



# Aqua Master

*Award-winning newsletter of Oregon Masters Swimming*

***"Swimming for Life"***

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## Open Water Swimming—Summer 2020

*by Jeanna Summers*

This is a little article about open water swimming. And we'll start right off acknowledging that open water swimming is NOT for everyone. You know who you are. You don't like weeds, fish, mud, and murky water. There are others of us who consider it just another version of the sport we love. So, when the pools closed due to Covid, I was one of the swimmers who headed out to our beautiful lakes and rivers. From mid-April through mid-October, I swam in the open water a couple of times a week.

### ***TEMPERATURE (Variations on Cold)***

When it comes to open water swimming in Oregon, we have to start off with temperature, because in Oregon, it's a big deal. Prior to this summer, I had only a rough idea of the effects of various temperatures. After all, during an open water race, there's a lot to distract you from the specifics of the water temperature. Like trying to keep track of the course markers and trying to keep up with that neighboring dark shape whose pace is a stretch. (I must admit I do have a bit of a competitive streak when it comes to open water races) But now that I had to pay attention, here's how it breaks down for me: 66° and over, regular swimsuit; 60°- 65°, shorty wetsuit; 55°- 59°, long wetsuit; 50°- 54°, long wetsuit and get out in 10 minutes. By the time it gets down in the mid-50's, the amount of swimming I can do related to the amount of time it takes to get ready and then get recovered is not



*Jeanna struggling with her wet suit!*

worth it. Keep in mind that there is a lot of individual variation when it comes to water temperature. We know some swimmers who were getting ready to swim the English Channel in a swimsuit only. Those folks would just scoff at my wussiness!

### ***WETSUITS (Variations on Cellophane Body Wrap)***

We can't talk about temperature without talking about wetsuits. Before summer 2020, I hated wetsuits. In a wetsuit, you float like a cork. Arms flail, kick is useless.

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# Off the Block

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

## Janette and Alan's Odyssey

*from a friend's blog--edited*

Do you have New Year's resolutions? You hit the ground like a bull New Year's Day, then 2 weeks later, the inspiration slowly fades behind the layers of distraction, and, by February, most are fully reverted, with New Years being a distant memory.

A good background to begin this story, about Janette Murray-Wakelin and Alan Murray, is to explain that between 2013-2014 they ran a marathon each day, for 366 days, making a full circle around Australia, running ~10,000 miles and setting a new world record. Let me introduce you to Janette and Alan.

Janette and Alan met and married almost 50 years ago in New Zealand. They gave birth to two children and then set off to the sea, sailing around the South Pacific for 8 years.

Many years later, at 63 and 67, kids all grown up and happy grandparents of 5, they found themselves out on the road again, this time, on foot: running 1 marathon a day, every day for 366 days while challenging themselves to the Australian outback. Why would someone do such a thing? It might be helpful to back up a bit more.

In 2001, just months after running 50 marathons in 50 days for Janette's 50th birthday, she found a cancerous lump on her breast. Doctor's prognosis, after surgery: "Six months to live, with chemo and treatment as the cancer has spread to the chest wall and lymph nodes". Quite the shock: "Well, if I have six months to live anyway, chemo and radiation therapy is no way to



*Janette (68) and Alan (72); in 2018*

spend it. Let's see what else we can do." A quite determined Janette, instead, took to juicing (42 day juice fast), even more running/exercise, a low-fat/raw vegan diet and the help of a naturopathic doctor, receiving intravenous vitamin dosages. Six months later, she was cancer free. After her prognosis, both found the low-fat/raw vegan lifestyle and never looked back.

In practice, it means mostly fruit and a high volume of green leafy vegetables, and very low in fat (i.e. not too much avocado or nuts/seeds). Today, they typically eat 2 big meals a day. No calorie counting, restriction or anything, just eating until full. It might be lots of papaya with passion fruit (one of their favorites) in the morning, and a huge salad with home-made dressing at night, with more fruit on the side. A truly magical journey throughout the year, just enjoying amazing, in-season fruit as the calendar advances.

