



Aqua Master

Award-winning Newsletter of Oregon Masters Swimming

"Swimming for Life"

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The 2019 Oregon Open Water Preview

by Bob Bruce

The coming of spring reminds us that summer is not far away, and with it the 2019 Oregon open water season. You can find the schedule, event information, and entry links & forms for all Oregon events and information about the 2019 Oregon Open Water Series at <http://swimoregon.org/events/#> and <http://swimoregon.org/open-water/>. We have another fine year planned, just for YOU!

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

1. Lake Juniper Buoy Swim (Sunday, June 16)—USMS-sanctioned: Host team Central Oregon Masters (COMA) and Event Director Bob Bruce will open the season (albeit a little later than usual due to the late date of the Association Spring Pool Championships) by offering the 8th annual Lake Juniper Buoy Swim in the 50-meter pool at Juniper Swim & Fitness Center, a.k.a. "Beautiful Lake Juniper". Out go the lane lines, in go the buoys! The swim will be 1200-meters, run in small heats & smaller waves, feature the warmest water on the Oregon open water circuit, and include a big brunch afterwards. The Buoy Swim is to open water as short track is to long-oval speed skating—close physical proximity & drafting, tight turns, forceful passing, and daring split-second tactical decisions. All in all, wonderful preparation for a season of open water rac-

ing! Event info & online entry at https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=11861.

On the previous afternoon, Saturday, June 15, COMA will also host a long course meters meet. Warm-up at 12:00 noon and meet 1:00-5:15 pm. This meet is one of two USMS-sanctioned long course meets held in Oregon this summer, so don't miss a rare chance to swim long course! And for those who are pentathlon fans, the events are ordered so that you can do a five-stroke or free-style pentathlon (with special awards!) without having to swim back-to-back events. Event info and online entry at https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=11596. Together, the combination of the meet and the buoy swim are a great value and a good enticement to spend a splendid weekend in Bend. You should be able to find lodging in all categories and price ranges. Secure your reservations soon.

2. Foster Lake (Saturday, June 29)—USMS-sanctioned: Host team COMA and Event Director Bob Bruce will run the 9th annual Foster Lake Cable Swims just east of Sweet Home on the only permanent cable swim course in the western U.S. Both one & two-mile swims are on a certified course, so National, Oregon, and course records are in play. Online entry only (and NO day-of-race entries) at https://www.clubassistant.com/club/meet_information.cfm?c=1756&smid=11081. Some of you have never done a cable swim, so visit www.comaswim.org for the records and all of the down-and-dirty details that you're gonna need to know for these swims.

We're starting something different this year. Oregon has not

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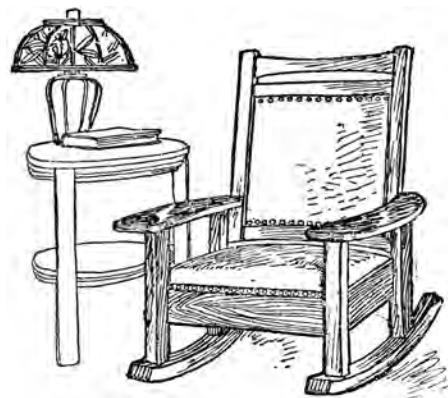
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Send address changes to Susie Young and all other membership questions to Christina Fox.

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Chair's Corner

Tim Waud
OMS Board Chairman



Greetings fellow Masters swimmers,

The Tualatin Hills Barracudas will be hosting the 2019 OMS Association Championship on May 17-19, at the Tualatin Hills Swim Center. This annual gathering of our membership is a great opportunity to celebrate the sport of swimming and cheer on your fellow competitors.

There will be an OMS Social with appetizers, and a no-host bar after the meet on Sat, May 18, at the Stockpot Broiler, 8200 SW Scholls Ferry Road in Beaverton, from 5:00-8:00 pm; a short awards program and the OMS Annual Meeting will be held in conjunction with the social. Cost is \$15 per person (swimmer or guest). Please take this opportunity to socialize with your teammates, and meet your OMS board members and other Masters swimmers outside of the pool!

OMS will be presenting several awards recognizing volunteers and swimmers who have made significant contributions and achievements during the 2018 competitive season.

This year we had several nominations for these annual awards.

Ol' Barnacle Award - Awarded to the individual who has shown outstanding leadership, dedication, and devotion throughout the year to OMS and to Masters swimming.

- Willard Lamb
- Kermit Yensen

Connie Wilson Memorial Award - Awarded to an individual who has made an outstanding, long-term leadership contribution to OMS and to Masters Swimming.

- Jon Clark
- Colette Crabbe
- Joy Ward

Hazel Bressie Spirit Award - Awarded to a female who has shown enthusiasm and spirit to her team and/or other Masters swimmers during the past year.

- Erin Cavendar
- Arlene Delmage
- Betsy Hanson
- Jane Nichols
- Connie Shuman

Gil Young Spirit Award - Awarded to a male who has shown enthusiasm and spirit to his team and/or other Masters swimmers during the past year.

- Jon Clark
- Matt Miller
- Scot Sullivan
- Tim Waud

Special Service Award - Awarded to an individual, organization, business, or group that has gone the extra mile by contributing outstanding service to a team or OMS.

