



# Aqua Master

Award-winning Newsletter of Oregon Masters Swimming

**"Swimming for Life"**

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## **Willard Lamb Inducted into the Masters International Swimming Hall Of Fame—Class of 2019\***

The Induction Ceremony was held on Friday, September 13th, in St. Louis, Missouri; in conjunction with the United States Aquatic Sports convention. The event was held on the 18th floor of the Hyatt Regency, overlooking the St. Louis Arch on the banks of the Mississippi River.

USMS delegates and MISHOF Honorees got to mingle and relax for an evening of celebration to honor the aquatic greats in Masters sports. The turnout was one of the best ever and with nine honorees from five different countries, it was a very eclectic group, and one of the largest to date.

The class of 2019 included five swimmers, Caroline Krattli (USA), Willard Lamb (USA), Rick Colella (USA), Rowdy Gaines (USA) and Satoko Takeuji (JPN); one Diver, Asta Girdauskiene (LIT); one Water Polo Player, Pepito Meirelles (BRA); one Synchronized Swimmer, Marjorie Anderson (CAN) and one Contributor, Dr. Jim Miller (USA). Eight of the nine Honorees were present for their induction.

Ninety-seven-year-old Wink Lamb was the hit of the evening with his humor and stories. He is the reason we all swim, and we can only hope that we make it to his age and are as smart, sharp and witty as Wink at the age of 97. A big thank you to Matt Miller, Wink's Coach, and Wink's son, for bringing this gem of a USMS Swimmer to our event!

\*See Willard's induction video made by MISHOF: <https://www.youtube.com/watch?v=u-yqUyf-2UE&t=38s>



Four of the five Swimmers with the Contributor  
L-R: Rowdy Gaines, Rick Colella, Caroline Krattli, Willard "Wink" Lamb, Dr. Jim Miller-Contributor



Willard "Wink" Lamb

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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 Chirman**



## ***Greetings Fellow Masters Swimmers,***

I hope you're enjoying the fall weather outside. I always enjoy the start of a new swimming season and the excitement that comes from planning a new year. This September, six members of the OMS Board travelled to St. Louis, Missouri, for the annual United States Aquatic Sports convention: Bob Bruce-Open Water Committee Chair, MJ Caswell-Records and Tabulation Chair, Christina Fox-Rules Committee, Matt Miller-USMS Board of Directors, Sandi Rousseau-Championship Committee, and Tim Waud-Coaches Committee. Oregon delegates spent the week attending committee meetings, workshops, and rules and legislation reviews. This annual convention is like swim camp for nerds and I enjoy seeing all my swimming friends from around the United States. On behalf of Oregon Masters Swimming, I would like to thank the 2019 delegates for their tireless work and dedication to our organization and U. S. Masters Swimming.

Willard and Doug Lamb came to St. Louis for Willard's induction into the Masters International Swimming Hall of Fame on Friday night. Willard and Doug enjoyed seeing the sights of St. Louis and even attended a few sessions of the House of Delegates on Thursday and Friday. Friday night's induction ceremony was a special evening for everyone who attended. Willard was on top of the world and I think a little overwhelmed by the attention he received that night. Although his speech was short, the video presentation representing his lifetime achievement captured his momentous achievement. Fellow Class of 2019 inductee Rowdy Gaines summed up the evening by commenting, "I want to be like Willard when I grow up." Congratulations to the Class of 2019 and Willard Lamb.

Bob Bruce received the Long Distance National Championship Award. This award is presented annually to a USMS registered individual or group who has made significant contributions to the success and promotion of USMS Long Distance National Championship events. This includes five ePostals and six open water events. Congratulations to Bob Bruce.

The Oregon LMSC was also awarded two of the six Open Water National Championship events for the 2020 Open Water season including the USMS 2-Mile Cable Open Water Nationals on June 26 in Sweet Home, Oregon, and the USMS Marathon-Distance Open Water Nationals on July 17 or July 18 in Applegate Lake, Oregon.

The Oregon LMSC will host the USMS 1-Hour ePostal Nationals on Jan. 1–Feb. 28, 2021. Hosting this event will require a team effort much like Oregon hosting a pool National Championship. We will be seeking volunteers to help make this another memorable event. Please contact Bob Bruce if you are interested in volunteering.

Later this month, the OMS Board of Directors will be meeting for our annual retreat. We will be planning for the 2020 season by developing a budget and working with committee chairs to further enhance your swimming experience.

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

## ***Mary Splady: Standing up to the Osteoporosis Hype***

At age 53, in 2004, I had my first bone density scan and was diagnosed with osteopenia, the precursor of osteoporosis. For years I have been aware that my small 5'3" build could be a risk factor for osteoporosis, and now it seemed my fears were finally being realized.

My doctor didn't tell me that I had to take Fosamax, but she said that it would prevent further bone loss. By that point I had read a book called *Selling Sickness: How the World's Biggest Pharmaceutical Companies Are Turning Us All into Patients*. The fact that osteoporosis seemed overly hyped by the pharmaceutical industry, along with my reluctance to take any medication, left me wary and uncomfortable. But, despite my instincts, I began taking Fosamax.

Many years prior, I had decided to become a vegetarian. I had also decided to stop drinking milk at every meal (in an effort to lose weight), but I continued to eat cheese and other dairy foods on a regular basis. I had never even considered eating pizza without cheese or a baked potato without sour cream and butter. I was eating an "osteoporosis-prevention" diet according to commonly held doctrine about dairy foods.

After becoming a vegetarian I also began taking lots of vitamins and supplements because I, along with my friends and family, was concerned that I would not be getting sufficient nutrients without meat in my diet (one of my supplements was a mega dose of minerals, including calcium). My parents thought for sure I would perish without red meat. I,

too, wanted to make sure that I wasn't doing myself any harm.

