



# Aqua Master

Award-winning Newsletter of Oregon Masters Swimming

*"Swimming for Life"*

Volume 46 • Number 6

Published 10 Times Yearly by OMS, Inc.

July • 2019

## Oregon Masters Swimming Association Championship Meet

by Claudia Grow

This year, our Association championships were held a month after Spring Nationals, but no one seemed to mind the shift in the schedule; swimmers kept on truckin' like it was other years. Two hundred forty-two swimmers registered for the OMS Association SCY Championship Meet held May 17-19, 2019, at the Tualatin Hills Aquatic Center in Beaverton, Oregon. There were 21 workout groups, and each swimmer wanted to get as many points as possible so their team would have a good chance to win a place in the Large, Medium or Small team categories. This is the only SCY meet of the year in which the teams compete against each other. One could see workout group 'headquarters' in many places around the pool area. The Oregon City Tankers were all dressed up and cheering for their swimmers.

When all was over, there were 28 Oregon, 14 Zone and 5 National records newly established. All National record swims (by Oregon swimmers) will also be Zone record and Oregon record swims; likewise, all Zone record swims (by Oregon swimmers) will also be Oregon record swims.

**Dave Radcliff**, swimming in the men's 85-89 age group put his post-championship training to work as he set four new national records in the short-course freestyle events. He posted a 2:42.78 in the 200, 7:37.32 in the 500, 15:25.19 for the 1000 and a 25:31.87 in the 1650. His four records were set in two swims as he broke the 500 and 1000 marks on his way to the record in the 1650! **Dan Kirkland**, at age 70, went under 20:00 in the 1650 Freestyle in Men's 70-74 age group to set a National record time

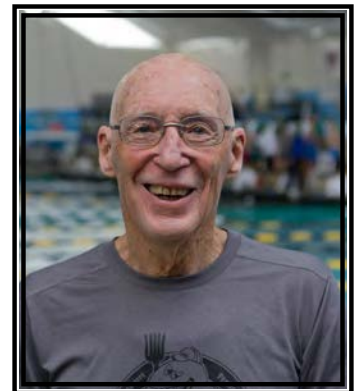
of 19:46.98. That's a lot of freestyle!

Zone records fell by busy swimmers as well. **Holly Vaughn Edmonds**, 56, swam the 500 Free in 5:43.14; **Ron Nakata**, 80, swam to a new mark in the men's 100 IM, 1:25.05; **Mike Self** went 54.09 in the men's 45-49 100 Back and **Janet Gettling** was up to her usual tricks when she went 1:31.01 in the 100 Breaststroke and a 1:30.92 in the 100 Fly in the Women's 70-74 age group. **Sue Calnek Morris**, 76, swam the 100 Free in 1:26.39, **Dan Kirkland**, 70, swam the 100 Back and the 200 Back in 1:07.73 and 2:24.11 respectively, and **Dave Radcliff**, 85, swam 100 Free in 1:12.81.

The pool at Tualatin was fun to swim in—sometimes a change in venue and time livens up a routine!



*Dan Kirkland — set a National Record in the 1650 yard freestyle as he broke the 20 minute barrier*



*David Radcliff — set 4 National records and 1 NW Zone record in all of the five freestyle events of 100 meters or longer*

## Oregon Masters Swimming, Inc. Board Members

### CHAIRMAN OF THE BOARD

Tim Waud • [timpwaud@gmail.com](mailto:timpwaud@gmail.com)

### VICE CHAIRMAN - SANCTIONS

Robbert van Andel • [swimmer1974@gmail.com](mailto:swimmer1974@gmail.com)

### SECRETARY

Kristina Franklin • [kristina.l.franklin@gmail.com](mailto:kristina.l.franklin@gmail.com)

### TREASURER

Kermit Yensen • [kermit.yensen@gmail.com](mailto:kermit.yensen@gmail.com)

### REGISTRAR

Susie Young • [Swim.pdx@gmail.com](mailto:Swim.pdx@gmail.com)

### AQUA MASTER EDITOR

Alice Zabudsky • [azabudsky@msn.com](mailto:azabudsky@msn.com)

### AWARDS — ANNUAL

Sara Shepherd • [albright.becker@gmail.com](mailto:albright.becker@gmail.com)

### COACHES CO-CHAIR

Matt Miller • [matt@flytrapcare.com](mailto:matt@flytrapcare.com)  
Sara Shepherd • [albright.becker@gmail.com](mailto:albright.becker@gmail.com)

### DATA MANAGER — SWIM MEETS

Gary Whitman • [all5reds@comcast.net](mailto:all5reds@comcast.net)

### FITNESS CHAIR

Colette Crabbe • [colettecrabbe@hotmail.com](mailto:colettecrabbe@hotmail.com)

### HOST/SOCIAL

Michelle Jacobs-Brown • [Goblin34.mjb@gmail.com](mailto:Goblin34.mjb@gmail.com)

### LONG DISTANCE CHAIR

Bob Bruce • [coachbobbruce@gmail.com](mailto:coachbobbruce@gmail.com)

### MEMBERSHIP PROMOTION

Carolyn DeMarco • [adairpete@msn.com](mailto:adairpete@msn.com)

### MEMBERSHIP

Christina Fox • [foxkohnert@peak.org](mailto:foxkohnert@peak.org)

### OFFICIALS — SWIM MEETS

Jacki Allender • [jacki.allender@gmail.com](mailto:jacki.allender@gmail.com)

### OMS EMAIL GROUP MAINTENANCE

Susie Young • [swim.pdx@gmail.com](mailto:swim.pdx@gmail.com)

### PAYMENTS ADMINISTRATOR

Ginger Pierson • [gingerpierson7857@comcast.net](mailto:gingerpierson7857@comcast.net)

### PROGRAM DEVELOPMENT

Marlys Cappaert • [m.cappaert@comcast.net](mailto:m.cappaert@comcast.net)

### RECORDS

Stephen Darnell • [inancialwizard2@comcast.net](mailto:inancialwizard2@comcast.net)

### SAFETY

Joy Ward • [silenteclipse1210@hotmail.com](mailto:silenteclipse1210@hotmail.com)

### SOUVENIRS

Jeanna Summers • [jeanna.summers@optumhealth.com](mailto:jeanna.summers@optumhealth.com)

### OREG CLUB REP

Nancy Vincent • [ncsvincent@comcast.net](mailto:ncsvincent@comcast.net)

### USMS REP

Sandi Rousseau • [swim@gorge.net](mailto:swim@gorge.net)

### TOP TEN

MJ Caswell • [mjcaswell@earthlink.net](mailto:mjcaswell@earthlink.net)

### WEB MASTER

Matt Miller • [matt@flytrapcare.com](mailto:matt@flytrapcare.com)

### PRINCIPAL FOUNDER OF OMS

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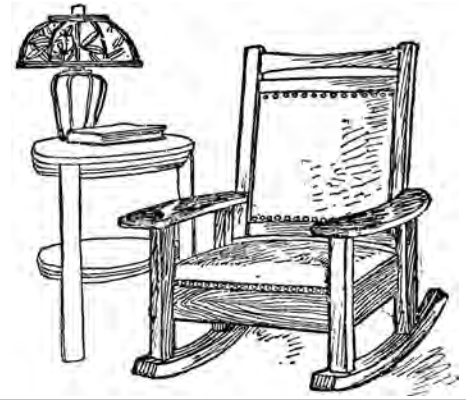
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Send address changes to Susie Young and all other membership questions to Christina Fox.

