



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

**"Swimming for Life"**

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## Association Meet & Bend Pentathlon

by Claudia Grow

The logo on the sleeve of the meet tee shirt summed things up: Be the Fish. Two hundred thirty four swimmers took that advice to heart and dove into the water 1,092 times over the course of April 18-20, 2018, in the Association Meet at Osborn Aquatic Center in Corvallis. The fun and camaraderie that accompanied this meet were inestimable. Some swimmers used this meet as a warm-up for the national meet that was held in May, while others wrapped up a productive short-course season, and everybody came out to celebrate being participants and fans of a life-long sport.

The following is a list of swimmers who dominated their age groups with the most first-place finishes.

### On the women's side were:

18-24 —Erin Cavender and Malia Schuck, five wins each  
25-29—Kendra Chernoff, six wins  
30-34—Alexis Higlett, four wins  
35-39—Tessa Reeves and Sara Shepard, four wins each  
40-44—Sonja Skinner and Serena Johnson, four wins each  
45-49—Kelly Dean, four wins  
50-54—Jill Asch, five wins  
55-59—Merrie Watts, five wins  
60-64—Colette Crabbe, six wins  
65-69—Janet Gettling, five wins  
70-74—Margaret Toppel, five wins, and  
75-79—Joy Ward, three wins

### For the men:

18-24—Max Bley-Male, six wins



**Team Spirit Award —Oregon City Tankers**

25-29—Mitchell Wise, six wins  
30-34—James Johnson, six wins  
35-39—Matthew Marceau, George Dingeldein and Alexis Bidout, four wins each  
40-44—Jeff Nason, five wins  
45-49—Mike Self, six wins  
50-54—Scot Sullivan, six wins  
55-59—Brent Washburne and David Hathaway, four wins  
60-64—Robert Voll, four wins  
65-69—Allen Larsen, six wins  
70-74—Jon Stout, six wins  
75-79—Frank Philipps, four wins  
80-84—George Thayer, four wins and  
95-99—Willard Lamb, six wins

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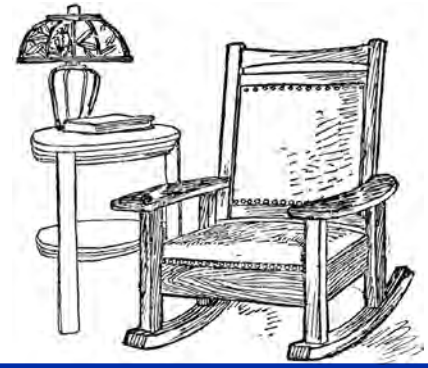
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Send address changes to Susie Young and all other membership questions to Christina Fox.

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# Chair's Corner

**Tim Waud**  
OMS Board Chairman



Greetings Fellow Master's Swimmers,

I hope your training is going well as we look forward to our Open Water swim season. This year, Oregon Masters Swimming will host three U. S. National Championships during the month of July. First, we start with the Portland Bridge Swim on Sunday, July 8. This course is approximately 11 miles (17 km) which will be an Ultramarathon Distance swim. Next, is the Foster Lake Cable Swims on Thursday, July 12. This will serve as the U. S. Masters Swimming 2-Mile Cable Open Water National Championship. And lastly, we have the Applegate Lake Swims on Saturday & Sunday, July 14-15. This event will be the U. S. Masters Swimming Marathon Distance (10 km) Open Water National Championship. As with any National Championship we need an army of volunteers to put on a great event. If you are willing to help, please contact the following race directors:

Marisa Frieder.....Portland Bridge Swim..... marisafrieder@gmail.com  
Bob Bruce .....Foster Lake Cable Swim ..... coachbobbruce@gmail.com  
Matt Miller .....Applegate Lake Swim..... matt@flytrapcare.com

The following weekend, we jump back into the pool for the 2018 Gil Young Memorial/OMS Association LCM/NW Zone LCM Championship Meet July 20-22, at Mt Hood Aquatic Center. The date is earlier than previous years due to a new pool liner being installed in the outdoor pool. Completing a busy July schedule, we have the Cascade Lake Swim Series & Festival at Elk Lake, July 27-29. On August 11, the Eel Lake Swims will take place at the William M. Tugman State Park on the Oregon Coast. In September, a new Open Water swim, which is labeled "Lake of the Woods Swims," is being held on September 8, in Klamath Falls.

This summer looks to be an exciting open water season mixed with a pool event. If you haven't tried open water, you're in for a treat. I hope to see you at one of these events this summer.

Swimmingly,

Tim Waud/Chair



# Off the Block



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

## Swell—A Waterbiography

by Jenny Landreth

**Swell** is already beloved in the UK: it’s been named the *Sunday Times*’ Sport Book of the Year, and the *Daily Mail* assures, “This book will delight you.”

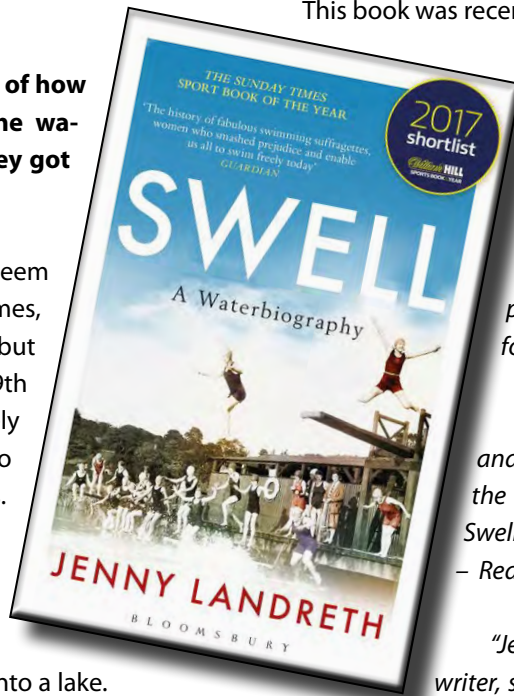
**It is a funny and bold account of how women fought their way into the water, and of what they did once they got there.**

These days, swimming may seem like the most egalitarian of pastimes, open to anyone with a swimsuit—but this wasn’t always the case. In the 19th century, swimming was exclusively the domain of men, and access to pools was a luxury limited by class. Women were (barely) allowed to swim in the sea, as long as no men were around, but even into the 20th century they could be arrested and fined if they dared dive into a lake. It wasn’t until the 1930s that women were finally, and reluctantly, granted equal access to the water. This is the story of the women who made that possible, a thank-you to the fearless “swimming suffragettes” who took on the status quo, fought for equal access, and won.

