



Aqua Master

Award-winning Newsletter of Oregon Masters Swimming

"Swimming for Life"

Volume 47 • Number 5

Published 10 Times Yearly by OMS, Inc.

May/June • 2020

How are you spending the extra time you now have while away from swimming?

compiled by Alice Zabudsky

During this time of isolation ("shelter at home") which is a result of the Government's reaction to the COVID-19 virus, swimmers have extra time on their hands. So I thought it would be fun to hear what other swimmers are doing with that time. Some of the most serious swimmers are increasing their regular dryland workouts, others are just enjoying the opportunity that this time away from swimming gives them to enjoy life in a different way!

This project has become much longer than expected, so if all of your comments or pictures are not included, I apologize. I appreciate all those who responded.

Anicia Criscione

I've been working hard to stay positive. These are the minimums...sometimes I do a little more.

Each day I read fiction for 30 minutes, nonfiction for 30 minutes, create something (paint/sew), cook a healthy meal for my family, and exercise in my garage.

Reading fiction:

I'm working on motivating my teenage daughters to do a book club with me, hoping that we can pass the books to each other and then discuss them.

Reading nonfiction:

My husband and I are trading books and discussing.

Create something:

The quilt I'm working on is so fun!!! It's keeping my hopes up for the "Bridge Swim." I'm teaching myself a new skill in appliqué. I painted a picture incorporating the Olympics 2021 for our local Olympian, Jacob Pebley. (I know it will still be called Olympics 2020).



Cooking:

I purchase a local veggie box that is delivered to my door once/week so I look for creative ways to use the veggies new to me. It's also been fun cooking with my teenagers, for soon they will be off to college. So I'm hoping to share a few cooking/health tips with them before they fly the coop.

I've always wanted to be a stay-at-home mom, yet circumstances dictated my need to work. So I'm re-framing this as an opportunity I've always wanted...even though 24/7 with "screenager" teenagers can present its own challenges.

Ginger Pierson

I am still swimming, or, I should say still in the water. Fill up the bath tub and do sprint kicks as fast as you can. Do several reps of this to get your heart rate up. Oh, by the way, stay flexible by wiping up the floor.

continued on page 12

Oregon Masters Swimming, Inc.

Board Members

CHAIRMAN OF THE BOARD

Tim Waud • timpwaud@gmail.com

VICE CHAIRMAN - SANCTIONS

Robbert van Andel • swimmer1974@gmail.com

SECRETARY

Kristina Franklin • kristina.l.franklin@gmail.com

TREASURER

Kermit Yensen • kermit.yensen@gmail.com

REGISTRAR

Susie Young • Swim.pdx@gmail.com

AQUA MASTER EDITOR

Alice Zabudsky • azabudsky@msn.com

AWARDS — ANNUAL

Sara Shepherd • ssobx5@yahoo.com

COACH'S CO-CHAIR

Matt Miller • matt@flytrapcare.com
Sara Shepherd • ssobx5@yahoo.com

DATA MANAGER — SWIM MEETS

Gary Whitman • all5reds@comcast.net

FITNESS CHAIR

Colette Crabbe • colettecrabbe@hotmail.com

HOST/SOCIAL

Michelle Jacobs-Brown • Goblin34.mjb@gmail.com

LONG DISTANCE CHAIR

Bob Bruce • coachbobbruce@gmail.com

MEMBERSHIP PROMOTION

Carolyn DeMarco • adairpete@msn.com

MEMBERSHIP

Christina Fox • foxkohnert@peak.org

OFFICIALS — SWIM MEETS

Jacki Allender • jacki.allender@gmail.com

OMS EMAIL GROUP MAINTENANCE

Susie Young • swim.pdx@gmail.com

PAYMENTS ADMINISTRATOR

Ginger Pierson • gingerpierson7857@comcast.net

PROGRAM DEVELOPMENT

Marlys Cappaert • m.cappaert@comcast.net

RECORDS

Stephen Darnell • inancialwizard2@comcast.net

SAFETY

Joy Ward • silenteclipse1210@hotmail.com

SOUVENIERS

Jeanna Summers • jeanna.summers@optumhealth.com

OREG CLUB REP

Nancy Vincent • ncsvincent@comcast.net

USMS REP

Sandi Rousseau • swim@gorge.net

TOP TEN

MJ Caswell • mjcaswell@earthlink.net

WEB MASTER

Matt Miller • matt@flytrapcare.com

PRINCIPAL FOUNDER OF OMS

Connie Wilson

CONTENTS

Regular Articles

- 3** Off the Block
- 4** Fit to Swim
- 5** Coaches Chair
- 6** Long Distance Swimming

Articles & Announcements

- 7** Oregon LMSC Postal One-Hour Swim Results 2020
- 9** Swimmer Spotlight
- 10** Swim Bits
- 10** USMS Needs Award Nominations
- 11** Some People are Still Swimming
- 11** Portland Bridge Swim Cancelled
- 16** 2019-2020 Open Water Schedule

Event Schedule — Back Page

United States Masters Swimming, Inc. (USMS), can not and does not accept responsibility for the content of any information or material not authorized by USMS. All opinions stated in any such material are solely those of the author(s) and not necessarily those of USMS or Oregon Masters Swimming. *Aqua Master* is the official publication of Oregon Masters Swimming (OMS). OMS is a Local Masters Swimming Committee (LMSC) and part of USMS. Information is also available online at www.swimoregon.org.

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

Volume 47 • Number 5 • May/June 2020



Off the Block

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

Éva Székely, Holocaust Survivor and Olympic Champion Swimmer

by Brigit Katz (smithsonianmag.com) and Wikipedia

Between December 1944 and January 1945, members of Hungary's fascist Arrow Cross Party executed as many as 20,000 Jews on the banks of the Danube. Éva Székely was 17 years old when a young official came to round her up. Decades later, providing survivor testimony to the University of Southern California's Shoah Foundation, she recalled his unique appearance: "One of his eyes was grey and the other one was brown. And this stayed with me, as never before had I seen a man with different colored eyes."