Later, after starting Fosamax, I began reading more about diet and health and learned about Dr. McDougall from my boyfriend, Bob Whelan. I decided to shift

to a low-fat, low-sodium vegan diet in an effort to get off the Fosamax. In addition to my previous concerns, I often wondered why the advisory about this drug warned against lying down when taking it—what was that stuff doing in my body?

So I stopped taking Fosamax after a couple of months, as well as all my vitamins and supplements, including the calcium. However, I was still concerned due to all the media hype about osteoporosis, so I emailed Dr. McDougall. In addition to providing me with some literature on osteoporosis that supported my decision to discontinue Fosamax, he assured me that, given my current diet and lifestyle, I would be fine without it.

At age 55, in 2006, I had my second bone scan, which clearly showed that my bone density had improved. Al-



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# Fit to Swim

**Coach Colette Crabbe**  
*OMS Fitness Chair*



## ***The Power of Habits***

As you try to reach to become more fit or a better person, one of the things you will need to confront is changing some of your habits. Habits are actions that are so ingrained into us that we almost do them unconsciously. Usually there is a cue or trigger, which leads to a craving, then a response or action to get to the satisfying feeling or reward. For example, personally if I am drinking coffee, I will crave something sweet and will usually eat a cookie (the rewards). Everybody has habits and everybody has good and bad ones. In a nutshell, we need to break bad behaviors and adopt good ones, making them new good habits, which will show you how small, incremental, everyday routines compound and add up to massive, positive change over time.

The trigger point or cue will always exist (for example: ads on TV, a certain time of day, coming back home or going out to a restaurant and so on) but the action and/or routine might change, and therefore the rewards might be different.

First and foremost, you must study the habits you want to change, what is triggering them. When that trigger happens, what is the craving? What can I do differently to achieve the rewards? What are other options? You might have to experiment with various activities. What do these activities bring in pleasure versus the pain of the activity? There is a fine balance between the rewards and the pain of the process. Our human body is programmed to try to avoid pain as much as possible, so the rewards must be worthwhile, or the new habit will not set in.

At first, the routine or action must not be too painful, and the rewards must be enjoyable. For example, if you want to adopt the habit of going to the pool, you must first feel strongly about it and identify yourself as a swim-

mer. Change your identity. I am a swimmer because I like water, it feels good and relaxing, I like the exercise, I loved swimming as a kid, the swimming pool is next to my house, whatever. Find 5 good reasons why you want to be a swimmer. Second, find a cue or create a trigger, such as 8 AM every or every other morning, as soon as I come home from work, while my kids are at soccer practice, when my local Masters team practices... Third, establish the routine based on your current swim level. If you are new to swimming it can maybe be fifteen minutes in the pool, with a lot of rest, no more (cannot be a grueling session). Fourth, the rewards must be huge such as a good feeling in your body, a nice long shower or hot tub session while talking with your friend... .

To become a real habit, you need to start tracking it, and see it progress to a sort of positive addiction. The outcome must be so rewarding to you that you crave the routine, you cannot stop it, it has become a "powerful or atomic habit" \*.

Most of the time as we set up our resolution and our goals, we are working on the rewards, the outcome: what we would like to achieve. But we do not work enough on how to achieve it, how to break the bad habits we have and to reinforce the good ones. First, identify yourself as a new fit and healthy person and work on creating the healthy and good habits of that person. If you do, the results will come by themselves, and it will be a permanent, addictive positive change, no more a yo-yo process of setting goals, reaching them or not, quitting and starting the process again.

To start tracking your progress, USMS currently has two events which may help you:



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# Coaches Chair

**Coach Matt Miller**  
**OMS Co-Coaches Chair**

## ***Keep your shoulders healthy***

Nearly all swimmers have dealt with some sort of shoulder pain or injury at some point during their swim career. Given that people who swim regularly will perform hundreds of thousands of arm rotations over the course of a year this likely comes as no surprise. Utilizing any body part so much, could dramatically increase the risk and occurrence of injury.

One study showed that 48% of all Masters swimmers have experienced shoulder pain that has lasted 3 weeks or longer. Another study performed in Australia on 80 of their elite swimmers found that 91% had shoulder pain and when an MRI was done, 69% of them had inflammation of the tendon of the supraspinatus muscle. The supraspinatus helps keep the shoulder stable and lift the arm sideways, which is why it hurts to recover your arm when tendonitis is present in that muscle.

Despite the very common occurrence of shoulder pain, the good news is that there are a few relatively easy ways to help prevent shoulder pain and injuries. The below list is by no means comprehensive, meaning there are additional ways to help prevent shoulder injury than those listed below. However, these few suggestions below are the ones I believe will help give you the most mileage on your shoulders and are relatively easy to do.

- 1. Sleep on your back.** Sleeping on your back with your arms in a neutral position by your side takes the pressure off your shoulders that comes with sleeping on your side or stomach. It also puts your neck and shoulders in proper alignment which prevents causing any further inflammation or damage, and allows the muscles and tendons to rest and heal.

- 2. Strengthen your rotator cuffs and stabilize your scapula.** Make rotator cuff strengthening and scapular stability exercises a part of your daily workout routine. For me, it only takes about 4 or 5 minutes each morning to get my exercises done, but the value of those few minutes to the long-term health of my shoulders can't be overstated. Make it a point to find time before heading to the pool, or perhaps on the pool deck just before getting in the water, to do a few minutes of rotator cuff/scapular strengthening exercises. There are quite a number of variations of rotator cuff exercises and scapular strengthening exercises out there you can find through Google. Most involve stretch bands. Here's an example: [https://www.nrs.com/shop/assets/global/safety\\_tips/shoulder%20exercises%20document.pdf](https://www.nrs.com/shop/assets/global/safety_tips/shoulder%20exercises%20document.pdf)

A good friend of mine with whom I have swum since starting Masters, swears by the Rotator Reliever, which is also a good option: <https://rotatoreliever.com/>

I can personally vouch for the value of doing these sorts of exercises regularly. When I started Masters swimming, it wasn't long before I started having some inflammation which led to tendonitis. It was suggested to me that I start doing a few simple rotator cuff/shoulder strengthening exercises. Within a few weeks, the pain went away and has stayed away largely permanently, only creeping back in when I get lazy and don't do my exercises.