Volume 46 • Number 6 • July 2019

# Chair's Corner

**Tim Waud**  
*OMS Board Chairman*



Greetings Fellow Masters Swimmers,

Congratulations to everyone who participated in our annual OMS Association Championship last month. A pool full of thanks to Jim Teisher, Julie Andrade, and a long list of Barracuda volunteers who put on an amazing event. Lots of fast times were achieved and several records were established on the Oregon, NW Zone, and National level.

At our annual meeting, we honored outstanding contributions both in and out of the pool. We recognized volunteers who tirelessly give to our organization. These individuals were nominated by your fellow Masters in OMS. Swimmers were given awards based not only on their performances but also on participation in OMS swim competitions. The "Most Splashes" award is given to those who have swum the most events during the calendar year.

Summer is now here and we begin our Open Water Swim Season. Oregon is well known for our variety in

Open Water swimming races and venues. Once again, the Portland Bridge Swim is a U.S. Masters Swimming Ultra-Marathon National Championship. The Cascade Lakes Swim Series & Festival will play host to the NW Zone (1500m) Open Water Championship. COMA is also hosting the 9th annual Foster Lake Cable Swims featuring the 1 and 2-mile cable swims, on Saturday, June 29. We'll be operating under a dual sanction this year, so let's welcome the kids back for the first USA-Swimming-sanctioned open water swim in Oregon since 2011.

We will conclude our summer with our only pool event, the NW Zone/Gil Young/OMS Long Course Championship at Mt Hood Aquatic Center in late August. I hope to see all of you around a lake or pool this summer.

Swimmingly,

Tim Waud/OMS Chair





# Off the Block

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

## John Reversed His Diabetes & Beat His Family Genetics

by John

Growing up with an Irish family, I learned early the four essential food groups: sugar, fat, alcohol, and caffeine. A balanced meal was a cookie in each hand. My mother used to say, "If God meant for us to touch our toes, he would have put them closer to our hands."

I was a pretty normal kid, though slightly overweight. There was no real food in our refrigerator, but I never complained because there was always meat on the table, ice cream in the freezer and some kind of pie when I got home from school. When I was about seven I saw my aunt injecting herself with insulin and thought how strange that was. Later, her foot and then her leg were amputated, and she died at a young age. My sister also died at 43.

In my 20s, I lived on cheeseburgers and went to work with a pocket full of Oreo cookies and a giant bottle of Coke. Like many Americans, the only vegetables I ate were French fries. In the military during the Vietnam War, I could never understand why doctors always wanted to repeat my fasting blood test. Obviously, my blood sugars were high, yet no one ever explained what this meant or suggested I change my diet. I knew that heart disease and diabetes existed but had no clue what they were until one day a doctor told me I had them.

An EKG showed I had survived a mild heart attack and I didn't even know it. I thought this stuff was for seniors, not a thirty-year-old. I did research and found out how horrible diabetes can be. Heart and kidney failure, blindness and amputations scared me into reading all the health books I could find. A few of them suggested I could live without taking insulin by making some changes in lifestyle. That



certainly sounded better than jabbing myself with needles every day and ending up like my aunt.

As my triglycerides, blood pressure, fat, and cholesterol came down to normal, I kept reading health books and eventually went back to college to earn a degree in Nutrition. I'm now 77 and have about 10% body fat, my last blood pressure read 110/70, and doctors no longer want to do blood tests because my blood sugar is always normal. I feel that everyone needs to know that heart disease and type-2 diabetes can be avoided and even reversed by simply living on plants. I find it criminal that so many are given distorted nutrition advice through the influence of large food companies. Hundreds of millions are suffering needlessly because they never hear of, or fail to believe Dr. McDougall. I was one of the few lucky ones.



# Fit to Swim

**Coach Colette Crabbe**  
OMS Fitness Chair



## How to Keep Up Your Motivation

You might have participated in a Try-Masters-Swimming week, your first triathlon, open water or a pool meet. It was fun and challenging but now what? How do I keep the motivation to continue swimming after the hype of the event has waned down, if the hours of the Masters swim team do not fit my schedule or is too far away?

First and foremost, reflect on your experience. Was it challenging because you didn't have any technique, because you were out of shape, because you were too nervous, because you had a traumatic experience around the other swimmers, because you simply didn't like to be in water? Was it fun because the other participants were very welcoming, because you did better than you expected, because you liked the relays, because of the tips and workouts you received, because of the social aspect of swimming within a group? Whatever your experience has been, learn from it and adjust your attitude and goals accordingly.

OK, technique was the problem. This is the easiest but also the most challenging aspect to react to. All good Masters swimming programs should address technique in all four strokes, and every public or private pool has a swimming program and generally offers swim lessons at all levels. Both our USMS website as well as our Oregon Masters newsletter, *Aqua Master*, offer some tips thru their coach's columns. As fitness chair, I have addressed the basics of each stroke in a few different *Aqua Master* articles: free (Nov-Dec, 2017), Backstroke (March, 2018), Butterfly (Aug, 2018) and Breaststroke (March, 2019). A change in technique does require a lot of practice. Work thru progression and focus on one thing at a time. The first area of focus for a novice swimmer should be the position on top of the water to avoid as much drag as possible, and to be in the correct position to have an efficient arm movement. The major culprits of a

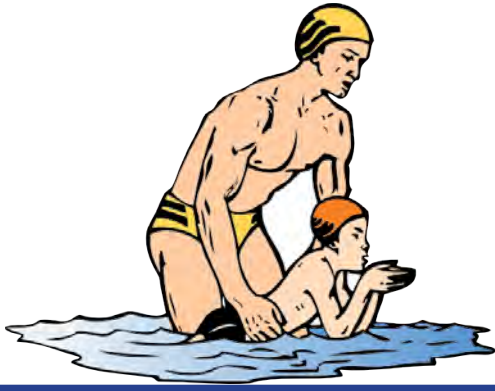
bad position on top of the water are a combination of weak or inefficient kicks (small and quick), the lifting of the head to breathe (head in a neutral position), not keeping at least one hand in front for balance (front quadrant swimming), and not tightening the core to stay in alignment. Once you are able to stay on top of the water without too much effort, it is time to progress to the efficiency of the movement. Mostly think forward, extend your arms towards the front to avoid side movements and to keep your balance; think early vertical forearms to catch water as soon as possible (keep the elbows up), apply pressure and bring your arms quickly back to the front to keep the momentum going. Anytime, you feel you are not progressing, take another lesson, or ask for a tip from your coach or another experienced swimmer, and practice, practice, practice. Improvement in technique is the most rewarding experience and the best motivator.

