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"Swimming for Life"

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Lake of the Woods Open Water Swims

Saturday, Sept. 8, 2018

by Ralph Mohr

It was 7:30 in the morning at 4949' altitude, and 23 Masters swimmers immersed themselves in the 67 degree water of Lake of the Woods between Medford and Klamath Falls. The smoky air of Friday had dispersed, and all waited for starter and race director Matt Miller to say, "Go."

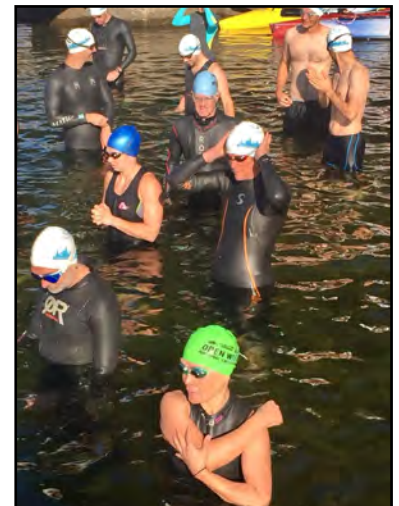
Off went the swimmers into the quadrangular course, twice around for the 3000 meters. They could see the bottom of the lake most of the way, but had trouble looking into the early-rising sun on the second buoy.

The overall winner of the 3000 meter race was Mike Oxendine of SOMA in 46:20.1 for the 35-39 Men. He was followed closely by the first woman finisher, 40-44, Stacey Kiefer from COMA in 46:31.3. The first swimmer in a wet suit was Jayette Pettit of SOMA, Women's 50-54, going 44:44.1, followed by Jose Salazar of RAMS in 51:34.0 for the Men 40-44.

Twenty-three swimmers completed the course, with five in wet suits.

In between the Masters races were two triathlon events, the first of which followed the same swimming course, and the second was for beginners and had a 750 meter swim. There was also a paddle board race. The paddle boarders started finishing their race at the beginning of the 1500 meter Masters swim.

The 1500 started under full sun and clear air, once around the same course. Mike Oxendine and Stacey Kiefer repeated their individual 3000 wins, but Stacey turned tables on Mike for the overall title, beating him by 3 seconds, 22:57.9 to 23:01.0. Twenty-two swimmers started and completed the race.



Pat Allender of Corvallis in the Men's 60-64 age group was third overall in both races, going 49:02.6 in the 3000 and 22:52.0 for the 1500. Swimmers ranged from Hannah Parker in the Women 25-29, to Dave Radcliff, eldest at 84, who will soon annihilate more records in the 85-89 Men's age group in 2019.

Swimmers came from all over Oregon to participate, with most from SOMA and COMA, including Coos Bay, Corvallis, Beaverton and even Mesa, Arizona. They were greeted by a pleasant camp-out the night before at Lake of the Woods, Fish Lake or Klamath Falls.

The Lake of the Woods events will be held again in 2019. Potential participants are advised to reserve cabins and camping spots early in the year.

The Lake of the Woods swims were a partnership between Southern Oregon Masters Aquatics and the Rogue Valley Race Group, who ran the Tri-Sport Weekend at the lake.

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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.

Dr. John McDougall, M.D., teaches people to eat a plant based diet consisting of fruits, vegetable, grains, beans, nuts, seeds, unrefined foods, and low fat/low sugar. His emphasis is on complex carbohydrates. People loose weight on his all-you-want-to-eat diet. He is able to get most people off all their medications with this healthy eating plan. The full article has much more great information, but there is no room here to present all of it. Dr. McDougall gets asked the following question frequently.

Where Do You Get Your Protein?

by Dr. John McDougall (excerpted)

For the entire article, see: <https://www.drmcDougall.com/misc/2007nl/apr/protein.htm>

Proteins are made from chains of 20 different amino acids that connect together in varying sequences—similar to how all the words in a dictionary are made from the same 26 letters. Plants (and microorganisms) can synthesize all of the individual amino acids that are used to build proteins, but animals cannot. There are 8 amino acids that people cannot make and thus, these must be obtained from our diets—they are referred to as "essential."

After we eat our foods, stomach acids and intestinal enzymes digest the proteins into individual amino acids. These components are then absorbed through the intestinal walls into the bloodstream. After entering the body's cells, these amino acids are reassembled into proteins. Proteins function as structural materials which build the scaffoldings that maintain cell shapes, enzymes which catalyze biochemical reactions, and hormones which signal messages between cells—to name only a few of their vital roles.

Since plants are made up of structurally sound cells with enzymes and hormones, they are by nature rich sources of proteins. In fact, so rich are plants that they can meet the protein needs of the earth's largest animals: elephants, hippopotamuses, giraffes, and cows. You would be correct to deduce that the protein needs of relatively small humans can easily be met by plants.

The World Health Organization (WHO) recommends that men and women obtain 5% of their calories as protein. This would mean 38 grams of protein for a man burning 3000 calories a day and 29 grams for a woman using 2300 calories a day. This quantity of protein is impossible to avoid when daily calorie needs are met by unrefined starches and vegetables. For example, rice alone would provide 71 grams of highly usable protein and white potatoes would provide 64 grams of protein.⁸

Our greatest time of growth, thus the time of our greatest need for protein, is during our first 2 years of life. We double in size. At this vigorous developmental stage our ideal food is human milk, which is 5% protein. Compare this need to food choices that should be made as adults, when we are not growing. Rice is 8% protein, corn 11%, oatmeal 15%, and beans 27%. Thus, protein deficiency is impossible when calorie needs are met by eating unprocessed starches and vegetables.

The healthy active lives of hundreds of millions of people laboring in Asia, Africa, and Central and South America on diets with less than half the amount of protein eaten by Americans and Europeans, prove that the popular understanding of our protein needs is seriously flawed.

Unlike fat, protein cannot be stored. When it is consumed in excess of our needs, protein is broken down mostly by the liver, and partly by the kidneys and muscles. Consumption in excess of our needs overworks the liver and kidneys, and can cause accumulation of toxic protein by-products.

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Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



Time to try the monthly fitness challenge again!

This month, I am out of town travelling in Europe to visit family and friends, as well as swim at the European championship in Slovenia. So, I will do what I preach and take it easy, relax and not sweat about deadlines. This month's article will be a rerun of one of my articles, published in the Aqua Masters of May/June, 2017, and titled "Spring is here, time for 'Spring Cleaning' fitness challenge".

Although it is Fall, this fitness challenge series is timeless and appropriate at the start of a new season, to gear you up into a new fitness routine, and set you up before the Holiday season. Here it is, enjoy:

Thru this article, I just want to help you kick-start your program thru a few challenges and set you up on the right track.

The first challenge is the "keep moving challenge" and is very simple. For a whole month, you need to commit yourself into exercising and/or walking at least 30 minutes 3 times a week. If you own a dog, he or she will love you. Rain or shine, in the early morning, during your lunch time or at night with your family, go outside for a stroll. Be creative and social. Ask your colleague to go on a walk instead of having a meeting in a conference room, invite your lonely neighbor to accompany you, propose to your other neighbor to walk their dog if need be, take your kids and husband to the park after dinner. In addition to slowly getting into the habit of being more active, you will be more social, make new friends and therefore will be happier.