Székely's father attempted to plead with the fascist, claiming that his daughter was sick and unable to walk. When that failed to sway the official, her father tried a different approach: "She is the swimming champion of Hungary," he said, "and one day you will be happy you saved her life!"

Miraculously, Székely was spared. And her father's words would prove prophetic. In 1950, she won a gold medal in an international swimming competition held on Hungary's Margaret Island. One of the people presenting her prize was the major of the Communist Political Police.

"Imagine, there I was standing there, up on top of the dais ... and the man looks at me," she recalled. "It was that Arrow Cross man, with his different colored eyes."

Székely, whose remarkable life was marked by both great adversities and great triumphs, died on February 29, 2020 and the age of 92, according to Emily Langer of the *Washington Post*. The cause of death is not known,



Éva Székely won a gold medal at the 1952 Summer Olympics.
(Photo by S&G PA Images via Getty Images)

but Székely's health had reportedly been declining. She remained active late in life, continuing to swim even as she neared the age of 90.

Born in Budapest in 1927, Székely became interested in swimming after listening to a radio broadcast of Hungarian swimmer Ferenc Csik winning the 100-meter freestyle at the 1936 Berlin Olympics, reports the *Guardian's* Andy Bull. She joined a local sports club team that went on to win a national open water title, but was soon booted from the team because of her Jewish heritage.

Her father, she said, told her that "when all the madness was over, one's religion would make no difference." But conditions for the Jews of Budapest continued to worsen. Forced to live in buildings marked with Stars of David, some 20,000 were rounded up and deported to Auschwitz-Birkenau. Then, in November 1944, the Germans forced more

continued on page 15

Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



Health vs. Fitness

During this very stressful time of the Covid19 world-wide pandemic, I want to wish you all to stay healthy and to keep everybody around you healthy.

It is very important to be conscious of the difference between health and fitness. Your health is what keeps your body working smoothly, fighting any enemies such as a virus or stress. Health is physical, mental, and social, and what keeps you going every day. Fitness is the cherry on the top, it is very nice to have and will help you stay healthy but might not be your priority at this time. If you can remain healthy, a top fitness level will be regained faster than you think.

First and foremost, I want you to follow all the guidelines and rules set up by the governments and the experts in the fields, such as social distancing, washing your hands, avoiding touching your face, staying home, cleaning and disinfecting frequently, etc. It sometimes might seem much, but we must trust the scientists. It will get harder and harder to follow as times goes by. Hang in there. Your health and the health of your neighbors depends on it.

Staying safe under a pandemic is definitely a bummer. It completely disrupts your life and the safety-nets you had previously created. As always, the most important is not what happens to you but how you react to it. Your positive attitude towards it is the key. Here might be a few tips to stay as much as possible on top of your health:

Physical: Alice compiled a few dryland routines inspired by some of our swimmers. But mostly just stay active, go for walks and or run as long as it is possible, put music on and dance with your family, be creative, keep enjoying life.

But remember that starting a new physical routine, such as dryland exercises, running, yoga, even walking can bring its share of problems or as I call it, you might experience the case of the "Terrible Toos": too much, too soon, too hard, too fast, too long. Even if you feel cooped up and need to relieve that extra energy, proper and gradual progression as well as cross-training remain critical if you want to stay injury-free.

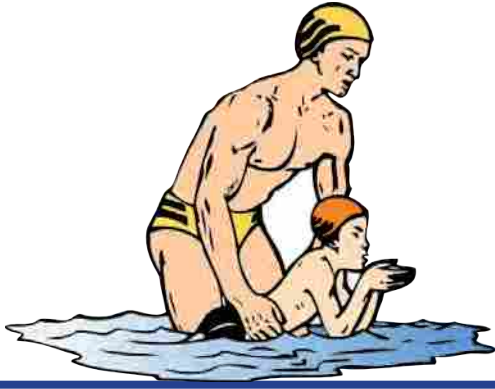
Mental: Keep learning, teach your children, watch "how to" videos, find creative new ways to do business, do activities to help relieve the stress, make sure to take advantage of all the resources available to you. This is the perfect time to attack the home project you never had time to accomplish, to learn a new skills (it is always very rewarding), to be ready to improve your life or the life of your family and or neighbor, to keep a positive attitude, to enjoy your children: learn from them and teach them (you might be the at-home teacher this semester: embrace it, your children will benefit from it)

Social: Although through long distance, keep in contact with your friends and family through phone calls, video conferences, social media. Support them if they are going through a tough time or get depressed. Social media and news can also act as a double sword. Be careful of a bombarding of depressing news, of too many video games, of scams and hackers. On the other hand, enjoy the positive and funny videos and of course the virtual happy hours!!

Eat healthy: Eat a balanced plate of healthy natural food (reread my article from last month) but you might have to adjust your portion if you are less active. Share recipes and learn how to cook.

continued on page 11





Coaches Chair

Coach Matt Miller
OMS Coaches Chair

Just Keep Moving

I hope this finds all of you Oregon Masters swimmers safe and healthy. With the disruption caused by the current pandemic, most of us have been out of the water for nearly a month now. I have heard from a few swimmers who have found creative ways to stay in the water including backyard pools with bungee cord swimming in place, very cold open water swims and a few private pools here and there.

However, most of us are currently not swimming. As a coach, that begs the question: "What are you doing to stay active each day?"

I understand that most of us swim because it is our preferred activity and/or it is one of the few intense cardiovascular activities we can safely enjoy without pain. Although most of us can't swim right now, it is vitally important for each of us to find something, or a variety of things that keeps us moving and active.