Ok, you were out of shape. A swimmer will always remain a swimmer. You are still swimming better than 99% of the population but you are just out of shape. You are now a Masters swimmer, so you do not need to swim those twice daily grueling practices. Swim what is comfortable for you to fit in your weekly schedule, but practice smartly to avoid injuries. Swimming is a lifelong sport and you are in it for your health. During your lifetime, you will have peak training, when you are working out for a specific event or goals, but you will also have time where you will just swim for fitness, enjoyment and to keep your most precious gift: health.

Ok, this was a real traumatic experience. Maybe swimming in an organized swimming event is not for you, just keep swimming for fitness and/or find another physical activity but stay active, it is too important for your quality of life.



Continued on page 14



# Coaches Chair

**Coach Sara Shepherd**  
OMS Co-Coaches Chair

## Open Water Swimming is Good For You!

Open water swimming has become increasingly popular, with people all over the world taking to the outdoors in a lake, ocean or other bodies of open water. Here are some benefits of taking the plunge!

It is a relaxing yet exhilarating experience to be out there as nature intended with plenty of stimulus to keep your mind occupied. What a great feeling to be at one with nature! The natural backdrops of open water swims make them all the more breath-taking. If you are mostly a pool swimmer, it is nice to get out of the concrete box, and not have to stare at a black line or the same walls for hours on end. There is a great sense of achievement in open water when you look back to where you swam from and see the distance you've accomplished. No two swims are exactly the same, and you can't really compare your time to the last, because the conditions and currents make each experience as unique as a finger print.

The social benefits are great. As everyone knows, the camaraderie in this sport is like no other. You don't have to participate in the sport to race or even be competitive; you can do it for the sheer enjoyment of being out there. The open water swimming community is among the most supportive and passionate communities around, with many local groups arranging swims daily.

Acclimatizing to the cold temperatures of open water is pretty testing – pushing you both physically and mentally. Training your body's cold responses is sometimes as much of an achievement as completing the swim itself! For beginners, wetsuits are recommended to help adjust to the water temperature and can improve buoyancy. It is also a great challenge knowing that you have no floor to stand up on or side to hang onto, so it does offer a challenge that isn't there

in a confined pool environment.

The health benefits are practically endless, and it's commonly known that exercise does wonders for both physical and mental health. It helps with weight loss, depression, anxiety and improves mood. Open water swimming is no exception. Acclimatizing and adapting to the cold water can help to reduce the risk of heart attacks, and being immersed in cold water allows your body temperature to drop. This makes your body work harder to warm up, in turn burning fat and speeding up metabolism. It provides an all-over body workout, so it is one of the best forms of exercise there is.

Whether you complete your first open water swim or your first competition, simply adapting to the temperature of the water compared to the pool and not being able to see what's below you is an achievement in itself. The sense of personal accomplishment is pretty amazing, whatever distance you want to cover, from 500 meters to 10k – there is no limit to your enjoyment!

You're in luck because Oregon has so many open water swimming opportunities in some of the most beautiful settings! Here are a few upcoming open water events in the Summer of 2019:

- July 7: Portland Bridge Swim (entries full for 2019 – but a true testament to an ultramarathon-distance open water swim – try for 2020!)
- July 13-14: Southern Oregon Swims at Applegate Lake
- July 26-28: Cascade Lakes Swim Series & Festival at Elk Lake
- August 17: Southern Oregon Coast Swims at Eel Lake

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# Recent Meets & Records

Records are for Oregon LMSC Swimmers Only

\* = split

## Pacific Northwest—SCY

April 13-14, 2019; Federal Way, WA; Weyerhaeuser King County Aquatic Center; Sanction #369-S005  
Results: <https://www.usms.org/comp/meets/meetsearch.php?club=OREG&MeetID=20190413PNACHMY>

Age Group	Event	Name	Age	Time	Record set
Women 30-34	50 Yard Butterfly	Kamat, Julie C	31	27.47	Oregon
Women 55-59	50 Yard Butterfly	Delmage, Arlene	56	29.10	Oregon, Zone
Women 55-59	100 Yard Butterfly	Delmage, Arlene	56	1:06.25	Oregon, Zone
Women 60-64	200 Yard Freestyle	Andrus-Hughes, Karen	61	2:16.53	Oregon
Women 70-74	50 Yard Breaststroke	Gettling, Janet	70	40.68	Oregon, Zone
Women 75-79	50 Yard Freestyle	Ward, Joy	76	37.46	Oregon, Zone
Women 75-79	50 Yard Breaststroke	Prather, Mirjana	75	45.47	Oregon, Zone
Women 75-79	100 Yard Breaststroke	Prather, Mirjana	75	1:39.39	Oregon, Zone
Women 75-79	100 Yard Butterfly	Ward, Joy	76	1:49.37	Oregon, Zone
Men 65-69	200 Yard Backstroke	Edwards, Wes	65	2:25.00	Oregon
Men 70-74	200 Yard Freestyle	Kirkland, Dan L	70	2:07.57	Oregon, Zone
Men 70-74	1000 Yard Freestyle	Kirkland, Dan L	70	11:46.94	Oregon, Zone, National
Men 70-74	1650 Yard Freestyle	Kirkland, Dan L	70	20:03.68	Oregon, Zone, National
Men 70-74	200 Yard Backstroke	Kirkland, Dan L	70	2:25.12	Oregon, Zone

### RELAYS

<b>Women 55+ 200 Yard Medley Relay</b>	<b>OREG "A"</b>	<b>2:01.77</b>	<b>Oregon, Zone</b>
1) Jenkins, Valerie G F55	2) Crabbe, Colette M F62	3) Delmage, Arlene F56	4) Andrus-Hughes, Karen F61
<b>Men 65+ 200 Yard Freestyle Relay</b>	<b>OREG "A"</b>	<b>1:42.04</b>	<b>Oregon, Zone</b>
1) Philbrick, Larry K M66	2) Brockbank, Doug M65	3) Edwards, Wes M65	4) Tennant, Mike J M65
<b>Men 65+ 200 Yard Medley Relay</b>	<b>OREG "A"</b>	<b>1:57.40</b>	<b>Oregon, Zone</b>
1) Edwards, Wes M65	2) Philbrick, Larry K M66	3) Brockbank, Doug M65	4) Tennant, Mike J M65

## USMS Spring Nationals—SCY

April 25-28, 2019; Mesa, Arizona;

Results: <https://www.usms.org/comp/meets/meetsearch.php?club=OREG&MeetID=20190425SpNatsY>

Age Group	Event	Name	Age	Time	Record set
Women 30-34	50 Yard Butterfly	Julie Kamat	31	27.21	Oregon
Women 35-39	100 Yard Backstroke	Sara Shepherd	36	1:00.51	Oregon
Women 35-39	200 Yard Backstroke	Sara Shepherd	36	2:11.61	Oregon
Women 35-39	100 Yard I.M.	Sara Shepherd	36	1:02.58	Oregon
Women 35-39	200 Yard I.M.	Sara Shepherd	36	2:13.96	Oregon, Zone
Women 40-44	100 Yard Butterfly	Sonja Skinner	42	1:00.86	Oregon
Women 55-59	200 Yard Butterfly	Arlene Delmage	56	2:30.14	Oregon, Zone
Women 70-74	100 Yard Freestyle	Margaret Toppel	71	1:06.03	Oregon, Zone, National
Women 75-79	50 Yard Freestyle	Joy Ward	76	37.05	Oregon, Zone
Men 25-29	100 Yard Breaststroke	Michael Hargitt	27	59.22	Oregon
Men 45-49	200 Yard Breaststroke	Kurt Grote	45	2:08.94	Oregon, Zone
Men 45-49	100 Yard I.M.	Kurt Grote	45	55.13	Oregon, Zone
Men 65-69	200 Yard Butterfly	Tom Phipps	65	2:53.85	Oregon
Men 70-74	500 Yard Freestyle	Dan Kirkland	70	5:54.97	Oregon
Men 70-74	100 Yard Backstroke	Dan Kirkland	70	1:07.88	Oregon, Zone

continued on next page



**RELAYS****Women 18+**

Sara Shepherd (36)