The second challenge is a succession of weekly challenges aiming at making more healthy choices in regard to food and nutrition. Those challenges are not recommended

diets, I am not a nutritionist and should only be targeting normal relatively-healthy adults. If you are on a strict diet due to allergies and/or chronic illness, keep following your doctor's advice.

In the second challenge, instead of trying to forge a new habit, we are aiming at trying to get rid of some habits and/or foods which have been proven to be addictive, but also to be the culprit of a lot of diseases such as obesity, alcoholism, heart disease, diabetes and so on.

On the first week: the challenge is not to eat any fried food. You know very well what they are: fries, fried chicken, onions rings but also doughnuts and beignets* and so on.

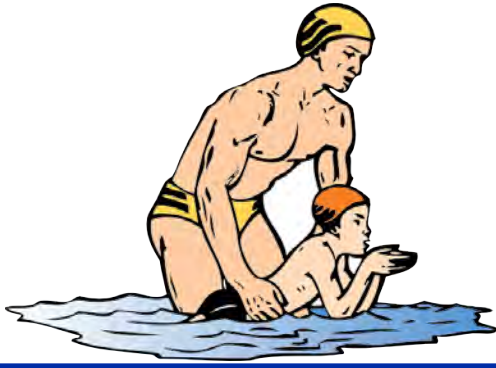
On the second week: the challenge is to get rid of most processed sugar. In the March/April 2017 edition of *Swimmer* magazine, there was an article about sugar and the difference between added sugar versus natural. For this challenge, we are not only targeting the added sugar found in a myriad of processed foods in the bakery items and sodas, but also in canned soups and canned vegetables, processed meat and sauces. You are not going to be able to completely get rid of all added sugar intake but if possible try to replace the added sugar with its natural form found in fresh fruits or even milk. When your sweet tooth kicks in, grab a piece of fresh fruit instead of a muffin. In the processed sugar category, I am also including all the substitute sugar added in diet items which for this challenge should also be avoided.

On the third week: the challenge will be to avoid all alcoholic beverage. This is self-explanatory but it can be the hardest challenge for some of us.

On the fourth and last week:

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Coaches Chair

Coach Sara Shepherd

OMS Coaches Co-Chair

Upcoming Meets

Now that the open water swim season is behind us, it's time to take the wetsuits off and put the racing suits back on! Being the competitive swimmer that I am, I welcome the short course fall and winter Masters swim meets with open arms. If you are a little hesitant in participating in a Masters meet for the first time or after a long time away from racing, fear not! There are many significant benefits that result from competing in a Masters meet. I read an article a couple years ago that highlighted some top reasons to swim in a meet and I'd like to share a few with you below.

Masters competitions are great fun for everyone! Masters meets have a whole different feel compared to swim meets from your youth. Everyone is welcome at Masters meets, regardless of speed or ability and regardless of age, body type or fitness level. The Masters community is universally encouraging and is always excited to see people try something they haven't done before. You'll see people race with intensity, but also with huge smiles. It is the perfect example of high performance in a low-stress environment.

The connections you make through swimming can last for a lifetime, and I've certainly met some of my best friends through Masters swimming. Teammates obviously form the closest connections because we are grinding it out together, sharing the hard work and positive moments found in practice. At meets, it's always fun to meet new friends through rivalries and spend time together on the pool deck. Each meet provides an opportunity to catch up, share memories and to look forward to the next reunion.

Everyone who attends a Masters meet comes away inspired and feeling good about life. One of my favorite parts at Masters meets is seeing swimmers of all ages cheering each other on. I was recently on a co-ed relay with my Tualatin Hills Barracudas team, and our ages ranged from 23

to 84. It was probably one of the most fun relays I've ever been a part of. It is such a positive and uplifting atmosphere that I think every Masters swimmer should experience at least once. Team spirit, cheering for fellow swimmers and the excitement of seeing friends and teammates succeed in their efforts culminates in an exciting atmosphere that benefits everyone.

Masters meets can also serve as a testing ground for swimmers. During practice, swimmers learn new techniques in strokes, starts and turns. Races are their opportunity to try out those new skills, and for the swimmers and coaches to make assessments and adjustments for future improvements. It is a great opportunity to set new goals and have something to strive for at practice. Don't be afraid to talk to your coach or fellow teammates if you need advice on training goals, swim meet entry times, warm-up/warm-down tips, technique help, etc.

With that said, here is a list of upcoming Masters swim meets in Oregon, I hope to see you there!

November 10, 2018 Hood River SCM Meet Hood River, OR

A great meet to attend to get back into short course racing!

December 8, 2018 SCM Pentathlon & Brute Squad Bend, OR

Measure your versatility by competing in triathlon, and long, medium and short distance pentathlons.

January 13, 2019 Canby Animal Meet (SCY) Canby, OR

Compete for a Gargoyle statuette in the Sprint Animal, Middle Animal or Grand Animal events.

January 27, 2019 Chehalem Meet (SCY) Newberg, OR

Race short course yards in the newly renovated Chehalem Aquatic Center!

Visit <http://swimoregon.org/events/> to register.



Long Distance Swimming

Coach Bob Bruce
OMS Long Distance Chairman



Review: What a great open water swimming season we had this summer!

Let's recognize our season achievements and highlights:

- We hosted 19 USMS-sanctioned swims at 7 venues this year, with an incredible variety in courses, distances, and events.
- We hosted the first-ever-in-the-nation three-swim USMS open water national championship series, called "My Oregon Swimcation", at three different venues in one week. Very hard to do, very satisfying to have done it! (see page 18)
- 236 Oregon swimmers from 17 Oregon local teams (and some unattached swimmers) took part, totaling 825 splashes. COMA again led team participation by a wide margin with 56 swimmers having 295 splashes.
- Visitors from other states joined us for 372 splashes at our events, most attracted by the three USMS open water national championship swims that we hosted.
- 47 Oregon swimmers swam in three or more venues. These swimmers qualified for the Oregon Open Water Swim Series. COMA again led with 21 qualifiers.
- 1 Oregon swimmer (Todd Lantry) swam at all 7 venues this year. Amazing!
- We had fun!

Congratulations to...

- Our 17 USMS Individual National Champions
- Our 34 USMS Relay National Champions from the 2-mile cable championships at Foster Lake
- Our 17 OMS Individual Association Champions from the 1-mile cable swim at Foster Lake
- Central Oregon Masters and OPEN Narwhals, the OMS Association Large and Small Team Open Water Champions respectively
- Laura Schob, Mike Oxendine, and Pat Allender, our Oregon Open Water Series Grand Champions

- Caryl Schiavon, Jessica Kieras, and Tom Landis, our deserving Mike Morehouse Award honorees
- Those many other Oregonians who ventured afield to find special open water challenges this year (and there were some outstanding accomplishments)

Thanks to...

- Our race directors, host teams, and myriad volunteers, to whom we owe a great deal
- Our sponsors, who made our swims financially and logistically possible
- Everyone who participated!