- Colette Crabbe
- Lee O'Connor
- Scot Sullivan
- Marcie Wily

Awards will also be given for the Outstanding Male and Female swimmers in the '49 & under' and the '50 & over' age group categories. The Art Welches Most Splashes award will be awarded to both Male and Female swimmers who have swum the most events during the 2018 competitive season.

We encourage everyone to attend the OMS Annual Meeting where you can meet the OMS Board of Directors, and learn about their role in making OMS one of the best organizations in

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Off the Block

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

The Keto Diet Revisited— High-protein Diets Explained

by John McDougall, MD—edited for length

High-protein Diets: Trading Your Health for Temporary Weight Loss

Once again, medical doctors and the paperback book industry advocating high-protein and fat-laden diets are grabbing the attention of millions of desperate people. “Lose 20 pounds in 30 days!” “Eat all the bacon you want and be thin as a breadstick!” The truth about these types of fad “diets” is that people can temporarily lose large amounts of weight, and can even lower their blood cholesterol, sugar, and triglycerides — but the method is unhealthy.

The “Ketogenic” High-Protein Diets

There are two kinds of high-protein diets popular today: Those that limit calorie intake by causing the body to develop a metabolic state known as ketosis; and those that make stringent rules which limit the dieter’s intake of food.

The “ketogenic diets” cause the body to produce ketones by severe restriction of carbohydrate intake while allowing unlimited fat and protein intake. With insufficient intake of the body’s primary fuel, carbohydrate, the body turns to fats from foods and from body fat for fuel. By-products of this metabolism are acidic substances called ketones (acetacetic acid, B-hydroxybuteric acid, and acetone). The metabolic condition is known as ketosis. Ketosis is associated with loss of appetite, nausea, fatigue, and hypotension (lower blood pressure). The result is a decrease in food (calorie) intake. Ketosis is the key to the diet’s success, by allowing the body to starve while reducing the suffering of severe hunger pangs.

An advertisement for Shark Tank Keto supplement. It features a woman in a white bikini top and a large white sun hat, standing on a beach. The background is a bright, sunny beach scene. Text overlays include: "Shark Tank Has Gone Keto Crazy!" in a handwritten font; "BURN FAT! BOOST METABOLISM! THE POTENT KETO SUPPLEMENT IS TURNING THE DIET WORLD UPSIDE DOWN!" in bold, block letters; "SHARK TANK" in large, bold letters; "SATISFACTION 100% GUARANTEE" in a circular seal; "SHARK TANK'S NEWEST ENTREPRENEUR'S ARE USING REAL SCIENCE TO HELP YOU LOSE WEIGHT!" in bold letters; "Hurry Before We Are Sold Out!" in a handwritten font; and "START LOSING WEIGHT TODAY! >>" in a yellow box with a black border.

Recent advertisement in my ‘inbox’

Initial Rapid Weight Loss

The initial weight loss is rapid, and therefore very rewarding, for the desperate dieter. Most of this loss, however, is water loss, rather than fat loss. With little carbohydrate in the diet the body resorts to using its glycogen stores of glucose. Glycogen, stored in the liver and muscles, can meet the average person’s glucose needs for about 12 to 18 hours. With each gram of glycogen is stored 2.7 grams of water. The average body stores 300 grams of glycogen. Depletion of the body’s glycogen would result in an almost overnight weight loss of 1110 grams (37 ounces or over 3 pounds). The ketones also cause a strong diuretic effect on the kidneys, resulting in losses of large amounts of fluid.

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Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



Work your way into a good workout? Get in the Zone for fitness

The American College of Sports Medicine recommends aerobic exercises like walking, jogging or swimming for 20 to 60 minutes, three to five times per week. Sounds straight-forward. Yes, but it does not take into account the one aspect to which everybody, trying to get back into shape should pay attention: the principles of progression, or how to safely and yet effectively increase your exercise load to see gains in strength and endurance.

How do we know where to start and when to progress?

First and foremost, pick sports and activities you enjoy. Finding a way to incorporate these good habits in your daily life is key. You need to stay with it for life, and you will only be consistent with physical activities you enjoy.

How do we start?

If you are a neophyte or have been out of your routine for more than six months, small and frequent doses of exercise are the way to go. A good starting base would be 20 minutes of light cardio three times a week, 20 minutes of weight-bearing exercise two times a week, as well as 10 minutes of daily stretching. If you are more advanced or it has been less than six months, start back with the same activities you were doing before but decrease the intensity. At this low level of intensity, it is also the prime time to work on the mechanics of the stroke or the exercise. Find a good swim instructor, fitness instructor or personal trainer.

How do we progress?

As a rule of thumb, a 10 to 20 percent increase in distance or duration per week is usually recommended. However, the best indicators are form, ease and soreness. In other words, listen to your body. Can you use and maintain good form throughout a particular movement or duration?

Has your routine stopped posing a challenge? Are you no longer sore after your workouts? Then it could be time to increase intensity.

Technology has entered the fitness industry, and may help you stick to your goal. But when it comes to fitness, I want you to focus on being well-rounded, and not get too focused on numbers, such as those on your scale, your Garmin watch or your dumbbells. Mix all facets of fitness such as range of motion, coordination, balance and strength, as well as cardio. Being well rounded is a great way to stay injury-free.