Part social history, part memoir, *Swell* celebrates some amazing achievements, some ridiculous outfits, and some fantastic swimmers who challenge the stereotypes of what women are capable of. It’s also the story of how Jenny Landreth eventually came to be a keen swimmer herself.

*Swell* is a joyful hymn to the sport and an exploration of why swimming attracts so many women. Ultimately, it is a book dedicated to our brilliant swimming fore-mothers who collectively made it possible for any woman to plunge in with alacrity, anywhere we choose.

This book was recently published by Bloomsbury Press.



### Book Reviews

“*Swell* interweaves Landreth’s own story with a history of female pioneers, “Swimming Suffragettes” who accomplished remarkable feats and paved the way for future generations.” – *Economist*

“With examples of swimming heroines and some truly bizarre swimming cossies plus the story of how the author learned to swim, *Swell* will make you want to plunge straight in” – *Red*

“Jenny Landreth is a wonderful and hilarious writer, so this is in no way a stuffy account of historic events. She includes her own history of swimming, the 2012 Olympics, the developments in swimwear and, in her own unique way, the psychology behind why we swim” – *Wanderlust*

“*Swell* is a joyous, noisy, drum-beating celebration of swimming and womanhood.” – *Charlie Connelly, The New European*

“*Swell* is a wryly funny and seriously inspiring history of women and swimming... she had me at ‘waterbiography’” – *Lauren Bravo, The Pool*

# Fit to Swim

**Coach Colette Crabbe**  
OMS Fitness Chair



## My Definition of a Fit Person

Summer is here again. Kids are out of school. The schedule is getting crazy. But remember that fitness should remain a permanent goal. There is no finish line with fitness, it is just a beginning to your best life and health.

I have seen plenty of very fit people, people who have worked out extremely hard to prepare for a specific race such as a triathlon, a championship, a marathon. You can hold that level of fitness for a while, but in the end, you will have to release some steam, and often take a break. Personally, I look at the issue differently. I recommend that people choose a healthy type of fitness, one that can be sustained in the long run, and a fitness routine that you enjoy enough to remain consistent with. It does not have to be swimming. But swimming does fit the bill, as it targets all your big muscles groups at the same time: arms, legs, core, glutes, back, and has a low impact on your joints. It is also an excellent exercise during the summer months, as the water keeps you cool, even as your heart gets a great workout.

*My definition of a fit person is:*

- somebody who cannot stay more than 2 days without doing any type of exercise whatsoever
- a person who will, if given the option, choose the healthy food with plenty of fruits, vegetables and good quality protein
- a person who is positive and supportive of others, as well as surrounds himself or herself with positive and supportive people
- a person who is able to find balance between work and play

You do not need to be the best in any sport, or a sport addict. In fact, addiction to exercise can be a disorder like any other addiction and can be unhealthy in the long run. It leads to injuries, unhealthy weight loss and many other ailments. The key to fitness is really CONSISTENCY. Whenever your life becomes too hectic, you still find a way to exercise on a regular basis. You do not fret because you have to miss a workout, but enjoy life and find creative ways to remain active, and keep fitness and health as your permanent goals.

With those goals in mind, US Masters Swimming is offering a few challenges and incentives:

A) *In the fitness Series*, the summer challenge is a 2K swim in any pool between July 15<sup>th</sup> and 31<sup>st</sup>. There are no rules, except to have fun and challenge yourself to see your improvement. The incentives are:

- you are helping a great cause, as your registration fee is going toward the USMS "Swimming Saves Lives" foundation
- you will get access to the USMS six weeks training program with workouts written by experienced coaches and targeted to the beginner, the intermediate and the advanced swimmer

[Click here to register.](#)

B) *Go the distance* program which is a self-directed program intended to encourage Master Swimmers to regularly exercise and track their progress. This is a calendar year program. On an honor system, you track the distance you swim in your own Fitness log.

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# Coaches Chair

**Coach Matt Miller**

*OMS Co-Coaches Chair*

## Five Reasons You Should Do An Oregon Open Water Event This Summer

The busy part of the Oregon Open Water season is almost upon us! Starting in mid-July, there will be a number of open water events for people to enjoy. If you've never done an open water swim, and I know quite a few people who fall in this category, you're missing out on one of the most fun sporting events in the world. The intent of this article is to give you some reasons to consider participating in one of the 5 upcoming Oregon open water events (there are actually 6, but the Portland Bridge Swim has been sold out for months).

Below are, what I hope you find to be, 5 very good reasons to pick one of these 5 upcoming Oregon Open Water events and plan to attend:

**1. Variety is the spice of life!** I've witnessed quite a number of people go through phases of "burnout" when they spend most or all of their training and racing time in the pool. Swimming is a mentally grueling sport and burnout is common. Spending some time outdoors in the open water and working on different skills such as sighting, drafting, changing pace, etc., provides some welcomed variety for those who do it. I am one of those who regularly participate in both open water and pool events. This seems to be fairly uncommon as most people focus on either pool swimming or open water swimming, but rarely do a lot of both. My observation of both groups is that people in the open water seem to suffer less burnout than those in the pool. Yet I know quite a few pool swimmers who refuse to try the open water, and for no good reason! I believe if they were to get out

there and do it, many would realize that they've been missing out on a ton of fun! It would also likely help alleviate their burnout symptoms.

- 2. You don't have to worry about missing your heat or spend all day on deck to swim several races that take a total of a few minutes.** Nearly all swims at open water events have a mass start, meaning that all swimmers in a given event start at the same time. This eliminates much of the sitting around that is required for pool meets when waiting to swim between events throughout the day, and also eliminates the risk of missing your heat. Most open water events start around 8am or 9am and are complete with awards given by noon that same day.
- 3. Most open water events are a party and camping trip.** Open water events are generally far more laid back and about as close to a "day at the lake" party as you can get. They also often offer camping nearby where you can hang out with friends and family to make a great weekend on the lake. If I were to compare open water and pool events, I would say that pool events are akin to an office setting and open water events akin to a party setting.
- 4. Oregon has some of the most beautiful venues in the world for open water swims.** I have traveled all over the US and the world to swim open water events. I've been to many gorgeous venues and I would still put most of our Oregon venues right near the top of the list in terms of scenic beauty. We live in an astonishingly beautiful state that is blessed

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# Long Distance Swimming

**Coach Bob Bruce**  
OMS Long Distance Chairman



We're heading into the most compact and busiest summer season that we have ever had in Oregon. Not only are we hosting the "My Oregon Swimcation" Festival in one week in early July—including 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—but we continue in the following weekends with the OMS Summer Championships at Mt. Hood Community College in Gresham and the Cascade Lakes Swim Series & Festival at Elk Lake. I hope that you have been preparing to participate fully in this fine string of opportunities for YOU.