**Women 25+**

Julie Kamat (31)

**Women 55+**

Valerie Jenkins (55)

**Women 65+**

Margaret Toppel (71)

**Women 65+**

Jeanna Summers (65)

**Mixed 18+**

Chase Mesford (29)

**Mixed 55+**

Valerie Jenkins (55)

**Mixed 65+**

Dan Kirkland (70)

Jessica Stacy (29)

**200 Free Relay**

Alexis Higlett (35)

Arlene Delmage (56)

**200 Free Relay**

Mary Anne Royle (66)

Janet Gettling (70)

Alexis Higlett (35)

Brent Washburne (57)

Janet Gettling (70)

**200 Medley Relay**

Natascha Tulloch (29)

Sonja Skinner (42)

**200 Free Relay**

Nancy Vincent (59)

Jeanna Summers (65)

Margaret Toppel (71)

**200 Free Relay**

Jessica Stacy (29)

**200 Medley Relay**

Arlene Delmage (56)

**200 Medley Relay**

Margaret Toppel (71)

**1:50.62**

Erin Cavender (24)

**1:40.32**

Jessica Stacy (29)

**1:53.97**

Karen Andrus-Hughes (61)

**2:07.91**

Janet Gettling (70)

**2:26.55**

Mary Anne Royle (66)

**1:35.25**

Baylor Wiggins (18)

**2:00.91**

Robert Voll (61)

**2:10.08**

Doug Brockbank (65)

Oregon, Zone

Oregon, Zone

Oregon

Oregon, Zone

Oregon, Zone

Oregon

Oregon

Oregon

**OREG Association Championships—SCY**

May 17-19, 2019; Tualatan Hills; Beaverton; Sanction #379-5006

Results: [https://swimoregon.org/results\\_pdfs/2018-2019/ResultsAssnChamps\\_SCY\\_20190517\\_Splits.htm](https://swimoregon.org/results_pdfs/2018-2019/ResultsAssnChamps_SCY_20190517_Splits.htm)

Age Group	Event	Name	Age	Time	Record set
Women 25-29	50 Yard Breaststroke	Schuck, Makila	25	30.62	Oregon
Women 35-39	500 Yard Freestyle	Higlett, Alexis	35	5:26.02	Oregon
Women 55-59	500 Yard Freestyle	Vaughn Edmonds, Holly	56	5:43.14	Oregon, Zone
Women 60-64	100 Yard Breaststroke	Crabbe, Colette	62	1:18.16	Oregon
Women 60-64	200 Yard Breaststroke	Crabbe, Colette	62	2:51.61	Oregon
Women 60-64	50 Yard Butterfly	Andrus-Hughes, Karen	61	31.22	Oregon
Women 70-74	100 Yard Breaststroke	Gettling, Janet	70	1:31.01	Oregon, Zone
Women 70-74	100 Yard Butterfly	Gettling, Janet	70	1:30.92	Oregon, Zone
Women 75-79	100 Yard Freestyle	Calnek-Morris, Sue	76	1:26.39	Oregon, Zone
Men 25-29	50 Yard Freestyle	Ghiglieri, Aaron	25	21.28*	Oregon
Men 25-29	50 Yard Breaststroke	Ghiglieri, Aaron	25	26.74	Oregon
Men 25-29	50 Yard Butterfly	Ghiglieri, Aaron	25	23.09	Oregon
Men 45-49	1000 Yard Freestyle	Grote, Kurt	45	10:30.26*	Oregon
Men 45-49	100 Yard Backstroke	Self, Mike	49	54.09	Oregon, Zone
Men 55-59	400 Yard IM	Hageman, Mark	56	4:52.10	Oregon
Men 70-74	1650 Yard Freestyle	Kirkland, Dan	70	19:46.98	Oregon, Zone, National
Men 70-74	100 Yard Backstroke	Kirkland, Dan	70	1:07.73	Oregon, Zone
Men 70-74	200 Yard Backstroke	Kirkland, Dan	70	2:24.11	Oregon, Zone
Men 70-74	50 Yard Breaststroke	Stark, Allen	70	33.09	Oregon
Men 70-74	100 Yard Breaststroke	Stark, Allen	70	1:13.02	Oregon
Men 70-74	200 Yard Breaststroke	Stark, Allen	70	2:47.12	Oregon
Men 80-84	100 Yard Breaststroke	Nakata, Ronald	80	1:35.77	Oregon
Men 80-84	100 Yard IM	Nakata, Ronald	80	1:25.05	Oregon, Zone
Men 85-89	100 Yard Freestyle	Radcliff, David	85	1:12.81	Oregon, Zone
Men 85-89	200 Yard Freestyle	Radcliff, David	85	2:42.78	Oregon, Zone, National
Men 85-89	500 Yard Freestyle	Radcliff, David	85	7:37.32*	Oregon, Zone, National
Men 85-89	1000 Yard Freestyle	Radcliff, David	85	15:25.19*	Oregon, Zone, National
Men 85-89	1650 Yard Freestyle	Radcliff, David	85	25:31.87	Oregon, Zone, National



# Swimmer Spotlight

—submitted by Karen Andrus-Hughes

## James Adams

Age: 41

Occupation: Industrial Maintenance Mechanic

Local Team: SOMA

As with many children, my parents placed me in swim lessons at the age of 5. My mom wanted to be sure I would be safe around water and be able to attend backyard pool parties without fearing for my life. I progressed rapidly through swim lessons, except for learning a legal breaststroke kick. After numerous repeat classes, with no legal luck in breaststroke, I could out-swim the kids in the upper levels, so they advanced me anyway. Eventually I figured it out! The aquatics director said the local swim team was holding tryouts and told my mom that it would be good for me to tryout. Little did she know what she was getting herself into!!

I joined the Barracudas in Wenatchee, WA at age 7, and quickly developed a love for the sport. Our coach had us compete in every swim event available, regardless of best strokes/worst strokes, and trained us the same way. Swimming gave me the opportunity to travel around the western United States, as I was able to qualify for Regional, Zone and Junior National Championship meets throughout my early career. I was also part of two Washington High School State Championship teams in 1994 & 1995.

My swimming career brought me to Linfield College in McMinnville, Oregon, where I quickly got started on a successful college career, earning four NAIA National Championships in the 500 Free and 1650 Free (two in each event). I mostly competed in Butterfly, Individual Medley and Freestyle events, where I at one point held seven college team records, three of which are still standing today (500, 1000, 1650 Free).

