



Aqua Master

"Swimming for Life"

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More World Records in Oregon City

Submitted by Arlene Delmage and Colette Crabbe

Ninety Masters swimmers signed up for the Oregon City SCM meet the weekend of March 9 and 10. Meet Director Tim Waud did an outstanding job of hosting this joint meet for USMS and USA swimmers. For some, this meet allowed them to compete alongside their children albeit in different heats. The pool, outfitted with new starting blocks and new lane lines, left swimmers very few excuses for not swimming fast! Many swimmers were here for a tune up before heading to Spring Nationals in Mesa, AZ, next month.

The amazing team of Willard Lamb (97), David Radcliff (85), Janet Gettling (71), and Margaret Toppel (71), combined to set two new FINA World records in the mixed 200 SCM free relay with a time of 2:35.65, and in the mixed 200 Medley Relay with a time of 2:57.97. Both records were in the 320-359 age group. David Radcliff went on to set his own National record in the 200 freestyle in the 85-89 age group. Holly Vaughn-Edmonds made a rare appearance and set a new Oregon and Zone record in the 55-59 age group with a time of 5:01.21. For more results please check this *Aqua Master*, page 8.

It was great to see Valerie Jenkins (Oregon Reign) on the pool deck again after several years of not competing. Anyone who watched her swims knows she is back and means business! For Robin Warren*, age 40, this was her first Masters meet and her first time competing since high school! We were also joined by an Adaptive Sports team from Portland, the Portland Piranhas*, which is run through Adaptive Sports Northwest.



World record-setters in 2 relay events. David Radcliff, Margaret Toppel, Janet Gettling, Willard Lamb. About being record-setters, David says, "We (David & Wink) supply the age, they (Margaret & Janet) supply the speed!"

Coach Meaghan Conway explains, "the team trains once a week for just a few months out of the year so having the opportunity to attend this meet is huge for them." She also states, "a number of athletes told her how much fun they had and how much they enjoyed getting to race."

With this meet format we had the opportunity to participate with swimmers ages 8 - 97 and everything in between. Not only is this inspiring but it proves that swimming is for life. Oregon City does a great job showcasing the large spectrum of swimming at its best and the benefits the sport can bring to everybody regardless of age, ability or level of fitness.

*See pictures of Robin Warren (page 13) and the Portland Piranhas (page 12).

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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

Editor's Note: I, personally, can attest to this way of eating for making and keeping a person more healthy. That is why there are so many articles on this page about the different diseases that this way of eating cures. The standard American diet is very harmful to the health. That is why so many people are fat and sick and on multiple prescriptions. If you want to learn more, there is a lot of educational material at <https://www.drmcDougall.com/health/education/>.

How to Cure It by Eating Beans, Corn, Pasta, Potatoes, Rice, etc.*

Dr John McDougall, M.D. has published a free picture book on how to avoid becoming sick and fat.

The book incorporates traffic signals to describe what to do with a particular food or food group.

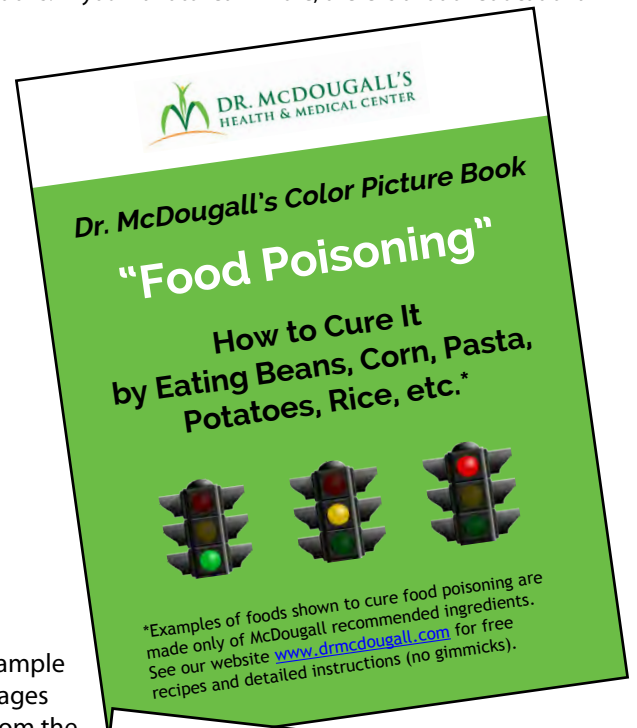


After viewing this book, his 3 grandsons easily understood why people are fat and sick, and how they become well by eating the "green light" foods and avoiding the "red light" ones.