I have gained a lot of elderly friends since starting Masters swimming. I admire each of them for their healthy habits and the longevity they demonstrate. Over the years of picking their brains to find out the "secret" to living a long and active life, the one thing that stands out above all the rest, is to keep active at all times. The wise adage, "Use it or lose it," is one phrase I've heard used the most.

The more advanced in age we are, the more important it is to move each day. As we age, our bodies naturally lose flexibility and strength. Moving and stretching each day be-

comes critical to offset this natural tendency of our bodies.

I've heard from several people who have transitioned to other activities to keep themselves active and healthy. Great job! Included in this month's *eAqua Master* is a dryland routine from one of the best role models in Oregon Masters Swimming — Dave Radcliff.

Dave's dryland routine consists of a morning stretch session, rotator cuff exercises, morning walk, afternoon strength and core routine and a "swimming" workout with bands. This is a great example of a few things that one can do to stay active and healthy until the time comes where we can all get back in the water.

For some people, the sort of regular routine and structure of Dave's dryland workout works best to keep them moving. Others prefer to mix a hodgepodge of activities together that keep them active. Both are equally effective, so do what you most enjoy doing.

Activities such as home improvement projects, gardening, yard work and a plethora of other seemingly non-workout-oriented activities are actually a great way to keep our bodies healthy. Any sort of squatting, reaching, raking, lifting that results in any sort of movement and usage of muscles is valid "exercise" during this time. Just keep moving!

USMS has assembled a set of resources and made them available on the USMS.org website here: <https://www.usms.org/about-usms/covid19-information>



Long Distance Swimming

Coach Bob Bruce
Long Distance Chairman



The Oregon Club had another strong performance in the 2020 USMS One-Hour Postal National Championships, held in January and February in your local pool. Our overall participation was down slightly from previous years, a disturbing trend, but there were many fine swims. The Oregon Club placed second Overall.

Oregon Participation summary:

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

Congratulations to...

- Our TWO individual National Champions (USMS Long Distance All-American). Dave Radcliff, and Willard Lamb
- Our TWENTY-SEVEN other individual swimmers who made the top ten (and thus received medals)
- Our SIX relay team National Champions (USMS Long Distance Relay All-Americans)
- Our TWELVE other relay teams who made the top six (and thus received medals)

- Our TWO relay teams that broke Oregon Relay Records:
- Women's 55+ team of Stephanie Martin, Colette Crabbe, and Valerie Jenkins, going 13,535 yards.
- Mixed 55+ team of Colette Crabbe, Valerie Jenkins, Pat Allender, and Hardy Lussier, going 18,890 yards.
- Hardy, who broke the Oregon individual record in the Men's 55-59 age group
- Our TWO swimmers, Valerie Jenkins (4665 yards) and Kurt Grote (5340 yards), who topped the Oregon women's and men's categories respectively
- Our FIFTEEN swimmers whose performances qualified or moved them up on the Oregon All-Time Top Twelve list for the One-Hour Swim. This list is ever harder to make.

Everyone who participated!

There's a bonus—81 Oregon-registered swimmers have now completed the first of the three legs of the Oregon Postal Participation Award. These swimmers just have to swim & enter two more swims—the 5 or 10-km postal and/or the 3000 or 6000-yard postal—later this year to snag this award. You've seen the patches—now you can earn your own. Put these swims on your calendar! Of course, the truly compulsive swimmers—like me—plan to complete all four remaining postal swims this year to earn the National Participation award.

Where do we go from here in 2020?