To whet your appetite for next year, it looks like we'll have swims again at all seven venues on comparable dates! And the Portland Bridge Swim will again be the USMS Ultra-Marathon Open Water National Championships.

Fall Postal Swims: Coming soon!

As a coach, I always like to plan comprehensively, looking ahead to provide long-term benefits to my swimmers. Here are three postal swims that you can use THIS FALL to help you prepare for future events, along with ways that I—always a coach—plan to use them to help my team. And you can probably do them in your home pool!

- **USMS 3000 & 6000-yard Postal National Championships:** Enough about open water for now. Another ePostal challenge awaits as we start our new school and swim training year! Mid-September through mid-November is the season for **USMS 3000-yard & 6000-yard ePostal National Championships**. These swims must be completed between September 15th and November 15th. These swims provide solid early season training swims, great condition-

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Swimmer Spotlight

submitted by Arlene Delmage

Kendra Chernoff

Age: 27

Local Team: Oregon Reign Masters

Occupation: Chiropractic Student

I moved to Portland in January of 2017 to start chiropractic school at the University of Western States. Having retired from competitive swimming in 2015, I decided I was ready to pick it back up again, this time with no competitive pressure looming over me, and in hopes of meeting the local swimming community. Little did I know that I was about to meet the most kind and welcoming group of people, who have made my move to Oregon a smooth and easy transition.

I was born in Saskatoon, Saskatchewan, Canada. I started swimming competitively when I was 9 years old because my best friend was doing it, and little did I know it would steer my life down a course I never imagined it would take. When I turned 15, my club in Saskatoon hired a new coach, Richard Millns, who would forever change my outlook on life and who helped me fall in love with the sport. His coaching philosophy was the kind that not only made you a better swimmer, but made you have a better understanding of life and all that it has to throw at you. Richard taught us teenage kids to be passionate about our goals both in and out of the pool and that we could do so much more than we thought possible. I remember one day at practice my friend Brittney and I were so tired that we were crying during a really hard fly set because the expectation was so high and we did not think we could meet it. Richard pulled us out of the pool, gave us some face paint, told us to go put it on, and when we came back we would be ready to finish the set. It seems silly telling the story now, but it was a groundbreaking moment for us when we did meet that expectation with a whole new mindset, and went on to surpass so much more than we ever would have thought, in our swimming careers, through many hard practices, races, and meets.



That year my 200 LCM butterfly dropped from a 2:37 to a 2:17, (I never thought I'd see the day when I would become a "200 butterfly"), and my 100 fly from 1:04 to 1:00. Both Brittney and I went on to become one of the top swimmers in Canada in our respective events.

At 16 years old I attended my first Olympic trials in 2008, where I placed 4th in the 100 LCM butterfly. That same year I made my first junior national team that took me to the FINA World Youth Championships in Monterrey, Mexico. I was fortunate enough to make a few other national teams taking me to Guam, the UK and several places in the U.S. and Canada. In the summer of 2009 at Canadian World Championship Trials in Montreal I swam a Canadian record in the 100 LCM butterfly, which at that time was 58.70. Unfortunately that was a morn-

ing swim and I did not swim fast enough in finals to qualify for the World Championships in Rome. The record was soon broken that year before the high-tech suit ban was established. Don't worry, I never wore a high-tech suit!

I attended Texas A&M for my first two years of college. I qualified for NCAA's both years, earning top 16 in the 200 yard butterfly in my sophomore year. I loved everything about living in College Station, from my amazingly talented teammates to our wonderfully compassionate coach, Steve Bultman.

However, I eventually decided that yards was not really my thing and I wanted to focus on qualifying for the Olympics in London the following year. I moved to Edmonton, Alberta, to train with my old coach Richard. While attending the University of Alberta in Edmonton, I went to my second Canadian Olympic Trials in 2012, and again, placed 4th in the 100 LCM butterfly, not qualifying for the Olympics for the second time.

I continued to swim with the University of Alberta until 2015, when I called it quits upon graduation. It was a difficult decision, but it had been a long, hard road and I was ready to move on. I took a year and a half off before coming back to graduate school – to travel of course – like many of us millennials do. I worked as a forest firefighter for a few summers in

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Swim Bits

by Ralph Mohr

Practicing Boredom and Discomfort

Endure, by Alex Hutchinson, is a book about how the mind can affect athletic performance. He focuses mainly on runners, a much larger group than swimmers, but much of what he says relates to what we do in the water.

Hutchinson's basic premise is that discomfort and pain in workouts is merely information we should use to become better. Don't over-react. "Just do it," as the ads say.

However, he goes one step further than just saying we should grit our teeth and get on with the workout. Hutchinson wants us to practice stress, subduing the natural reaction (or over-reaction) to discomfort when we back off, ease up, or don't do stressful workouts at all.

Hutchinson says that athletes must "learn to monitor how your body actually feels, while suspending judgement about it." So when you are cranky, tired, whatever, in a workout, he'd say, "So what." Finish the set.

The point is that we must get used to discomfort so when similar feelings come up in a race, you know how to handle it, because you did so in practice.

So how do you do this in a swimming practice? Hutchinson uses an example of one workout that Kenyan runners do once a week in a town called Iten. Two hundred or more runners gather together and run 20 intervals, two minutes running fast with one minute jogging in between.

They don't stop for an hour and do basically 20 x 800 meters with a minute rest while still moving down the road.

What makes the workout hard is that there will always be upstarts who want to run with the elite in the group, the sub-

2:10 marathoners or sub 1:46 800 meter runners, and the upstarts will push the pace to see how long they can last.



This means that each two minute running segment is pretty much 800 meters and is run under 2:00 minutes. About a third of the 200+ runners drop out by the halfway mark, but for awhile they run with the "big boys." They pushed themselves beyond what they thought they could do.

A swimming equivalent to this running workout might be 20 x 200, say, with 30" rest, but you have to swim within ten or twenty seconds of your best 200 time for all of the swims. Or do the 20 x 200 on 15 seconds rest and see how long you can hold a certain quick time.

Or, do 40 x 100 on 1:30, as a friend of mine does once a week now. He swims the 100s on 1:30 and holds 1:04s, about 10 seconds slower than his best 100 time. I've done 20 x 100 yards on 1:50 occasionally. I need to work on doing 40 of these.

If you don't want to swim free all the time, go 40-60 x 50 with ten seconds rest, swimming the 50s in 200 IM order, or one stroke other than free. If you go on auto-pilot to finish the set, good. That is exactly what you should do.

Another thing you could do is locate a partner of similar speed and do any of the workouts above with him or her. You will push each other. What is important here, though, is to mentally force yourself past the comfort point.

Of course, starting a new season, you might not be able to do 20 x 200 or 40 x 100 right now. Start with 5 x 200, or 10 x 100 and add one or two each week. Adjust the time interval so you can do all of the set. Whatever you swim, don't be comfortable doing it.

The word "swims" upside down, is still "swims".

JUST ONE MORE ALCATRAZ SWIM

Joe Oakes, September 8, 2018

I am not a believer in numerology, but a confluence of related numbers caught my attention a while ago.