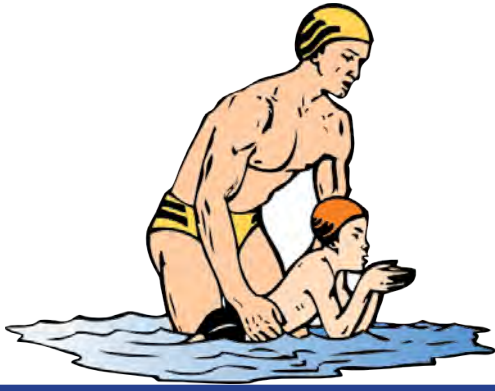
As swimming falls in the category of cardio, let's understand the physiology of cardiovascular conditioning and heart rate training, which is exercising in intensity zones based on your maximum heart rate. Traditionally an intensity of 70 percent of your maximum heart rate was thought to be ideal, but this one-size-fits-all approach might not provide the best results for everyone. A more custom designed approach based on your own goals might be more effective, although most of us would benefit from training in all zones.

Zone 1: General health. Low intensity activities (up to 60% of your maximum heart rate), like walking, gardening, household chores done consistently and for 30 minutes on most days will already reduce the risk of developing many chronic diseases.

Zone 2: Weight management. If your goal is to reduce body fat and you have been relatively inactive, you will need to train at a level of 60 to 70 percent of your maximum heart rate. This is still within your comfort zone and allows you to exercise at a steady pace for a long

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Coaches Chair

Coach Matt Miller
OMS Co-Coaches Chair

A Good Mix is Best

No, I'm not talking about your favorite Pandora station, but rather a good mix of training techniques to prepare yourself to swim well. From long, grinder sets that focus on aerobic capacity to all-out sprint sets that train your body to better deal with its tolerance to lactic acid, mixing up your training routine to incorporate the full spectrum of training methods is important for optimal swimming. Mixing up your training is great for your overall physical and mental health as well, so that's all the more reason to do it! If you are training with a coached team, you are probably already getting a good variety of different types of workouts, and some of this will sound familiar to you.

Last month I wrote about Ultra-Short Race-Pace Training (USRPT) as it was originally conceived by Dr. Brent Rushall (not the newer "sprint-USRPT" training), and how this training technique is actually great for distance athletes, despite the fact that the name would not indicate it as such. As was mentioned in the March-April 2019 SWIMMER magazine article on sprint-USRPT, many older swimmers are finding success with the training method as well.

As the body ages, it needs more time to rest after a hard training repeat in order to recover and be ready for exertion again on the next repeat. Maintaining intensity over long intervals becomes much more challenging for older swimmers, so the idea of breaking longer sets up into manageable chunks, such as 50s, 75s or 100s, works well for older bodies. USRPT gives the opportunity to stop and rest more frequently so the body can maintain good technique and an elevated heart rate for longer. This is great for developing aerobic capacity while training good technique.

USRPT "purists" recommend doing only USRPT sets for all workouts. With the recently defined sprint-USRPT training, which focuses more on lactate threshold training and perfect maximum sprinting technique rather than aerobic capacity, I can see how mixing traditional and sprint USRPT training would provide great results when done properly. However, I question whether or not most people could maintain such a training regimen for the long term. I suspect that many swimmers would burn out without a little variety in their training.

I've swum with quite a few Masters groups around the country, and my experience has been that lactate threshold training is one type of set that is not done frequently enough. Assuming that your body will allow for it, be sure to work in some "lactate sets," as they're commonly called, or sprint-USRPT into your training sets with some regularity. I suppose these types of sets are often avoided by Masters teams because they hurt a lot, so most people want to avoid them! There also seems to be an aversion for most Masters swimmers to resting at the wall for extended periods of time, or doing easy swimming while recovering from an all-out 100.

Many people tend to focus on a certain *quantity* of yardage rather than the *quality* of said yardage. However, doing all-out sprint sets with some regularity - once every week or week and a half - and mixing them in with traditional USRPT and longer aerobic sets from time to time, will provide an optimal balance of training. Additionally, mixing up the types of sets regularly will help avoid burnout that can come from doing the same or very similar sets too frequently.



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Long Distance Swimming

Coach Bob Bruce
Long Distance Chairman



The Oregon Club had a strong performance in the 2019 USMS One-Hour Postal National Championships, held in January and February in your local pool. Our overall participation was down slightly from previous years, but there were many fine swims. Alas, the ever-anticipated Club results were not available at press deadline for this article.

Oregon Participation summary:

- 94 Oregon swimmers entered the event.
- 48 women & 46 men swam and entered, relatively equal numbers which really helps for mixed relays.
- 15 Oregon clubs/local teams were represented, fairly typical for this postal event. Well done, teams, but we're still missing participation from a few of you, and we're still missing fully representative participation from many of you. Coaches, please notice that ALL of Oregon's perennially most successful teams are represented!

Congratulations to...

