



Aqua Master

Award-winning Newsletter of Oregon Masters Swimming

"Swimming for Life"

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Swimmer Spotlight

submitted by Arlene Delmage

Name: Sara Shepherd
Age: 37
Local Team: Tualatin Hills Barracudas
Occupation: Center Supervisor—City of Tualatin Parks & Recreation

When I think about something that is so very important to me and continues to have a profound influence on my life, one word comes to mind: swimming.

I was born and grew up in Bethlehem, Pennsylvania, and started swimming competitively at the age of seven. I started out with the local YMCA, swam for summer teams and for a private club, the Atlantis Aquatic Club, throughout middle and high school. I met my best friends on Atlantis, and had some of the best times of my life during those years. I then attended and swam at Penn State University, where I was named Captain my senior year, and was fortunate to be a part of two Big Ten Championship teams (2002, 2005). The win in 2002 was my freshman year, and the first title in Penn State Women's Swimming & Diving history. I am such a proud Penn Stater. I am thankful for my experiences there, in and



Sara Shepherd at spring Nationals 2019 in Mesa, AZ, after securing 1st place in the 200 IM

out of the pool; they helped shape the person I am today.

After my collegiate swimming career was over, my competitive spirit stayed strong and I continued to swim and started to compete in triathlons and running races. I thought that I might take some time away from the pool after college, but as it turned out, I never really left. In 2010 I competed in my first Masters swim meet, and at that moment I was hooked all over again. I found out about local records and Top Ten National Rankings,

and started to go after them. A goal I had when I started competing again was to achieve a #1 ranking in a short course yards event in my age group. It took nine years, but at last year's Spring Nationals in Mesa, Arizona, I placed first in the 200 IM in my age group. That time held up for my first #1 short course yards ranking. It was such a great feeling, and really made all my hard work and training worth it.

When I'm not swimming, you can find me outside running, biking, hiking, camping, going on adventures with friends and family, and enjoying all the amazing things the beautiful state of Oregon has to offer. I have quite a ways to go on my Oregon bucket list! I also love to travel, take pictures, scrapbook, spend time with my family, and last but certainly not least, eat good food 😊

Thank you for letting me share a little more about myself with you. I absolutely love representing Oregon Masters Swimming. Swimming is my passion, and I am looking forward to many, many more years in the pool!

Oregon Masters Swimming, Inc.

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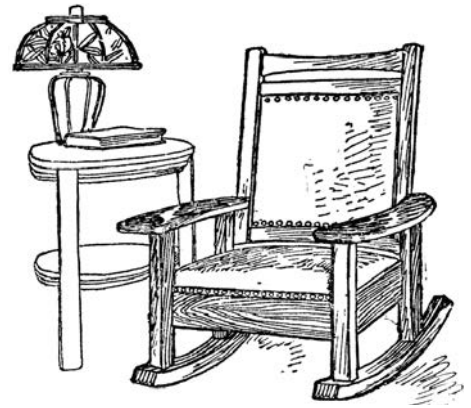
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Send address changes to Susie Young and all other membership questions to Christina Fox.

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Chair's Corner

Tim Waud
OMS Board Chirman



Greetings fellow Masters swimmers,

I hope your winter training is going well. Don't forget to swim the One Hour ePostal this year. You still have three weekends to get it done. Be part of the team that helps Oregon Masters win this National Championship.

The cost of renting pools for our swim meets has been increasing over the past few years. In order to ensure that our meet hosts make a little money, we have increased the meet entry fees this year. Effective immediately, the cost for a One-Day meet will be \$35.00 and a Two-Day meet will be \$45.00.

The Oregon City Tankers will be hosting their annual Spring Ahead meet March 14-15, 2020 at the Oregon City Municipal Swimming Pool. This year, the afternoon session will be Masters only. Several improvements have been made to the facility, including new SR Smith starting blocks, a new Daktronics color scoreboard, and a new Daktronics OMNI Sport timing console. FINIS backstroke wedges will be available during warm-up sessions and pool competition.

Columbia Gorge Masters will play host to our OMS Association Championship April 3-5, 2020, in Hood River. The course will be short course meters (25m). The annual OMS Awards/Social will be held on Saturday night at the Best Western Hood River. OMS will be honoring outstanding achievements by swimmers and honoring volunteers for their contributions to our membership. Food is available for purchase and there will be a no-host bar available with your favorite refreshments. Matt Miller will be putting together a slideshow highlighting our members and events held in 2019. If you would like to contribute to the slideshow, please email matt@flytrapcare.com. Matt is looking for pictures of your workout group, special events, pool and open water swimming competitions.