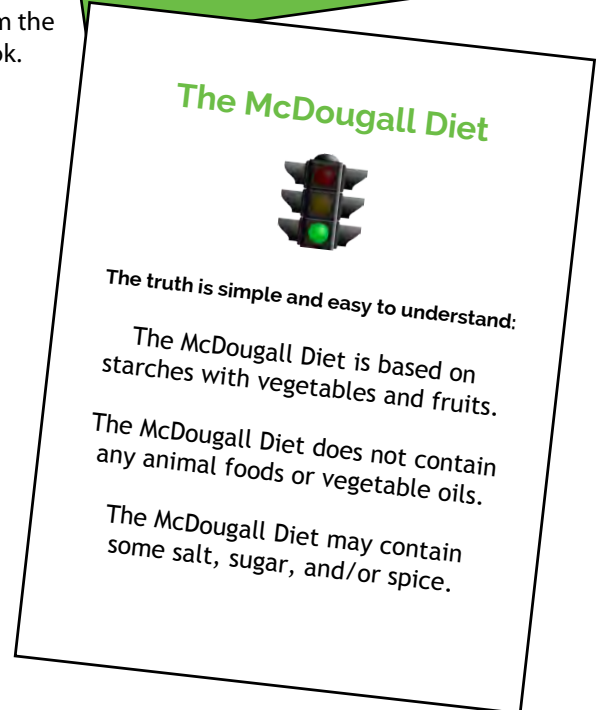
This free picture book can be found at: <https://www.drmcDougall.com/pdf/dr-mcdougalls-cpb-english.pdf>. It is 66 pages but only takes about 5 minutes or less to read it through. Please share this book with your friends, family and co-workers.

**Examples of foods shown to cure food poisoning are made only of McDougall recommended ingredients. See our free recipes and detailed instructions (no gimmicks).*

Sign up for Dr. McDougall's free newsletter here:
<https://www.drmcDougall.com/health/education/mailings/>



Sample pages from the book.



Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



April is Adult Learn to Swim Month: Save a life: give back to your community

As a current avid swimmer, you probably do not remember when and how you learned how to swim, how hard or how easy it might have been. The younger you were, usually the easier it was, as you had not yet completely developed the notion of fear and risk linked with the water. Before children are 3 or 4 years old, usually the fear is with the adults supervising the kids, especially if that adult is not a swimmer. About 35% of adults cannot swim a length of a pool!!!! It is then time for both the adults and the kids to learn. Both kids and adults might have experienced a fearful experience around water which creates a barrier of fright to overcome, but also a motivation to put that experience in the past. As a kid when I was about 7, I almost drowned in a private backyard pool. When I was about 10 years old, I started swim lessons and I definitely tested the patience of all my swim instructors. I would not put my head in the water without having a full-blown fit!!! Yet, as a teenager, I had a successful and international swim career.

USMS has dubbed April the: "Adult Learn to Swim Month". That's when pools, lakes, and beaches are opening for spring and summer recreation, and it's a perfect time to focus on drowning prevention awareness and outreach. We are encouraging all local communities to offer swim lessons to adults at no or reduced cost. It is here that your help and know-how is strongly needed. There are mostly four main ways to help:

1. The easiest one is to become an "Adult Learn to Swim" Volunteer under a program currently existing or starting, and/or simply go to the pool with one of your

2. friends whose goal is to learn or improve their stroke
2. Become a certified "Adult Learn to Swim" instructor and try to spearhead a new program
3. Apply for a grant from USMS to help start a program
4. Donate to the "Swimming Saves Lives Foundation" at US Masters Swimming

Whatever you decide to do, you will feel good about it and have a lot of fun in the process. If you want more details about the programs, and to locate the current existing programs in Oregon and/or Southwest Washington, go to the USMS website at WWW.USMS.ORG/ALTS. Although it is probably too late to set up a new program for this April, a program can be started anytime and can be an ongoing offering at your pool. I am currently in the process of trying to set up a program at the Clark County Y in Vancouver, WA. If you are a USMS swimmer living close by, and would like to be part of our group of volunteer trainers, please send me your email and I would love to have your expertise in our group.

If you do not have the patience to teach some fearful adults, another way to help your swimming community is to help the swimmer needing stroke improvement. We are now talking about swim clinics and/or swim team experience. USMS and OMS would like to promote a week in early June dubbed, "Try Masters Swimming". During that week, each participating Masters swim team would be willing to open their doors to new swimmers and organize special activities such as swim clinics, drills, games, challenges and of course food and drinks. If you belong to a team, please encourage your team to participate and help organize some of the activities, bring your friends or a neighbor, start promoting

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Coaches Chair

Coach Matt Miller
OMS Co-Coaches Chair

Testing the Waters of USRPT

“Ultra Short Race Pace Training” (USRPT) is a swimmer’s application of the more general workout category you may have heard of called “High Intensity Interval Training” (HIIT). I’ve been training with and curiously reading about USRPT since shortly after I starting swimming with USMS in 2013. My experience is that many swimmers are wary of trying USRPT, or don’t stay with it long enough, because it’s too different from their regular workouts. I’d like to encourage testing the USRPT waters, because I’ve found it to be surprising beneficial for me and other swimmers I know who practice it, and the current research supports the incredible benefits of HIIT exercise.

This year’s March-April *SWIMMER* magazine reviews USRPT, and this article is to supplement that article with some examples of how to apply this workout technique. So let’s dip our toe in a bit!