So the question is, how did 2 grandparents, wear-  
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# Fit to Swim

Coach Colette Crabbe  
OMS Fitness Chair



## 2020 Did, and 2021 Will Test Our Resilience

One of the many qualities of the swimmer is being **strong and resilient**. Especially if you are a long distance and an open water swimmer, your resilience has already been tested more than once by the rough and always changing conditions in the open water. The pandemic is definitively testing our resilience. It feels like we signed up for the 50 freestyle, but our coach put us in the 1,500 and might force us to do the 10K postal!!! It has been now more than 10 months under some sort of restrictions and shutdowns. Not everybody is under the same guidelines and experiencing the restrictions and burden the same way, but we are all in the same boat. We need to stay strong and resilient, help each other weather the crisis and stay safe.

It is understandable that people are experiencing quarantine fatigue. Everybody is stressed, anxious and nervous about going through the holidays without our loved ones while trying to stay safe from the invisible enemy. Under those conditions, with still no end in sight, it is even more crucial to approach 2021 with a plan to adapt and stay positive. Here are a few tips to develop your resilience:

**Focus on what you can do instead of what you cannot.** Create new traditions and something fun to look forward to, based on what we still can do. If you cannot go swimming, maybe you can still go outside for a long hike every day. Change your mindset, you will be way happier when you decide to no longer focus on the 1,000 things you cannot do anymore and instead focus on the 1,000 things you still can do.

**Control what you can and accept what you cannot.** A lot of what is going on is out of our control, but you can control your attitude and response. For example, stay motivated and fit, but accept that there will be no group workouts or races soon, for some maybe no swimming at all.

**Be grateful.** Each day think about three things that you appreciate, and you are grateful for. Although you might have been hit hard, remember that for most of us living in a developed and at peace country, our very worst day would be another person's miracle. Having a gratitude mindset gets us into the habit of looking for the positives.

**Commit daily acts of kindness.** Making an effort at spreading kindness and love makes us feel so much happier. Remember the spirit of the holidays, and support the families you know who have been hit so much in 2020 by either losing a loved one, losing a job, losing a house thru the fires, or having to endure the stress and fatigue to work in a hospital ICU unit dealing with COVID patients, or any other essential business.

**Stay healthy.** Exercise: move your body every day. It is important for your physical and mental health, your stress relief and to strengthen your immune system. Get outside as much as you can. Breathe slow and deep, or meditate, to calm and relieve your stress. Eat a healthy diet. Right now, preserving your physical and mental health is critical. Be safe and follow the guidelines. They are here to protect you and your neighbors, not to pester you.



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# Long Distance Swimming

Coach Bob Bruce  
Long Distance Chairman



## Reviews & Previews

### Open Water

#### 2020 review:

Due to the COVID-19 pandemic, we hosted no sanctioned open water events this year. With most pools closed and/or on restricted schedules, many OMS members took to various open water venues for less-formal training swims, virtual swims, and adventure swims.

#### 2021 preview:

Oregon Open Water Race Series [see proposed schedule on page 16]. We plan a seven-event sanctioned open water season much like the one planned but abandoned for the 2020 season. Note the planned championship swims:

- 2-mile Cable Swim National Championships at Foster Lake.
- 10-km Open Water Swim National Championships at Applegate Lake.
- 1500-meter Open Water OMS Championships at Elk Lake.

Dual-sanctioned events: COMA plans to work with Bend Swim Club for a dual-sanctioned event at Foster Lake.

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I fervently hope that we all can resume swimming as the pandemic allows and that we will return for full participation in postal events.

### Postal

#### 2020 review

One-Hour Swim: 81 OMS swimmers participated. Two national individual champions and six national relay champions. Three Oregon Records. Oregon Club placed second overall.