Here's the basic information:

- **My Oregon Swimcation - The Portland Bridge Swim (Sunday, July 8):** It has been fully subscribed since mid-January, but it's worth a look if you're in the Portland Metro area that day.
- **My Oregon Swimcation - Foster Lake Cable Swims (Thursday, July 12):** My emphasis in this article; more below...
- **My Oregon Swimcation - Applegate Lake (Saturday-Sunday, July 14-15):** This event features the **USMS Marathon (10-km) Open Water National Championships** or a 2500 or 5000-meter swim on Saturday, run simultaneously, and the 1500-meter swim & and the popular 3 x 500-meter pursuit relay on Sunday. Info & online entry at [https://www.clubassistant.com/club/meet\\_information.cfm?c=2128&smid=9709](https://www.clubassistant.com/club/meet_information.cfm?c=2128&smid=9709).
- **OMS Summer Pool Championships – MHCC in Gresham (Friday-Sunday, July 20-22):** The annual Gil Young Meet, in the beautiful MHCC outdoor 50-meter pool, has been moved into July due to

impending pool maintenance. Info & online entry at [https://www.clubassistant.com/club/meet\\_information.cfm?c=1352&smid=10792](https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=10792).

- **Cascade Lakes Swim Series & Festival at Elk Lake (Friday-Sunday, July 27-29):** This event will retain the traditional 'five swims in three days' format. Info and online entry at [https://www.clubassistant.com/club/meet\\_information.cfm?c=1756&smid=9711](https://www.clubassistant.com/club/meet_information.cfm?c=1756&smid=9711). Online entry only except for day-of-race entries.

At the risk of shilling only my own event (disclosure: I'm the founder and event director for the Foster Lake Cable Swims), I'd like to emphasize the cable swims in this article. My key points...

- To make the three-swims-in-one-week 'My Oregon Swimcation Festival' possible, I took a potentially risky hit for Oregon's sake and scheduled this event Thursday morning (becoming the first USMS-sanctioned open water swim ever to do so!). 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. This swim is approaching fast, so you need to do this NOW.
- Foster Lake is our most centrally located event venue. It's centrally located within two hours of home for most Oregon-registered swimmers, allowing many/most of you to travel to and from the swims on event day.

- Foster Lake is the only permanent cable swim course west of the Allegheny Mountains

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# Records & Links to Results

Records are for Oregon Swimmers Only

## OMS Association Championships — SCY

April 20-22, 2018; Corvallis, OR; Sanction #378-S002

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

## USMS National Championships — SCY

May 10-13, 2018; Indianapolis, ID; Sanction #378-S002

Results: <https://www.usms.org/events/national-championships/pool-national-championships/2018-nationwide-usms-spring-national-championship/2018-spring-nationals-results-and-team-scores>

Age Group	Event	Name	Time	Record set
Women 35-39	200 Back	Sara Shepherd	2:11.79	Oregon
Women 60-64	50 Free	Karen Andrus-Hughes	27.33	Oregon
Women 60-64	100 Free	Karen Andrus-Hughes	59.15	Oregon, Zone
Women 60-64	50 Back	Karen Andrus-Hughes	30.34	Oregon, Zone
Women 60-64	100 Back	Karen Andrus-Hughes	1:05.71	Oregon, Zone
Women 60-64	200 Back	Karen Andrus-Hughes	2:27.63	Oregon, Zone
Women 70-74	50 Free	Margaret Toppel	28.72	Oregon, Zone, National
Women 70-74	50 Back	Margaret Toppel	34.60	Oregon, Zone, National
Women 70-74	100 Back	Margaret Toppel	1:14.57	Oregon, Zone, National
Women 70-74	50 Fly	Margaret Toppel	32.45	Oregon, Zone
Women 75-79	50 Free	Joy Ward	37.82	Oregon, Zone
Women 75-79	50 Back	Joy Ward	40.75	Oregon, Zone
Women 75-79	200 Back	Joy Ward	3:14.48	Oregon, Zone
Women 75-79	50 Fly	Joy Ward	41.40	Oregon, Zone
Women 75-79	100 I.M.	Joy Ward	1:34.62	Oregon, Zone
Men 95-99	50 Free	Willard Lamb	42.23	Oregon, Zone, National
Men 95-99	100 Free	Willard Lamb	1:37.61	Oregon, Zone, National
Men 95-99	1650 Free	Willard Lamb	33:35.05	Oregon, Zone, National
Men 95-99	50 Back	Willard Lamb	53.43	Oregon, Zone, National
Men 95-99	100 Back	Willard Lamb	1:54.81	Oregon, Zone, National
<b>RELAYS</b>				
Mixed 55+	200 Free Relay		1:47.35	Oregon
Margaret Toppel	Robert Voll	Karen Andrus-Hughes	David Hathaway	
Mixed 55+	200 Medley Relay		2:03.40	Oregon
Karen Andrus-Hughes	Robert Voll	David Hathaway	Margaret Toppel	

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## COMA Pentathlon — LCM

May 19, 2018; Bend, OR; Sanction #378-S003

Results: [http://swimoregon.org/results\\_pdfs/2017-2018/ResultsCOMAPent\\_LCM\\_20180519\\_Splits.htm](http://swimoregon.org/results_pdfs/2017-2018/ResultsCOMAPent_LCM_20180519_Splits.htm)

Age Group	Event	Name	Time	Record set
Women 40-44	Mid-Distance	Stacey Kiefer	8:39.36	Mid-Distance Pentathlon
Women 60-64	200 LCM Fly	Colette Crabbe	3:00.22	Oregon, Zone
Women 60-64	Long-Distance	Colette Crabbe	18:18.84	Long Distance Pentathlon
Women 70-74	100 LCM Breast	Janet Gettling	1:47.33	Oregon, Zone
Men 40-44	Long Distance	Matt Miller	17:35.27	Long Distance Pentathlon

## COMA Senior Games — SCY

June 9, 2018; Bend, OR; Recognized

Results: [http://swimoregon.org/results\\_pdfs/2017-2018/ResultsOregonSrGames\\_SCY\\_20180609\\_Splits.htm](http://swimoregon.org/results_pdfs/2017-2018/ResultsOregonSrGames_SCY_20180609_Splits.htm)

Age Group	Event	Name	Time	Record set
Women 70-74	100 SCY I.M.	Margaret Toppel	1:14.73	Oregon, Zone, National
Men 70-74	100 SCY Breast	Bob Bruce	1:26.29	Oregon
Men 70-74	200 SCY Breast	Bob Bruce	3:10.92	Oregon

### FITNESS

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Once you achieve certain milestones, you have the opportunity to purchase some awards. Except for the price of the awards, there is no cost to enter and start tracking your fitness activities in your own log. It is very motivating. You can also track other fitness activities such as running, biking, weight training and yoga.