Hope to see you around a pool sometime soon,

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

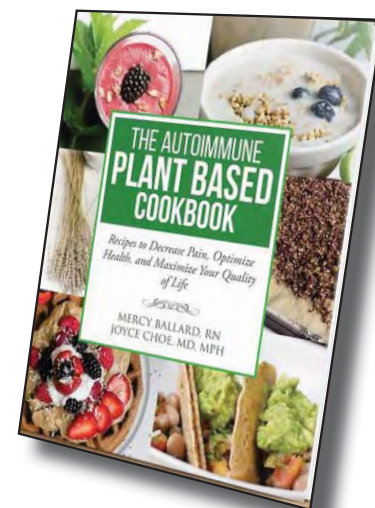
The Autoimmune Plant-Based Cookbook

Autoimmune disease is one of the fastest growing chronic diseases in this country, and it has many different manifestations: multiple sclerosis, rheumatoid arthritis, ulcerative colitis, psoriasis, type 1 diabetes, pernicious anemia, celiac disease, . . . and the list of debilitating diseases goes on and on. The good news is that many of these conditions can improve significantly by changing the diet and lifestyle.

There are more than 80 different autoimmune diseases. According to officials with the American Autoimmune Related Diseases Association, about 20 percent of the population—or 50 million Americans—have an autoimmune condition. This is a condition where your body’s defense system—the immune system—loses its ability to recognize its own cells and starts attacking healthy cells as it would a bacterial or viral invader.

Mercy Ballard, a nurse, and Dr. Joyce Choe, an ophthalmologist, are medical practitioners who struggled with their own symptoms for years before they discovered that they had developed multiple food sensitivities. They determined to discover safe, plant-based methods to recover their health. Their journey caused them to see the enormity of the autoimmune epidemic and fueled their desire to help others who suffer through similar experiences, to find answers.

The plant-based recipes in this book are free of soy, corn, oats, wheat, grains, and nuts, because these are foods more commonly associated with food sensitivities. A seven-day meal plan is included to help readers understand



how to put these recipes into balanced meals. Principles for eating to decrease inflammation, and recommendations for food sensitivity testing are provided as well. This book teaches how gut and microbiome health affect overall health. It also teaches the basics of eating to heal by using the most anti-inflammatory of plant-based methods.

To order this book visit: <https://www.drjoycechoe.com/> scroll down and you will see the picture of the cookbook.

Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



This Amazing Body of Yours

As we are getting thru the winter blues and our New Year Resolutions are slowly winding down, I just want to remind you of a few tidbits about fitness that may help you stay the course: our body is amazing and can adapt to almost everything.

Movement creates energy: When you are too tired, the best thing to do is to move your body, and you will instantly start to feel better. So instead of saying “I am too tired to exercise”, say: “I am so tired that I need to exercise”. How often have you been on a brisk walk and felt recharged afterwards? How many times have you said to your teammate that you did not feel like going to practice but you were so glad you did because you are feeling so much better after? Your body is amazing and will create energy, just by moving, like a self-charging battery.

As you start exercising and eating better, you increase the number and strength of the fat-burning enzymes that utilize fat for fuel. You are becoming a fat-burning machine, which makes it much easier to achieve your ideal physique. This of course is not the fast crash diet, but it is the sure way to burn fat in the long run. When you first start exercising, remember that if your body isn’t changing substantially yet, you are building your fat burning enzymes, which is going to make it a lot easier to burn fat in the long run. Your body is amazing and will use your excess fat for energy.

Once you are exercising consistently, you increase the size and number of your mitochondria (where energy is produced) so you can go farther and harder without getting tired. Most of us don’t even remember how hard it was to

just go across the pool when we learned how to swim. But everybody knows how hard and how slow we are if we have not been in the pool for a while. How hard it is to get back in shape. Remember when you first start exercising and it feels really challenging, it will get easier to endure. Your body is amazing and will adapt.

As you get more fit, your cardiovascular system improves, your heart gets stronger and you develop more capillaries, making it easier to extract oxygen from your blood so you don’t get so winded and can work out harder. Get through that initial phase. Your body is amazing and will be able to go harder and longer without getting tired.