5 & 10-km Swims: One Oregon participant in the long-course championship and three Oregon participants in the short course exhibition. Results will be available soon.

3000 & 6000-yd Swims: In progress. Please swim these if you can!

Two-mile relay: Due to the pandemic, Event Director Jim Teisher canceled the event this year. (Editor's Note: Jim also postponed, hopefully not cancelled, the February Fitness event. Watch for further details.)

#### 2021 preview

The OMS Board will host the One-Hour Swim National Championships in January & February of 2021. Preparations are underway. Bob Bruce is the Event Director. He has signed the contract and has started to prepare the event information.



# Swimmer Spotlight

— submitted by Karen Andrus-Hughes

**Name:** Britta Daubersmith  
**Age:** 55  
**Local Team:** Oregon City Tankers  
**Occupation:** Taught 2nd, 3rd and 4th grades for 25+ years. I am currently taking a break

I followed my three older brothers into swimming when I was eight years old. In our small town, swimming was one of the few sports available year round, and something my brothers and I could all do together. I grew up in Ketchikan, Alaska which you may know as the first stop on a northbound Alaskan cruise ship, but which was a town defined in the 70s and 80s by the logging and fishing industries.

Ketchikan is located on an island called Rivillagegedo in southeastern Alaska. It's about 600 miles north of Seattle and 1,000 miles south of Anchorage. The road on the island stretches 31 miles long, but never more than 10 blocks wide. Travel to neighboring towns for swim meets required taking a ferry, since flights were too expensive for team travel, and there were no roads or bridges connecting towns. It might take our team two days to get to a weekend meet, and two more days to come home. Our coaches held "school" on board the ferries, and once we

got there we were housed with other swimmers' families for the week. Because of this time spent together, swim team members and their families were generally really close. I always had the feeling on the team that someone had my back.

Sometimes we would travel to Canada for swim meets since it was only 90 miles from home. My very first memory of swimming in a meet is Prince Rupert, BC. I had been swimming for about a month, but somehow ended up entered in the 200 free. I remember stopping mid race thinking I was finished because the other swimmers were at the wall, but then someone yelled to push off and keep going, so I did. By the time I reached the end the race which, I'm sure, was minutes behind the next person, people on deck were on their feet cheering. I have thought of that moment many times since - remembering the struggle and embarrassment of my first race but, more importantly, how supported my early swimming efforts were. I really believe that one of the most important components of swimming on a team is the team itself. Even though it's an individual sport, a good team can make the difference between a mediocre practice and a great practice, or a meet that holds a spectacular memory, despite any missed times or lost races.



I swam through high school and in my first year of college at Lewis and Clark. After that I didn't swim for many, many years as life, work and family took over my time and attention. When I was 43, two things happened that brought me back to the pool after almost 25 years. First, my daughter was born, and I kept throwing out my back because she was one of those lovely chunky babies who liked to be carried around. Then, my father got gravely ill, but recovered, a miracle his doctors credited to his staying in great physical shape throughout his life. Those two things were a sign that it was time to do something about my own aging body, and I began going to the Oregon City pool in the mornings to swim with a small Masters team that had started working out there. Tim Waud showed up to help coach a few months later, and the team began to build.

I really love swimming with the Tankers. We are a  
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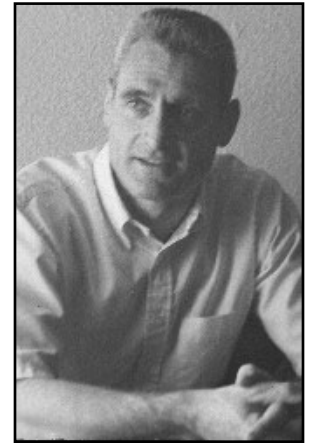
# Swim Bits

by Ralph Mohr

Dick Hannula is the most successful high school swimming coach in Washington State — ever. His teams at Wilson High School in Tacoma won 24 straight State Championships. Hannula coached at the Olympics and several times at the Pan-American games. He also sold swim suits which I used at Marshfield High School.