Enjoy your summer, remain as consistent as you can with your exercise routine, find your balance between work and play, be safe around open water areas, eat and stay healthy. Health is the ultimate goal.

### COACHES CHAIR

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with quite a bit of clean, clear water. Get out there and swim in it!

- 5. Oregon Open Water Series awards.** Oregon is a stand-out LMSC for many reasons, and one of them is our outstanding Oregon Open Water Series. Under the excellent

leadership of Bob Bruce, this series was started in 2000 and has continued since. It is a cumulative point-based scoring system where swimmers earn points, based on placing in their age group, at every Oregon swim in which they participate. Awards and recognition are given to those swimmers at the top of their age group and the overall top point earners. The purpose of this series is to promote fitness, competition, and fellowship in our unique outdoor settings.

Now that you have 5 good reasons to attend our Oregon Open Water Series swims, choose from the list below the swims that fit your schedule, get signed up for them, and get them on your calendar! It's going to be a beautiful and fun summer of outdoor swimming with lots of fun with friends, both new and old, to be had. See you out there!

July 12: Foster Lake Cable Swim

July 14-15: Applegate Lake Swims

July 27-29: Cascade Lake Swim Series & Festival at Elk Lake

August 11: Eel Lake Swims

September 8: Lake of the Woods Swims (when going to register, look for "Open Water Swim" in the event list)

Note: for photos of each venue, see page 18

# Swimmer Spotlight

submitted by Karen Andrus-Hughes

**Name:** Maggie Trujillo  
**Age:** 35  
**Team:** Southern Oregon Masters (SOMA)  
**Occupation:** Executive Chef, Larks Inn at the Commons in Medford, Oregon

As Executive Chef, I am responsible for all food and kitchen staff at the Inn at the Commons. We have a 125-seat restaurant and lounge featuring a local farm to table menu. The produce we bring in is hyper local featuring several local farms, creameries and foragers. I manage 20 cooks and dishwashers. I am also responsible for all banquet and catering for the hotel. I enjoy my job. I love being able to work with local farmers when I'm creating dishes. I also enjoy teaching my cooks. I have been with Larks for 3.5 years and have been cooking since 2002.

I grew up swimming in Idaho. I joined Caldwell Swim Club when I was 8 years old. I excelled in Backstroke, Freestyle, Butterfly and IM (everything but breaststroke). I was a top performer in the PNW region and was a nationally ranked age-grouper in backstroke. I swam for the Boise YMCA and Bishop Kelly High School in my teen years. I held several Snake River Records and High School Team Records. I enjoyed teaching others to swim and gave private swim lessons at my house throughout high school.

I stopped competing when I graduated high

school. I attended college at Boise State for a year before I began working in a restaurant. At that point, my career path was set. I decided to attend Western Culinary Institute, Le Cordon Bleu in Portland, Oregon. I met my husband, Jason, in culinary school. We lived and worked in Portland for 5 years before relocating to the Rogue Valley.

Over the years, I swam off and on for fun, but not seriously. I enjoy running with my dogs and hiking. Last summer when the wild fire smoke became too intense to run outdoors, I decided it might be fun to get back in the pool to stay in shape, and that is where I met my swim crew. After one week back in the water, I met Matt Miller, Mark Hageman and Mike Servant. They were working out in the lane next to me at Superior Athletic Club, and swimming all strokes very fast. I was recruited to join Masters by Matt. In November, I attended my first swim meet in 17 years at the PNA Championships in Federal Way, WA, and made top ten national Masters times in the 200 back and 50 fly. I swam my second Masters competition a couple months later at the Oregon Association Championship meet in Corvallis.

Returning to the sport I loved so much as a child has been very fun and rewarding. SOMA swim team has grown tremendously since it was formed last year. I think my favorite part of returning to the sport, aside from the competition, is the tremendous sense of comradery amongst Masters swimmers. I enjoy challenging myself in the pool with my friends on a daily basis.

I enjoy cooking at home with my husband. We love camping all throughout Oregon when we can get away, and I intend to try some open water swims this summer.



# Swim Bits

by Ralph Mohr

## Don't Quit

It's an old adage: "Don't Quit." Easier said than done!

However, an 80 year old Ironman triathlete, John Holman, follows that notion. Click here for his story.

We have several older swimmers who fit that same notion, led, of course, by Willard Lamb and Dave Radcliff. They still get on the blocks and swim everything from 50 yards to 1650 yards in pool meets, and beyond that distance in the ePostals and open water National Championships.

What I liked about Holman's attitude, though, was his comment before another Ironman: "Whether I finish or not in time, I don't know. I just go out there and do the best I can on a given day."

He will enter the water for the 4000 meter swim and keep going. We swimmers, of course, do the same, and in open water swimming events this summer, we will be asked to do it again and again.

I was at Whiskeytown a few years ago, and after we finished the two mile, where you disappear around a few islands during the swim, four of us from

Oregon were discussing our swims, refueling and hydrating, when the call was made for the one mile race in ten minutes.

We looked at each other, thinking, 'Already?' We then did a collective shrug and went to the starting line.

Holman, as a triathlete, is asked to do three events in a row, without stopping except to change gear. Open water swimmers regularly swim two long distance events per day and are usually finished by noon.

Come join us at Foster Lake and swim the Two Mile Cable National championships. You can then go the One Mile cable swim less than an hour later.

At Elk Lake at the end of July you can swim two events each day on Saturday and Sunday, and one on Friday afternoon if you want a "Survivors" cup.

At Eel Lake August 11, swimmers will go a 3000 meter and then a 1500 meter and be done by noon. Again and again Masters swimmers will follow Holman's attitude this summer. Go out there and do the best we can. Don't quit.



***Whiskeytown Is More Than A Beautiful Lake. It's beautiful crystal-clear waters, surrounded by mountain peaks, are perhaps the most prominent feature of the park. However, water-based recreation is only a small part of what the park has to offer. The 39,000 acres surrounding the lake hold four waterfalls, pristine mountain creeks, 70 miles of trails, and opportunities to explore the history of the California Gold Rush.***

# Swimming Across Polynesia

by Joe Oakes

January, 2018. Sometimes I think that I am the luckiest guy in the world. I love to swim and I love to travel. I indulge both of those passions while cruising the open seas. This year it is in the South Pacific, on board the *mv Amsterdam*, with stops in some wonderful places.