continued on page 8



Oregon LMSC Postal One-Hour Swim Results 2020

Place numbers are national places

OR = Oregon Record; NR = National Record

* = made the Oregon All-Time Top Twelve

Women 18-24

6 Miller, Danielle 24 CGM 3940*

Women 30-34

9 Ogawa, Grace 33 COMA 4040

Women 35-39

19 Callahan, Amanda 38 NCMS 3900

24 Whitley, Tralee 38 OCT 3715

Women 40-44

4 Kiefer, Stacey 42 COMA 4630

9 Ostrin, Stacey 43 LHST 4230

10 Blodget, Paige 41 CGM 4140

25 Warner, Kimberly 43 NCMS 3240

28 Gaffney, Karen 43 MACO 3030

29 Roberti, Ingrid 42 OPEN 3005

Women 45-49

13 Criscione, Anicia 47 CAT 4155

19 Jajewski, Suzy 45 ORM 4000

32 Danner, Stacey 49 CGM 3365

33 Kehe, Eryn 46 NCMS 3280

40 Danielson, Ana Sunshine 45 NCMS 2850

Women 50-54

11 Salton, Gillian 52 COMA 4280*

15 Hecksel, Toni 54 CGM 4150

24 Condie, Robin 53 NCMS 3880

31 Ahrendt, Julie 50 CAT 3700

36 Wardell, Jennifer 52 CGM 3605

42 Mack, Jamie 53 CGM 3415

65 Horsman, Sophia 52 NCMS 2565

Women 55-59

6 Jenkins, Valerie 57 ORM 4665

15 Delmage, Arlene 58 ORM 4265

50 Burkhard, Anita 57 LHST 3385

Women 60-64

4 Crabbe, Colette 64 ORM 4475

5 Martin, Stephanie 61 COMA 4395*

35 Vincent, Nancy 61 LHST 3680

43 Fox, Christina 60 CAT 3610

47 Cheney, Lizzie 64 ORM 3525

100 Schiavon, Caryl 62 OPEN 2400

Women 65-69

52 Shuman, Connie 65 COMA 2730

Women 70-74

14 Wilson, Connie 72 SOMA 3170*

30 Stark, Carol 72 ORM 2180

Women 75-79

2 Zabudsky, Alice 75 OR-un 3240

Women 80-84

5 Magmer, Jeanne 80 NCMS 2100*

6 Hodge, Peggie 80 COMA 2065*

Men 25-29

10 Aldred, Grant 27 SHC 4395*

Men 35-39

5 Marler, Christopher 35 SOMA 4225

12 Kimberly, Charlie 35 NCMS 3400

Men 40-44

3 Gilman, Matt 44 COMA 5105*

4 Miller, Matt 43 SOMA 5060

7 Clark, Will 43 CGM 4660

22 Hiller, Pat 43 CGM 3550

Men 45-49

2 Grote, Kurt 47 MACO 5340*

3 Nason, Jeffrey 45 CAT 5200*

9 Tujo, Christian 49 COMA 4580

14 Holland, Nick 45 OR-un 4100

31 Bernardo, Caesar 49 ORM 3450

Men 50-54

4 Sullivan, Scot 54 MACO 5000

13 Frost, Mark 53 CGM 4520

24 Bruzual, Igor 50 NCMS 4320

47 Bogard, Clint 53 CGM 3675

49 White, Rob 54 NCMS 3525

57 McCauley, Jason 52 NCMS 2550

Men 55-59

8 Lussier, Hardy 55 COMA 5105* **OR**

20 Wursta, Steve 55 COMA 4385*

51 Livengood, David 57 ORM 3650

Men 60-64

4 Allender, Pat 62 CAT 4645*

16 Uhlir, Don 63 COMA 4195

20 Palmer, Kevin 60 COMA 4110

28 Douglas, Mike 63 COMA 3885

48 Graeber, Doug 61 COMA 3610

56 Hunter, Bart 64 CGM 3355

64 Lane, Mark 63 COMA 3075

Men 65-69

11 Stephenson, Michael 68 CGM 4180

12 Brockbank, Doug 67 ORM 4165*

14 Phipps, Tom 67 OCT 4045

47 Carter, Walt 64 COMA 3220

Men 70-74

3	Kirkland, Dan	72	SOMA	4640
5	Bruce, Bob	72	COMA	4380
10	Henderson, Matt	71	COMA	3825*
28	Carew, Mike	71	COMA	3160

Men 75-79

3	Mohr, Ralph	79	COMA	3595
12	Foges, John	76	COMA	2900
13	Spence, John	79	COMA	2885
21	Mellow, Bill	79	CGM	2375

Men 80-84

2	Fasbender, Barry	83	SOMA	3055
10	Thayer, George	84	COMA	2020

Men 85-89

1	Radcliff, Dave	86	THB	3415
---	----------------	----	-----	------

Men 95-99

1	Lamb, Willard	98	SOMA	2645
---	---------------	----	------	------

RELAYS — WOMEN

Women 18+:	3 x One-hour	
2 OREG	(Miller, Ogawa, Paige)	12,120

Women 35+:	3 x One-hour	
3 OREG	(Hecksel, Ostrin, Kiefer)	13,010

Women 45+:	3 x One-hour	
5 OREG	(Criscione, Delmage, Salton)	12,700

Women 55+:	3 x One-hour	
3 OREG	(Martin, Crabbe, Jenkins)	13,535 OR

Women 65+:	3 x One-hour	
12 OREG	(Stark, Shuman, Wilson)	8,080

Women 75+:	3 x One-hour	
2 OREG	(Hodge, Magmer, Zabudsky)	7,405

RELAYS — MEN

Men 25+:	3 x One-hour	
3 OREG	(Aldred, Frost, Tujo)	13,495

Men 35+:	3 x One-hour	
1 OREG	(Clark, Miller, Gilman)	14,825

Men 45+:	3 x One-hour	
2 OREG	(Sullivan, Nason, Grote)	15,540

Men 55+:	3 x One-hour	
3 OREG	(Wursta, Allender, Lussier)	14,135

Men 65+:	3 x One-hour	
1 OREG	(Stephenson, Bruce, Kirkland)	13,200

Men 75+:	3 x One-hour	
1 OREG	(Fasbender, Radcliff, Mohr)	10,065

RELAYS — MIXED

Mixed 18+:	4 x One-hour	
-------------------	--------------	--

3 OREG	(Miller D, Criscione, Frost, Tujo)	17,195
Mixed 25+:	4 x One-hour	
4 OREG	(Ogawa, Ostrin, Clark, Sullivan)	17,930
Mixed 35+:	4 x One-hour	
1 OREG	(Delmage, Kiefer, Miller, Gilman)	19,060
Mixed 45+:	4 x One-hour	
1 OREG	(Salton, Martin, Nason, Grote)	19,215
Mixed 55+:	4 x One-hour	
1 OREG	(Crabbe, Jenkins, Allender, Lussier)	18,890 OR
Mixed 65+:	4 x One-hour	
4 OREG	(Shuman, Wilson, Bruce, Kirkland)	14,920
Mixed 75+:	4 x One-hour	
2 OREG	(Magmer, Zabudsky, Radcliff, Mohr)	12,350

CLUB PLACEMENT

2020 National Club Placement (Overall Category):

PI	Club	Swimmers	Distance
1	New England Masters	215	769,915 yds
2	OREGON MASTERS	81	302,175
3	1776 Masters	51	194,445

LONG DISTANCE SWIMMING

continued from page 6

Keep on swimming—the essence of the postal events is to do them. Next up are the 5 & 10-km postal National Championships, to be done between May 15 and September 15 in a long course pool.

Where do we go from here in 2021? In a bid to earn a little more income to keep our LMSC programming humming along, the OMS Board won the bid to host the 2021 One Hour Swim. I mention this now so that ALL OF YOU can adjust your sights and make the long-term commitment to swimming in this event next January or February. There are many good reasons to swim this event, but this is an especially good one since the direct beneficiaries of the entry fees are YOU! My goal is to have EVERY ATHLETE REGISTERED IN THE OREGON LMSC swim this event! All for one, one for all!