Here is what I noticed. My next birthday would be my 84th. I started swimming in '48. Over the years I have done 41 swims from Alcatraz Island to San Francisco. If I do *just one more* Alcatraz swim, that will give me a total of 42. *Hmmm!* Look at these numbers: 84 is the inverse of 48 and 42 is exactly half of 84. Perhaps there is something to numerology. Could those numbers be telling me that I should attempt *just one more* Alcatraz swim?

Maybe, but at 84 was it reasonable for me to try something that I have not done for a very long time? All I could do was try, aware that it would take months of hard training to get my ancient body ready for an Alcatraz swim. I decided to give it my all, damn the torpedoes. Besides, I love having a goal.

The target date for the swim: my birthday September 7, 2018. The plan: have a Zodiac take me out to Alcatraz and guide me to the South End Rowing Club, immediately south of Alcatraz. Water temperature: high 50s. Strong currents. No wetsuit, and I expected to be in the water about an hour. There is a club tradition at the SERC that when you do a birthday swim, *you swim in your birthday suit*. And there are critters in San Francisco Bay that like to chew on visitors. A nasty sea lion? Sharks? I can do nothing about the critters. After all, it is their home.

Here is how I planned my training program:

- Increase my monthly yardage, including a weekly long, uninterrupted swim.
- Almost all of my swimming has been in a warm 25-yard pool; I need open water workouts. That means swimming in the Columbia River and in the Pacific.
- Acclimate to cold water two ways. First, the Columbia River, and Nehalem Bay on the coast. Then in late August spend two weeks swimming in Lake Tahoe, CA, high altitude and cold water.

The first part was easy to conceive but laborious in practice. Starting in June I slowly raised my monthly yardage to over 40,000 then 50,000 yards. That is a lot for me. The swims



at Nehalem Bay and in the Columbia turned out to be fun, using the trips for a day out with my wife, Sylvia. One unexpected problem was weight loss due to increased exercise load. The solution, *eat more*, darn it. Oh, the suffering we endure for our sport!

We were at Squaw Valley/Lake Tahoe from August 19 to September 6, with daily cold-water swims in Lake Tahoe and Donner Lake, between 6,000' and 7,000' altitude. Breathing while swimming, for the first several days, was difficult. I was stopping frequently and turning over for a relaxing backstroke. During the second week my new red blood cells gave me more endurance, making my swims more enjoyable. On September 6 we drove to San Francisco for the showdown.

At 9:00 AM on September 7, the Zodiac was ready, piloted by Gary Emich, an old friend from San Francisco's South End Club. The tides were not ideal, but you take what you get on your birthday. Apprehensive, I jumped from the Zodiac at 9:30, towards the end of a flood current, just south of Alcatraz. To my left, my breathing side, was my friend 'Fast Eddie' Peinado. He was never more than ten feet away.

It was quite bumpy, waves coming from passing freighters and boats taking tourists out to Alcatraz. That was compounded by a wind from the west roiling the surface. The buildings in the city seemed very, very far away! 15 minutes into the swim I started to have second thoughts. *I could be warm and comfortable in bed instead of freezing my butt out here.* Fast Eddie just looked at me and said, "*Shut up and keep swimming.*" A gigantic sea lion raised his head in front of me, his foul breath smelling like a sardine factory, then ducked beneath the waves, not to be seen again. The buildings did not seem to be getting closer, so far away. At 50 minutes I was feeling really cold and fatigued. *Will this never be over?* I turned over for some backstroke and Eddie stopped me from

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Swim to the Moon

by Dave Radcliff

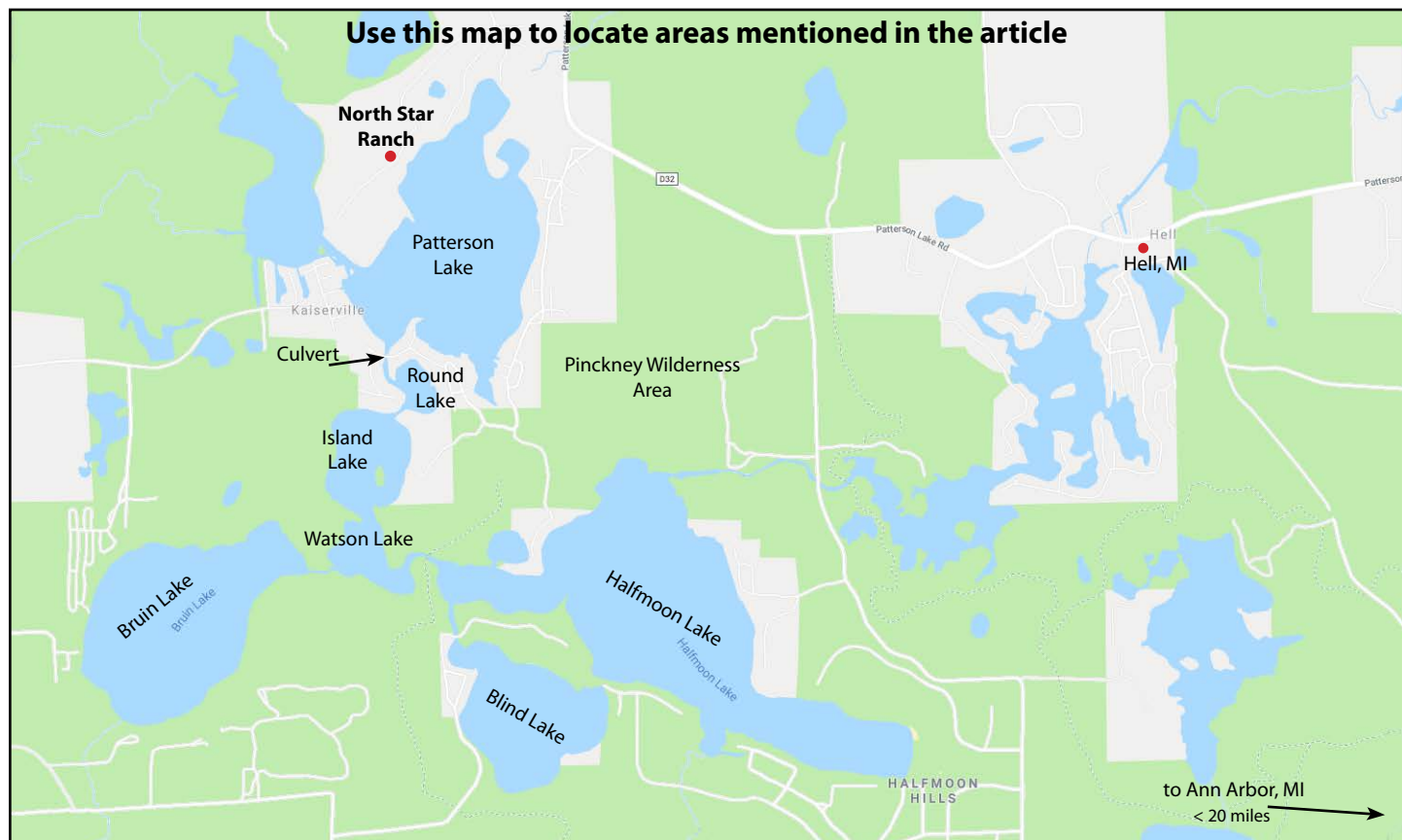
Hi Oregon Swimmers,

Nancy and I are just back from a wonderful Open Water swimming experience in Michigan. Early this year I was checking out Open Water swims for the summer. I saw one listed that was called "Swim to the Moon". That title caught my attention, so I went to their website to find out about the swim. After reading about the swim, I was hooked. A swim through five lakes in the Pinckney wilderness area near Ann Arbor. Just think about that, in one swim you could "bag" five lakes. That was unique, and the purpose of the swim was even more impressive. Proceeds from the swim go to support North Star Reach. North Star Reach is a special summer camp for kids with serious illnesses.