- Our NINE individual National Champions (USMS Long Distance All-American). Our most ever! Sue Calnek-Morris, Bonnie Spear, Jeff Nason, Matt Miller (Jeff & Matt tied for first place in their age group), Hardy Lussier, Dan Kirkland, Barry Fasbender, Dave Radcliff, and Willard Lamb.
- Our TWENTY-THREE other individual swimmers who made the top ten (and thus received medals).
- Our ONE individual who broke the National Record (Oregon Record too)—Dave Radcliff, Men's 85-89, 3805 yards.
- Our ELEVEN relay team National Champions (USMS Long Distance Relay All-Americans). Also our most ever.
- Our TEN other relay teams who made the top six (and thus received medals).
- Our TWO relay teams that broke the USMS One-Hour Relay Record (Oregon Record too).

- Men's 45+ team of Scot Sullivan, Kurt Grote, and Hardy Lussier, going 15,800 yards.
- Mixed 75+ team of Judy Ziemer, Sue Calnek-Morris, Ralph Mohr, and Dave Radcliff, going 13,750 yards.
- Our THREE swimmers—Sue Calnek-Morris, Bonnie Spear, and Dan Kirkland—who broke Oregon individual records;
- Our FOUR relay teams that broke the Oregon relay records:
- Women's 55+ team of Arlene Delmage, Val Jenkins, and Colette Crabbe, going 13,255 yards.
- Women's 75+ team of Jeanne Magmer, Judy Ziemer, and Sue Calnek-Morris, going 8,535 yards.
- Men's 65+ team of Michael Stephenson, Bob Bruce, and Dan Kirkland, going 13,235 yards.
- Mixed 65+ team of Rebecca Kay, Jeanna Summers, Bob Bruce, and Dan Kirkland, going 16,405 yards.
- Our TWO swimmers, Stacey Kiefer (4640 yards) and Hardy Lussier (5370 yards), who topped the Oregon women's and men's categories respectively, Stacey for the first time and Hardy for the eighth year in a row. To make this achievement look even better, both of them swam their hour at Bend's 3661 feet of elevation;
- Our TWENTY-THREE swimmers whose performances qualified or moved them up on the Oregon All-Time Top Twelve list for the One-Hour Swim. This list is hard to make.
- **Everyone who participated!**

There's a bonus—94 Oregon-registered swimmers have now completed the first of the three legs of the Oregon Postal Participation Award. These swimmers just have to swim & enter two more swims—the 5 or 10-km postal and/or the 3000 or 6000-yard postal—later this year to snag this

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Swimmer Spotlight

submitted by Arlene Delmage

Tessa Reeves

Age: 40

Local Team: Oregon City Tankers

Growing up in California, swimming is what you do! We had a pool at our house, and our neighborhood had a swim team. My mom wasn't a strong swimmer, and she wanted my sister and me to have confidence in the water. All the local kids in the neighborhood were part of the swim team during the summer months. We joined the summer team, but did not start on a year-round team until middle school when we moved to Oregon. Starting Masters swimming with the Tankers was a homecoming of sorts, since my club swimming started at the Oregon City pool. It still looked pretty much exactly the same!

I swam through high school, but by the end of my senior year I thought I was done with the sport. I always saw swimming as more of a way to stay fit and be social with my "swim team family". My drive to be competitive with swimming didn't start until I started swimming Masters!

In 2012 my sister Sonja joined the local Masters team in Oregon City. She told me how great it was to get back in the water, and she encouraged me to try it out. I loved it! Swimming makes me feel like a kid again. The team was so positive and welcoming. I remember thinking "how can everyone be this nice!". That trend has

continued. It feels great to have such a solid support system at the pool helping me reach my goals. It has also been super fun swimming with my sister. Sharing the Masters experience with her has been a blast. She is always there to "dork" out over swimming times, meets and other swim related topics :) We always have lots of belly laughs when we take off for a weekend-away swim meet.

I am married with two children. My son Everett is 8, and my daughter Devon (also a swimmer) is almost 11. So much of my day revolves around my kids and family. Swimming is all about me and it is my time to be alone. No one expects anything from me at 5 am in the morning except to swim. It is something I do entirely for myself, and it allows me to be a good role model for my kids... like, "see, mom stays healthy and has activities outside of the house". It definitely helps keep me sane!

I love swimming the 200 butterfly. Anytime you swim it you feel like a badass! Regardless of my time I always feel like "holy cow, I just swam 200 yards/meters of fly!" It is such an accomplishment!

I love hanging out with my family, running, camping and taking our boat out for water sports in the summer.



Tessa, on the left, with her sister Sonja Skinner

Contributors to OMS

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<i>Michelle Macy</i>	<i>Gold</i>
<i>Steve Mann</i>	<i>Silver</i>
<i>Stephanie Martin</i>	<i>Silver</i>
<i>Ryan Morrow</i>	<i>Silver</i>
<i>Ronald Nakata</i>	<i>Silver</i>
<i>Bradley Oblak</i>	<i>Silver</i>
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<i>Keith Peters</i>	<i>Gold</i>
<i>Mike Peyton</i>	<i>Silver</i>
<i>James Proffitt</i>	<i>Silver</i>
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<i>Ginny Saunders</i>	<i>Silver</i>
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<i>Steve Suesserman</i>	<i>Silver</i>
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<i>Kate Sullivan</i>	<i>Silver</i>
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<i>Connie Wilson</i>	<i>Gold</i>
<i>Kermit Yensen</i>	<i>Silver</i>

Swim Bits

by Ralph Mohr

Sunblock vs. Sunscreen

Summer is coming, so get your sunblock out. Note that I said “sun-block,” not “sun-screen.”