After eight days at sea headed southwest from Panama, our first stop after crossing the Equator was *Taiiohae, Nuku Hiva*, one of the northernmost islands of French Polynesia. Palm trees. Sandy beaches. Warm, tropical water. Not many ships call at Nuku Hiva, so they were happy to welcome our ship. On the pier lovely gyrating hula dancers accompanied the pulsating rhythms of drums and ukuleles. After eight days swimming in the ship's tiny swimming pool, I was ready for my baptism in healing salt water. It was warm. It was calm. It was delightful. I luxuriated in the sea for 45 minutes, swimming but not pushing hard. Then I sat and let the sun dry me.



**Protected cove at Taiiohae, Nuku Hiva**

Next stop, *Avatoru, Rangiroa*, another remote island. More gyrating hula dancers, more drums and palm trees and sandy beaches. This atoll is a circular chain of reef islands, open to the ocean on one side and a quiet lagoon on the inside, with openings allowing the flow of water from one side to the other. I didn't really understand what happened at those openings, so I was in for a big surprise. I was swimming parallel to the beach when suddenly there was no more beach, and I was being swept by a fast current from the ocean side into the lagoon. It was so fast that I couldn't make headway going back, so I swam cross-current to the nearest point on the lagoon side. I made it out of the water with a few minor coral scrapes, but that was the easy part. I then had to hike barefoot a quarter mile back across the coral island to the other side. *Ouch*, 1,000 times. Lessons learned.



**Avatoru, where the current carried Joe through the island chain from the ocean side of the island to the atoll side**

*Papeete, Tahiti*. Think of Mutiny on the Bounty, Captain Cook and Captain Bligh, Charles Laughton and Marlon Brando. This is the only real city in French Polynesia, and it is not to my taste. There are no good swimming places in the city, but there are hundreds around this magnificent island. Not far to the east of Papeete is *Venus Point*, where Captain Cook went to observe the transit of the planet Venus. He sailed thousands of miles only to find cloud cover on the appointed day. My fortune was much better. There is a delightful black sand beach at Point Venus, protected by a reef, where I swam to my heart's content. Outside the reef, a dozen surfers livened up the scene.



**Black sand beaches at Venus Point in Papeete, Tahiti**

*Moorea and Bora Bora*, our next stops, bring to mind the best of the tropics. I will not wax eloquent, but will just say that both of these islands exceeded my expectations, despite their being heavy tourist destinations. My approach was to ignore the French tourists (even the topless ones, some with major gravitational problems) and to concentrate on the wonders of the embracing sea, which I did most joyously in both places. →



**Moorea**



**Bora Bora**

*Rarotonga, Cook Islands.* We sailed further west, leaving French Polynesia for the Cook Islands, a group of fifteen islands spread over millions of square miles of the South Pacific. New Zealand has a 'free association' with the independent Cooks. The people are Maoris, with a culture and language different from French

Polynesia. I have nothing against speaking French (I don't), but I feel much more at home here. Sure, the shops are pushing most of the same stuff all over Polynesia: pareaus, shell necklaces, grass skirts, fake pearls and diving tours, but there is a more comfortable feel in Rarotonga. Maybe because they speak English.

Rarotonga is a hilly island, with several mini-mountains in the interior. Few roads penetrate the interior, but there are two trails crossing its 15 mile width. Those are for nanny goats: I prefer to swim. An inexpensive public bus will take you completely around the island in 50 minutes. You have a choice



**Rarotonga, Cook Islands**

of two routes: the clockwise route or the counterclockwise one, each with lots of beach stops. Caveat: There are several beaches that are marked "HAZARDOUS" because of very heavy surf crashing onto rocks that are much harder than human flesh. Choose your beach carefully. My choice was at a no-name beach that suited me just fine.

*Alofi, Niue.* This tiny island nation is our last stop in Polynesia, another island with 'free association' with New Zealand. The width is about six miles, a bit longer north to south, and quite mountainous. It is a very religious nation, and it seems that everyone belongs to one denomination or another, and there are several. Unfortunately, we arrived on a Sunday, so everything was closed: not even a souvenir shop to be found. All around the island are outcroppings of sharp coral, coming right up to the shore. What they call a beach is a bit of sand right up against the coral boulders, which extend out about a hundred yards. Getting past the coral makes entry into water deep enough to swim very difficult. I found an open area 30 yards long in four feet of water. I swam laps back and forth, carefully skirting the coral on both sides. If it were not for the company of hundreds of colorful fish, it would have been a less-than-pleasant swim. When I left the water I was told that there were lots of poisonous coral snakes in that area. I did not see them and I'm glad they didn't see me.



**Alofi, Niue**

*Bottom line:* After so many interesting and beautiful swims in Polynesia, my cup runneth over. Now I am ready for Auckland, New Zealand, where I have an appointment with an ophthalmologist who will stick a needle in my right eye. But that is another tale. I would rather be swimming.

# Student Observations on OMS Association Meet in Corvallis

April, 2018

~submitted by Elke Asleson,  
Western Oregon University/Adjunct Instructor  
Division of Health & Exercise Science



Physical Education students earned extra credit for helping to time, observe and dialogue with swimmers competing at the Masters Association swim meet in Corvallis, Oregon, in April, 2018.

Their comments are summarized below...enjoy!

## Were there more women or men at the meet?

- Seven students said there were slightly more men.
- Six students said more men swam the longer distance events.

## Reasons for swimming/competing?

- Swimming addiction – loved the feel of adrenaline rush when competing; camaraderie – a kind you can't get anywhere else!
- Competition, fitness and social time – all valued the same.
- Loved the teamwork.
- Personal challenge to stay fit and healthy.
- Tech suits swim gear was appealing.
- Picked up Masters swimming from seeing how much fun his kids had swimming in H.S.
- Exercise – full body workout.
- Couldn't give up swimming after college swimming experience.
- Opportunity to gauge age differentiation.
- A sport you can keep doing forever.
- Less stress on your bones as one ages.
- Just loves swimming – not really here for the competition.
- More into open water swimming, but the pool is OK.
- Great chance to socialize and visit.
- Enjoys the leadership and motivation of the coach (Matt Miller!). SOMA has grown to a large swim team, after restarting a year ago.
- Just love the "feel" of the water.
- Swimming makes my body look great! Can't lift a lot anymore, so swimming is a good resistance sport, too.

- Feel active and encourages me to get up and exercise.
- Helped me get out of a slump and become active again!  
The swimming community embraces everyone!