- 3. Swim with perfect technique.** This is most vital thing to do to prevent shoulder pain and injury. Regardless of what else is done to prevent it, shoulder pain *will* come in



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# Long Distance Swimming

**Coach Bob Bruce**  
*Long Distance Chairman*



## Review

We had another splendid Oregon open water swimming season this summer!

Let's recognize our season achievements and highlights:

- We hosted 20 USMS-sanctioned swims at 7 venues this year—with an incredible variety in courses, distances, and events.
- We hosted one USMS National Championship event: the Portland Bridge Swim was the Ultra-Marathon distance event this year. The field filled in a day, and the swimming was great with particularly strong results from Oregon-registered athletes.
- 248 Oregon swimmers from 17 Oregon local teams (and a bunch of unattached & one-event swimmers) took part, totaling 783 splashes. COMA again led team participation by a wide margin with 49 swimmers having 262 splashes.
- Visitors from other states joined us for 198 splashes at our events, most attracted by the Portland Bridge Swim championship and Elk Lake.
- 35 Oregon swimmers swam in three or more venues. These swimmers qualified for the Oregon Open Water Swim Series. COMA again led with 19 qualifiers.
- Pat Allender and Chris Tujo swam at 6 venues this year. Lizzie Cheney swam in 15 of the 20 swims.
- We jump-started USA-Swimming again in Oregon with 48 entrants joining us old fuds at the Foster Lake Cable Swims.
- We had fun!

Congratulations to...

- Our 9 USMS Individual National Champions;
- Our 15 OMS Individual Association Champions from

the 1500-meter swim at Applegate Lake;

- Central Oregon Masters and OPEN Narwhals, the OMS Association Large and Small Team Open Water Champions respectively;
- Jayette Pettit and Pat Allender, our Oregon Open Water Series Grand Champions;
- Celeste Marokus, John Spence, and Eric Steinhauff, our Mike Morehouse Award honorees;
- Those many other Oregonians who ventured afield to find special open water challenges this year (and there were some extraordinary accomplishments).

Thanks to...

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

To whet your appetite for next year, looks like we'll have swims again at all seven venues on roughly comparable dates! The 2020 tentative schedule is now posted on the Calendar on the OMS website at <https://swimoregon.org/events/> and in this newsletter.

### Fall Postal Swims: Already in season!

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

- **USMS 3000 & 6000-yard Postal**  
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# Swimmer Spotlight

— submitted by Karen Andrus-Hughes

**Name:** Grant Aldred  
**Age:** 26  
**Local Team:** Stafford Hills Club  
**Occupation:** Accountant/Office Clerk

I started my swimming career when I was 7 years old at the Chehalem pool in Newberg. I wasn't a very tall guy, so basketball or football might not have worked well, so I tried swimming one day. I really liked it and have been swimming ever since. I have surprised myself by being good at what many swimmers say is the most challenging stroke: butterfly. I swim the 200 yard/meter distance quite often. I like the long distance events too, including the 400 IM and the long freestyle events.

To make the long events even more challenging, I often enter several of them all in one swim meet. In high school, I often swam the 100 fly and 500 free as my individual events. A memory that sticks out in my head during my senior year in high school was when I made the age group sectional cut in the 200 fly by 1/100 of a second! It reminds me of when Michael Phelps won the 100 fly in the 2008 Olympics by 1/100<sup>th</sup> of a second.



*Grant Aldred, center front, with coaches: L to R: Karen Andrus-Hughes, Mike Self and Francie Haffner. It was Karen's turn to be on-deck that cold morning.*

I started competing in Masters meets during college at Western Oregon University. I took the fitness-swimming physical education class every trimester of school — fifteen times to be exact. The professor, Elke Asleson, who swims for Corvallis Masters, got to know me pretty well. She often called on me to do butterfly demonstrations for the rest of the class. One time I even did a 400 butterfly at a steady, gentle pace — the other classmates couldn't believe their eyes! Another good memory during my college years was when I attended a swim camp with Tom Jager. We watched a video of him breaking the world record in the 50 meter freestyle!



*Grant Aldred at a cold, early-morning workout at Stafford Hills Club pool (Tualatin).*

I began swimming for Stafford Hills right after college under Head Coach Mike Self and Olympic trial qualifiers Karen Andrus-Hughes and Francie Haffner, who keep me going in the water to this day! One interesting drill that coach Karen has us do sometimes is called the "cup" drill. We have to balance a partially-full cup of water on our foreheads while swimming backstroke. It is challenging to keep the cup from falling off our heads but is a good learning experience. It helps us improve our backstroke technique by keeping our heads still.

The other master swimmers at Stafford Hills are great. We always support each other and keep each other motivated throughout workouts and at swim meets. I look forward to swimming Masters for many years to come!



# Swim Bits

by Ralph Mohr

## ***How I Came to Appreciate Mark Spitz — Part 5 Munich, Jager and Afib***

Most of us remember that Mark Spitz won seven gold medals with seven world records at the 1972 Munich Olympics. What most don't know is that Spitz almost did not swim his first event, the 200 butterfly.

After the Mexico City Olympics four years earlier when he finished last in the final of the 200 fly, he hated the event. He didn't swim it in college. Even when he decided to go for the Munich Games, he didn't want to swim the 200 fly, which would be the first of seven swims.

Spitz, however, had committed to Munich and had returned to Sacramento and Arden Hills Swim Club, coached by Sherm Chavoor, to train for the Olympics. This is all told in Chavoor's book, "The Fifty Meter Jungle," a most aptly named book for swimming at the Olympic level.