When I found a small cabin for rent on one of the lakes, it was a done deal. I signed up for the swim and we rented the cabin. We had enough miles to book our flight to Michigan. Did I mention the Cabin had an outdoor hot tub that overlooked the lake?

There were four options: 1) 10K; 2) 5K; 3) 1.2 miles; 4) ½ mile. My choice was the 5K swim. Now what about that name? All four events finished at Half Moon Lake and that's where the name came from. The 10K, and the two shorter races all started and finished at Half Moon Lake. The 5K began at the North Star Reach Camp and finished at Half Moon Lake. The 10K race swam up the 5 Lakes to North Star Reach and did a U Turn and swam back. The 10K swimmers actually ran out of the water at 5K and stepped on the timing pad and thus had an official split for their first 5K. There was GU and energy drinks for them at the turn around. One of the most interesting aspects of the races was how they were started. In the 5K and 10K races they had a competitive wave that went first. You had to be able to swim the 5K in under an hour and 10 minutes, and the 10K in under 2 hours and 20 minutes, to qualify for these waves. After that, the rest of the swimmers were set off 3 seconds apart. It was an honor system for these swimmers. When we checked in we were given our choice of what color cap we wanted, based on our estimate of how long we thought it would take us

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SWIM TO THE MOON

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to swim the race. Based on my ePostal 5K and my 5K at Elk Lake (in a wetsuit) I went with the gold cap. The gold cap was for swimmers who thought they would be in the range of 1 hour and 30 to 40 minutes for the 5K swim. There were 290 swimmers in the 5K plus about 25 wetsuit swimmers. The competitive wave was set off, and one minute later we set off every 3 seconds. There was a blue cap group before I went in the gold cap. The results at the conclusion gave all of the timing results. I was set off 7 minutes after the wave of the fast swimmers. About 120 5K swimmers plus some 10K swimmers were in the water when I was set off. The system worked really well. The course had some narrow areas, and the 3 second set off based on our predicted time kept the swimmers spread out, and no real crowding problems occurred as the swimmers approached the narrow areas.

Oregon Open Water Swims were by far the best prep for the race. Having done all of the open water swims in Oregon (except for the Bridge Swim), I felt ready. The other thing I did to get ready was to live on Eastern time for the week before we left. I was getting up at 3 AM (Pacific Time / 6AM Eastern Time). That seemed to work well and I did not feel any "jet lag" in Michigan.

The people we rented the cabin from invited us to go boating the afternoon after the race. That was great! It gave Nancy a chance to see the entire course and it gave me a chance to really observe and understand the course. When you are swimming you are so busy sighting and watching other swimmers that you do not get to see all of the beauty and scenery around you. All of the pictures are from after the race, so it is the course minus the swimmers.

The start at North Star Reach:

These two pictures show the starting area for the 5K and the turn-around point for the 10K. This starting point is in Patterson Lake. From the start we headed out on a curling half circle course. We kept orange buoys on our left and green buoys on our right.



Round Lake --At the end of the half circle course we came to our first navigational challenge. The swimming connection from Patterson Lake to Round Lake is a culvert. From a distance the culvert did not look too challenging. However, as we got closer it was a little dark and "spooky".



A lifeguard was standing in the water and kept us separated from the 10K swimmers who were still swimming up the course. Thanks to the 3 second starting procedure, we had plenty of room to swim through the culvert. As we swam
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SWIM TO THE MOON

continued from page 11

out of the culvert we entered Round Lake. Round Lake had a number of cottages around the shoreline. We swam across Round Lake into Island Lake and then Watson Lake. Island Lake and Watson Lake are in the Wilderness Recreation Area and it was a beautiful swim. As you look at the two pictures above, you can see the one place I went off course. You can see a left turn ahead, and I did not see the swimmers in front of me making the turn. I went straight and when I sighted, I did not see anyone. I was soon back on course.



Look at the pictures below and you can see the beginning of the short stream that connects Watson Lake to Half Moon Lake. This

was another part of the course where we were lucky to not be part of a large pack of swimmers. The water was about 2 ½ feet deep. I swam, but I saw several swimmers running or walking, and that was



legal on this course. As we swam in the stream we passed under the "Willie P" bridge. Nancy and I had fun checking out this Bridge. (Thankfully little Willie P was not around doing his thing). We then came out into Half Moon Lake. I had swum to the Moon. Now I

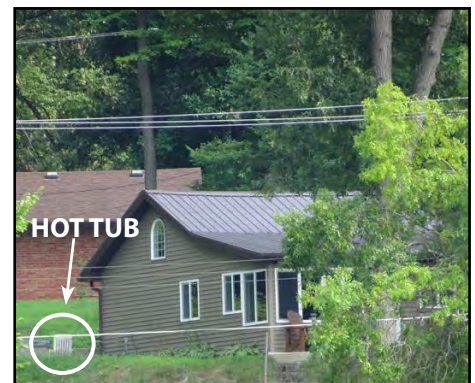


just had to swim across the Moon and the race would be over. Half Moon Lake

is a large lake and I noticed the homes along the shore. Check out (left) the beautiful "little summer cottage" I saw as I started swimming across the lake. I had almost a mile to go to finish the swim. Finally I was able to see the finish area. I knew I was close as I was passing the special floats that were used for the 1.2 mile race and the ½ mile race. One of the floats was a large Unicorn, and I could



not stop smiling as I passed that float. As I neared the finish I was able to look up and see the cabin we were staying in. I knew that hot tub was waiting for me. My body was sure looking forward to the Hot Tub. Then I did a quick sight and there was the finish.



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SWIM TO THE MOON

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Nancy snapped this picture of my finish. My running days are over and now I walk out. It was a fun, challenging and wonderful swim. I swam the course in 1 hour, 29 minutes and 14 seconds. That placed me 103 out of the 290. I was also the oldest swimmer by 11 years. So I felt really good about my time and the swim.

Epic Races, the organizers of the race did a fantastic job. Seven hundred fifty swimmers were entered in the four different races and there was also a wetsuit division in each race. They had 58 kayakers and Stand-Up Paddle Boarders along the course to guide you and watch over the swimmers. The chip timing system worked well. Lap tops were available at the Registration Tent where you could check out your finish, your pace time and your placing. I highly recommend that "Swim to the Moon" be added to your Bucket List.