The *SWIMMER* article reads “*Sprinters are experiencing success with a training plan that calls for shorter swims.*” This word “sprinter” may contribute to wariness about USRPT within middle and long-distance swimmers. But the creator of USRPT himself, Dr. Rushall, has found that traditional USRPT sets are actually more beneficial for middle distance and long distance swimmers, not true sprinters. In fact, in 2017 Dr. Rushall developed a new methodology for true sprinters and called it “*Sprint-USRPT.*” I won’t go into the details of the new “*Sprint-USRPT*” theory in this article (it is covered well in *SWIMMER*). But to quickly address it, *Sprint-USRPT* recommends maximal effort to be given over some chosen distance (Rushall says 25m or less). Each repetition is executed on sufficient recovery time so that the swimmer feels recovered, both physically and mentally.

To briefly summarize the USRPT concept (both “sprint” and “traditional”) and training rationale, it essentially comes down to the muscle specificity training principle. That is to say, the best way to get better at swimming fast is to train by swimming fast! USRPT purists argue that even doing swim drills and lifting weights (and other dryland activities) aren’t specific enough for the muscles to see realized gain in terms of swimming faster. While I don’t necessarily entirely agree with the purists, USRPT emphatically agrees with the core theory here: train fast to race fast. And the great part about USRPT is that you don’t have to train fast for long intervals, and you get rest breaks! Yet, the muscles learn what they need to during these shorter interval sets and rests.

The “traditional” USRPT sets (non-sprint-USRPT) consist of dividing your target race events into segments (25s, 50s, 75s or 100s at the longest), and swimming at the desired race pace for as many segments as possible on 15 to 25 seconds rest, depending on the distance of the segment. For example, if your desired race pace in the 500 yard freestyle is 5:00 and you choose to do a set of USRPT 50s, then your target time for each 50-yard segment is 30 seconds. So, 500 yards in 5 minutes means you are moving at 30 seconds per 50 yards. Rest time increases with segment distance. Twenty seconds of rest is appropriate for 50 yard segments. Thus, you would be doing 50 yard segments, with a target time of 30 seconds on an interval “send off” of 50 seconds.

If you don’t hit the target time (aka a “failure”) for one of the segment’s repetitions, then you sit out one repeat and try again. If you miss two repeats in a row or three total in one set, the set is terminated.

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Long Distance Swimming

Coach Bob Bruce
Long Distance Chairman



With snow still thick on the ground as I write, it seems that we have a very long way until summer. Yet it's time to start planning for summer excitement and fun.

For your planning, here's the outline of the 2019 Oregon open water schedule. Seven events all told. Our seven events last year tied Oregon LMSC with Pacific LMSC (with their membership ten times ours) for the most open water events in the nation! I'll include a full preview & details of our summer schedule in the May Aqua Master.

- Beautiful Lake Juniper, Sun 16 Jun, at JSFC in Bend (note that COMA is also hosting a long course pool meet at JSFC on Sat 15 Jun—double your pleasure, double your fun!).
- Foster Lake Cable Swims, Sat 29 Jun, at Foster Lake east of Sweet Home. This will be dual-sanctioned with USA-Swimming this year for the first open water swims for kids in Oregon since 2011.
- Portland Bridge Swim, Sun 7 Jul, in the Willamette River in Portland. This is the USMS Ultra-Marathon Open Water National Championships for the second consecutive year! Entry has been closed for several months, but there are lots of openings & great need for volunteer help.
- Southern Oregon Swims at Applegate Lake, Sat-Sun 13-14 Jul, at Applegate Lake south of Jacksonville. The 1500-meter swim will be the Oregon LMSC Championships.
- Cascade Lake Swim Series & Festival at Elk Lake, Fri-Sun 26-28 Jul, in the mountains above Bend. The 1500-meter swim will be the NW Zone Championships. Celebrate the 25th anniversary of the event.
- Southern Oregon Coast Swims at Eel Lake, Sat 17 Aug, just south of Winchester Bay;

- Lake of the Woods Swims, Sat 7 Sep, between Klamath Falls and Medford. Some of us crazies are planning a double-header with the Whiskeytown swims near Redding, CA, the following day.

At this point, all of these swims have been approved and will be sanctioned before you read this. Online entries are either open, or will be open soon.

Here's a novel idea! Use the USMS long course 5-km & 10-km postal championship swims to help you prepare for open water season. The window to swim these events is May 15 through September 15. Rather than wait until summer's end, I urge you to consider doing one or both of these swims as preparation for your open water swims—it's a strategy that I use every year and that has brought me much success. And if you plan to swim in the Portland Bridge Swim or the 10-km swim at Applegate Lake, it's crucial that you log a few long practice swims. Kill two birds with one stone; include one of the postal swims as part of your preparation.