Look for the full 2020 Oregon LMSC results for the One Hour Swim in this *Aqua Master*. (See page 7)

Good luck and good swimming!

Swimmer Spotlight

— submitted by Arlene Delmage

Name: Valerie Jenkins
Age: 56
Local Team: Southern Oregon Masters Aquatics (SOMA)
Occupation: Retired Sales Leader, Grainger Industrial Supply

The sport of swimming has shaped and influenced who I am as a person from a young age. From an early understanding of goal setting and hard work, then building the values of teamwork and leadership, swimming has shaped me as a student, a business professional and as a person. I love that swimming is both an individual and team sport. I race the clock and try to better my personal bests, but especially enjoy training and racing with my teammates. Swimming has blessed me with amazing coaches, teammates and supporters throughout all phases of my life.

Friends of our family often said swimming was genetic in our household. My father had been a lifeguard, and thus understood the importance of teaching his three daughters how to swim for safety reasons. I learned how to swim in my hometown's man-made pond in New Canaan, CT. I was 4 or 5 when my mom took us there for our summer swim lessons in the cool mornings. That led to swim lessons at our local YMCA and progressing through their program.

I started competing at age 9 on the YMCA swim team – following the footsteps of my eldest sister, Cheryl. My middle sister, Janice, soon joined as well. I was also involved in diving and gymnastics, and by middle school, my parents said I needed to choose one. I chose swimming, and am thankful I did!

My swimming career grew from the YMCA to one of the top AAU clubs in the state (the Sharks Swim Team), to High School Swimming, and then at Brown University in Rhode Island. My AAU and college coaches were strict, but they understood how to help us achieve our goals. I am fortunate that swimming gave me the opportunity to travel throughout the country for competition and training trips. I swam for 4 years at Brown, and then hung up my suit for 3 years post college when I took advantage of living in Upstate NY and started skiing and enjoying other sports.

A move back to CT in the late 1980s led me back to the

pool again – this time with my first Masters team at another YMCA. I quickly became friends with this multi-generational group. From bagels at the local deli after Saturday morning workouts, to fun holiday parties, to dancing at each other's weddings, this group was a family. My Connecticut Masters team holds a special place in my heart.

I left Connecticut again to go back to grad school outside of Chicago at Northwestern University. I wasn't competing, just swimming for fitness. New jobs then took me to Dallas, Texas, and back to Connecticut again. Cycling and skiing were my sports at that time. Fast forward a few years, and I moved to Oregon in 1998 for another new job after falling in love with the PNW while on a cycling vacation. I joined a ski club as well as Portland Masters Swimming (PMS). I met my husband, Jim, at the ski club, and then he joined me at Masters swim workouts as well. Jim continues with his focus on fitness and competes in a couple of meets or open water swims each year.

I am most proud of swimming for the Oregon LMSC at National and World Championships. My most memorable experiences are by far those shared with my relay mates – Arlene Delmage, Colette Crabbe and Karen Andrus-Hughes. We are great friends both in and out of the water, and they have especially helped me through the past few years with different injuries and surgeries. I also had the opportunity to swim on a winning family relay with my sister Janice (North Carolina), niece Meghan (a year after she competed at Olympic Trials), and Oregon teammate Jill Asch at Mission Viejo LCM Nationals in 2013.

I am now 18 months post Achilles repair surgery, and happy to say I've been able to focus on my health the past year. Jim and I also enjoy hiking and I often walk on off-swim days.



continued on page 11

Swim Bits

by Ralph Mohr



New Beginnings

As we are all waiting to get back in the water, this gives us time to consider what we will do once we get wet again. There are all sorts of workouts available online. What about our mental approach?

With the 2020 season so changed, what are your new goals? Just get back into shape? Swimming should always be more than that.

Check the swimming calendar. At the moment some pools are not opening until the end of June. July and August meets would seem to be safe. If you are really desperate for water, find a near-by lake or river, but swim safely.

There are always the ePostals. At this moment we do not know if we can swim at Amazon Pool in Eugene for the 5K and 10K ePostals. When Juniper Pool in Bend opens up, COMA has always been willing to time people even at odd times in the day. Then there are the 3000/6000 ePostal events starting September 15.

What will you change for this year? I've already added


regular stretching with light weights. Check out Dave Radcliff's routine in this month's eAqua Master. Dave's focus and attitude is infectious and easy to follow. I've been following him all of my swimming life. I won't stop now, and I plan to continue with the dryland exercises when pool swimming resumes. Do the same.

One lesson I've learned from the hiatus is how much I value swimming and the people I swim with. The sessions in the pool were more than just workouts. They were gatherings of the clan, time for fun, and reassurance that I was doing something worthwhile.

I'm having my break for the year. The rest of 2020 will be to have some fun and to see people at the pools and lakes that I've missed. 2020 will also set up 2021. There are two National Championship Open Water events in Oregon next year, one a 10K at Applegate.

Plan ahead with a positive attitude. To paraphrase Rat from "Wind in the Willows:" "There is nothing, absolutely nothing, so much worth doing as simply messing about in water." In the meantime, persevere with whatever you are doing to stay fit.






Help Us Find Worthy Candidates

Nominate members who fulfill the ideals of the USMS awards for exemplary coaching; local, regional, and national service; outstanding fitness programs; successful communications programs; excellence in promoting open water swimming; and excellence in running their local and regional club.

Submit by July 1st
See awards criteria and nomination forms at:
usms.org/admin/awards/



Some People are Still Swimming



Rick Howell - Backyard swimming with bungy cords



Brave open water swimmers David Hathaway and Christine McClafferty

FITNESS

continued from page 4

We enjoy our health and all our freedoms so much more when we realize how easily and rapidly it can be taken from us.