After college I swam and coached with the Canby Swim Club for

about 4 years. Working job to job, and finding something that would work with a swim team schedule was difficult, and I eventually moved back “home” with my daughter to Wenatchee, WA, following a divorce. After getting back on my feet financially, I met my wife Sandra who I have been with for 15 years. We have 3 children, Amelia, Benjamin, and Christina. Life took over at this point: work, kids, couch, bed, repeat. I ended up slowly gaining weight, and having high blood pressure issues, which caused me to focus on finding a way to get healthy and away from the medications.

I began swimming again at age 32, finding that it’s not as easy to swim as I once could. I joined USMS and began attending more and more competitions in Washington and Oregon. I entered so many meets, my wife would ask: “another meet?” Training has been primarily a solo adventure for me over the years, relying on experience to design workouts, or meeting up with other lap swimmers at the local Y pool for unofficial workouts. As the years went by, pounds began coming back off, and my pant sizes got back to my “normal” again. I was happy to be getting back into the sport I had loved throughout my childhood.

I love the longer races! 200 Fly, 400 IM, 500/1650 are my “go to” events, but I still mix in other events. That’s the best part of Masters swimming, you decide what you do! I’m very competitive in whatever I do and have been coaching my daughter’s soccer team for the past three years, both fall and spring. It’s both enjoyable and frustrating at the same time though. Even though we don’t typically have winning seasons, I am proud to say that all my girls keep returning season to season, so something must be going right!

While I may be one of the most northern residents of the southern-most Oregon workout group, I find the swimmers of Oregon to be a very welcoming active group, of which I am glad to be a member. I look forward to seeing you at local Oregon competitions as well as Nationals.



**James Adams with Olympian Matt Grevers, who also swam at USMS Spring Nationals**

# Swim Bits

by Ralph Mohr

## How I Came to Appreciate Mark Spitz

Part 1

In 1962, I came home during spring vacation, after a successful stint as a walk-on for the UO Swim Team in my junior year. I wanted to keep swimming after the college season so I went back to my old swim team, Pleasant Hill Swim Club, in northern California for the week.

Pleasant Hill was then coached by Irvin Zador, a Hungarian. If you go on-line and look him up, you will see photos of Zador with blood running down his face during the 1956 Olympics.

Zador was on the Hungarian water polo team after the Russian invasion of Hungary in 1956, and the two countries fought it out in the pool as well as on the streets of Budapest. Zador may have been bloodied, but the Russian he fought with during the match was lying face down in the pool. Hungary won the gold medal.

I was able to swim for the vacation week, and I got in lane one with a bunch of 14 and unders, one of whom was a skinny 12 year old kid named Mark Spitz. He was faster than me even at 12, but I left second during each interval, and we had fun catching and then passing the rest of the crew in the lane during each workout. Between intervals, Mark told me some of his times. I was duly impressed. We had a good time.

Around Wednesday, I happened to notice that there was a man on deck all the time Mark was swimming. I asked some

friends, who knew what was going on around the Pleasant Hill swim team, who the guy was. "Arnold Spitz," I was told.

I was also told that this was Mark's second team in the Bay Area, having come from the Berkeley Aquabears, coached by Laurabelle Bookstover, one of the few female swimming coaches at the time. She later had a quartet of 11-12 year-old boys who won every event in the many age group meets possible in the Pacific Association. One of these boys was Bob Strand.

Mark and his father had not lasted long with Laurabelle. There were rumors at that time that Irvin Zador, too, was having trouble with Arnold as a parent of a precocious swimmer.

At the end of one of my last workouts that week, I came into the locker room and found Arnold Spitz talking to the other boys in the room on how to swim butterfly. He was using his son as an example on how to do the stroke. I paused and then said, "Shouldn't you let the coach do that?"

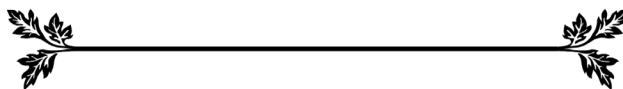
Arnold looked up at me and said, "Who are you?"

Shortly after, Arnold moved Mark to the Santa Clara Swim team to swim under George Haines.

For more information about Mark Spitz, read *The Fifty Meter Jungle* by Sherman Chavoor, owner and coach of Arden Hills Swim Club in Sacramento, coach of Debbie Meyer, Susan Pederson, Mike Burton and Mark Spitz.



To be continued with Part 2 - Head to Head - Mark Spitz vs. John Ferris



## LCM Meet at Federal Way, WA July 6

PNA has sanctioned a 1-day LCM meet, which will take place at the King County Aquatic Center in Federal Way. The link to registration is here: [https://www.clubassistant.com/club/meet\\_information.cfm?c=1534&smid=12024](https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=12024). Registration closes June 30, so hurry.

The event date is the day before entries are due for LCM Nationals, which makes this a great opportunity for swimmers to get times if they want to enter the meet in Mission Viejo.

## Update your own USMS registration information

You can register without selecting a Workout Group. 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. The update request will be sent to Susie Young (OMS Registrar) and she will approve it.



# Oregon Adults are Learning to Swim

USMS has declared the month of April to be Adult-Learn-to-Swim (ALTS) month. So, the Oregon LMSC hosted three programs this year: in Hood River, Corvallis and Oregon City. Each of the reports that follow are written by those who worked with the adults.

## **Sandi Rousseau**

The Adult-Learn-to-Swim program in Hood River was in its 4<sup>th</sup> year in 2019, so our Columbia Gorge Masters group and the staff at the Hood River Valley Aquatic Center have seen the cumulative benefits for our community. This year we had over 50 participants and some were repeat customers as they try to improve their water safety and swimming skills. We have had about 25 Masters swimmers volunteer each year and most keep returning to teach because it is such a fulfilling volunteer activity.

To take the 'I am afraid of the water' non-swimmer or the 'not afraid of the water but have not put face in water' and to get them into the big pool with head under water and taking a few strokes is exciting for both the teacher and swimmer. Some of these people never thought they were capable of swimming, but they proved themselves wrong, and their confidence soared. Our aquatics director emphasized the importance of congratulating and high-fiving our participants just like we would kids, and she was right, the adults thrived on their accomplishments and being congratulated on them.

The basic non-swimmers who could at the end of five lessons jump into the deep water, retrieve a ring off the bottom of the pool, tread water, and get themselves to the side of the pool was amazing, fulfilling to see, and a real morale booster for these participants. This is a program that is very much worth hosting at your pool!

## **MJ Caswell**

The sense of camaraderie and pride in accomplishment that our adults who learn to swim or improve their swimming is inspiring. It is not that often in everyday life that you get to witness folks doing something that they are not sure that they can do - and then they learn that they really can conquer their fears. The pool is full of cheers and smiles and we have had groups of students who have progressed over years — and they are so



happy to be at swim lessons!

We leave the deep end lane empty so everyone can get a chance to jump into 7 feet of water, tread water and swim back to the side. This year we set up the rope swing and we had adults on it, doing Tarzan calls before jumping into the water. They had a blast!