Chavoor was subtle. He didn't argue with Spitz about the 200 fly. He merely had workouts where everyone, Spitz, Mike Burton and the rest, swam repeat 200 flies long course. Eventually Spitz came around, and said that he would swim the 200 fly at the Santa Clara meet that summer and consider it for Munich if he hit a certain time. Of course, Spitz did so, and the rest is history.

After Munich Spitz had a dilemma. He had always said he wanted to be a dentist, but Hollywood and personal appearances beckoned. He appeared on TV with Bob Hope and other celebrities, and it quickly became apparent that his water performances were better. However, it has been estimated that Spitz made over \$7 million dollars after 1972, through public appearances and advertisements. His poster alone with all of the gold medals around his neck was immensely successful.

Spitz did keep up as a swimmer. In 1990 he was tested in a flume at Colorado Springs along with a bunch of other Olympic

swimmers and was found more efficient in the water than any of them. It was then he thought about a come-back at 41 for the 1992 Olympics.

He was encouraged by an offer to compete in a 50 meter fly against a current world class swimmer, Tom Jager, for \$10,000, and it would be televised.

On screen the difference in size between Jager and Spitz was striking. Jager was 6'2', weighing close to 200 pounds, while Spitz was 6' and maybe 180. In 20 years much more intensive training and weights created a different swimmer. Spitz also had the handicap of still using an old style start, relatively flat and no porpoise action into the water.

In the actual race Jager was a half body length ahead at the start and won convincingly, 24.92 to 26.70 for Spitz. Spitz had gone out in 25.38 when he won the 100 fly at Munich. Spitz later had a time trial for the 100 meter fly and only went a 58.03. The 1992 Olympic dream was over.

When I thought of this effort, though, I eventually recognized that in 1992 those times were marvelously fast for a 41 year old. I gave Spitz credit for even trying to make the 1992 Olympics at 41. Swimming had changed so much since Munich.

Since then Spitz has been a developer in southern California and semi-retired. He graciously congratulated Michael Phelps when Phelps won eight golds in Beijing. Just recently Spitz was diagnosed with Afib, and he has become a spokesperson for finding other older athletes who may have the same problem.

Over the years it has become obvious that Mark Spitz became the face of US Swimming after 1972. He was the one with whom swimmers were compared. Until Phelps, no one thought anyone else would win seven or more gold medals in an Olympics. Spitz set the standard for others to shoot for.

In addition, Spitz has become a genial example of how to carry oneself after such Olympic glories. Even in his defeat by Jager he was gracious and complimentary. I can see in Phelps the same qualities. But Mark Spitz was first.



# Rockin' Our Rad

Written with love by Brian Ritacco, Gracie Goddard, Kristin Preston, Brian Parrott & Monique Lance



*Dave Radcliff*

The Tualatin Hills Barracudas (THB) celebrated and honored fellow swimmer, 85 year old, Dave Radcliff on Saturday, September 14th, during the annual team BBQ. Standing before family, friends, and fellow swimmers, Dave shared, "your friendship, your encouragement, your kidding, and just being part of my life has been the greatest gift of Masters Swimming."

The feeling is mutual. Dave was presented with a book of

individual stories, photos, and memories from over 100 friends and swimmers. The book captures how much Dave means to us and the positive impact he has had on the people around him.

In addition to the memory book, Dave was surprised when family and long-time friends came up to congratulate him! Special out of town guests included: Jill Marie Asch (OR), Grace Spore (CA), Bill Spore (CA), Katie Reardon Sellon, Dave's granddaughter, her husband and young child (OR), Scott Schulze (CA), Dan Kirkland (OR), Karen Andrus-Hughes (OR).

After hugs and stories, Dave thanked the planning committee. "You really got the *old man!* What a surprise to see so many people from my past and four generations of my family. These tears in my eyes show how meaningful this evening is, thank you."

Ever humble, gracious, generous, and true he thanked those gathered.

"Love you all and thanks for being part of my life." To which we all replied, "thank you for being part of our lives, Dave!"

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*The Large Group at the Party*

## ROCKIN' OUR RAD

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This was by no means a retirement party – **not at all!** In fact, Dave is still setting records! As Dave would say, “looking forward to the next workout with you!”

KGW news recently ran a story which highlighted Dave’s  
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Recognition Committee, left to right: Kristin Preston, Jeanne Teisher, Gracie Goddard, The Rad, Monique Lance, Brian Ritacco



Karla, Grace Spore, Bill Spore, Scott Schulze (Former water polo player that Dave coached), and Nancy with her back to the camera



Dave with Dan Kirkland



Dave was inducted into the Masters International Swimming Hall of Fame in 2015. Of course, Nancy was by his side!

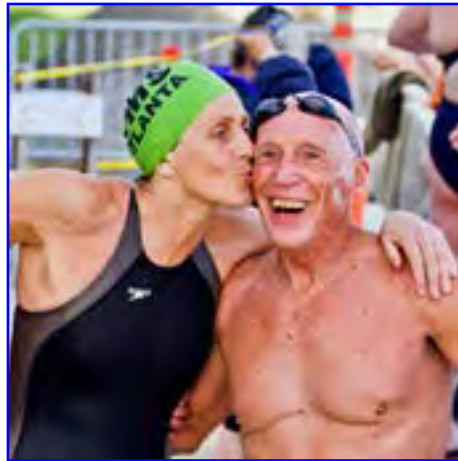


Family who surprised him, from left: Dave Spore; grandson, Ben married to his granddaughter Katie Reardon Sellon, who is next in line and holding the microphone in her hand; Karla Reardon, Dave’s daughter, then Dave

## ROCKIN' OUR RAD

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remarkable career complete with being a member of the 1956 USA Olympic Swim Team in Melbourne, Australia. Click on this link to watch the story: [Meet an Oregon Olympian still swimming competitively at age 85.](#)



Gracie Goddard put together the hard-cover memory book which was given to the Rad at the party. She picked the pictures on this page (except for the cake picture) as her favorites, and writes, "These pics to me describe who Dave is; loved by many, (including his forever partner Nancy), humble and always encouraging and supporting others."