To help you find long course pool time to swim your postals, we've scheduled the following opportunities:

- Amazon Pool in Eugene, Sat 25 May, 2:00-6:00pm. Although priority will be given to 10-km swimmers (who sometimes need the full time frame), there may be room for back-to-back 5-km swimmers if there is pool space. Contact Matt Miller at matt@flytrapcare.com to reserve your spot on a first come first served basis.
 - JSFC in Bend, Sun 26 May, 9:30am-1:30pm. 10-km swim-
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Recent Meets & Records

Records are for Oregon LMSC Swimmers Only

* = split time

2019 Lake Washington Masters Invitational—SCY

February 17, 2019; Kirkland, WA

Results: <https://www.usms.org/comp/meets/meet.php?MeetID=20190217LWMY>

Age Group	Event	Name	Age	Time	Record set	
Women 70-74	100 Yard Breaststroke	Janet Gettling	70	1:31.51	Oregon, Zone	
Women 70-74	200 Yard Individual Medley	Janet Gettling	70	3:15.74	Oregon, Zone	
Pentathlon Distance		Age Group	Name	Age	Time	Record set
Mid-Distance [600 yards]		Women 70-74	Ginger L Pierson	72	10:56.48	Oregon

Rose Bowl Masters—SCY

February 9-10, 2019; Pasadena, CA

Results: https://www.spmastersswim.org/c/8B6A80C/file/meets/results/2019/2019_february_rose_bowl_yards.pdf

Age Group	Event	Name	Age	Time	Record set
Women 55-59	200 Yard Butterfly	Arlene Delmage	56	2:30.27	Oregon, Zone

Oregon City Spring Ahead Meet—SCM

March 9-10, 2019; Oregon City, OR

Results: https://swimoregon.org/results_pdfs/2018-2019/ResultsOC_Spring_SCM_20190309_Splits.htm

Age Group	Event	Name	Age	Time	Record set
Women 25-29	200 SC Meter Backstroke	Cavender, Erin	25	2:39.21	Oregon
Women 35-39	100 SC Meter IM	Shepherd, Sara	37	1:11.72	Oregon
Women 35-39	200 SC Meter IM	Shepherd, Sara	37	2:32.49	Oregon
Women 55-59	400 SC Meter Freestyle	Vaughn Edmonds, Holly	57	5:01.21	Oregon, Zone
Women 60-64	400 SC Meter Freestyle	Crabbe, Colette	63	5:19.38	Oregon, Zone
Women 70-74	100 SC Meter Freestyle	Toppel, Margaret	71	1:16.81	Oregon, Zone
Women 70-74	50 SC Meter Backstroke	Toppel, Margaret	71	39.77	Oregon, Zone
Women 75-79	100 SC Meter Backstroke	Ward, Joy	77	1:41.26	Oregon, Zone
Women 75-79	50 SC Meter Breaststroke	Calnek-Morris, Sue	76	56.11	Oregon, Zone
Men 45-49	50 SC Meter Backstroke	Self, Mike	49	28.47	Oregon, Zone
Men 80-84	50 SC Meter Breaststroke	Nakata, Ronald	80	48.30	Oregon, Zone
Men 80-84	100 SC Meter Breaststroke	Nakata, Ronald	80	1:47.75	Oregon
Men 80-84	100 SC Meter IM	Nakata, Ronald	80	1:35.96	Oregon, Zone
Men 85-89	100 SC Meter Freestyle	Radcliff, David	85	1:23.54	Oregon, Zone
Men 85-89	200 SC Meter Freestyle	Radcliff, David	85	3:05.26	Oregon, Zone, National
Mixed 320-359	200 SC Meter Free Relay			2:35.65	Oregon, Zone, National, World
1) Lamb, Willard 97 2) Radcliff, David 85 3) Gettling, Janet 71 4) Toppel, Margaret 71					
Mixed 320-359	200 SC Meter Medley Relay			2:57.97	Oregon, Zone, National, World
1) Lamb, Willard 97 2) Gettling, Janet 71 3) Toppel, Margaret 71 4) Radcliff, David 85					

Port Angeles Masters—SCY

March 10, 2019; Port Angeles, WA

Results for Oregon Swimmers: <https://www.usms.org/comp/meets/meetsearch.php?club=OREG&MeetID=20190310PASCY>

Pentathlon Distance	Age Group	Name	Age	Time	Record set
Sprint Distance [300 yards]	Women 70-74	Ginger L Pierson	72	4:37.86	Oregon

Swimmer Spotlight

— submitted by Karen Andrus-Hughes

David Hathaway, 58

Director of Finance (retired)

House Remodeler (current)

Local Team: Oregon Reign Masters (ORM)

I started Masters swimming at age 45. One of my coworkers recommended that I drop in for a practice at David Douglas High School, which was coached by Dennis Baker. I've been on the Oregon Reign Masters team ever since.

I started competitive swimming at the age of 12. My age group team was Johnson Memorial YMCA located in Charlotte, NC.

I earned a partial swimming scholarship at Appalachian State University and swam there my freshman year. I attempted to swim my sophomore year but eventually the grind of applying heat to my shoulders before every practice and ice afterwards became too much of a burden. My identical twin brother Dan had already faced this crossroad when he was a junior in high school and he introduced me to other sporting opportunities beyond swimming. He had picked soccer and rock climbing.