## General Observations:

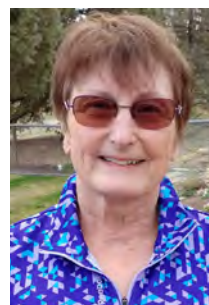
- Bell ringing was scary for two volunteers – felt they would fall in the water and ruin the event!
- Noticed how heats become faster each round. Distance comment: fastest heat winner (lane 4) was twice as fast as the heat 1 swimmer (lane 4). Amazing!
- Inspired by atmosphere at pool. May look at joining a Masters team!
- Audience cheers and spirit were amazing.
- Age did not seem to have an effect on the speed of the participant. (This is not true for me! --Elke)
- Lots of teamwork, even though swimming is an individual sport.
- Amazed by swim times!
- Looked like great swim friendships with the swim community.
- Parents and grown children present together – super cool!
- The front somersault flip was amazing at the wall – impressive how fast (older) adults did this!
- Height did not seem to affect swimming positively – all about technique.
- Age did not seem to matter – everyone had fun and lots of smiles after they were done.
- Atmosphere was competitive and lively, but also very supportive and fun.
- Volunteering is making me want to practice and then also join a team. Cool group of community fitness nuts.
- Shocked by how fast the heats followed each other. Quick change over of swimmers, everyone kept on their toes to not miss an event.
- Confused in distance event, when the swimmer had the lap counter go backward and lap #1 was the last lap!
- Great experience for volunteers – many students mentioned this.

## Errors Corrected

The *Aqua Master* Editor sincerely regrets errors in the Awards Booklet, the Awards Slide Presentation and in the May/June 2018, *Aqua Master* Awards section, and apologize to those individuals who were unintentionally left out, swimmers who were incorrectly listed, and for the confusion it caused during the Awards Social. New awards were ordered and delivered to Barry A Fasbender and Arlene Delmage, the official first place awardees for 2017 Outstanding Swimmer Male and Female Swimmer in the 50+ category. Below are the corrections.



**Arlene Delmage**



**Janet Gettling**



**Margaret Toppel**

### **Awards Booklet:**

- Page 7—USMS All-stars for 2017 add **Colette Crabbe** and **Willard Lamb**
- Page 7—OMS Lifetime All-Stars: **Colette Crabbe, 2016**
- Page 8—USMS Long Distance Postal Relay All-Americans add **Leah Harris**.

### **May/June 2018 “Aqua Master”:**

Page 15—Outstanding Swimmers — Women, 50 and over, should be:

- 1st Arlene Delmage
- 2nd Janet Gettling
- 3rd Margaret Toppel

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## IMPORTANT NOTICE OF GIL YOUNG MEET DATE CHANGE

The Gil Young/LCM Zone meet has been moved to July 20-22nd because the Mt. Hood Pool will be closing earlier than originally scheduled for annual maintenance. The meet information will be available online soon.



***Willard Lamb was presented a jacket with his name on it at the OMS Association Social. This was to honor him for receiving the “Swimmer of the Year” Award from “Swimmer Magazine”. He was thrilled. Keep swimming, Willard! OMS is proud of you.***

# National Records crushed at the 5K & 10K ePostal Swim at Amazon Pool in Eugene, Oregon

by Matt Miller

Seventeen swimmers bravely showed up for and completed a 5K or 10K ePostal on May 26th in the Amazon Pool in Eugene, Oregon. This year showed the best turnout yet since 2014, the year we started this opportunity, and we were blessed with a beautiful warm and sunny day for swimming (perhaps a bit too sunny judging by the sunburn some of us got)! A huge congratulations goes out to everyone who tackled one of these long arduous swims. In my opinion, these are the most challenging USMS National Championship swims of the year, both mentally and physically (especially the 10K) whether in the pool or in the open water. Anyone who does these events should be proud to be one of the few people to achieve a finish in these demanding swims.

Since 2014, Oregon Masters Swimming has been renting the Amazon Pool in Eugene, Oregon, for 4 hours on one of the final weekends in May in order to allow swimmers an opportunity to swim their 5K or 10K USMS ePostal National Championship. This year we had the pool from 2pm to 6pm on Saturday, May 26<sup>th</sup>. Finding pool time to swim 10,000 meters (or even 5000 meters) in a long-course configuration (the 5K and 10K must be swum LCM) is next to impossible for many people, so this gives long-distance swimmers a great opportunity to do the swim without having to fight, beg, or steal to get pool time. Our wonderful OMS board has voted to subsidize 50% of the rental cost each year and the rest of the cost is paid by the swimmers who participate, and contribute \$20 each to swim.

The turn-out, geographic distribution, and performances for this event were successful in every way. Swimmers came from as far south as Ashland, Oregon, and from as far north as Seattle, Washington. There were five swimmers over the age of 70! The youngest swimmer was 24 year-old Erin Cavender, who set a new Oregon Record in the 10K with a time of 2:33:17. The oldest swimmer was 96 year-old Willard Lamb, who swam his way to a new Oregon and National record in the 5K with a time of 2:08:06...at 96 years old!!! What?! Truly amazingly impressive, everyone agreed.

Bob Bruce broke the 10K Oregon and National record for men 70-74, going 2:46.09, but, due to Dan Kirkland starting

the event after Bob, Bob held the National record for just 15 minutes. Dan Kirkland posted an incredibly fast time of 2:34:31, bettering the new National record for men 70-74. Congrats to all of the new national record holders!

Two other Oregon records were set, one by Sara Shepherd who swam her 10K in 2:31:42 and the other by me (Matt Miller) who completed a 10K in 2:17:34.

We plan to offer this 5K/10K opportunity in Eugene again next year. I would strongly encourage everyone to consider doing one of these two long swims at this venue next year. It works really well as part of a regular annual training cycle to kick-start the long course and open water seasons, and provide you with a good way to measure your fitness level heading into the season. Being aware of this opportunity, you can watch for it next year!

Full (mostly complete) results from everyone's swims are listed below. Again, I would like to personally congratulate everyone who did one of these daunting swims, especially those who did it for the first time. You all did great!! I hope to see everyone come back next year and welcome more new faces in the pool trying their first 5K or 10K ePostal swim at Amazon Pool in Eugene.