# Recap of Lake of the Woods Swims

by Matt Miller

First of all, thank you to all of those who volunteered to kayak for safety. Without you all, we couldn't have pulled off another successful year of this event! Secondly, congratulations to all of you who were able to swim one or both of the events, especially those of you who did an open water swim for the first time. There were a number of swimmers who did their first open water swim ever. There were also a number of Grants Pass YMCA swimmers (GPY) who did their first open water swim. I love it! I hope everyone enjoyed it and will come back next year!!

And another huge THANK YOU to Jan and Larry Hildebrandt for offering up their cabin after the event and providing an amazing spread of food and beverages like they did last year. You all are awesome!

The 3000m swim in the morning had 18 swimmers and was an amazing 3-way race the entire swim between Christian Tujo (COMA), Stacey Keifer (COMA) and Matt Osborn (SOMA). Less than 2 seconds separated 1st from 3rd. What a finish!!! Congratulations to Chris Tujo on the overall win and to Stacey Keifer for the win on the women's side.

The 1500m swim saw a larger field of 29 swimmers take to the water, with quite a few swimmers new to the open water. I managed to take the overall win and was followed by Stacey Keifer who finished 2nd overall.

Full results of the swims can be found here:

3000 meter: <https://www.webscorer.com/race?raceid=194119>  
15000 meter: <https://www.webscorer.com/race?raceid=194120>

This event gets good feedback from the open water community so we will continue to do it. I hope to see you all there next year!!



Top left: approaching the start of the 1500 meter swim  
Top right: at the beginning of the 1500 meter swim start  
Left: tight 3-way race coming around the first 1500 lap of the 3000-meter race.

# Induction Ceremony



*The Inductees — L-R: Rowdy Gaines, Rick Colella, Willard “Wink” Lamb, Marjorie Anderson, Caroline Krattli, Dr. Jim Miller, Asta Girdauskiene, Joao “Pepito” Meirelles*



*Rowdy Gaines and Willard “Wink” Lamb*

*The Arch in St. Louis—  
The Gateway Arch is a 630-foot monument in St. Louis, Missouri. Clad in stainless steel and built in the form of a weighted catenary arch, it is the world's tallest arch, the tallest man-made monument in the Western Hemisphere, and Missouri's tallest accessible building. Built as a monument to the westward expansion of the United States, and officially dedi-*



*icated to “the American people,” the Arch, commonly referred to as “The Gateway to the West” is the centerpiece of Gateway Arch National Park and has become an internationally recognized symbol of St. Louis, as well as a popular tourist destination.*



Matt Miller writes: “For me, the highlight of the night was Rowdy Gaines' speech where he gave thanks to his wife, family, US Masters swimming and then, finally, to Willard Lamb!! Rowdy specifically mentioned how inspired by Wink he is and that he wants to be Wink when he grows up. The crowd went wild; Willard cried with humility, pride, and joy; it was truly an amazing moment!!!

“After the ceremony, Willard requested that Tim Waud and I try to get autographs of all of the Hall of Famers who were at the event. Tim came up with the idea of printing out the front page of the AquaMaster announcing Wink's induction and getting people to autograph that. It worked great! Best of all, Rowdy signed it ‘YOU ARE MY HERO! - Rowdy Gaines’”

# Bob Bruce—USMS Long Distance National Championship Service Award

by Tim Waud & Matt Miller (edited for space)

Tim Waud's comments:

I have enjoyed working with Bob for the past 12 years with Oregon Masters Swimming and U. S. Masters Swimming on the local, zone, and national level. I can't think of a more deserving individual who embodies the spirit of Masters swimming.

When I first became aware of the Long Distance National Championship Award, I immediately thought of Bob Bruce. Bob is currently the Open Water Committee Chair for U.S. Masters Swimming and the Long Distance Chair for Oregon Masters Swimming. Bob has been an outstanding advocate for Long Distance swimming for the past 19 years in both the pool and the open water events he promotes.

Bob says that "the world belongs to those who show up." He has shown up! And, as all OMS swimmers know, he has made a tremendous difference in long distance/open water swimming in Oregon.

Bob Bruce has contributed greatly to Masters swimming at many different levels in the organization. To name a few: USMS National Committees, LMSC Long Distance Chair, Oregon Club Postal Chair, director, official, coach, clinician, volunteer, and swimmer all at different levels (national, LMSC, and/or local). Despite his extensive national and LMSC involvement, Bob says that "the everyday business of USMS is really held every day at your local pool or pond" and this is where he focuses his work.

As a swimmer, Bob insists that we never forget that he is a swimmer first; he clearly believes in leading by example.

- He has participated in 23 USMS open water National championship swims in six states. This number would undoubtedly be higher if he weren't directing many of these swims.
- He has participated in 89 USMS postal National championship swims, including 15 years in which he completed all five swims (2000-2001 and 2006-present).
- He has been named to the USMS Long Distance All Star Team eight times (2007, 2009-2010, and 2013-17).
- He broke the National record in the 10K Postal championships in 2018, a record that lasted 15 minutes. Bob says,

"easy come easy go," as if you could easily say that about a 10K swim!

His achievements constitute an extraordinary portfolio of work for any one individual. It is hard to picture Oregon long distance swimming without Bob Bruce. He has personally created, and continues to manage and lead, one of the most dynamic long distance scenes for adults in the United States.