After close to 25 years away from the pool, I got back into swimming shortly after I was divorced. I was concerned that my old shoulder ailments would flair up again, but the only way to know would be to give it a try. I definitely had some challenging practices early on, but I decided to stick around long enough to compete in a Masters meet. Fortunately for me the Multnomah Athletic Club was hosting a half day meet, which was perfect for my needs at the time. They used to host a short course meters meet in early December for many years. I recall meeting some very nice individuals at the meet. Even though I didn't swim well that day, I was glad to be back in the competitive environment.

In looking back at Masters swims over the years, one event stands out in my mind. It was an open water 10k event in Sitka, Alaska. Water temperatures ranged from 52 to 58 degrees in a very calm bay. I wore a full wet-suit and cap that helped, but

definitely did not keep me warm. The meet organizer is a competitor friend of mine from Sisters who had invited me to swim this event a few times, but for one reason or another it hadn't worked out in the past. In 2017, the competition date fell on my mom's birthday. She had passed away several years before, so it seemed like a nice way to remember her. As it turned out, I would end up swimming the race in honor of two passed relatives. Around 1:00 am on Sunday morning I received

a call from my older brother letting me know that my identical twin brother, Dan, who

was only 56-1/2 years old and in pretty good shape physically, had

passed away a few hours before, due to heart failure. After being in shock for quite a while,

I booked a flight back to Portland but the earliest flight available out of Sitka did not depart

until midafternoon on Sunday. I tried to sleep, but that didn't go

too well. I mostly thought about the huge void I now had in my life. Had

Dan not passed away the night before, I would have been very apprehensive about

swimming a 10k in such frigid waters. However, I was still in shock and fairly zombie-like. I thought, what do I have to lose but a little time?

Warm ups for the event started at 7:30 am and the 10k would launch at 8 am. The course itself was three laps around a 3.3k loop in the Sitka bay. The first lap seemed to take forever. By the time I started the 2nd lap the swim was more tolerable. I had identified a main race hurdle, which was a river that fed into the bay from nearby mountains. On lap three my lack of sleep and the enormity of what had happened in the past 12 hours started to set in, but I simply slogged on. Kris Calvin did a great job hosting this event which is a fund raiser for the local age group swim team.

I lost my twin brother Dan to heart failure, and since that time I have spent a fair amount of time researching and consulting with health professionals to try to understand what happened, and to determine what I can do to lead a heart healthy lifestyle. If any other Masters swimmers face these challenges,

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All Things ePostal!

I know the next ePostal swim event does not begin until May 15, but there are some things that new swimmers need to know about doing an ePostal swim. We want you to be both mentally and physically prepared to participate.

There are about 1000 members in OMS and most have never swum an ePostal event. Bob Bruce, our OMS Long Distance Chairman, wants Oregon to be first in the nation in all the ePostals. Bob is the reason that Oregon is a leader in the ePostal events. His enthusiasm is wonderful! See Bob's picture on page 6

Bob Bruce writes: "The ePostals are a series of five National Championship swims that are done locally and collated nationally. They are each done in specific time frames:

Swim	Dates Swum	Pool
One-Hour Swim	Jan 1-Feb 28	any pool 25 yards or longer
5 & 10 km	May 15-Sept 15	any 50-meter pool
3000 & 6000 yard	Sept 15-Nov 15	any 25 yard or meter pool

"I recommend the One-Hour swim in January-February or the 3000 yard (or 6000 yard) swim in the fall as the most accessible swims for a typical team. And, of course, I love the tie-in with the larger Oregon Club—leader in all things ePostal!

"Each ePostal swim must be done separately, that is, the 3000 split on the way to a 6000 swim doesn't count as two swims. I recommend doing ePostals in yards (meaning more turns, thus faster times or greater distance), except for the summer ePostals that must be done in long course meters.

"For the One-Hour Swim, clubs are scored on total distance swum by all club members. Club OREG is the leader in the ePostal swims, so when you register for an ePostal, it helps the Oregon distance count. This past year (2018) Club OREG took 1st place in the One-Hour swim."

Arlene Delmage writes: "Ninety-two OREG swimmers entered the One Hour ePostal swim for 2019, what a great showing! It seems that many members may be taking advantage of the very generous offer from an OMS Board member, which is to pay the 2020 USMS and Oregon Club membership dues (a \$64 value) for any swimmer that completes 3 or more ePostal National Championship swims in 2019.

"Pictured below are the mother daughter team of Heather Blair and Laraine Elsten with Oregon Reign Coach Dennis Baker. Both completed their one hour postal swim."