What’s the difference? Sun-blocks have physical barriers between your skin and the ultra-violet rays of the sun. Sun-screens depend mostly on chemicals to protect your skin from UV, and the chemicals have to permeate your skin first to work.

According to my dermatologist, sun-screens alone are useless. Your skin still gets exposed to UV even when you use them. You must use a sunblock, such as Titanium Dioxide (TiO₂)

or Zinc Oxide (ZnO). Apply liberally and every day you swim in the sun.



There is one other problem with using sunscreens with only chemicals. Some chemicals are harmful to aquatic life. Go to https://www.huffpost.com/entry/hawaii-ban-sunscreen-chemicals_n_5ae93604e4b022f71a02fc48 and see.

Some sun-blocks combine TiO₂ and/or ZnO with chemicals. Check the list of chemicals, however, and NEVER use oxybenzone or octinoxate. Even if you only swim in a pool, such water eventually ends up in the sewers and possibly rivers and salt water. Protect yourself this summer, and other aquatic creatures.

CHAIRS CORNER

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U.S. Masters Swimming. We will also have a slide show highlighting the year. If you have any photos you would like to

submit for the presentation, please email them to: Matt Miller, Matt@flytrapcare.com.

Swimmingly,
Tim Waud/OMS Chair

FITNESS

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enough time to burn enough calories.

Zone 3: Aerobic conditioning/weight management. If your goal is to improve your cardiovascular conditioning for better stamina and endurance, you should train within 70 to 80 percent of your maximum heart rate. This is a better fat-burning zone, and it is the zone where workouts with a Masters swim team will start and help you achieve.

Zone 4: Advanced conditioning: Once you have achieved a better level of fitness and you are training for a sport event such as the Association meet, some open water swims, and or triathlons, you will need to include some workouts that are 80 to 90 percent of your maximum heart rate. This level of training is challenging; it would be the intensity you would hit if you were racing.

Zone 5: High intensity/anaerobic conditioning. This is a very challenging zone and cannot be sustained for long. This is high

intensity interval training – fast and hard. This is physically and mentally demanding and is not for everybody.

Eventually if your goal is to become really fit, your program will include workouts in each of these ranges – short and hard to long and easy. At the beginning, you will need to determine whether you are in the right zone during any given activity to ensure you are reaching the results you aim to achieve. There is a quick and approximate way to calculate your maximum heart rate which is: “subtract your age from 220”. For most of us it is enough, as you should easily get the feeling of how hard you are exercising. If you have been dealing with heart problems, it might be good to invest in a rate monitor to ensure that you are in the correct zone and adjust if necessary.

Training with a Masters swim team will definitely help you reach all those zones and become fit. It will also bring the social aspect of swimming with a supporting group, and maybe help you be more consistent, and incorporate those good habits for life. This process never ends. There is no age at which it stops, but it will definitely improve the quality of your life as you age.

THE KETO DIET

Continued from page 4

The carbohydrate ceiling for weight loss may be as low as 15 grams, depending on the individual. This is only 60 calories of carbohydrate, which means 1/3 of a baked potato, 1/3 cup of rice, or one orange daily could be your limit of carbohydrate intake in order to remain in sufficient ketosis to suppress your appetite.

The Second Phase of Weight Loss

As you reach your desired weight on these diets you are allowed more carbohydrate. A maintenance diet prescribes levels generally between 30 and 90 grams of carbohydrates daily. However, if you start to regain weight as would be expected as you leave the appetite-suppressing advantages of ketosis, then you must immediately go straight back to the strictest carbohydrate-restrictive diet.

However, living with ketosis gets old fast for most people. Any benefits are usually temporary because it is too unpleasant to be in a state of ketosis seen with sickness — so people go back to their old way of eating to feel better and to enjoy their diet more, and they regain their lost weight and then some. A telling example of this is Dr. Atkins, the most famous advocate of ketogenic diets, who admits to being 20 pounds overweight; however, my eyeball of the situation leads me to believe that he was easily wearing 40 extra pounds of fat or more.

Mental Function Impaired by Ketosis

Mental health seems to be impaired by ketosis. Performance on the "Trail-making Task," a neuropsychological test which requires higher order mental processing and flexibility was found to be adversely affected by the ketogenic diet (Int J Obes Relat Metab Disord 19:811, 1995). Maybe this reduced

mental capacity is one reason some people on the Atkins Diet profess to be feeling so great.

The Natural Way to Permanent Weight Loss

There is a simpler, more healthful answer to obesity: eat the foods that thin people around the world eat; for example, the healthy people of Asia who thrive on high-carbohydrate, rice-based diets. The Japanese eat a diet abundant in rice and vegetables with only small amounts of animal protein and have a very low incidence of heart disease, breast, colon and prostate cancer and the world's greatest longevity. Many Seventh-day Adventists are strict vegetarians, who consume mainly grains, legumes, fruits, and vegetables, and as a result have a lower incidence of heart disease and colon cancer compared to the general population (Am J Clin Nutr 48:833, 1988; Cancer Res 35:3513, 1975). A recent (2001) study of Seventh-day Adventists found they lived longer and healthier. The vegetarian men and women had some of the best results with an expected age of death at 83.3 and 85.7 years, respectively. That is 9.5 and 6.1 years longer than the average Californian lives (Arch Intern Med 161:1645, 2001).