Matt Miller adds his support below:

I am fortunate to have started my Masters swim career in Oregon, where Bob has long been the impetus for building a strong culture of open water and long distance swimming. In the 8 years since I started swimming with USMS, I have had the opportunity to swim at a plethora of events that were organized and directed by Bob. Many of these events were National Championships and all of them were a huge success by any measure.

In the last three years, I have worked alongside Bob as a novice event director for several open water events in the Oregon LMSC. It is a true blessing to have Bob as a mentor. His guidance has been invaluable to me and many others in our LMSC, for sanctioning open water and ePostal national championships and successfully running the events. In 2018, Oregon

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though the improvement was slight, it was very significant to me. I was thrilled and encouraged. I continued with my diet and exercise routine, and felt confident to be on the right track, finally.

Bob and I later attended a McDougall weekend workshop in Santa Rosa to continue our education. It was a fascinating experience and helped us strengthen our commitment to a healthy diet. When I met Bob, we were both vegetarian and physically fit, but over the past five years we have both further modified our diets and our exercise routines, supporting each other in our individual quests for optimal health. Committing to a low-fat, low-sodium vegan diet, helped Bob lose 40 pounds in about five months, and he has kept it off for several years now. He was also able to discontinue his blood pressure medication and now only needs a small dose of diuretic.

I also read *The China Study* by T. Colin Campbell. This enlightening book provided additional reassurance that dairy products were not necessary, or even desirable, for good health. The book cites correlations between populations that eat a lot of dairy and increased incidences of multiple sclerosis. The book also notes higher incidences of hip fractures in countries where women consume a lot of dairy products.

In addition, Campbell discusses the consumption of animal proteins and how they affect one's ability to properly utilize calcium (and actually leach the calcium from the bones). So, meat and dairy in combination is "a dietary double jeopardy". It is striking that in China osteoporosis is practically unheard of, and most people, until recently, have consumed little or no dairy. (They certainly aren't taking supplements and Fosamax, either.)

### Taking Responsibility

I think that our society in general wants the "quick fix." People don't want to take personal responsibility for their own health if it involves more than the slightest effort. I made a lifestyle change, and it requires daily choices: I choose to eat right, I choose to exercise, and I choose to educate myself.

People often tell me that they could not do what I do because they love to eat. Well, I really love to eat too, and that is what first led me to become vegetarian, then vegan. In counting calories, I quickly figured out that I would rather eat a big bowl of cauliflower than a small piece of meat. It is really quite

simple: Vegetables are not as calorie dense, and therefore I can eat more of them.

Practically everything I buy at the grocery store now can be found in the produce and health food sections. With the aid of several McDougall cookbooks, the meals we prepare are easy and delicious. In fact, we love our own simple, home-made meals so much that we seldom eat out. We do try new products, but if something is not flavorful we don't buy it again—we love to eat too much to waste our calories on tasteless foods.

We eat lots of vegetables and stick to whole grain breads and pastas. Non-fat hummus is our favorite bread spread. We follow the processed food buying rules we learned at the McDougall workshop: No more than 10% of calories per serving should be fat calories and the milligrams of sodium per serving should be very close to, or less than, the number of calories per serving. We can now tell at a glance if an item meets our criteria. We avoid all milk and dairy products, including caseins (milk proteins) and seek out food items that do not contain any added oil.

I work out on an elliptical glider almost every day for 20 minutes and lift weights three times a week. I also enjoy recreational workouts like bike riding and cross-country skiing. In a couple of weeks I will be participating in a 50 mile bike ride. I intend to continue this level of activity for many years to come, as exercise has been shown to be very important in maintaining bone health.

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### Follow-up

In 2008, at age 57, I had another bone scan, and my hip is now at 101% for women my age, and my spine has improved as well: There has been a 6% improvement in the hip and a 3.6% improvement in the spine over the past two years. There can be no doubt that I am rebuilding bone without medication, dairy products, or supplements. My diet also gives me the bonus of no cholesterol and being able to maintain a healthy weight.

Today I am 5'3" and weigh 109 pounds. Lest you think this is a skimpy diet, Bob is a former national-champion heavy-weight wrestler. He is 6'2" and weighs a healthy 195 pounds. We both eat as much as we want and are never hungry. I feel terrific, and I no longer worry about osteoporosis. I love that I am in control of my own health. I tell people that I intend to live to the age of 120, so at 57 I am not even middle-aged yet! Of course, I want all of those years to be healthy and active.

To those who ask about me about osteoporosis, I say keep an open mind and take charge of your own wellbeing. Quit hoping for the quick fix and learn healthy lifetime habits. Bob has a favorite quote: "I will do today what others will not do, so that tomorrow I can do what others cannot do." We are doing it today and every day!

Mary Splady

### Dr. McDougall's Comments

A person's bones were meant to last a lifetime (about 85 functional years—some people live longer for better or worse). Bones age quicker when poorly nourished. An animal-food based diet lacks minerals (for example, meat has essentially no calcium and too little potassium, and dairy products have no iron) and vitamins (one example: meat, poultry, and dairy are totally deficient in vitamin C).

Animal foods are sold to the consumer because they are high in protein—proteins are made of amino acids. Very acidic amino acids, known as sulfur-containing amino acids, are abundant in animal foods. The net effect is; consuming a diet focused on meat, poultry, fish, seafood, eggs, and /or cheese results in the intake of heavy loads of acid at three or more meals a day. The body must neutralize all this extra acid; and the primary "buffering system" of the body is the bones. Over many

years, the bones are destroyed in the process of releasing alkaline structural materials in an attempt to neutralize these excess dietary acids. Fruits and vegetables are alkaline.\* Consuming these plant foods reverses bone loss, and thereby osteoporosis and osteopenia can be cured—as Mary and many other people with bone loss have discovered. Exercise has been proven to reverse bone loss.