I had a woman this year who brought her newly retired father, who has some health challenges, to lessons to improve his swimming with an eye to swimming for fitness. He went from barely being able to swim freestyle across the pool to being very comfortable and mastering freestyle, backstroke and breaststroke. Watching them learn together was heartwarming.

I know that I love to share my joy of swimming with others and it is a great community service to volunteer to help adults learn to swim.

## **Tim Waud**

Teaching Adult-Learn-to-Swim has been one of the most rewarding things I have ever done. To see adults overcome their fear of water and learn to embrace water with a renewed affinity to the water is heartwarming. All these adults learn to swim basic freestyle and backstroke and we spend a fair amount of time on water safety. The majority of those who take this class emphasize that they want to protect their children during aquatic activities while also allowing themselves to finally participate in activities around water. I am so proud of these individuals; that their fear of water became a warm embrace is indescribable.

# ALTS in Oregon City

by Tim Waud

The month of April has been proclaimed Adult Learn-to-Swim month by the governor of the State of Oregon. The Adult Learn-to-Swim (ALTS) program has been a great success throughout the United States. This was the third year that the program was offered at the Oregon City Municipal Swimming Pool. It is a four-week course with a total of eight in-pool sessions lasting 30 minutes each. Every swimmer who has taken this class has been able to swim an entire length of our 25-meter pool swimming both backstroke and freestyle.

Teaching Adult Learn-to-Swim has been one of the most rewarding things I have ever done. The participants learn to swim basic freestyle and backstroke and also focus on water safety. To see adults overcome their fear of water and learn to embrace it is heartwarming. The following testimonies speak for themselves:

## **From Linda Fisher:**

"My name is Linda Fisher and I'd like to share my success story. I'm a retired teacher and live in Oregon City with my husband, Bob. When I was 6 years old, I was at the lake with my family. I waded out into the water like any kid, but little did I know it dropped off quickly. I found myself in water over my head, struggling to reach the surface. Thankfully someone came to my rescue, but I have been terrified of the water ever since. For 61 years I didn't participate in family outings: canoeing, swimming, snorkeling and many other activities because of my crippling fear of the water. Learning to swim has been on my bucket list for more than 20 years and I finally gained the courage to take the Adult Learn-to-Swim Class at the Oregon City Pool. I arrived for my first lesson feeling nervous not knowing what to expect. I was anxious and frankly embarrassed that I was 67 years old and didn't know how to swim. Our swim instructor, Tim, immediately put me at ease. After that first lesson, I was more determined than ever to do this! By the second week I was feeling more confident and less afraid. I was learning how to float, kick, and have my face under water. At the end of the 4-week class I swam the length of the pool and back. Sixty-one years of fear gone in 4 weeks!! Remarkable! I'm so excited to continue practicing and improving my new skills."

## **From Olana Bogale:**

"I was born in a capital city of Ethiopia in Addis Ababa. I hadn't any experience in Ethiopia because I don't have any access to swim most of the time, I go to school then when I come

back home, I played soccer, that's what my life routine was.

"I came to USA in 2012. I came here to get a job and working hard in 2017. I have a baby, her name is Kate. That's my turning point to go swimming classes. I decided she had to learn swimming but before that I have to learn for myself because I am the one who takes her to the pool. That was my decision and I register to Oregon City Swimming Pool.

"At the first class I met two other friends. After we introduced ourselves to the instructor, we started by putting our heads in the water and breathe out the bubbles. I tried to do that, the first time is hard, but when I tried again and again I did it properly.

"After we overcame the fear of water, the instructor told us to hold the side wall of the pool and float by facing up and down. I tried to do that but my body sank into the water. The instructor told me to relax my body. When I was fully relaxed, my body started to float on the water.

"The hardest part of this class is breathing when swimming. The instructor showed us how to hold the kick board straight and put our faces into the water. Kicking to swim was very hard for me but thanks to the instructor showing us a lot of techniques, I finally did it.

"This is in short, my experience in swimming the first time in my entire life. I did this because of my instructor. He is a very hard worker and he didn't give up on my training. He used many different techniques and if one was not working, he used another way. That's why I finished the class and finally crossed to the other side of the pool on the last day of class."

## **From Susan Wells:**

"I always avoided walking on a dock near water for the sheer terror of slipping and falling into the water; nor did I ever enjoy being on a boat, fearing the boat would sink and I would too. I knew if anyone ever fell in the water, I would be helpless in offering them assistance. I did not want to be a fatality statistic of someone who didn't know how to swim attempting to help someone who was drowning. I did not grow up around water and did not have the opportunity to learn as did my peers. I visited the pool with friends on occasion but always stayed in the shallow end.

"I turned 50 this past year and look for ways to remain active. I looked through the quarterly newsletter about upcoming

*continued on page 13*



## ALTS IN OREGON CITY

Continued from page 12

ing events that the city puts out; I noticed semi-private lessons offered but was always afraid to sign up for them because I was “too old”. This quarter I noticed “Adult Learn-to-Swim” lessons. Once again, I thought, I would like to learn to swim, but set the newsletter aside thinking it was for other people, and I was not allowed to register for the course. I thought about it again the next day and still did not register. Being overweight, I was afraid I would not find a suit that would fit, so I used that as my excuse not to register. I went shopping and found a suit, I now had no excuse, so I called and registered. I did not even tell my husband that I was signing up until it was a done deal. Neither of us are swimmers and he was proud of me for registering. As it drew nearer to the time my lesson was to begin, even though I was excited about the class, I had to talk myself into showing up for the lesson. I was ready to back out altogether, but because I had registered, I felt obligated to attend. I told my instructor, Tim, before class started that I almost cancelled because I was afraid of the water. I don’t even like putting my face in water during a shower because I am claustrophobic and panic. Among other things, I was afraid of failing. I am a person who doesn’t like to fail at anything—if I can’t be successful, I don’t even want to try. When we were waiting for our turn to enter the pool for the first time, one former student walked by and was telling us about swimming laps and that she had learned to swim in the same program a year earlier. I thought, “That’s great, but I’ll never be able to do that.” By the end of the first night of class, I was putting my whole head under water, and my fear was gone. Before class started, I could not swim, by the end of the first class I was taking baby steps in swimming under the water.

“When I signed up, I was afraid that I would be the only person my age in the swim class, but I was the youngest of the three. We all supported and encouraged each other and built confidence in our abilities. I even went to the pool on my own, outside of lessons. Before the end of the eight lessons, I purchased an annual pass to the pool so that I could continue to improve. Some of us meet up between lessons during open-swim time at the pool to practice, critique, and encourage each other. My instructor was awesome—I was not made fun of for never learning as a child; I was never made to do anything I was uncomfortable doing, although I was encouraged to have faith in my abilities; and was given positive feedback to improve my skills. I thought I would never get it and that I was too old to learn, but each concept was introduced in steps and then put multiple steps together. I am no Olympic swimmer, but

I am improving each time I go to the pool. I learned to float on my back, do a back stroke, swim freestyle under water, and have fun doing it. We even swam 25 meters into the deep end without flotation devices to assist us. The first time I swam that distance, I had to stop a few times to catch my breath, but with practice, I’m positive I’ll be able to complete the entire 25 meters without breaks, not there yet, but my goal is to be there before summer starts, I know I can do it. Part of the fun of taking lessons is arriving early and seeing all the young children learning the skills I learned and observing them not having the fear that I have harbored for half a century.