Stay home. Save lives. Stay healthy. Be grateful to all the front-line workers. If you are one of those, THANK YOU.

As swimmers and athletes, we are healthier than most of the population. We are resilient, we are strong mentally and physically. See you soon on a pool deck or open water swim.

SWIMMER SPOTLIGHT

continued from page 9

As I write this, all the pools are closed due to COVID-19, so I am adding a stair stepper workout for cardio.

Jim and I love to spend time at the Oregon Coast where we remodeled a fixer upper cabin 5 years ago. We have had three wonderful Golden Retriever beach dogs in our lives – Maggie, Chelsea and Paige. All three have passed, so we recently added a new golden puppy, Laci, to our family. We are excited to have her and are looking forward to many beach walks!

Professionally, I am embarking on my encore career/sabbatical/retirement. I am a senior sales leader, so I am currently enjoying volunteering as a mentor at Washington State University – Vancouver, Carson School of Business. I am taking time this year to evaluate what the next chapter looks like. What I know for sure, is that Masters Swimming and my swimming family will be a significant part of it!

Portland Bridge Swim Cancelled

Announcement from Marisa Frieder

With a heavy heart, we are canceling the 2020 Portland Bridge Swim.

Like everyone else we've spent the last month watching the news, washing our hands, worrying about our families and communities, and rarely sleeping through the night. Three weeks ago we were pretty sure we'd cancel this year's race, two weeks ago we knew we'd cancel but wanted to wait until mid-April to call it, then last week it was a matter of figuring out the mechanics of the cancellation.

This was a decision that made itself, but it's still hard to think about all the people who make this happen, all the swimmers, and all the excitement we had for this summer. We are canceling because even if travel restrictions are lifted by July, swimmers need enough time to train. We also fear that at least some of them are going to need as much of their entry fees back as they can get.

We are refunding all the money we can. Entrants will be receiving checks in the mail in the next couple of weeks, as fast as we can write them. We know how hard swimmers were working to prepare for this race and so we'll be giving them first options to enter for 2021.

2020 is our 10th anniversary year. We are sad and disappointed that we won't be able to celebrate and see all our swimmers arrive at Cathedral Park. We will miss them, and all the volunteers who take such good care of them.

Please stay home, wash your hands, give love to your community, and be well. We will be back.

Until further notice the days of the week are now called: thisday, thatday, otherday, someday, yesterday, today and nextday!

EXTRA TIME

continued from page 1

Ralph Mohr

I've done nothing. I'm waiting for Eel Lake to warm up. It is 58.1° at the moment. The news is talking about May for the pandemic to lessen. As we in Coos County have zero cases so far, we may be later than that.

Caryl Schiavon

I never thought I would be missing the pool so much! Mostly I miss my Sweet teammates - OPEN Narwhals! We have been having a weekly Zoom chat during our regularly scheduled practice time. Saturday's at 0800.




On our last chat, one of our swimmers, Leah Hinkle, posted a video using a deck of cards to guide a workout — of torture. Trust me. I am taking it super slow. I do not need a silly injury because I over-did something.

Good luck during these strange times!!!

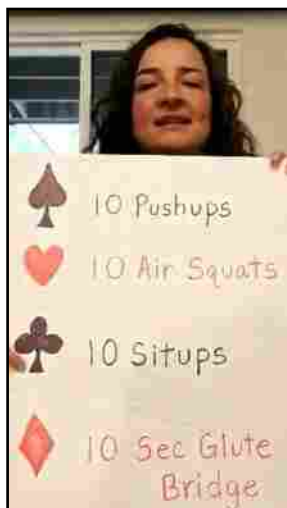
Leah Hinkle

(Leah, an OMS swimmer, is general manager for the Oregon Ravens, a women's tackle football team. This year, 2020, was to be their inaugural season. So far they haven't been able to play. She presents this interesting workout, given to her by one of her line-women whom she calls the "strongest woman in football." Editor)

The workout is to grab a deck of cards and draw one at a time. Each time you draw a:

-  = 10 Push-ups
-  = 10 Air Squats
-  = 10 Sit-ups
-  = 10 second Glute Bridge
-  = a 30 second Plank

Variations to accommodate



Leah's workout

different dry land fitness levels.

If you feel confident, you can complete the entire deck and time yourself to see how long it takes to finish. Then the goal is to beat your last time every time you do the entire deck of cards. The other method is for those that are a little less confident about completing the entire deck. You can pick a set amount of time, like 5, 10, or 15 minutes, and try to get through as many cards as you can during that time. Then the goal is to get through more cards every time. When you double the number of cards you did the first time, add five minutes to your time and continue this way until you can do the entire deck.

Arlene Delmage

During this time I have gone on many walks with my husband and family. Instead of my boys being away at university I have come to know them better by walking and talking. We are fortunate to have a gym in the garage which has dumbbells, kettle bells, chords, and bands. Our son, who was on the football team at WSU last year, has taught us



Arlene's chipping mat

many new workout techniques. We've also set up table tennis, darts, and a chipping (golf) mat on the back deck; so there is plenty to do. My hair is enjoying a break from the chlorine.

Nancy Vincent

Nothing will replace swimming, but I am

- Running the stairs in my house (10-15 times)
- Doing daily strength exercises (20-30 minutes)
- Walking my dog multiple times per day.

Dave Radcliff

Nancy and I do a 35 minute walk every morning. My Dry-land routine of exercises started a number of years ago. As you age you lose strength, so I had started exercising as a way to try and keep some of my strength. Now, with the pool closing because of the Virus, I have "amped" up the amount of dryland training. I am anxious to return to the pool to see how much this increased dryland work has helped.

continued on page 13

EXTRA TIME

continued from page 12

Sandi Rousseau

During this 'stay home, stay safe' time, my husband and I were going hiking at least once per week, but since trail heads and state parks closed, we are walking in the orchards and the nearby irrigation canal for exercise. I am also doing some dry land exercises, but they are stretching and strengthening, four months post-op shoulder replacement, to regain my range of motion and regain strength; so I cannot be too aggressive at this time. As a nice stretch of weather is coming up, I plan to start biking ... which is earlier than I would normally start, so I will have to get used to bundling up a bit more.