When you swim an ePostal there are several things that you must do:

- Locate a pool that is the correct distance for the ePostal you are swimming. OMS rents a 50-meter pool, for use by their membership, for the 5km and 10km swims. This year OMS will rent the Amazon Pool in Eugene, Oregon, on Saturday, May 25th from 2pm-6pm. (See page 12 for details on the Amazon Pool reservation.)
- Find someone who is willing to record cumulative times by lap for you.
- Get your split sheet for recording those cumulative times for each lap. Links to split sheets can be found below.
- Then, after you swim, you must register for your swim to count.

Split sheets for the One-hour, 3000yd and 6000yd: https://www.usms.org/-/media/usms/pdfs/long%20distance%20nationals/1hr_3000_6000_splits.pdf?la=en&hash=90186E4F505C889D60227701B509E85B69BAA985

Split sheets for the 5km and 10km: https://www.usms.org/-/media/usms/pdfs/long%20distance%20nationals/5k_10k_splits.pdf?la=en&hash=B0A2120F9272AF3E48AEF3AC619381CC66CA59A8

Registration: <https://www.usms.org/events/national-championships/epostal-national-championships/2019-epostal-national-championships>.



Marvelous Michelle Macy

International Marathon Swimming Hall of Fame

Michelle Macy is to be an inductee (Honour Swimmer) into the International Marathon Swimming Hall of Fame in its Class of 2019.

Michelle Macy has proven to have few limitations in marathon swimming in terms of distance and water temperature. Michelle set the overall speed record in the North Channel and the women’s speed records in the Tsugaru Strait, Anacapa Passage in 5 hours and 30 minutes, around Jersey 66km in 9 hours and 29 minutes and Jersey to France in 6 hours and 42 minutes.

Her cumulative time for the Ocean’s Seven between 2007 and 2014 is the fastest to date as follows:

- English Channel 3 times the fastest in 10 hours and 2 minutes
- Catalina Channel 10 hours and 13 minutes,
- Cook Strait 8 hours and 2 minutes,
- Strait of Gibraltar 3 hours and 39 minutes,
- Molokai Channel 45km 14 hours and 12 minutes,
- Tsugaru Channel 8 hours 55 minutes and
- North Channel..... 9 hours and 34 minutes.

Other epic marathons include: four-time consecutive female winner of the 8.2 mile Pennock Island Challenge in Alaska; Manhattan Island; Boston Light; and the first ever to complete the 14.5 mile Clarence Strait in Alaska.

- For an interesting article written by Michelle, after she had completed the “Oceans Seven” swims, and to give herself another challenge, see “Jackpot 7 —COMPLETE”¹
- For a description of what the “Oceans Seven” includes²
- An article written by Michelle’s official observer describing her North Channel swim³



While searching for the article about Michelle’s North Channel swim, a couple other very interesting open-water/long distance articles caught my attention. One was written by Dave Radcliff —“The Old Men and the Sea”⁴; the other, “Trans-Tahoe Relay Swim”, was written by Arlene Delmage⁵. They are worth a read!

¹<https://swimoregon.org/AquaMaster/2015/07August2015AM.pdf#page=14>

²<https://swimoregon.org/AquaMaster/2015/07August2015AM.pdf#page=12>

³ <https://swimoregon.org/AquaMaster/2013/September2013.pdf#page=18>

⁴<https://swimoregon.org/AquaMaster/2015/08September2015AM.pdf#page=10>

⁵<https://swimoregon.org/AquaMaster/2015/09October2015AM.pdf#page=12>

FITNESS

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the event.

You do not need to be an experienced swimmer to do this. In fact, most of the apprehensive and new swimmers like to connect with other swimmers who took on the sport when they were already adults and are now enjoying it and reaping the benefits of it. Volunteering in general has also been proven to improve your wellbeing and reduce depression. It always feels good to help somebody. Next time you go lap swimming at your local pool, take a friend.

SWIMMER SPOTLIGHT

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I would be happy to connect with them and share some of my findings.

In addition to swimming, I enjoy road cycling, hiking and traveling. I have two sons, one of whom is finishing up an extended Navy enlistment in Japan. My youngest son is in the process of applying to graduate schools in Germany.

I have enjoyed all my years in Masters swimming. I love the competition, the daily practices and the swimmers I’ve met at both local and regional meets. Body willing, I plan to participate in this sport for many more years and even decades to come.

Below is an excerpt from Dr. Rushall's training guides:

Suggested repetition distances for standard international short and long-course meets

RACE DISTANCE						
REPETITION DISTANCE	50	100	200	400	800	1500
15M	X					
25	X	X	X	X (rarely)	X (rarely)	
50		X (rarely)	X	X	X	X (rarely)
75			X (rarely)	X	X	X
100						X

To clarify the above table, Rushall suggests training with 15m-25m repetitions for 50m race distance. For the 100m race, he suggests 25m repetitions and rarely (occasionally) doing 50m repetitions. For the 200m races, train with 25m, 50m and rarely 75m repetitions. For the 400m and 800m, train rarely with 25m repetitions and more often with 50m and 75m repetitions. For the 1500m, train rarely with 50m repetitions and more frequently with 75m and 100m repetitions.