“I’m telling all my adult peers that don’t know how to swim, “If I can do it, you can too—you’re never too old to learn”. (I just wished I had the opportunity to learn when I was younger.) I can’t wait to see what the next 50 years will be like adding swimming to my abilities. I will not have to go on vacation and limit my activities to land-based fun. I will be able to snorkel, surf, swim in the pool, water ski, and take boating excursions. I enjoy swimming and would recommend learning to swim to anyone. If YOU are thinking about learning to swim as an adult, find lessons and pour yourself into it. No one will ridicule you, actually, people think, “I wish it was me”. I know because I’ve heard people say that when I talk about my experience.

“Oh, and an added benefit, I have noticed a small amount of weight loss just in the month of taking classes.”

It is success stories like these that have helped the Adult Learn-to-Swim program become more and more popular with adults. We will be applying for a Swimming Saves Lives grant to provide additional classes and make the program more affordable.





OMS National Team from USMS Spring Nationals in Mesa, AZ; April 25-28, 2019

## FITNESS

Continued from page 5

Ok, you really enjoyed the event and it was fun, but it is not convenient for you to join a swim team due to your schedule, the location of the pool, the hours of the practice. Wait, USMS and Oregon Masters Swimming has a lot to offer. Once you are a member of USMS, you have access to their website which offer a lot of tips and online workouts, so you are never out of ideas. Most of Oregon Masters Swimming's workout groups accept drop-in swimmers. In many pools, informal swimming groups have formed and get together at different times. Some swim teams are spread-out all-over Oregon and Southwest Washington, therefore, communicate thru email, and only get together for special swimming events where you will feel part of the group and make new friends. Some other groups email workouts to be done on your own. Whatever your need, Oregon Masters Swimming is one of the most active local group of USMS and we are there for you.

## COACHES CHAIR

Continued from page 6

- September 7: Southern Oregon Mountain Swims at Lake of the Woods



Lake of the Woods



# OMS Volunteer Service Awards for 2018

## Connie Wilson Memorial Award—Joy Ward

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



*Joy Ward has been long-time contributor to OMS as the Safety Committee chair for the past fifteen years. Joy willingly took on this role and has been the go to person for making sure that every meet director has all of the information he/she needs to run a safe meet. She provides copies of the OMS safety guidelines, incident reports, and safety/no diving signs to use at the meets. She interacts with every meet director and delivers these materials plus safety marshal vests and stopwatches to every meet site. Joy is reliable and follows through to respond to all questions and to transport the Oregon Masters signs and materials home, dry them out, and then transport to the next meet. Joy played an important role during the 2016 USMS Summer Nationals in Oregon by helping coordinate and oversee the EMTs and aquatic center staff in reporting medical occurrences and filling out the appropriate forms for documentation. She is an active LMSC Board member and contributes regularly to discussions and evaluation of meets. She is not a person who strives to be in the spotlight but certainly has contributed to keeping meets safe and the LMSC running smoothly with her long term commitment. Joy has demonstrated what a volunteer can do for an organization and is very deserving of the Connie Wilson Award.*

## Ole' Barn Award—Kermit Yensen

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



*Kermit Yensen (COMA) has been a Masters swimmer for many years but over time has stepped up to contribute more to Oregon Masters. He assumed the Treasurer position in 2013 and has continued to fill that position. He prepares a yearly budget for the Board, updates the Board on monthly expenses, and generally keeps the organization on track financially. He played a huge oversight role when Oregon hosted the 2016 Summer Nationals and tracked all income and expenses related to that event. Kermit contributes to Board discussions, takes on other tasks related to the financial health of our organization, and communicates with the national office when necessary. Kermit is the 'always in the background' person who is quiet but has made significant contributions to our organization and is a deserving recipient for the Ole' Barn Award.*



## Special Service Award—Marcie Wily

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



*Marcie Wily has spearheaded the Hood River Aquatic Center and Columbia Gorge Masters applying for and being awarded a USMS grant for the Adult Learn To Swim program for the past four years. Marcie is an avid supporter of this mission to teach adults to swim and has contributed guidance for the Columbia Gorge Masters swimmers to participate in teaching. Her support in providing an orientation class for instructors, laminated copies of step by step goals for every level of swimmer, and being on deck during the classes to assist any instructor demonstrates her dedication to this mission. She has created opportunities to reach out to the Hispanic community resulting in over 50% of class participants being from this group. She has made sure the program is advertised in the local newspaper, at local clinics and hospital, to other exercise groups, in public service announcements on the radio, and on the aquatic center website. She has definitely been a leader in Oregon Masters for making sure this program has been available and leading its implementation.*

## Hazel Bressie Award Arlene Delmage and Connie Shuman

*This award is given to a female who has shown enthusiasm and spirit to her team and/or other Masters swimmers during the past year.*



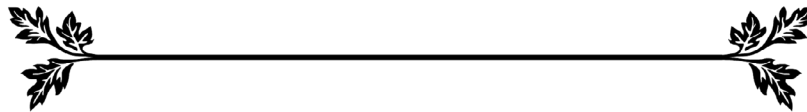
*Arlene Delmage deserves the Hazel Bressie award because she is one of the most enthusiastic and spirited swimmers. Arlene is full of energy, a world class swimmer, and one of the sweetest people you will ever meet. One day last November at the*

*Hood River meet, Arlene swam a 200 Free, the 50, 100 and 200 Butterfly and the 400 IM, and then she swam in the women's 400 Medley relay and the mixed 800 Free relay. Her 200 Butterfly was in the top ten in the world for 2018, the free relay was #3 in the world for 2018 and the medley relay was #1 in the world for all time! She did it all with enthusiasm for her Oregon teammates.*

*Connie Shuman radiates love for people and swimming. She is a longtime participant of both pool and open water events. Her ready smile, easy laugh, and tell-it-like-it-is RN manner touches the lives of many. She readily volunteers her cooking for swimmers' potlucks, especially gifting everyone with delectable pies and jams. Housing swimmers for local events gives her a reason to share her love of filling people with food and friendship. Her company-happy dogs will squish you onto her couch and let you know, life is good.*



*Ask any Master's swimmer in Oregon for a Connie Shuman story, and you are guaranteed to laugh, or wish you were eating a berry pie, or you'll be thinking, "maybe, I could swim a little farther or volunteer a little more." Connie not only swims the extra mile, her love for every facet of swimming makes her "the extra mile."*



## Gil Young Spirit Award Matt Miller

*This award is given to a male who has shown enthusiasm and spirit to his team and/or other Masters swimmers during the past year.*



*Matt has been an enthusiastic Oregon Masters swimmer for some years now, but in the past two years he has made a huge contribution in the spirit department. He is the founder of the more newly formed local workout group, Southern Oregon Masters Aquatics, and has recruited and created much enthusiasm in his swimmers. Matt assumed the co-chair position of the OMS Coaches Committee and has worked to offer and staff stroke clinics in various parts of the state for Masters swimmers. He is always willing to offer stroke advice to any swimmer and has become a guiding hand for one of our elder swimmers. He has served as the Oregon Club's coach at Nationals four times, and has done a superlative job in this position. He is the epitome of encouragement to other swimmers!*