There is no financial incentive to teach the above message. However, there are great profits in bone mineral tests, calcium supplements, and drugs like HRT and bisphosphonates (Fosamax, Actonel and Boniva). Even though HRT (estrogen with progestin) does build bones, these drugs have recently lost favor because they have been shown to increase the risk of developing breast and uterine cancer, and heart disease and strokes. For this reason, very expensive bisphosphonates are now the number one prescribed treatment for osteoporosis and osteopenia. I will not prescribe this class of drugs because they do very little to prevent fractures, and have terrible side effects, including, gastritis, esophagitis, bone necrosis, failure of fractures to heal, heart disease (atrial fibrillation), and severe bone, joint, and muscle pain. (I do on rare occasions prescribe estrogen with progesterone for osteoporosis.)

The BMD (bone mineral density) test is a flawed measurement that gets most women "hooked" on a lifetime of drug therapy. This test uses the amount of mineral commonly found in the bones of a young woman as the "normal" value. A woman stores large amounts of calcium and other minerals in her bones during her reproductive years in order to provide for the development of her fetus and nursing infant. In post-reproductive years she no longer has this biologic need. This reserve of minerals is naturally lost, and the BMD lessens—this is a normal process, not a disease. The supporting structural bone materials should remain healthy and strong during this mid-life change. But they often don't for women burdened by the high-acid, high-animal protein Western diet.

Now that you understand that the extra mineral in the bone is to provide for reproductive needs, and has little to do with bone strength, you now understand why the correlation between BMD and fracture risk is very poor. Because of the limited predictive value of the BMD test most non-pharmaceutical-funded health organizations recommend against routine screening of women using BMD tests. However, the reason almost all women and their doctors believe otherwise is because big money from the drug industry controls most of the infor-

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mation they receive from research, advertising, and the, supposedly legitimate, media. You can learn more by reading from my Hot Topics osteoporosis. Also read this important article: Drugs for pre-osteoporosis: prevention or disease mongering? BMJ. 2008 Jan 19;336(7636):126-9.

\*Legumes and grains are slightly acidic and should be limited in a diet intended to optimally alkalinize the body. Meals from the McDougall Diet that contain these ingredients are, overall, alkaline because they also contain plentiful amounts of fruits and vegetables. Consider: cheese is 10 times more acidic than beans or wheat—beef 6 times, chicken 7 times, and fish 9 times more acidic.



## Team News

### *Southern Oregon Masters Aquatics*

had their annual team party at the new home of Kari May, who so graciously offered her new home for the party. It was a potluck dinner on Sunday, September 29th.

### *Columbia Gorge Masters*

recognized birthdays at workouts.



*Stacey Panek's Birthday*



*Claudia Noldge's Birthday*



### *Your swim team in the Aqua Master!*

If you want your team represented in the *Aqua Master*, please send information and a picture to the editor, at [azabudsky@msn.com](mailto:azabudsky@msn.com). News can be sent at any time of the month, and whenever you have something to report. You may want to select one or more reporters. Those who report their news, get the most coverage!

## **FIT TO SWIM**

continued from page 5

1. The 2019 Fall Fitness challenge one-mile swim: if you are new to swimming it, might be good to see what you can do in the pool. The challenge can be done as a relay with friends, with any equipment, stopping when you need to. No real rules, it is just a challenge and it benefits the USMS Swimming Saves Lives Foundation. It happens between November 15<sup>th</sup> and November 30<sup>th</sup>.
2. The 3000 and/or 6000 yards e-postal national championship. If you are a little more experienced or competitive, this is for you. The deadline for the ePostal is November 15, 2019.

You can register for both at the USMS website [www.usms.org](http://www.usms.org)

If you are committed to becoming a swimmer and to tracking your new positive habits, register with USMS and take full benefit of their fitness log which will track your mileage, and of their online workouts which will give you an idea of how to progress.

\*Some content of this article is based on two very popular books: "The Power of Habits" from Charles Duhigg, and "The Atomic Habits" from James Clear.

## **COACHES CHAIR**

continued from page 6

short order with poor swimming technique. Repetition alone isn't enough to cause injury, but repetition of poor technique certainly is! Consult with your coach to check in on your technique to ensure things are where they should be. One thing to check on is making sure your arm recovery isn't too narrow. It is often taught that a high elbow recovery is ideal in freestyle, but be sure not to recover your hand too close to your body as this can cause impingement in the shoulder. A wide hand recovery is more natural and easier on your shoulder. Also, make sure your hand is in proper position during the pull phase of your freestyle stroke. It should not scull wide outside of your body when you are rotated nor should it be too far under your body either. Ideally, your hand stays largely in line with the shoulder and never crosses the center line of your body underneath you, or gets much outside of being in line with your shoulder.

There exists additional considerations in keeping your shoulders healthy, but doing just these three things listed above will likely eliminate the chance of shoulder pain in the vast majority of swimmers. I hope you all keep your shoulders healthy for many years to come!



## **BOB BRUCE—USMS AWARD**

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hosted the "My Oregon Swimcation" which included three open water national championships in one week, a very successful idea created and seen-through by Bob. I served as the race director for the Applegate Lake swim, one of the 3 open water national championships, and Bob was instrumental in assisting and supporting me all the way through the process.

Bob was the inventor, developer, and builder of the Foster Lake Cable Swim course, the only fixed cable swim course west of Indiana and one of only four in the nation. This was a significant effort to accomplish and has resulted in strong participation in this relatively rare style of event. The result is

that Oregon Club now holds 32 of the 37 USMS cable swim relay records.

Bob's exceptional commitment and enthusiasm for our sport and USMS are apparent with his dedication as a swimmer himself as well as the profound amount of time and energy he invests as a volunteer to ensure that high-quality opportunities exist, for USMS members. Bob does an extraordinary job of encouraging Oregon participation in the USMS postal swims, linking participation in those events to preparation and participation in open water events.

I honestly cannot think of any other individual who is more deserving of the Long Distance National Championship Service Award than Bob Bruce.

