG DISTANCE SWIMMING

continued from page 18

The campground is available for FOUR days, Thursday through Sunday. The Group Camp is designed to hold 25 campers & 10 cars (small & medium motor homes too), and COMA will have a Camp Host on site. Dogs are allowed in the campground—always on a leash of 6 feet or less—but not at the race site. Parking will be limited to the pullouts off the Cascade Lakes Highway or in the campground, and there will be no parking at the race site until all event activities have been concluded, so please plan to park at the campground even if you are not camping. Shuttle vans will run between the campground and the race site during registration hours and after lunch & awards.

All other camping sites at Elk Lake are on a first-come basis, so send a teammate early to secure sites. Campgrounds at nearby lakes offer reserved sites through www.recreation.gov. For cabins at the lake, go to www.elklakeresort.com. Bend and Sunriver offer many lodging choices at various price levels but reserve your place EARLY—there are other big events in Bend on this weekend.

Southern Oregon Coast Swims at Eel Lake (Saturday, August 11)—USMS Sanctioned: Event Director Matt Miller and new host team Southern Oregon Masters, along with local swim guru Ralph Mohr, will present the 12th edition of this popular Oregon Coast event. The event will include a two-loop 3000-meter swim and a one-loop 1500-meter swim. Look for the famous Eel Lake brownies along with cookies, fruit, and hot drinks, and the annual Super Bowl payoff dinner that evening. Online entries only, except for day-of-race entries. Find info at https://www.clubassistant.com/club/meet_information.cfm?c=2441&smid=9989.

Camping reservations at Tugman State Park can be made at Reservations Northwest at (800) 452-5687 or <http://www.oregon.gov/OPRD/PARKS/reserve.shtml>. Reserve early, especially for yurts. For further info on the event, other camping in the area, or just stuff to do, contact Ralph Mohr at rmohr1565@charter.net or 541-269-1565.

Lake of the Woods Swims (Saturday, September 8)—USMS Sanctioned: Event Director Matt Miller and host team Southern Oregon Masters will present this new event—held in conjunction with the Lake of the Woods Tri-Sport Weekend—that extends our season past Labor Day. The swim event at this beautiful venue will include both 3000-meter and 1500-meter swims, as well as our OMS end-of-season awards. Info &

entry at <https://www.trisignup.com/Race/OR/KlamathFalls/LakeoftheWoodsTriSportWeekend> and <http://swimoregon.org/events/#>. The intrepid among you could even consider a double-header with the Whiskeytown swims near Redding, CA, the following day.

Lake of the Woods has several options for the Lake of the Woods Tri/Sport Weekend. There is tent camping at both Aspen and Sunset campgrounds which are both very close to the event site. The official reservation closure for the facilities is Labor Day, but don't worry there will be spots available. All sites in Aspen will be on a 1st come 1st served basis. If needed we will also open sites in Sunset Campground. To get cozy in a cabin call 866-201-4194 or check here: <http://lakeofthewoodstri.com/david-r-kingsley-foundation/>. RV spots are also available; see the map here: <https://convoyant.com/resnexus/reservations/Sites/Maps?uniqueId=6D480342-463A-473C-BBB9-C9108165ECD7&mapID=2>

As always, the Oregon open water season offers plenty of variety and challenges...

Seven attractive venues—mountain lakes, scenic reservoirs, the Willamette River, and even a 50-meter pool—over five months. This is our longest season ever!

- Three USMS national championship swims, the most that any LMSC has ever hosted!
- Venue formats—five single-day, one two-day, and one three-day meeting.
- Race distances—eighteen total swims ranging from 500-meters to 17-kilometers.
- Race courses—out-and-back to triangular to diamond to free-form to point-to-point.
- Race formats—individual-start to small group wave to traditional mass start.
- Water temperatures—normally ranging from low 60s to mid 70s.
- Most importantly, the great variety of friends who will come together again this summer to swim, camp, and frolic in the fellowship that is Oregon open water swimming.

We have an active, challenging, and fun Oregon open water season planned for you. Look for entry information and details about the Oregon Open Water Series in the OMS newsletter *Aqua Master*, on the OMS website www.swimoregon.org, or on individual host websites listed above. Please join us for a wonderful summer of fitness, fellowship, and fun!

Good luck and good swimming!

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

PNA Association Championship — SCY

Looking Ahead. . .

Pool Schedule

<u>Date</u>	<u>Course</u>	<u>Swim</u>	<u>Venue</u>	<u>Location</u>
May 19-20, Sat.-Sun.	OW	Wonderful Water Weekend	Juniper Aquatic Center	Bend
July 8, Sun.	OW	Portland Bridge Swim	Willamette River	Portland
July 12, Thurs.	OW	Foster Lake Cable Swims	Foster Lake Cable Swims	Sweet Home
July 14-15, Sat.-Sun.	OW	Southern Oregon	Applegate Lake	Ruch
July 27-29, Fri.-Sun.	OW	Cascade Lake Swim Series	Elk Lake	Bend
Aug 11, Sat.	OW	Southern Oregon Coast	Eel Lake	Lakeside
Aug. 24-26, Fri.-Sun.	LCM	Gil Young Meet	Mt. Hood Community College	Gresham
Sept 8, Sat.	OW	Lake-of-the-Woods	Klamath Falls	Klamath Falls
Nov. 10, Sat.	SCM	Hood River Fall Meet	Hood River Pool	Hood River
Dec. 8, Sat.	SCM	COMA All-Around Challenge	Juniper Aquatic Center	Bend
Dec. 16, Sun.	SCY	Animal Meet	Canby Swim Center	Canby

Open Water Schedule (Details) (see page 20)

Quote for the month. . .

Swimming is a sport, everything else is just a game.