Rushall recommends doing 2 sets of quite a number of repetitions (20 to 30, depending on the repetition distance) to failure. To be clear, the sets are never intended to be swum entirely. Failure must be reached. If you are able to finish the set, the target time chosen is too easy.

To provide some concrete examples, below are a few USRPT sets that our SOMA Masters team and I do:

- Example 1: 2 sets (30 x 50 yard segments on :50) with a target time of 30 seconds per 50 yard repeat
- Example 2: 2 sets (25 x 75 yard segments on 1:10) with a target time of 47 seconds per 75 yard repeat
- Example 3: 2 sets (20 x 100 yard segments on 1:30) with a target time of 1:05 per 100 yard repeat

In both sets, if 2 failures (missed target time) happen back-to-back, or 3 total failures in the set, the set is terminated. There is a rest break between the 2 sets from anywhere of 5-10 minutes. If termination happens (2 target times missed on back-to-back segments or 3 total segments in one set) on the first set, you proceed directly to the rest before starting the second set. If termination happens on the second set, your day is over. To follow Rushall's USRPT training as it is designed, it is very important to sit out repetitions or terminate the set when you are unable to hit your desired target time. The theory is

that training at anything less than race pace results in training your muscles to swim slower.

Skipping a repetition when missing the target time, and terminating a set at failure, seem to be the hardest parts for most experienced swimmers to do. I understand this, because it seems counterintuitive in a workout to rest and not swim something, anything at all! But, according to the research it's important to the muscle and technique development that you stick with USRPT when you're doing that type of workout. You can do another type of workout on another day!

With regard to the above sample sets, Example 1 (set of 50s) is the one that should primarily be used for training for the 200 free and 500 free. The other two sets of 75s and 100s are used for 1000/1650 free training, along with any longer distance events such as open water swims and ePostals. It's incredible to believe, but USRPT works for very long distances too! I can attest, for the last few years, I have very, very rarely done anything longer than a 100 yard swim in most practices, and yet I've seen great improvements in finish times for much longer swim races. In my experience, USRPT works great even for training for longer stuff, including a 10K ePostal or open water swim! In fact, although I compete in many open water events each year, I very rarely train in the open water at all, having learned that speed is more easily learned and gained through pool sets (USRPT sets in particular).

To be clear, that doesn't mean that training in the open water isn't beneficial for many other reasons, especially for people new to open water swimming, to learn sighting, currents, and safety, for example, not to mention the pure enjoyment of being out in the open water. There are many techniques to develop when swimming in the open water. However, for those who wish to focus on swimming faster, research says the USRPT type of pool sets will yield the best improvements. Even most Olympic-level open water swimmers spend the majority of their training time in pools!

If you're interested in swimming faster, inserting USRPT sets into your workout routine 2 to 3 times per week should yield very good results. Some people, like me, enjoy the "grinder" sets of USRPT-style training and the sense of satisfaction in making it just one repetition more than the last time the set was attempted. Some people might not like USRPT, but find it's worth the benefits to practice it intermittently. Others might find that after multiple tries, something about it starts to grow on them, like the feeling of accomplishment afterwards.

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Amazon Pool Reservation Confirmed

Oregon Masters Swimming (OMS) has completed a rental agreement for the 50-meter Amazon Pool in Eugene on Saturday, May 25th from 2pm to 6pm to give swimmers the opportunity to complete their 5K or 10K ePostal National Championship swim.

We will have the entire Amazon pool for those 4 hours from 2pm to 6pm. The pool is 8 lanes, so that means we can accommodate a maximum of 16 swimmers (circle swimming is not allowed for ePostal events) at once.

10K swimmers will get preference! That is to say, we will allow all 10K swimmers a place to swim before we start filling in lanes with 5K swimmers.

If we get fewer than 16 people doing a 10K (which is very likely), we can run two heats of 5K swims, assuming it will take less than 4 hours for 2 people to do a 5K. So we have room for more than 16 people if some of us will be doing a 5K. And

some of us could be fast enough to complete a 10K with enough time for someone else to swim a 5K afterward. We can figure out these details when we see how many requests we have to swim!

This is a great chance for those of you doing the Portland Bridge Swim (or other long-distance open-water swims) to get a long-distance, timed training swim in prior to the event.

Please respond to reserve your lane today! As soon as we fill the pool, I'll start a waiting list.

More good news: this year the OMS Board agreed to donate funds to cover the rental fees in full, so there will be no cost to swim as there has been in years past. Thank you, OMS!

Feel free to email, text or call me with any questions.

Swim on!

Matt Miller

636-209-8916

matt@flytrapcare.com

COACHES CHAIR

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Some might find USRPT too uncomfortable, repetitive or just plain boring, especially initially. I get that! If something is going to put you off of swimming or being active in general, of course don't do it!

Naturally, everyone's overarching goal should simply be to stay in the water and stay active and healthy. Ultimately, we should all train in a way that is sustainable for the long term, for each of us individually. But you might test the waters of USRPT a few times and give it a try, just to see. If done properly, you should see your fitness level and speed improve. Good luck and have fun!