## LONG DISTANCE CHAIR

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**National Championships:** Enough about open water for now. Another ePostal challenge awaits as we start our new school and swim training year! Mid-September through mid-November is the season for **USMS 3000-yard & 6000-yard ePostal National Championships**. These swims must be completed before or on November 15<sup>th</sup>. These swims provide solid early season training swims, great conditioning benchmarks, fun team-building events, and are a must for aspiring distance swimmers. Why not use these swims to jump start your 2020 training?

As the OMS Long Distance Chair and head cheerleader, I would like to see you participate and would love to see the Oregon Club reclaim national titles in both events. Let's not sit on our past record of success. Find event & entry info at [https://www.clubassistant.com/club/meet\\_information.cfm?c=1287](https://www.clubassistant.com/club/meet_information.cfm?c=1287), get your split sheet at [http://www.usms.org/longdist/1hr\\_3000\\_6000\\_splits.pdf](http://www.usms.org/longdist/1hr_3000_6000_splits.pdf), and go to it! Remember that you can swim these events in a 25-meter pool by doing a 3000 or 6000-meter swim and converting the time to yards; I know, I know, you gotta swim a bit further, but it allows those who only have access to 25-meter pools to participate. Just do it!

These swims provide solid training swims, great conditioning benchmarks, fun team-building events, and are a must for aspiring distance swimmers. I always like to start our training year in the fall with some aerobic work, because everyone—hear that, sprinters?—everyone, needs an aerobic base to progress.

And, if the previous paragraphs aren't sufficient motivation, the GO PRO challenge is still in effect. Due to a most generous offer from an unnamed enthusiastic Masters swim booster, OMS will pay your 2020 OMS registration if you swim and enter three USMS Postal National Championship swims in 2019. Simple. No other strings attached. A few of us have already qualified, having completed the three events held so far. Many others have done one or two already, so complete your remaining swims in your local pool (for the most part) and submit your entry online for a modest fee. Again, simple.

- **Postal Two-Mile Relay (UNIQUE & LOCALLY-RUN):** This

postal relay is done as a sequential relay (you know, the kind we do in swim meets) rather than the cumulative relays that we put together for postal & cable events. This is hosted by our own Event Director Jim Teisher & the Tualatin Hills Barracudas, and done between October 1<sup>st</sup> and November 30<sup>th</sup>. Swimmers—who must be USMS members and follow USMS & event rules—will swim as a two, three, or four-member team in strict rotation for 3600 yards (or 3600 meters, to be converted), approximately two miles. Timers take splits each 100 (a special split sheet is available in event info: <http://barracudas.org/postal-two-mile-relay>). After the swim, a team captain enters the team in the event. See for details and entry.

I plan to run this relay event as a sprint practice a few times. As all good coaches know, there's nothing like swimming fast (and practicing dives!) during practice. Depending on the number of swimmers on a team, the swim to rest time ratio will be about 1:2, 1:3, or 1:4, excellent for sprint training. I'm willing to bet that practice will be more focused and intense than usual that day! I think that these relay swims will help our speedwork as we prepare for the short course meters meets later this Fall.

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

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

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

Good luck and good swimming!

## Oregon Masters Swimming: Tentative Open Water Race Schedule for 2020 (as of 1 Oct, 2019)

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category	USMS Status
?Sun 17 May	1	Lake Juniper (pool)	Bend	COMA	Bob Bruce	1200-meter	Featured	
?Sun 14 Jun	1							
Sat 27 Jun	1	Foster Lake Cable Swims (dual sanction with USA-Swimming)	Sweet Home	COMA	Bob Bruce	2-mile cable 1-mile cable	Featured Featured	
						Swim with your Dog	xxx	
Sun 12 Jul	1	Portland Bridge Swim in the Willamette River	Portland	PBS, LLC	Marisa Frieder	17-km downriver (individual & relays)	Featured	
Sat 18 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	
Sun 19 Jul	1					1500-meter 3 x 500-meter Pursuit Relay	Featured Participation	
Fri 31 Jul	3	Cascade Lakes Swim Series	Bend	COMA	??	3000-meter	Qualifying	
Sat 1 Aug		& Festival at Elk Lake				500-meter	Qualifying	
Sun 2 Aug						1500-meter 5000-meter 1000-meter	Featured Featured Qualifying	
Sat 22 Aug	1	Southern Oregon Coast Swims at Eel Lake	Lakeside	SOMA	Matt Miller	3000-meter 500-meter Predicted Time	Featured Participation	
Sat 12 Sep	1	Southern Oregon Swims at Lake-of-the-Woods	Klamath Falls	SOMA	Matt Miller	3000-meter 1500-meter	Featured Featured	

Swimmers must participate at three venues to be eligible for the Oregon Open Water Series. Swimmers may score Series points in all swims. Featured and qualifying events score points by place; participation events score 7 points. Top 10 scores count towards a swimmer's final Series total.

# Summary

## Records & Results. . .

*Lake of the Woods Open Water event*

## Looking Ahead. . .

### Pool Schedule

<b>Date</b>	<b>Course</b>	<b>Event</b>	<b>Pool</b>	<b>Location</b>
<i>Sat., Dec. 14, 2019</i>	<i>SCM</i>	<i>COMA All-Around Challenge</i>	<i>Juniper Swim Center</i>	<i>Bend, OR</i>
<i>Sat-Sun., March 14-15, 2020</i>	<i>SCM</i>	<i>Spring Ahead Dual Sanction Meet</i>	<i>Oregon City</i>	<i>Oregon City, OR</i>

### Detailed Open Water Schedule *(see page 21)*

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

## Quote for the month. . .

*Swimming – The only sport with no half times, no substitutions, no timeouts, and you only get 1 shot for your goal.*

*Update your own USMS registration information—<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 and she will approve it.*