A diet based on complex carbohydrates with the addition of fruits and vegetables will cause effortless, permanent, healthful weight loss without restricting food or causing hunger. You eat delicious dishes such as minestrone soup, chili, and bean burritos. And you won't ever have to make yourself sick again with fried cheese cubes wrapped in bacon.

For the full article, see: <https://www.drmcDougall.com/health/education/health-science/featured-articles/articles/high-protein-diets/>

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

COACHES CHAIR

Continued from page 6

Here's a lactate tolerance set I came across with some quick Googling:

6 Rounds:

75 all out* + 75 ez; all on 4:00

50 all out* + 50 ez; all on 3:00

25 all out* + 25 ez; all on 2:00

*all out swims are
from the blocks

This set contains 900 yards of all out swimming! Yikes! I think our Southern Oregon Masters Aquatics (SOMA) workout group will be trying this set, or a modified version thereof, a few times leading into the OMS Association Champs.

Mix it up a bit with your sets too! I'm looking forward to seeing everyone swim fast and have fun at OMS Association Champs on May 17-19!!

hosted an event for kids since 2011, but we have secured a USA-Swimming sanction to go with our USMS sanction and will have kids 11 & older swimming with us. If your children or grandchildren are active USA-S swimmers and meet the age and qualifying times, this could be a fun family event for you.

Foster Lake is centrally located within two hours of most Oregon-registered swimmers, allowing many swimmers to travel to and from the venue on event day. For those wishing to camp, we offer tent camping (sorry, no RVs or tear-drops) in Lewis Creek Park the previous night only—the fee is \$10 per tent, payable with your entry. Also, Sunnyside Park is a fully-equipped Linn County campground 1.2 miles from the race site. Tent sites are \$13/night and hold up to 8 people, and hookup sites are \$18/night plus \$11 reservation fee/site. Call 541-967-3917, but do it soon—this campground always fills quickly. Note: The race venue at Lewis Creek County Park has a \$7 parking fee.

3. Portland Bridge Swim (Sunday, July 7)—USMS-sanctioned: See Portland like you never have before! Event Director Marisa Frieder will host our longest event of the season, the 9th edition of a 17-km swim in the river, which is also the **USMS Ultra-Marathon National Championships** for the second year in a row. The swim will also include 3-person relays. Start at Sellwood Riverfront Park, swim downstream passing under all 11 of Portland's bridges, and end at Cathedral Park. For safety reasons, this swim will start early, will require an individual escort (non-motorized boat or kayak), and entry is limited. Additionally, there will be a qualifying swim of 5-km; think about swimming your postal 5-km soon after May 15 to use as your qualifying swim. The swim has been fully enrolled since January, but you can find info at <https://portlandbridgeswim.redpodium.com/portland-bridge-swim-redesign>.

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

4. Applegate Lake (Saturday-Sunday, July 14-15)—USMS-sanctioned: Event Director Todd Lantry and host team Rogue Valley Masters (RVM) will present the 34th annual Southern Oregon open water swims at Applegate Lake, featuring the **Oregon LMSC Association 1500-meter Team Championships**. Saturday's events will be 2500, 5000 &

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

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

5. Cascade Lakes Swim Series & Festival at Elk Lake (Friday-Sunday, July 26-28)—USMS Sanctioned: Event Director Bob Bruce and host team COMA will present the 25th anniversary celebration of this major event, which will retain the traditional 'five swims in three days' format. Start late Friday afternoon with a 3000-meter swim. Saturday will feature the individual-start 500-meter sprint and the 1500-meter championship race, and plenty of lolling around the beautiful lake. Sunday will open with the 5000-meter swim and conclude with the tactically-challenging 1000-meter swim with small group send-offs. There are cumulative awards for the three-swim Short and Long Series, as well as Survivor awards for those compulsive maniacs who complete all five swims (will you be among them?). COMA promises a festival atmosphere with fun family-oriented events and the usual groaning hospitality table. Event info and online entry at https://www.clubassistant.com/club/meet_information.cfm?c=1756&smid=11568. Online entry only—there will be NO DAY-OF-RACE ENTRIES as we have done in the past.

The nearby group campgrounds were not available this year, so COMA is out of the camping business for now. Campgrounds at Elk Lake and other nearby lakes offer re-

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OREGON OPEN WATER PREVIEW

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served sites through www.recreation.gov. For cabins at the lake, go to www.elklakeresort.com. Bend and Sunriver offer many lodging choices at various price levels but reserve your place EARLY—there are other big events in Bend on this weekend.

6. Southern Oregon Coast Swims at Eel Lake (Saturday, August 17)—USMS Sanctioned: Event Director Matt Miller and host team Southern Oregon Masters (SOMA), along with local swim guru Ralph Mohr, will present the 13th edition of this popular Oregon Coast event. The event will include a two-loop 3000-meter swim and a one-loop 1500-meter swims. Look for the famous Eel Lake brownies along with cookies, fruit, and hot drinks, and the annual Super Bowl payoff dinner hosted by Connie Shuman that evening. Online entries only, except for day-of-race entries. Event info and online entry at https://www.clubassistant.com/club/meet_information.cfm?c=2441&smid=11818.