As you keep getting fit, lactic acid (the byproduct of high intensity exercise) instead of being toxic to your system and making you feel nauseous and dizzy, starts to be used as fuel, enabling you to go harder and faster without feeling like you are going to die. Your body is amazing and will become efficient at using lactic acid as fuel!

When you accomplish one goal, no matter how small or insignificant, it will give you the belief and the confidence to achieve the next goal, and the next goal and so on. It is called Results Momentum, you don’t have to worry about the big, monstrous goal, just take one step at a time! Your body is an amazing machine which will adapt to almost anything and will help you reach up to the stars.

If you keep at it, 2020 will be your best year ever.



Announcing the 2020 National Coaches Clinic (NCC) which will be held October 16-18, 2020 in Las Vegas

The USMS Coaches Committee and Club and Coach Services is happy to announce the 2020 National Coaches Clinic (NCC) will be held October 16-18, 2020 in Las Vegas. Registration opens in March and is limited to 115 coaches.

AGENDA

Friday, Oct. 16

Welcome reception - Official welcome, opening remarks by USMS and Friday evening speaker

Saturday, Oct. 17

General session - This all day session includes five program presentations delivered by leading industry professionals. Details to be announced in March

Sunday, Oct. 18

Pool clinic session - Details to be announced in March

Full details, including registration fee, hotel cost and agenda will be available in March



Buchanan Natatorium UNLV

4505 S Maryland Pkwy,
Las Vegas, NV 89154

Westin Las Vegas Hotel & Spa

160 E. Flamingo Rd.
Las Vegas, NV 89109



Print Your Own USMS Membership Card

<https://www.usms.org/reg/getcard.php>

For anyone who wants a printed USMS membership card, you can do it yourself. Just go to this web site and Presto! Mark this web site as a favorite in your computer, for it can't be found by searching the USMS web site, or by any 'path' that I could find. Save this information so when you register for 2020 you will be able to print your card. Please SAVE the link above! Printing your own card would make the Registrar's job a LOT easier.

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.

Oregon Masters Swimming: Open Water Race Schedule for 2020 (as of January 2020) OR Series

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category	USMS Status
Sat 16 May	1	COMA Spring Long Course Meet	Bend	COMA	Bob Bruce			
Sun 17 May	1	Beautiful Lake Juniper Buoy Swim (pool)	Bend	COMA	Bob Bruce	1200-meter	Featured	
Sat 27 Jun	1	Foster Lake Cable Swims (Sprint Series)	Sweet Home	COMA	Bob Bruce	1/4-mile cable 1-mile cable	Featured Featured	
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)	Qualifying Qualifying	
Sun 19 Jul						10,000-meter 1500-meter	Featured Featured	
						3 x 500-meter Pursuit Relay	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 [Ass'n Champs] 5000-meter	Featured Featured	
						1000-meter	Qualifying	
Sat 8 Aug	1	Southern Oregon Coast Swims at Eel Lake	Lakeside	SOMA	Matt Miller	3000-meter 500-meter Predicted Time	Featured Participation	
						1500-meter	Featured	
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. . .

No OMS meets in January or February

Looking Ahead. . .

Pool Schedule

Date	Course	Swim	Location
March 14-15; Saturday-Sunday	SCM	Spring Ahead Meet	Oregon City, OR
April 3-5; Friday-Saturday	SCM	OMS Association Meet	Hood River, OR
April 10-11; Friday-Saturday	SCY	NW Zone SCY Meet; King County Aquatic Center	Federal Way, WA
April 23-26; Thursday-Sunday	SCY	USMS Spring Nationals	San Antonio, TX
May 16; Saturday	LCM	COMA Spring Long Course Meet	Bend, OR
August 12-16; Wednesday-Sunday	LCM	USMS Summer Nationals	Richmond, VA
August 21-23; Friday-Sunday	LCM	NW Zone/Oregon Association/Gil Young Meet; MHCC	Gresham, OR
November 14; Saturday	SCM	NW Zone SCM Meet; Columbia Gorge Masters	Hood River, OR

Detailed Open Water Schedule (see page 7)

Registration for all events can be found at <http://swimoregion.org/events/>

Quote for the month. . .

“To swim well is an asset for life” –Forbes Carlile

Update your own USMS registration information—<https://www.usms.org/reg/member/updateinfo.php>
Print Your Own USMS Membership Card—<https://www.usms.org/reg/getcard.php>