I was going through some old swim files, and came across a mimeograph sheet of "Hannula's Hints." Here are some of them as food for thought and application to your own swimming.

- "You cannot waste your God-given talent."
- "What really matters is that you become as good as you possibly can."
- "Never compare yourself to another swimmer."
- "To improve is to succeed."
- "To fail is to say in your own mind you failed."
- "You learn by your non-successes. You learn by your losses, but you do not fail unless you say you failed."
- "Training is directed exercise. When you are really fit, there are some great feelings in workouts. Training has to be hard some place if you want results."
- "The objective is to swim fast in races. Training should relate to racing, training into the body what competition takes out."
- "If we don't have a purpose, swimming is the most stupid, ridiculous waste of time ever imagined."



Dick Hannula  
See article below

## Coach Dick Hannula: a Maker of Swimming Champions

by Bud Withers — edited  
Seattle Times staff reporter

What I remember of Dick Hannula is a guy standing on the pool deck at Wilson High wearing a T-shirt, shorts and flip-flops. I think he had a whistle around his neck. He had a crew cut, and there might have been some salt among the pepper. This class was one of the small functions of his burgeoning swimming empire in Tacoma: teaching a six-week class as part of every sophomore's physical-education requirement. I was his student.

I don't recall a great deal of it, other than we swam laps. And more laps. And when those were done, we swam some more laps. It was work, but nothing like what was going on three or four mornings a week, and five afternoons a week in the same pool. They also practiced twice on Saturdays for nine or 10 months a year. That is where young guys grew strong and Hannula became legendary. The commitment required was unstinting.

Founding Coach Dick Hannula is one of the most successful coaches in Washington state history at any level of any sport. Hannula's swimming teams at Wilson High School won 323 consecutive meets, including 24 consecutive state championships.



Dick Hannula, now 91, talking with his team before a meet in 1983, won 23 consecutive state swimming championships, making him the most successful coach in Washington high-school history. (SEATTLE TIMES, 1983)

In time, Hannula surveyed a considerable dynasty. He  
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# The English Channel

By Joe Oakes

Swimming across the English Channel may be the Holy Grail of our sport. When we think of great challenges, Mount Everest, the world's highest peak, comes to mind. It remained unclimbed for centuries, but with advances in materials technology and with trained, expensive guides to hold your hand and carry your gear, the summit of Everest has become much less difficult to reach.

How does Everest compare with the challenge of the English Channel? Briefly, many more mountaineers have summited Everest (10,250, along with 291 deaths) than swimmers who have made it across the Channel (1,881), even though the cost of swimming the Channel is far lower than that climbing trip to the Himalayas. Getting to England is much easier than going to Nepal. There are also a great many more swimmers than mountaineers. The Channel is more financially affordable, it is easier to reach, and there are so many more adherents to the sport of swimming. *Then why is it that fewer have been successful in swimming the Channel?* There are good reasons why many fewer swimmers have made it, versus Everest summit successes.

It is time for a bit of history. Everest was first climbed by Sir Edmund Hillary and Sherpa Tenzing Norgay on May 29, 1953. The first successful swim across the English Channel was done by Captain Matthew Webb in August 1875. He reached France in 21 hours and 45 minutes in 60-degree water. Captain Webb became a hero in his native England, the first to conquer the Channel after many unsuccessful attempts by others.