Sandi in her garden next to the blooming Current plants.

Since one of my hobbies is gardening, I have lots of projects and gardening activities to keep me occupied on the home front. My various garden areas have never looked this tidy before the end of March! In fact, last year we still had snow on the ground at the end of March. Columbia Gorge Masters is staying connected with a weekly Zoom session, and it is very nice to see everyone's face.

Steve Darnell

I'm still getting multiple forms of exercise:

- Going up and down the stairs in my house at least 76 times per day.
- Walking around the hilly neighborhood, maintaining a 6-foot distance.
- Clearing blackberry bushes and other brush on my hillside.
- Vacuuming the house more than usual.
- Lifting weights at home.
- Playing Pickleball on outdoor courts with my friends, maintaining a 6-foot distance.

Marisa Frieder

I work in a lab. For the last several weeks we've been working hard to support the virus testing in any way we can, and to

make sure we can maintain staffing to do the core testing in my section. In terms of mental energy, it feels like we're putting on the Bridge Swim every day. I've been out of the pool for a month and so far my exercise goals have focused on recharging and trying (in vain) to offset my stress-eating. That's meant a lot of walking, at work with colleagues when one of us needs a break and when I get home to get outside with my family. On the weekends my partner & I have been going on "urban hikes", 2-3 hour walks through our neighborhood and beyond.

Keeping in shape isn't just about my body, it's also about staying mentally sharp so I can continue to harass Ken Zell when we get back in the pool. So, to keep my competitive streak strong, I've been tracking the speed with which I process paperwork and talking smack with my colleagues about my PRs. I think they're all hoping I can get back in the pool soon.

I just started doing the USMS dry-land workouts this weekend and am hoping to do them on my regular swimming schedule because I need to get my pulse up and tire myself out. Physical fitness would be ideal, but I think many of us are probably just trying to find a way to feel normal and sleep through the night.

I hope everyone in our OMS community is healthy and well. They are on my mind every day.

Ron Nakata

Dave Radcliff and Willard Lamb are the motivation for me, not only for swimming, but also for health! With no gym or pool, my dry-land activities almost mimic Dave's except for some golf specific exercises. My goals are to continue to swim in my age group in the 100-yd freestyle, and in golf, for as long as I can. One-hundred-fifty plus pushups and sit-ups and 20 minutes with a kettle bell every other day, complimented with daily 45 minute walks with my wife. If there is a good aspect to this current situation, spousal bonding is huge. All please stay healthy, and as you already know (but it cannot be overemphasized), WASH your hands — from this retired dentist!!

Mike Self

Picture a sad, little, hotel workout room. Now picture that sad, little, hotel workout room with even less equipment, and picture it in my garage. THAT'S what I'm working with and I'm grateful for it! I'm making the most, of the free weights and

continued on page 14

EXTRA TIME

continued from page 13

bands I have, on a daily basis. I have a morning routine I stick to every day, and finish it with a long walk.

A friend has let me use her 13-yard backyard pool and it's been an incredible gift! It only takes a tight streamline and 3 strokes to get from one side to the other, but I'm smiling the whole time.

Valerie Jenkins

For me, I start with my attitude. I have taken long breaks from swimming in the past due to injury, so I know I will be able to return and get back into the pool. My swimming form will come back. So my top priority is to keep a healthy mindset during this time.

I am taking this as an opportunity to work my core. I do 40 minutes on the Stair Stepper in the morning for cardio followed by a sit up/crunch/plank/stretching session for about 20 minutes. My goal is to do that 5/7 days a week. Alternate days I at least do an hour walk outside.



Valerie on the stair-stepper

Last week I did a fair amount of "resistance training" with the weeds in my garden! So I am taking this time to work outside, and when the rain stops, I'm going to get out on my bike for a change of pace!

I look forward to seeing everyone back in the pool!

Allen J. Larson

My daily routine to stay in shape for the next swim practice, whenever it may be:

- I start with a 2 to 4 mile walk. When I started I was averaging a mile in 16 minutes 45 seconds; I am down to 15 minutes 23 seconds. I downloaded an app that gives me this feedback every half mile.
- Upon arriving home I get out my weights and bands.
- I start with 8 pound dumbbells and do 3 X 20 hori-

zontal shoulder shrugs, followed by 3 X 15 shoulder rotations.

- Both of these exercises start with weights at shoulder level elbows bent. Shrugs pull straight back then return. Shoulder rotation from same starting position just rotate from elbow to lift weight toward ceiling.
- With same weights at my side I do 3 X 15 arm raises to shoulder level.

(Allen does a lot of exercises for his workout and he describes them in detail. He finishes his workout with 3 X 40 second wall sits. Editor)

Yes, it is a lot, but what else is there to do.

Tim Waud

(Tim shared some unique dry land swimming exercises. These links are the first two workouts — Editor)

Here are the links to some YouTube videos of dryland training with soup cans. They are done by Michael Collins, Head Coach of Nova Aquatics in California.

SOUP CAN WORKOUT INTRODUCTION

https://www.youtube.com/watch?v=w_zSnEEjbA&list=PLE_3TPLHI-DehgPk1GQCAAnJ7X_BdY_ChE&index=1

SOUP CAN WORKOUT #1 FAST FRIDAY

https://www.youtube.com/watch?v=B3TMQynQaMQ&list=PLE_3TPLHI-DehgPk1GQCAAnJ7X_BdY_ChE&index=2

Michael Hargitt

For those that do not have any equipment at home, you may go to a body-weight workout which takes 40 minutes.