We stayed an extra day in Michigan so we could play tourist. We decided to visit some of the little villages around Pinckney Wilderness Area. The last village we visited, believe it or not, was Hell. Yes, we went to Hell, and we even ate our lunch in Hell. Hell, Michigan, is an actual village.

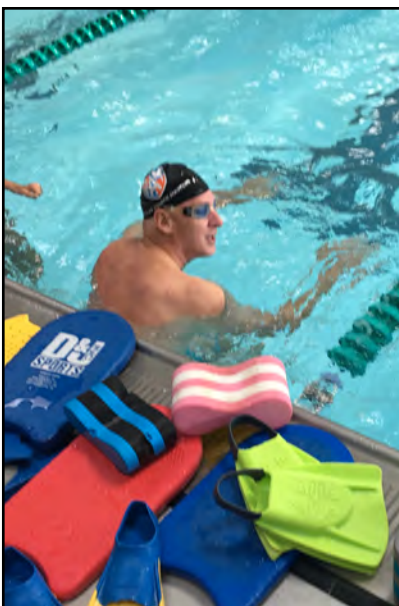
In summing up our trip, I can say; I swam to the Moon, I swam across the Moon, I looked at the Moon from a Hot Tub, and I went to Hell. So to all my friends, who in friendly jest are always telling me where to go, I can now say, "I have already been there".

Special thanks to Bill and Daleen, our cabin hosts and Eva, the CEO of Epic Races.



Jim Montgomery visits Oregon Reign Masters

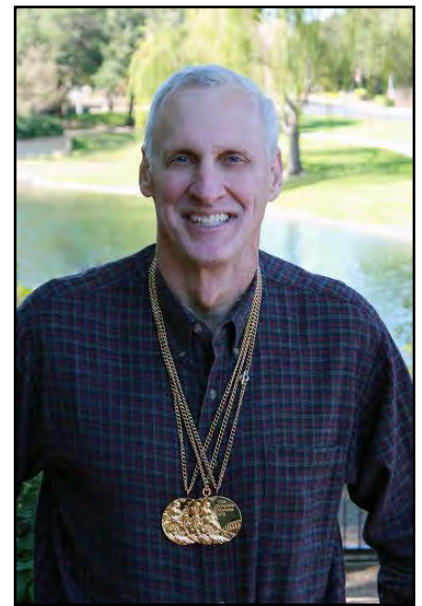
by Arlene Delmage



Oregon Reign Masters were fortunate enough to have Olympian Jim Montgomery (Dallas, TX) join us for a lunch workout. Jim Montgomery won three gold medals and one bronze at the 1976 Olympics in Montreal. At the time, Jim was the first man ever to break the 50-second barrier in the 100 meter long course freestyle.

It's always a treat to watch an Olympian swim. It doesn't matter how many years they may have been out of the water their technique is still superb.

Thanks for joining us Jim.



Two Mile ePostal Relay

by Jim Teisher

Tualatin Hills Barracudas

meetdirector@barracudas.org

What is the Two Mile Relay?

Last year the Tualatin Hills Barracudas ran the first USMS-sanctioned ePostal Two Mile Relay. A relay team is made up of 2, 3, or 4 swimmers, each swimming 100 yds in rotation until they reach 3600 yards. If there are two swimmers, it is 18 x 100. For 3 swimmers it is 12 x 100, and for 4 it is 9 x 100. Mixed relays are permitted for 2 and 4 swimmer relays. Swimmers may dive off the blocks or push off the wall.

Last year's feedback

A survey was sent to relay participants to get their feedback on what they liked about the event. Their comments included:

- Fun, team oriented, hard.
- It was awesome and built team camaraderie.
- It was great to support each other. Relays are always WAY more fun than swimming an event by yourself.
- Diving off the blocks and sprinting. It's a great workout.
- It was fun to do a relay with teammates of mixed gender and age. We were able to complete it during practice time. Great results in every way imaginable.
- Harder than I thought.
- Good workout! 7th, 8th, & 9th legs were brutal, but it set me up for a good multi-day meet in California later in the week.
- I am more of a fitness swimmer than competitor, so I loved the chance to try something new. I put together a team of women like me and we did it. We want to do more events like that.

Club with the Most Relays: MOST (Masters of Southern Texas) in San Antonio, Texas

The club with the most relay team entries was MOST. They entered 23 teams. When I was in San Antonio, back in May, I met with their head coach, Susan Ingraham, to talk to her regarding her experience in getting 23 teams entered. MOST has about 200 swimmers between the ages of 18 to 93, with the majority between 45 and 65. There is a combination of fitness swimmers, meet swimmers, open water, and triathlon. Here is part of my conversation with Susan:

Jim Teisher (JT): What caught your interest about the 2



Mile Relay?

Susan Ingraham (SI): I like doing fun challenges with my team. I really try to promote it. I put the training in front of them to prepare for it. I saw this as a new, fun team challenge and I thought it would be great. I really promoted it to the team that we are going to do this as a team event.

JT: Did your team do this during a single practice?

SI: We did spread it out. I let them know that this event was coming up and if they wanted to form their own teams, let me know who they had put together. If people were interested but didn't have a team they were to let me know. I rounded up everyone else and created teams. We train at 3 different pools, at a variety of times. Sometimes swimmers didn't know everyone on their relay. I put people of similar age and ability together.

JT: What advice would you give to coaches who want their teams to participate?

SI: It was a lot more fun than perhaps it sounds when you first read about the event. We liked it for the team building aspect. If nothing else, look at it as a unique workout challenge. I also might add that this isn't just geared towards top swimmers. Even my middle and lower tier swimmers enjoyed it. Having a team and doing something for their team that was safe and fun was the key. Some swimmers may never go to a swim meet or dive off the blocks. Some of those MOST swimmers who hadn't gone off the blocks did practice diving before this event because they really wanted to dive off the blocks. After the event many of the swimmers wanted to go out for breakfast to share their experiences. They all had fun!!! This event is really a great thing for every ability.

I received a lot of positive comments from last year's relay swimmers and coaches and have already had swimmers contact me expressing interest for this year's relay. I hope you will consider putting together a relay this year and giving it a try.