## RESULTS

NR = National Record

OR = Oregon Record

### 5K Swimmers included (in alphabetical order):

Rob Birdwell	50-54	Corvallis, OR	1:15:55	
Tim Cespedes	55-59	Beaverton, OR	1:29:08	
Willard Lamb	95-99	Vancouver, WA	2:08:06	NR
Stephanie Martin	55-59	Gold Beach, OR	1:19:05	
Michelle McRae	40-44	Seattle, WA	1:XX:XX	
Ralph Mohr	75-79	Coos Bay, OR	1:38:34	
David Radcliff	80-84	Hillsboro, OR	1:35:17	
Scot Sullivan	50-54	Portland, OR	1:06:26	
Johnny Van Velthuyzen	35-39	Seattle, WA	1:17:XX	

### 10K Swimmers included (in alphabetical order):

Bob Bruce	70-74	Bend, OR	2:46:09	NR
Erin Cavender	18-24	Beaverton, OR	2:33:17	OR
Leah Harris	30-34	Medford, OR	3:11:56	
Dan Kirkland	70-74	Battleground, WA	2:34:31	NR
Matt Miller	40-44	Ashland, OR	2:17:34	OR
Sara Shepherd	35-39	Beaverton, OR	2:31:42	OR
Mike Oxendine	35-39	Talent, OR	2:51:24	
Don Uhler	60-64	Gold Beach, OR	2:46:53	



## MEET SUMMARIES

continued from page 1

The first three places for different size teams were:

Large teams: (1) Oregon Reign, 861 points

(2) Southern Oregon Masters, 747 points

(3) Central Oregon Masters, 289 points

Medium teams: (1) Multnomah Athletic Club, 765 points

(2) Oregon City Tankers, 437 points

(3) Corvallis Aquatic Team, 400 points

Small teams: (1) Stafford Hills, 201 points

(2) Columbia Gorge Masters, 141 points

(3) Team Club Sport Oregon, 100 points.



**Frank Philipps and Uwe Britsch**



**Pat Allender peeking out of the data-processing window**



**Officials Jacki Allender and Jack Burnett**

All the teams rooted for one another in true swimming sportsmanlike fashion. At the end of the week, we were all tired in a very good way. A huge Thanks goes to the Corvallis Aquatic Team members and all other volunteers and officials who worked so hard to make this a rewarding weekend of fun. And now we know what Be the Fish means—Just Keep Swimming.

### **Bend Pentathlon**

Only a month after the Association Meet, Oregon Masters were ready for more action—this time in long course distances. On May 19, 2018, COMA hosted a Long Course Meters Pentathlon of various rigor. Some swimmers opted for the Brute Distances, swimming the 50, 100, 200, 400 and 800 M Free events in one day. Just as brutish were the Long Distance events consisting of 200 meters of each stroke topped off by a 400 M Individual Medley. The Medium and Short Distance events required the energy capable of finishing 100s of each stroke plus a 200 IM and 50s of each stroke plus a 200 IM, respectively. All this was accomplished with the oxygen

available at the Juniper Swim Center's 3,500+ feet elevation!

These events were swum one at a time, and a competitor's final time was the cumulative result of all their events. In the Brute division, a very competitive Womens 60-64 age-group field saw Jeanna Summers win in 25:28.75. Michael Stadnisky finished first in the Mens 35-39 class with a time of 21:49.12, Mark Lane took the Mens 60-64 division in 32:13.04 and Michael Carew placed first all-around in the Mens 65-69 age group with a 28:44.67. For the Pentathlon Long Division races, versatile Colette Crabbe won her 60-64 age group in 18:18.84 and Matt Miller took his, Mens 40-44, in 17:35.27. The Pentathlon Medium Distance had Stacey Kiefer (W 40-44) finish in 8:39.36. For the Pentathlon Short, lactic-acid oriented sprint distances, Christina Fox (W55-59) won in 6:57.70 and Jan Voeller (M55-59) finished in 5:59.35.

This meet was a great way to get in lots of different events in preparation for the summer Long Course season ahead of the Gil Young/Zone LCM Championship Meet now scheduled for late July. The new date for the Gil Young/Zone LCM Championship meet is July 20-22. Congratulations, everyone!

# The Five Reasons Why you should do an Open Water Swim this summer!



*Foster Lake*



*Eel Lake*



*Applegate Lake*



*Lake of the Woods*



*Elk Lake*

## LONG DISTANCE SWIMMING

continued from page 7

(not the Rockies, the Alleghenies!). I think that this fact is grossly underappreciated by local swimmers. Swimming on the cable—particularly in championships events—is a treat that most of you take for granted yet is not easily available to most swimmers in the country.

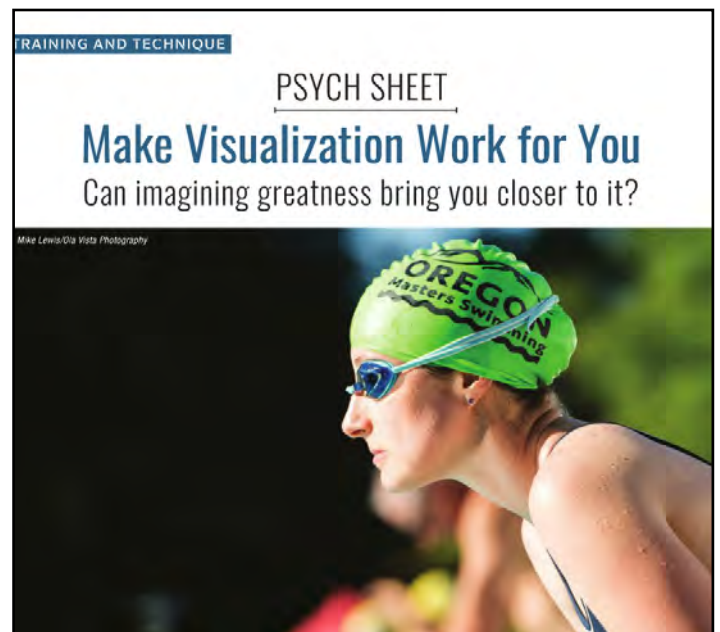
- Foster Lake features the **USMS Two-Mile Cable Swim National Championships**. The one-mile swim will be the **OMS Open Water Individual & Team Association Championships**.
- Both one & two-mile swims are on a certified course, so National, Oregon, and course records are in play. Visit [www.comaswim.org](http://www.comaswim.org) for the records (and all of the down-and-dirty details that you're gonna need to know for these swims). Speaking of records, the Oregon Club dominates the USMS national records for the one & two-mile cable swim relays. Relays are entered after all swimmers' times are recorded, with the optimal combinations of OREG swimmers, much like our relays for pool postal events. We hold 15 of the 18 current records for one-mile relays and 16 of 19 for two-mile relays. But in an admittedly greedy effort to make a clean sweep, we need three speedy women in the 65+ age group (75+ too if we can) join us to break the softest of the national cable relay records in both distances and the mixed relays that go with them. It's a big day of swimming but glory awaits. Of course, we could use really speedy swimmers in all age groups (especially the younger age groups) to improve some of the national records that we already hold.
- Sadly, I'm leaning strongly towards putting this event on pause in 2019. It's a big challenge for COMA to come over the river and through the woods—and over the mountains too—to run this event, then turn around to run our signature event at Elk Lake only a few weeks later. So this might be the last chance for a while to do our thing on the cable course. Take advantage of it while it's here.

Online entry only at [https://www.clubassistant.com/club/meet\\_information.cfm?c=1756&smid=9712](https://www.clubassistant.com/club/meet_information.cfm?c=1756&smid=9712). NO day-of-race entries; entry deadline is Monday, July 2.