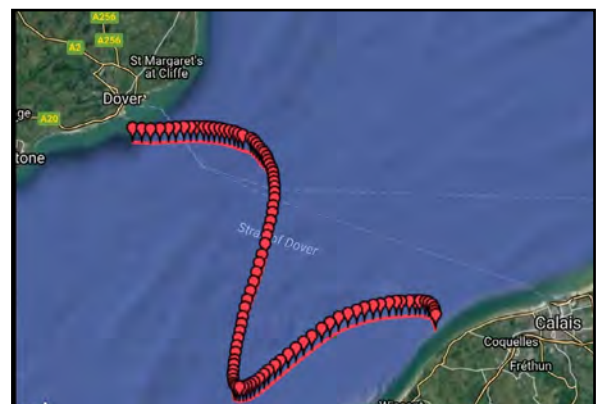
Let's suppose that you have been pondering swimming the English Channel. What kind of logistical, financial and physical problems would you face? Let's start with *getting permission*. Swimming across the Channel is governed by the Channel Swimming Association. To secure a date for your swim you are required to go through them. Without them, you will not be allowed to swim. There is a fee involved. Next, you will need an escort boat. Only a few boats, fishing boats with professional pilots, are considered acceptable to guide swimmers. These pilots are very experienced in dealing with swimmers. The Association can help you to find your pilot in

the Folkestone/Dover area.

You will have to book flights to and from England. For reasons below, the time window for your swim has to be flexible, so scheduling your return flight will be a problem. Next, you will need a place to stay in the Folkestone/Dover area. There are lots of Bed and Breakfast owners familiar with the unique needs of Channel swimmers. Getting from the airport to your lodgings is not difficult with the good public transit in England.

The *water temperature* of the Channel is much like the Pacific Ocean off California, *cold*. It is warmest in the warmest months, and probably best in August. You can expect temperatures in the high fifties to low sixties, and you will be in the water for a long time wearing only your swimsuit. There are beaches nearby where you can acclimate somewhat to the cold water.

*Timing* is critical, and depends largely on the phase of the moon. The Channel is tidal. The best tides are neap tides that occur about halfway between the full moon and the new moon, so there are not many days in the month that are favorable. Consider that Channel weather can be bad, making days impossible for your attempt. When you arrive you will meet with your pilot. He will tell you that he will call you in the morning to let you know if you will be able to swim that day. Chancey? That is why your return flight needs to be flexible. Too many swimmers have sat in their hotel and never got the call to swim.



Your *route* will not be a straight line. The tides run north to south, then turn back to the south as you cross west to east, reversing every six hours or so. Your route will be a big "s", maybe with three curves if you are slow enough. This is one of the busiest shipping lanes in the

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## One-Hour Swim—ePostal

by Bob Bruce

The One-Hour ePostal can be done in any standard size pool 25 yards or longer; your distance will be converted to yards if needed. Someone times and counts lengths for each swimmer, writing the time per every two lengths on an official split sheet. Then the swimmer enters the ePostal online. Simple!

With the current situation in the swimming world, WE NEED YOUR HELP with this project more than ever before. We cannot overemphasize how important this is!

- Participation is crucial for this project to succeed! Bob's goal for Oregon is for EVERY swimmer to swim and enter the One-Hour Swim in 2021. We MUST generate enough interest in this event so OMS can continue providing its traditional high level of programming. If we don't support ourselves, who will?
- All swimmers means all swimmers! We realize that many of you have been mostly high and dry since March, but as you return to the pool, use this ePostal event as a goal or just as a strong training swim. Maybe our one-hour efforts might not be as strong as those in the recent past, but do it anyway.
- A side benefit—you've heard this from Bob dozens of times by now—could be that the Oregon Club will be #1 in the country for the One-Hour Swim in the "Overall" scoring category, which we have never done before! If all other persuasion fails, use Oregon Pride as the reason to do the swim, and enter the event.

Please commit to swimming the One-Hour Swim in January or February and to encouraging your Oregon teammates and out-of-Oregon swimming friends to participate too. Many thanks for your efforts.



# THANK YOU

Whenever you feel thankful for someone in OMS, write your Thanks to the *Aqua Master* Editor. Read the notes below; you may find that you are the one being thanked! You can write a "Thank You" every month, to someone different! This will be an ongoing feature if there is enough interest. Write to [azabudsky@msn.com](mailto:azabudsky@msn.com).