## Mike Morehouse Spirit Award

Caryl Schiavon, Jessica Kieras & Tom Landis

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



## Most Splashes

### Women

- First** Christina Fox (32)
- Second** Colette Crabbe (23)
- Third** Jeanna Summers (18)



### Men

- Matt Miller (31)
- Willard Lamb (28)
- Charlie Helm (19)





## Outstanding Swimmer Awards

### Female ≤49

**First** Jessica Stacy (53pts)  
**Second** Sonja Skinner (49pts)  
**Third** Sara Shepherd (45pts)

### Female ≥50

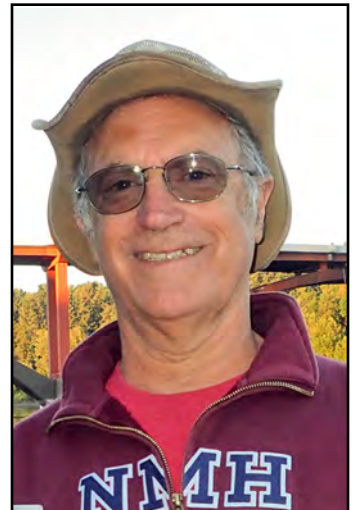
Margaret H. Toppel (107pts)  
 Janet Gettling (91pts)  
 Sue C Calnek-Morris (65pts)

### Male ≤49

Kurt Grote (99pts)  
 Matt Miller (78pts)  
 Mike Self (44pts)

### Male ≥ 50

Barry Fasbender (105pts)  
 Bob Bruce (58pts)  
 Scot Sullivan (45pts)





## LARGE TEAMS

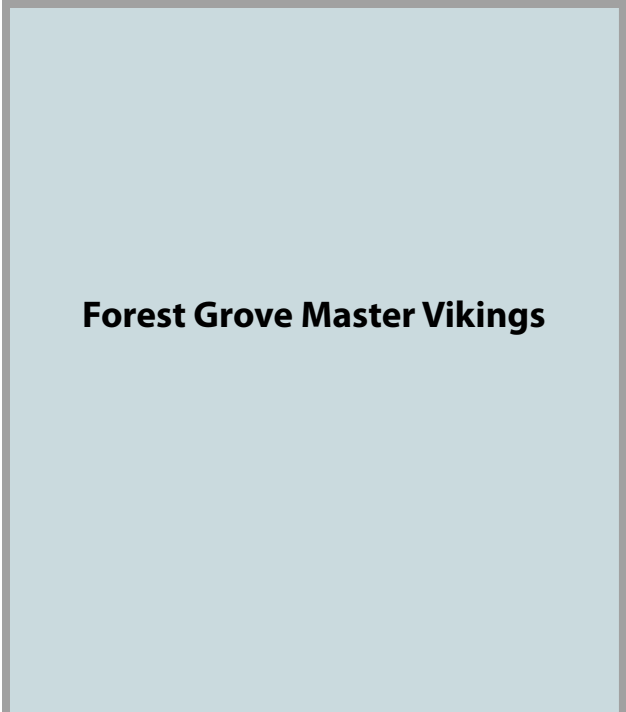
<u>PLACE</u>	<u>TEAM</u>	<u>POINTS</u>	<u>REGISTERED SWIMMERS</u>
<b>FIRST</b>	<i>Oregon Reign Masters (ORM)</i>	1,628	50
<b>SECOND</b>	<i>Southern Oregon Masters Aquatics (SOMA)</i>	1,382	31
<b>THIRD</b>	<i>Oregon City Tankers (OCT)</i>	1,076	28





## MEDIUM TEAMS

<u>PLACE</u>	<u>TEAM</u>	<u>POINTS</u>	<u>REGISTERED SWIMMERS</u>
FIRST	Multnomah Athletic Club (MAC)	808	18
SECOND	HeadHunters (LHST)	338	9
THIRD	Forest Grove Master Vikings (FGMV)	157	8





## SMALL TEAMS

<u>PLACE</u>	<u>TEAM</u>	<u>POINTS</u>	<u>REGISTERED SWIMMERS</u>
FIRST	Stafford Hills Club (SHC)	324	7
SECOND	Corvallis Aquatic Team (CAT)	234	7
THIRD	Team Club Sport Oregon (TCSO)	215	6





## Association Meet Photo Gallery



*Clock-  
wise spiral  
from top left ending  
in center of the page:*

1. Christian Tujo, James Adams & Jeff Piette
2. Young & pretty girls from OCT in their cheering outfits
3. Brent Washburne—the Relay Guru
4. Dave Radcliff—set 4 National records in freestyle events
5. Dan Kirkland—set a National record in the 1650 yd free
6. Geri Kawabata & Karen Andrus-Highes—mother & daughter
7. Brad Bachalus—MAC photographer
8. Janelle Miller





Clockwise spiral from top left, ending in the center of the page:

1. Matt Miller, James Adams & Christian Tujo
2. Bob Bruce & Joy Ward
3. Nancy Milner & Colette Crabbe
4. Wes Edwards & Matt Miller
5. Margaret Toppel
6. KC Cloyd
7. Ron Nakata
8. Peggy Toole & Sandi Rousseau
9. Jill Asch
10. Charlie Helm





Clockwise spiral from top left, ending in the bottom-center of the page:

1. Michael Grant	5. Matthew Grant
2. Barry Fasbender	6. Janet Gettling
3. Aaron Hawkins	7. Jeanna Summers
4. Steve Darnell	8. Willard Lamb
	9. Walter Carter
	10. Tim Waud & Dan Kirkland
	11. Tim Waud



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

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	OR Series Category	USMS Status
Sun 7 Jul	1	Portland Bridge Swim in the Willamette River	Portland	PBS, LLC	Marisa Frieder	17-km downriver <b>(Nat'l Champs)</b>	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 <b>(As'n Champs)</b> 3 x 500-meter Pursuit Relay	Featured Participation	
Fri 26 Jul	3	Cascade Lakes Swim Series & Festival at Elk Lake	Bend	COMA	Bob Bruce	3000-meter 500-meter 1500-meter <b>(NW Zone Champs)</b>	Qualifying Qualifying Featured	Sanctioned
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	Kiamath 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.

# Aqua Master

July 2019

Aqua Master Editor  
31701 SE Currin Road  
Estacada, OR 97023-9737

Place  
Stamp  
Here

## Records & Results

Pacific Northwest Meet—SCY  
USMS Spring Nationals—SCY  
Oregon Association Meet—SCY

Looking Ahead . . .



### Pool Schedule

<u>Date</u>	<u>Course</u>	<u>Swim</u>	<u>Venue</u>	<u>Location</u>
August 23-25; Fri-Sun	LCM	NW Zone Champs/Gil Young Memorial	Mt. Hood C College	Gresham

Open Water Schedule (see page 25)

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

## Quote for the month . . .

What consumes your mind controls your life.



# Summary

## Records & Results. . .

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### Detailed Open Water Schedule (see page 25)

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