Good luck and good swimming!



*Leah Harris and Mike Oxendine before their 10K at the Amazon Pool, I wonder what the after picture looked like. See article on page 16*



**Molly Clark Featured!**  
*SOMA swimmer Molly Clark was recently featured in an article about visualization in the most recent, May/June, SWIMMER magazine.*

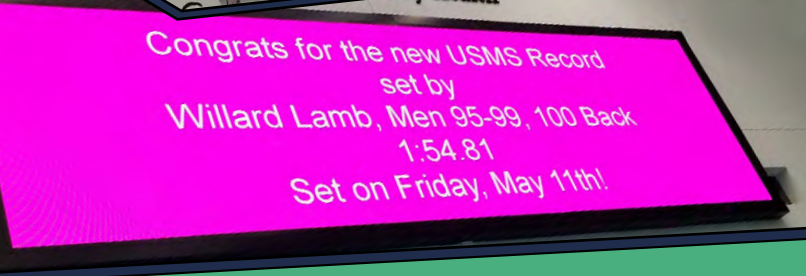
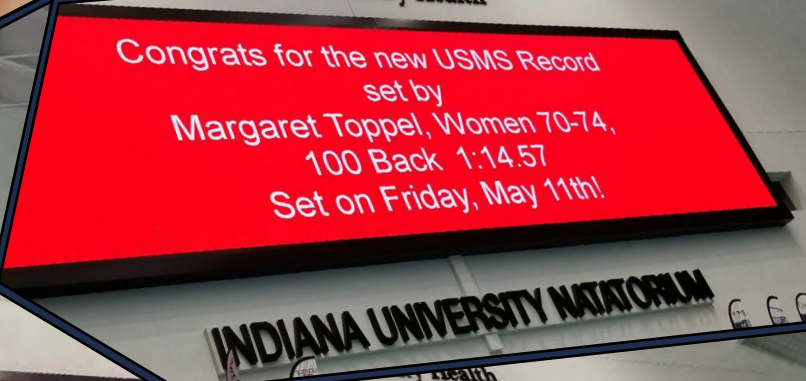
# National Team and Association Meet Photo Gallery



*"What a cool experience!! Rowdy Gaines made a cameo appearance to call the men's 100 free and the first heat featured two 95 year olds with Willard Lamb crushing the national record. Rowdy Gaines was excited to meet Wink so I walked him over and photo-*



*bombed a couple of shots with 2 swimming legends! A moment that I'll remember forever!" (This is referencing the picture just above this paragraph beginning.) —Matt Miller*



**Clockwise,**

**Page 20, from top left:**

1. Columbia Gorge team at the Association meet in Corvallis
2. Thirteen of the OMS National Team (only 18 out of the 20 who registered were able to attend)
3. Willard Lamb and Karlyn Pipes — Karlyn was awed with Willard. Both Karlyn and Willard are 2017 World Masters Swimmers of the Year.
4. Jody Ready — 1st place award for her 400 IM; women's 45-49 age group, with a time of 6:36.32.
5. Part of the OMS group at the Indianapolis USMS National Championships
6. SOMA T-shirt at Association meet ("We've discovered the Fountain of Youth; you just have to swim in it!")
7. Willard Lamb with his jacket that was presented to him during the Social at the Association meet in Corvallis
8. Matt Miller, Willard Lamb and Rowdy Gains — Rowdy Gains (3-time Olympic gold medalist and Olympic swimming commentator) showed up at the pool and did the

- announcing for all of the 100 freestyle heats; Willard Lamb and another 95-year-old were in the first heat.
9. Margaret Toppel, who set a National Record in the 100 Back
- Clockwise, Page 21, from top left:**
10. Sara Shepherd, Erin Cavender and Anna Bridgette Daggett
11. 200 Medley Relay (35+ age group): Willard Lamb (95) backstroke, Matt Miller (40) Breaststroke, James Adams (40) Butterfly (split 26.49), David Kilburn (41) Freestyle. "Best relay experience ever!! Where else do you get to swim a relay with a legend, world record holder, national record holder, and all around great?!!!" —Matt Miller
12. Margaret Toppel's 100 Back USMS record acknowledged on the reader board
13. Willard Lamb's 100 Back USMS record acknowledged on the reader board
14. Bob Voll and Allen Larson with their medals

# Oregon Masters Swimming Championships April 20-22, 2018

**Large Team Winners—Congratulations!**



**First place ..... Oregon Reign Masters ..... 28 swimmers registered; 861 points**  
**Second place ..... Southern Oregon Masters Aquatics..... 30 swimmers registered; 747 points**  
**\*Third place ..... Central Oregon Masters Aquatics ..... 11 swimmers registered; 289 points**

*\*no picture*

## Medium Team Winners—Congratulations!



**First place** ..... **Multnomah Athletic Club** ..... **19 swimmers registered; 765 points**  
**Second place** ..... **Oregon City Tankers** ..... **16 swimmers registered; 437 points**  
**Third place** ..... **Corvallis Aquatic Team** ..... **18 swimmers registered; 400 points**

## Small Team Winners—Congratulations!



<b>First place</b> .....	<b>Stafford Hills Club</b> .....	<b>6 swimmers registered; 201 points</b>
<b>Second place</b> .....	<b>Columbia Gorge Masters</b> .....	<b>5 swimmers registered; 141 points</b>
<b>Third place</b> .....	<b>Team Club Sport Oregon</b> .....	<b>5 swimmers registered; 100 points</b>
<b>Team Spirit Award</b> .....	<b>Oregon City Tankers</b> .....	<b>Team Spirit Award</b>



## Oregon Masters Swimming: 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 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 #378-W005
Sat 8 Sep	1	Lake-of-the-Woods	Klamath Falls	SOMA	Matt Miller	3000-meter 1500-meter	Featured Featured	Sanctioned #378-W006

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

OMS Association Meet — SCY  
USMS Spring National Championship — SCY  
COMA Pentathlon — LCM  
COMA Senior Games — SCY

## Looking Ahead. . .

### Pool and Open Water Schedules

<u>Date</u>	<u>Course</u>	<u>Swim</u>	<u>Venue</u>	<u>Location</u>
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 20-22, Fri.-Sun.	LCM	Gil Young Meet	Mt. Hood Community College	Gresham
July 27-29, Fri.-Sun.	OW	Cascade Lake Swim Series	Elk Lake	Bend
Aug 11, Sat.	OW	Southern Oregon Coast	Eel Lake	Lakeside
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

Detailed Open Water Schedule (see page 25)

## Quote for the month. . .

If I have but one day to live, please take me to a swim meet, because they last forever!