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

7. Lake of the Woods Swims (Saturday, September 8)—USMS Sanctioned: Event Director Matt Miller and host team SOMA will present this event in conjunction with the Lake of the Woods Tri-Sport Weekend, extending our season past Labor Day. The swim event at this beautiful venue will include both 3000-meter and 1500-meter swims (in opposite directions this year) as well as our OMS end-of-season awards. Event info & online entry at https://www.clubassistant.com/club/meet_information.cfm?c=2441&smid=11819 and <http://swimoregon.org/events/#>. The intrepid among you might even consider a double-header with the Whiskeytown swims near Redding, CA, the following day.

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

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

- Seven attractive venues—mountain lakes, scenic reservoirs, the Willamette River, and even a 50-meter pool—over five months. This is our longest season ever!
- One national championship swim.
- Venue formats—five single-day, one two-day, and one three-day meeting.
- Race distances—eighteen total swims ranging from 500-meter to 17-kilometers.
- Race courses—out-and-back to triangular to diamond to free-form to point-to-point.
- Race formats—individual-start to small group wave to traditional mass start.
- Water temperatures—normally ranging from low 60s to mid 70s.
- Most importantly, the great variety of friends who will come together again this summer to swim, camp, and frolic in the fellowship that is Oregon open water swimming.

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

Good luck and good swimming!

You can make your own changes to 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 LMSC Postal One-Hour Swim Results 2019