- Each exercise is for 60 seconds
- No rest between exercises
- 60 seconds rest between rounds

Do it twice 1,2,3,4,5...5,4,3,2,1 (40 minutes total)

- 1) Plank
- 2) Squats & Lunges
- 3) Bicycle Crunches; Kickouts; Leg lifts
- 4) Pushups; Mtn. Climbers; Dips; Pushups
- 5) Jumping Jacks; Burpees; Power Jacks; Burpees; Jumping Jacks

Tim Waud also sent an 8-page OCT workout prepared by Michael Hargitt.

OFF THE BLOCK

continued from page 3

than 70,000 Jews to march from Budapest to camps in Austria. Those who survived the brutal journey—and many did not—were taken to concentration camps or put to work as forced laborers. Any Jews who remained in Budapest were relocated to a closed ghetto.

Székely, according to the *Guardian*, was recruited into a labor battalion, but escaped by “leaping onto a passing streetcar during a forced march through the city.” She spent the latter years of the war in a Swiss-operated safe house where 42 people were packed into just two rooms. According to the *Encyclopedia of Jewish Women*, Székely stayed in shape by running up and down five flights of stairs 100 times every morning.

After the war, Székely started competing in international sporting events. At one competition, she met Dezső Gyarmati, a Hungarian athlete regarded as one of history’s best water polo players. They married and had a daughter, Andrea. Her daughter, Andrea Gyarmati, born in 1954, was a backstroke and butterfly swimmer who won two medals at the 1972 Summer Olympics in Munich.

Between 1946 and 1954, Székely snagged 32 national individual swimming titles and 11 national team titles. In 1948, she competed at the Olympic Games in London, placing fourth in the 200-meter breaststroke. Four years later, she competed in the same race at the Olympic Games in Helsinki—and this time, she won the gold medal, setting an Olympic record in the process.

In 1956, not long after the outbreak of the anti-communist Hungarian Revolution, Székely and Gyarmati traveled to Melbourne for the Olympic Games. While in Australia, they learned that the uprising had been brutally crushed by the Soviets. Székely was sick with worry for her daughter and parents, who had stayed behind in Budapest; she reportedly lost more than 12 pounds in the lead-up to the Olympics. Still, she competed, winning a silver medal in the 200-meter breaststroke.

Székely and Gyarmati went back to Hungary and subsequently defected to the United States. They soon returned, however, to care for Székely’s elderly parents. Székely decided to retire from active competition, working instead as a coach for young swimmers—among them her daughter, who would go on to become an Olympic medalist in her own right.

Székely accompanied her daughter to the infamous 1972 Munich Games, during which eight Palestinian militants attacked the Israeli Olympic team. She befriended Moshe Weinberg, an Israeli wrestling coach who was one of the 11 team members killed; according to the *Guardian*, the two had coffee the morning before the massacre.



Éva Székely

In 1976 she was inducted into the International Swimming Hall of Fame. She was named as one of Hungary’s Athletes of the Nation in 2004, and received the Prima Primissima award in 2011. She was also inducted into the International Jewish Sports Hall of Fame.

In spite of the persecution she had experienced in her lifetime, Székely did not attempt to obscure her Jewish identity—a fact that set her apart from many other Hungarian-Jewish athletes, according to the *Encyclopedia of Jewish Women*. In 1974, she gave an interview for Hungarian television in which she recalled the discriminatory laws of the 1940s. Some people at the time, she noted, could prove that their grandparents were not Jewish.

“That was no problem for me,” she said. “I did not have to go back as far as my grandparents. Unequivocally, I was a Jew.”

NOTICE

See the Long Distance
Schedule, on the next page,
for Cancellations of events.

NOTE: CHANGES IN SCHEDULE

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
Sat. 16 May	1	COMA Spring Long Course Meet	Bend	COMA	Bob Bruce	CANCELLED	
TBD	1	Beautiful Lake Juniper Buoy Swim (pool)	Bend	COMA	Bob Bruce	POSTPONED	Featured
Sat. 27 June	1	Foster Lake Cable Swims (Sprint Series)	Sweet Home	COMA	Bob Bruce	CANCELLED	Featured
						1-mile cable	Featured
						1/4-mile cable	Qualifying
Sun. 12 July	1	Portland Bridge Swim in the Willamette River	Portland	PBS, LLC	Marisa Frieder	17-km downriver CANCELLED	Featured
Sat. 18 July	2	Southern Oregon Swims at Applegate Lake	Ruch	RVM	Todd Lantry	2500-meter (with 10,000-meter)	Qualifying
						5000-meter (with 10,000-meter)	Qualifying
						10,000-meter	Featured
Sun. 19 July						1500-meter	Featured
						3 x 500-meter Pursuit Relay	Participation
Sat. 1 August	1	Cascade Lakes Swim Series & Festival at Elk Lake	Bend	COMA	??	3000-meter SHORTENED	Qualifying
						1500-meter [Ass'n Champs]	Featured
Sat. 8 August	1	Southern Oregon Coast Swims at Eel Lake	Lakeside	SOMA	Matt Miller	3000-meter	Featured
						500-meter Predicted Time	Participation
						1500-meter	Featured
Sat. 12 Sept.	1	Southern Oregon Swims at Lake-of-the-Woods	Klamath Falls	SOMA	Matt Miller	3000-meter	Featured
						1500-meter	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. . .

All recent meets have been CANCELLED due to covid-19. Hence, no results to report.

Looking Ahead. . .

Pool Schedule

Date	Course	Swim	Location
May 16; Saturday CANCELLED	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
December; Saturday	SCM	December All-Around Challenge—12 th Annual	Bend, OR

Detailed Open Water Schedule (see page 16)

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

Quote for the month. . .

In the pool, life is cool, swimmers rule

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>