(See page 32 of the March-April 2019 **SWIMMER** magazine for the very good article on USRPT titled "Even Less is Even More." If you haven't already, I would highly recommend reading it, as it contains a plethora of information on USRPT and other great information related to all aspects of swim training and coaching. A lot of USRPT information is posted online by Dr. Rushall here: <https://coachsci.sdsu.edu/swim/bullets/table.htm>. Also, check out the USMS forum thread on USRPT here: <http://forums.usms.org/showthread.php?22783-Ultra-Short-Training-At-Race-Pace.>)

****Important Note: If you have any questions about the safety of USRPT training for you, be sure to check with your physician first.****



Adaptive Team, the "Portland Piranhas". Maeghan Conway,, their head coach, writes, "We train once a week for just a few months out of the year, so having the opportunity to attend this meet is huge for us."

LONG DISTANCE

Continued from page 6

mers must start at 9:30; 5-km swimmers may choose a 9:30 start or go later about 11:00 or so as lanes clear. Contact Bob Bruce at coachbob-bruce@gmail.com to reserve your spot.

- JSFC in Bend, Sun 9 June, 9:30am-1:30pm. Same info as above.

We're still looking for more 50-meter pools to host postal sessions, particularly in May and June, but also later in the summer. How about your 50-meter pool?

And if you need more motivation to do your postal swims, remember the GO PRO challenge? Due to a generous offer from an enthusiastic Masters swim booster, OMS will pay your 2020 USMS and OMS registration fees if you swim and enter three USMS Postal National Championship swims in 2019. Simple. No other strings attached. Now if you swam and entered the One-Hour Swim earlier this year, you have completed one leg and have only two (of four) more to go. Good for you! If you missed the One-Hour Swim and still would like to GO PRO, you must swim one or both of the long course postal championships to put you back in the game! No more procrastinating!

Good luck and good swimming!



Robin Warren with her ribbon collection from her first Masters meet

Change your USMS registration information

Just go to <https://www.usms.org/reg/member/updateinfo.php>. Using this tool, you can update any of your personal information including your Workout Group. USMS will send your update request to Susie Young (OMS Registrar) and she will approve it.

Oregon Masters Swimming: Tentative Open Water Race Schedule for 2019 (as of 10 Feb. 2019)

Dates)	Days	Event/Venue	OR Location	Host	Event Director	Swims	OR Series Category	USMS Status
Sun 16 Jun	1	Lake Juniper (pool)	Bend	COMA	Bob Bruce	1200-meter	Featured	Sanctioned
Sat 29 Jun	1	Foster Lake Cable Swims Sprint Series	Sweet Home	COMA	Bob Bruce	1/4 mile cable 1 mile cable	Featured Featured	Sanctioned
Sun 7 Jul	1	Portland Bridge Swim in the Willamette River	Portland	PBS, LLC	Marisa Frieder	17-km downriver (Nat'l Champs)	Featured	Sanctioned 379-W001
Sat 13 Jul	2	Southern Oregon Swims at Applegate Lake	Ruch	RVM	Todd Lantry	2500-meter (with 10,000-meter) 5000-meter (with 10,000-meter) 10,000-meter	Qualifying Qualifying Featured	Sanctioned 379-W002
Sun 14 Jul						1500-meter (Ass'n Champs) 3 x 500-meter Pursuit Relay	Featured Participation	
Fri 26 Jul	3	Cascade Lakes Swim Series	Bend	COMA	Bob Bruce	3000-meter 500-meter	Qualifying Qualifying	Sanctioned
Sat 27 Jul		& Festival at Elk Lake				1500-meter (NW Zone Champs)	Featured	
Sun 28 Jul						5000-meter 1000-meter	Featured Qualifying	
Sat 17 Aug	1	Southern Oregon Coast Swims at Eel Lake	Lakeside	SOMA	Matt Miller	3000-meter 1500-meter	Featured Featured	Sanctioned
Sat 7 Sep	1	Lake-of-the-Woods	Klamath Falls	SOMA	Matt Miller	1500-meter 3000-meter	Featured Featured	Sanctioned

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. . .

Lake Washington Masters Invitational—SCY

Rose Bowl Masters—SCY

Oregon City Meet—SCM

Port Angeles Masters—SCY



Looking Ahead. . .

Registration for all events is found at <http://swimoregon.org/events/>

Pool Schedule

<u>Date</u>	<u>Course</u>	<u>Swim</u>	<u>Venue</u>	<u>Location</u>
May 17-19; Fri-Sun	SCY	Association SCY Championships	Tualatin Hills Pool	Beaverton
June 16; Sunday	LCM	Juniper Swim & Fitness Center	Juniper Swim Center (JSFC)	Bend
August 23-25; Fri-Sun	LCM	NW Zone Champs/Gil Young Memorial	Mt. Hood C College	Gresham

Detailed Open Water Schedule (see page 14)



Quote for the month. . .

H2O = 2 parts heart, one part obsession