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TWO MILE EPOSTAL RELAY

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Relays must be swum between October 1 and November 30, 2018. For more details and registration information, please go to <https://tinyurl.com/2MileRelay>

ePostal Two Mile Relay Records

Women

Age Grp	Time	# of Swimmers	Club	Swimmers
18-24	40:20.00	3	OREG	Sara Shepherd, Erin Cavender, Shayna Tucker
25-34	39:06.28	2	MOST	Erica Kao, Anne Muir
35-44	46:08.03	4	INDY	Meg Alberts, Elizabeth Warren, Anne Hurley, Katie Barbee
45-54	42:23.76	4	MOST	Catharine Cebrowski, Margaret Gale, Tiitta Elias, Martha Towers
55-64	43:22.71	4	MOST	Susan Ingraham, Julie Eakle, Elaine Valdez, Suzanne Cuda
65-74	56:26.50	3	MOST	Ann Vitt, Connie Lindsey, Randee Burke
75-84	01:24:02.08	3	SUSA	Lynne Lund, Dorthy Kennedy, Ruth Sluder

Men

Age Grp	Time	# of Swimmers	Club	Swimmers
18-24	37:51.22	4	OREG	Ryan Clark, Darren McCarthy, Peter Kircher, Andrew Scott
25-34	35:52.16	4	OREG	Paul Slotemaker, Michael Baele, Brian August, Steven Arms
35-44	37:01.14	4	RIDG	Alan Lake, Brian Miller, Scott Emery, Sam Perry
45-54	35:14.03	4	WLOO	McClellan, Brian Buras, Ron Orris, Mike Varozza
55-64	37:38.76	2	TXLA	Larry Wood, Jim Sauer
65-74	47:44.67	2	OREG	Stephenson, Michael Pendleton
75-84	52:27.21	2	OREG	Anderson, Dave Radcliff

Mixed

Age Grp	Time	# of Swimmers	Club	Swimmers
25-34	40:00.87	4	RIDG	Jim Amick, Nicole Willingham, Brian Miller, Stephanie Thompson
35-44	39:10.50	4	MINN	Peggy Kratz, Wendy Peterson, Eric Vogen, Sean Bateman
45-54	41:57.97	4	MOST	Sharon Sander, Bob Nieman, Cate Cebrowski, Eric Ingamells
55-64	39:11.46	4	OREG	Colette Crabbe, Robert Voll, David Hathaway, Arlene Delmage
75-84	01:28:41.84	4	MOST	Gail Marsch, Wendell Peters, Claire Gregg, Louis Raiborn

NW Zone Championship Meet

The Pacific Northwest Zone Championship meet will be held in conjunction with the 2018 Puget Sound Masters SCM Championship Meet, on Saturday & Sunday, November 17 & 18, 2018.

HOSTED BY: Puget Sound Masters and sanctioned by PNA for USMS Inc. #368-S008.

LOCATION: Weyerhaeuser King County Aquatic Center, 650 SW Campus Drive, Federal Way, WA 98023 206-296-4444

FACILITY: 50-meter championship pool set up as two 25m courses, each with 9-ft wide lanes and a water depth range of 9'-10.5'. Continuous warm-up available in 7-lane, 25-yd dive tank. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

For registration and other information, go to:

https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=10826

New Fee Schedule for Club OREG

by Patrick Allender

OREG Club will charge a \$6 membership fee this year as a part of your USMS registration fee when you renew for 2019.

OREG Club is the club the majority of us in the Oregon Masters Swimming (OMS) Local Masters Swimming Committee (LMSC) swim under, when competing in regional or national meets. USMS rules require a separate club under the LMSC, in our case, OREG.

OREG Club uses the money collected from membership fees to buy Oregon shirts and swim caps, rent shade tents, and pay for relay entries at National Championship swim meets, ePostal National Championships, and Open Water competitions. We also reimburse expenses for coaches at national meets. All of the money collected goes back to benefit OREG swimmers (except for some governmental registration fees, which are less than \$100 per year).

OREG Club has not charged membership fees for the past few years, because we had enough money in our bank account to cover the expenses listed above. That money is now depleted and we need to reinstate membership fees to cover our future expenses.

OREG Club officers are:

Toni Hecksel, Chair (tonihecksel@gmail.com)

Nancy Vincent, Vice Chair (nancy.vincent@hp.com)

Susan Albright, Secretary (albright.becker@gmail.com)

Pat Allender, Treasurer (patrick.allender@gmail.com)

Feel free to contact us with questions and suggestions.

ALCATRAZ SWIM

continued from page 9

turning in the wrong direction. *'Keep facing the sun. Stay on course.'*

The last eleven minutes were a struggle, swim 50 strokes, rest, repeat. I finally touched the concrete base of Pier 33, not my target, but a finish nonetheless. I made it from Alcatraz to San Francisco in 61 minutes 1 second, not a fast swim, but good enough for me.

The numbers played out. 84 years old; 42 Alcatraz swims; swimming since '48. Here's another one: Legal drinking age when I was growing up was 21, exactly a quarter of my current age. So Gary, Eddie and I each downed a beer at my celebratory birthday lunch. Just one beer, not 21.

And here is one more thing to ponder about numbers: In my foreseeable future there will never again be such a confluence of numbers as this year. Does that mean that I will never have to do it again? I think I can live with that.



Willard Lamb, Featured in the Medford Sunday Paper

Willard Lamb was on the front page of the Sunday paper in the Medford, (southern Oregon) "Mail Tribune", of August 26, 2018. He was also the featured front-page article in the sports section.

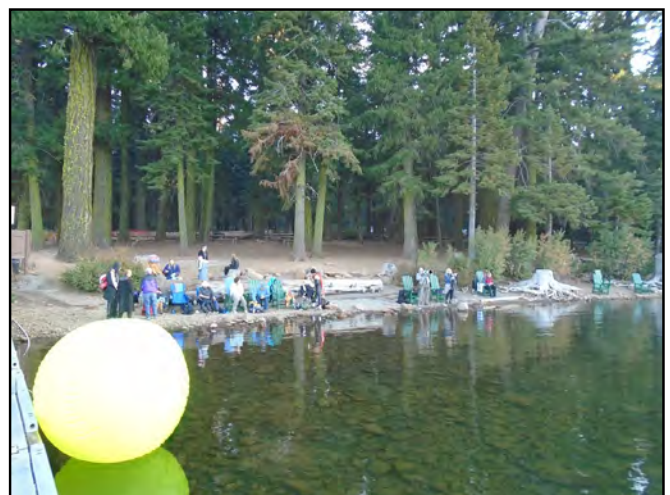
Here is a link to the online version of the article:

<http://mailtribune.com/news/top-stories/record-setting-swimmer-still-getting-best-of-competition-at-96>

Photos—Lake of the Woods Open Water Swim

Photos and notes by Ed Ramsey

Two dozen swimmers competed in one and two loop races around a rectangular 1500-meter course with a depth of one to three meters. The Lake of Woods Tri-festival had 260 athletes. The sky was clear and the spring-fed lake was 65 degrees. The Masters races were well integrated into the tri-festival but the tri-athletes swam at different times.



My Oregon Swimcation

There is an article on the USMS web site (<https://www.usms.org/>) about "My Oregon Swimcation", which was the brain-child of Bob Bruce. Bob is very creative with the meets he hosts. If you have not attended one of his meets put on by COMA, you would be surprised at his creativity in making the meets very special.

To read the article, go to:

<https://www.usms.org/fitness-and-training/articles-and-videos/articles/usms-members-enjoy-three-national-championships-in-one-week>

Top Ten Reasons I Swim Competitively

10. It's either this or play soccer. No contest.
9. I have nothing better to do at 5 AM.
8. I love the smell of chlorine in the morning.
7. It's better than doing chores at home.
6. I enjoy banging my head into walls.
5. Goggle tan-lines are HOT.
4. Swimmers don't need weekends.
3. Chlorine is cheaper than perfume.
2. I rarely have to take a bath.
1. Green hair is COOL.