Place numbers are national places

OR = Oregon Record; NR = National Record

* = made the Oregon All-Time Top Twelve

Women 18-24

5 Miller, Danielle 23 CGM 4450

Women 25-29

18 Richter, Elizabeth 29 SOMA 3510

Women 30-34

9 Tosh, Megan 34 ORM 4525*

26 Blair, Heather 34 ORM 3540

27 Cloyd, Ilana 32 OCT 3475

Women 35-39

11 Callahan, Amanda 37 NCMS 3830

14 Thorn, Tralee 37 OCT 3655

19 Sernoffsky, Lara 38 THB 3450

22 Murphy, Moira 37 CGM 3260

28 Muske-Dukes-Driggs, Annie 36 COMA 2850

Women 40-44

6 Kiefer, Stacey 41 COMA 4640*

21 Jajewski, Suzy 44 ORM 4000

29 Baxter, Tanya 40 SOMA 3580

Women 45-49

6 Tomac, Jayna 47 SOMA 4580

14 Criscione, Anicia 46 CAT 4225

24 Ready, Jodi 48 CGM 3725

28 May, Kari 47 SOMA 3680

29 Lui, Wendi 47 THB 3595

45 Hoiland, Barbara 48 OPEN 2875

48 Franklin, Kristina 47 OCT 2470

49 Russo, Jessica 48 CGM 2305

Women 50-54

15 Hecksel, Toni 53 CGM 4175

22 Pettit, Jayette 52 SOMA 4000

23 Salton, Gillian 51 COMA 3975

24 Morgen, Cheryl 50 COMA 3970

26 Hirsch, Christine 50 CAT 3715

30 Fadlovich, Angela 53 LHST 3625

39 Mack, Jamie 52 CGM 3420

Women 55-59

8 Jenkins, Valerie 56 ORM 4410*

11 Delmage, Arlene 57 ORM 4360

34 Hall, Julie 55 SOMA 3740

43 Fox, Christina 59 CAT 3605

47 Bedford, Kathleen 56 THB 3575

60 Burkard, Anita 56 LHST 3305

94 Malango, Christina 59 OPEN 2725

Women 60-64

2 Crabbe, Colette 63 ORM 4485

21 Goodman, Ann 60 CGM 3810*

27 Vincent, Nancy 60 LHST 3710*

73 Eder, Francine 62 ORM 2800

79 Schivone, Caryl 61 OPEN 2575

90 Malloy, Patricia 60 NCMS 1925

Women 65-69

7 Summers, Jeanna 65 ORM 3900*

Women 70-74

6 Kay, Rebecca 73 RVM 3400*

27 Pierson, Ginger 73 ORM 2580*

Women 75-79

1 Calnek-Morris, Sue 76 ORM 3495* OR

9 Ziemer, Judy 75 COMA 2790*

16 Magmer, Jeanne 79 NCMS 2250*

Women 85-89

1 Speer, Bonnie 85 LHST 1890* OR

Men 25-29

13 Aldred, Grant 26 SHC 4020

Men 30-34

8 Marler, Christopher 34 SOMA 4060

10 Cloyd, KC 34 OCT 3940

Men 35-39

6 Stadnisky, Michael 36 COMA 4260

Men 40-44

1t Nason, Jeffrey 44 CAT 5260*

1t Miller Matt 42 SOMA 5260*

4 Clark, Will 42 CGM 4685

8 Donnermeyer, Chris 43 CGM 4560

14 Holland, Nick 44 UC37 4115

20 Hiller, Patrick 42 CGM 3860

Men 45-49

2 Grote, Kurt 46 MACO 5250*

7 Josberger, Jim 48 SOMA 4735

Men 50-5

1 Lussier, Hardy 54 COMA 5370

6 Sullivan, Scot 53 MACO 5180*

16 Frost, Mark 52 CGM 4610

48 Waud, Tim 52 OCT 3660

61 Barrett, Dale 53 SOMA 3030

Men 55-59

12 Hathaway, David 59 ORM 4575

47 Allender, Will 55 CAT 3815

61 Livengood, David 56 ORM 3200

Men 60-64

7 Allender, Pat 61 CAT 4485*

10 Piette, Jeffrey 64 SOMA 4445

20 Britsch, Uwe 63 SOMA 4125

22 Voll, Robert 62 ORM 4105

45 Graeber, Doug 60 COMA 3635

59 Oblak, Brad 64 COMA 3335

66 Lane, Mark 62 COMA 2960

Men 65-69

7 Stephenson, Michael 67 CGM 4130

9 Phipps, Tom 66 OCT 4045

12 Yensen, Kermit 66 COMA 4025*

14 Larson, Alan 66 ORM 3845

15 Edwards, Wes 66 SOMA 3825

47 Roome, Charles 67 SOMA 3075

50 Darnell, Steve 65 LHST 2705

Men 70-74

1 Kirkland, Dan 71 SOMA 4710* OR

3 Bruce, Bob 71 COMA 4395*

7 Henderson, Matt 70 COMA 3795*

14 Carew, Mike 70 COMA 3290

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ONE-HOUR EPOSTAL RESULTS

Continued from page 14

Men 75-79

5	Mohr, Ralph	78	COMA	3660
9	Phillips, Frank	77	SOMA	3350*
13	Foges, John	75	COMA	3015*
14	Spence, John	78	COMA	2975
24	Mellow, Bill	78	CGM	2305

Men 80-84

1	Fasbender, Barry	82	SOMA	3030
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Men 85-89

1	Radcliff, Dave	85	THB	3805* NR
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Men 95-99

1	Lamb, Willard	97	SOMA	2850
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RELAYS

WOMEN

Women 18+: 3 x One-hour

2	OREG (Goodman, Callahan, Miller)	12,090
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Women 25+: 3 x One-hour

5	OREG (Morgen, Salton, Tosh)	12,470
---	-----------------------------	--------

Women 35+: 3 x One-hour

2	OREG (Pettit, Jajewski, Kiefer)	12,640
---	---------------------------------	--------

Women 45+: 3 x One-hour

1	OREG (Hecksel, Criscione, Tomac)	12,980
---	----------------------------------	--------

Women 55+: 3 x One-hour

2	OREG (Delmage, Jenkins, Crabbe)	13,255 OR
---	---------------------------------	------------------

Women 65+: 3 x One-hour

2	OREG (Peirson, Kay, Summers)	9,880
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Women 75+: 3 x One-hour

1	OREG (Magmer, Ziemer, Calnek-Morris)	8,535 OR
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MEN

Men 25+: 3 x One-hour

2	OREG (Marler, Donnermeyer, Frost)	13,075
---	-----------------------------------	--------

Men 35+: 3 x One-hour

1	OREG (Clark, Nason, Miller)	15,205
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Men 45+: 3 x One-hour

1	OREG (Sullivan, Grote, Lussier)	15,800 NR
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Men 55+: 3 x One-hour

2	OREG (Piette, Allender, Hathaway)	13,505
---	-----------------------------------	--------

Men 65+: 3 x One-hour

1	OREG (Stephenson, Bruce, Kirkland)	13,235 OR
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Men 75+ A: 3 x One-hour

1	OREG (Phillips, Mohr, Radcliff)	10,815
---	---------------------------------	--------

Men 75+ B: 3 x One-hour

3	OREG (Spence, Foges, Fasbender)	9,020
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MIXED

Mixed 18+: 4 x One-hour

2	OREG (Jajewski, D Miller, Frost, Clark)	17,745
---	---	--------

Mixed 25+: 4 x One-hour

3	OREG (Hecksel, Tosh, Josberger, Sullivan)	18,615
---	---	--------

Mixed 35+: 4 x One-hour

1	OREG (Criscione, Kiefer, Nason, M Miller)	19,385
---	---	--------

Mixed 45+: 4 x One-hour

1	OREG (Delmage, Tomac, Grote, Lussier)	19,560
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Mixed 55+: 4 x One-hour

1	OREG (Jenkins, Crabbe, Allender, Hathaway)	17,955
---	--	--------

Mixed 65+: 4 x One-hour

1	OREG (Kay, Summers, Bruce, Kirkland)	16,405 OR
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Mixed 75+: 4 x One-hour

1	OREG (Ziemer, Calnek-Morris, Mohr, Radcliff)	13,750 NR
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2019 National Club Placement (Overall Category):

Not Available Yet

LONG DISTANCE SWIMMING

continued from page 7

award. You've seen the patches—now you can earn your own. Put these swims on your calendar! Of course, the truly compulsive swimmers—like me—plan to complete all four remaining postal swims this year to earn the national participation award. And, of course, there's the GO PRO Challenge...

Where do we go from here? Keep on swimming—the essence of the postal events is to do them. Next up are the 5

& 10-km postal national championships, to be done between May 15 and September 15 in a long course pool.

Look for the full 2019 Oregon LMSC for the One Hour Swim results in this *Aqua Master*. (Starting on page 14)

Good luck and good swimming!

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

Summary

Records & Results. . .

One-hour ePostal

Looking Ahead. . .

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 16)

Quote for the month. . .

If you have a lane, you have a chance

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