OFF THE BLOCK

continued from page 3

Proteins are made of amino acids, and are, therefore, acidic by nature. Animal proteins are abundant in sulfur-containing amino acids which break down into very powerful sulfuric acid. These kinds of amino acids are abundant in hard cheese, red meat, poultry, seafood, and eggs, and their acids must be neutralized by buffers found in the bones. The bones dissolve to release the buffering materials; eventually resulting in a condition of weakened bones, known as osteoporosis. Released bone materials often settle and coalesce in the kidney system, causing kidney stones. Fruits and vegetables are largely alkaline, preserving bone health and preventing kidney stones¹³. (A more detailed discussion of the health consequences from excess protein is found in my January, 2004, newsletter article: Protein Overload¹³).

In 1981, 10 Irish prisoners from the Republican Army (IRA) went on a hunger strike. Nine out of 10 of these men died

between 57 and 73 days (mean of 61.6 days) of starvation after losing about 40% of their body weights (the remaining striker died of complications of a gunshot wound).^{16,17} This experience gave doctors a chance to observe first-hand the metabolic changes that occur during starvation. Protein stores were generally protected during starvation, with most of the energy to stay alive being derived from the men's fat stores. It was estimated that the hunger strikers had lost up to 94% of their body-fat levels, but only 19% of their body-protein levels at the time of death.¹⁶ They died when they ran out of fat. Since fat is more critical than protein, people should be asking, "Where do you get your fat (on any diet)?"

References:

⁸J Pennington. *Bowes & Church's Food Values of Portions Commonly Used*. 17th Ed. Lippincott. Philadelphia- New York. 1998.

¹³[The January 2004 McDougall Newsletter: Protein Overload](https://www.drmcDougall.com/misc/2004nl/040100puproteinoverload.htm). <https://www.drmcDougall.com/misc/2004nl/040100puproteinoverload.htm>

¹⁶Leiter LA, Marliss EB. Survival during fasting may depend on fat as well as protein stores. *JAMA* 1982;248:2306

¹⁷ZSurvival. *Ann Intern Med*. 1997 Sep 1;127(5):405-9.

FIT TO SWIM

continued from page 4

choose the challenge which was the hardest for you and try to do another week of it.

P.S. If you succeed to achieve all the challenges and you are interested in being recognized in our next *Aqua-Master*, send me an email with your name (first name is enough) and maybe

your age and town. I will add that list at the end of my next fitness article.

If you also have a story you want to tell, please send it and I may choose to publish it if I think it might help others get on their way to fitness.

*French Cookery: any fruit, vegetable, seafood, etc., dipped in batter and deep-fried.

LONG DISTANCE SWIMMING

continued from page 6

ing benchmarks, fun team-building events, and are a must for aspiring distance swimmers. Why not use these swims to jump start your training?

As the OMS Long Distance Chair, I would like to see you participate, and would love to see the Oregon Club reclaim our titles in both events. Let's not get complacent with our past record of success. Find event & entry info at https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=10720, get your split sheet at http://www.usms.org/longdist/1hr_3000_6000_splits.pdf, and go to it! Remember that you can swim these events in a 25-meter pool by doing a 3000 or 6000-meter swim and converting the time to yards; I know, I know, you gotta swim a bit further, but it allows those who only have access to 25-meter pools to participate. Just do it!

These swims provide solid training swims, great conditioning benchmarks, fun team-building events, and are a must for aspiring distance swimmers. I always like to start our training year in the fall with some aerobic work, because everyone—hear that, sprinters?—needs an aerobic base to progress. And, of course, why not use these swims to jump start your training for 2019?

- **Postal Two-Mile Relay (UNIQUE & LOCALLY-RUN):** This postal relay is done as a sequential relay (you know, the kind we do in swim meets) rather than the cumulative relays that we put together for postal & cable events. This is hosted by our own Event Director Jim Teisher & the Tualatin Hills Barracudas, and done between October 1st and November 30th. Swimmers—who must be USMS members and follow USMS & event rules—will swim as a two, three, or four-member team in strict rotation for 3600 yards (or 3600 meters, to be converted), approximately two miles.

Timers take splits each 100 (a special split sheet is available in event info). After the swim, a team captain enters the team in the event. See www.tinyurl.com/2MileRelay for details and entry.

I plan to run this relay event as a sprint practice a few times. As all good coaches know, there's nothing like swimming fast (and practicing dives!) during practice. Depending on the number of swimmers on a team, the swim to rest time ratio will be about 1:1, 1:2, or 1:3, excellent for sprint training. I'm willing to bet that practice will be more focused and intense than usual that day! I think that these relay swims will help our speedwork as we prepare for the short course meters meets later this Fall.

- **Postal 400 Kick for Time:** Here's a different and fun postal opportunity—it's the 400 kick for time, which must be completed during the month of December. It's simple—just kick 400 yards/meters as fast as you can while someone takes splits for you, then enter the event. The event is hosted by Marcia Benjamin of Marcia's Enthusiastic Masters team in California. Alas, information for this year's event has not been posted yet, but I'll post this on the OMS Calendar as soon as it's out.

I have found this postal to be a great challenge by itself, and a strong training tool as you prepare for it. I've done it for the past three years, and preparing for it really helped me ramp up my kicking performance. Believe me, I need all the help I can get! Coaches know that you're not in shape until your legs are in shape.

As always, the best thing about postal swims is that you can do them in your local 25-yard or 25-meter pool. So no excuses—use these postals to help spark your training!

Good luck and good swimming!

SWIMMER SPOTLIGHT

continued from page 7

Northern Alberta, which served as a foundation for my love of the outdoors.

Naturally, living in Oregon has made it easy to cater to that passion. I have since picked up both trail and road running. I recently did Hood to Coast – WOW, what a blast!!! Also, I do my best to get out skiing whenever possible. Nevertheless, as much as I appreciate opting outside when I need to get away from reality, nothing can outweigh the serenity or bring me back to truly feeling like myself, than when I am in the water. I feel so fortunate to have found the wonderful, sincere people I have met in the Oregon swimming community – it is a daily reminder of how lucky I am to have found this incredible sport!

Summary

Records & Results

Lake of the Woods — OW; Klamath Falls

Looking Ahead. . .

Pool Schedule

<u>Date</u>	<u>Course</u>	<u>Swim</u>	<u>Venue</u>	<u>Location</u>
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
Jan. 13, 2019 Sun.	SCY	Canby Animal Meet	Canby Swim Center	Canby
Jan. 27, 2019 Sun.	SCY	Chehalem Meet	Chehalem Aquatic Center	Newberg
		Pacific NW Zone Championship Meet		
Nov. 17-18, Sat-Sun	SCM	Weyerhaeuser King County Aquatic Center		Federal Way, WA
For entry form: https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=10826				

Quote for the month. . .

Backstrokers hate swimming breaststroke.
Breaststrokers hate swimming backstroke.
Freestylers hate swimming any stroke.
And Butterfliers hate swimming butterfly.