This month, Cheryl Morgen, Sandi Rousseau, Pat Allender, Suzy Jajewski and I have people to thank. Please send your "Thank You" to me NOW, before you forget!

Sandi Rousseau—I'd like to give a big shout out to Toni Hecksel as President of the Oregon Club Board and her fellow officers: Pat Allender as Treasurer, Nancy Vincent as Vice President and OMS Board Representative, and Susan Albright as Secretary. These four people organize club finances for all Oregon Club swimmers (which is the majority of OMS members), solicit coaches for USMS nationals, and generally oversee any other Oregon Club participation in events like postal relays.

Pat Allender—I want to thank my teammates. I especially want to thank Sue Phillips for getting me into the river when it was far too cold, and Anicia Criscione for being a great training partner, and for always laughing between repeat 500's (descending and negative split!).

Suzy Jajewski—Thank you Doug Brockbank for always being game to join us for "just a little bit more" of the swim workout. I consider it a success when we convince you to add on more yardage, always trying to make a long distance swimmer out of you!

Alice Zabudsky—Tim Waud, Chairman of the OMS Board, spends time each month getting ready for the meetings, interacting with USMS and many other duties associated with being a Board chairman.

Suzy Jajewski—Thank you Jayette Pettit for always leaving the places you swim better than how you find them. You always put away equipment from the pool deck, pick up trash, clean out the pool gutters, and set an example for the rest of us to do the same! You do this enough that some fellow swimmers know you by this admirable attribute.

Cheryl Morgen: Thank you to Susie Rabiah who organized countless open water swims throughout Central Oregon this past summer.

Suzy Jajewski—Thank you Alice for publishing the October 2020 *AquaMaster* in the midst of nearby fires, evacuations, poor air quality, etc.

Alice Zabudsky—Thank you to the people who send me articles and photos that make the *Aqua Master* more interesting. There is no way to name them all, for I would surely forget someone. I appreciate all submissions.

Sandi Rousseau—We should all appreciate and thank Alice Zabudsky for being our *Aquamaster* editor and continually soliciting interesting articles for the *Aquamaster*. Alice is creative and always thinking of new ideas to get our attention in this media driven world and does a great job for which I am thankful.

# 2020 U.S. Masters Swimming 5K & 10K Short Course ePostal

by Matt Miller

SOMA hosted the USMS 5K/10K ePostal National Championships and was given special permission to offer a non-championship short-course access this summer due to COVID-19

There were fewer than 90 swims both the National Championship event the normal annual average of over 250 National Championship event.



option due to the extremely limited pool restrictions.

entered and only 4 relays entered for and the short-course event, well below swims and dozens of relays for this USMS

So, a huge congratulations go out to those who were able to find a pool to swim in this summer and had the motivation and drive to swim one or both of these long-distance events!



## 5K Short Course ePostal

### WOMEN

Age Group	Place	First Name	Last Name	Age	Club Abbr	Time
45-49	1	Anicia	Criscione	47	OREG	1:21:15.71

Anicia Criscione was the only woman from Oregon who swam the 5K. She did it in great style with a time that was #2 for women, overall; 1st in her age group. No Oregon women swam the 10K. We are so proud of Anicia

### MEN

Age Group	Place	First Name	Last Name	Age	Club Abbr	Time
55-59	1	Eilhard	Lussier	55	OREG	1:03:18.15
60-64	1	Patrick	Allender	62	OREG	1:14:57.83

Eilhard Lussier and Patrick Allender were the only Oregon men who swam the 5K. They both did great! Eilhard came in #1 overall and Patrick was #3 overall. We are so proud of Hardy and Patrick!

## 10K Short Course ePostal

### MEN

Age Group	Place	First Name	Last Name	Age	Club Abbr	Time
55-59	1	Eilhard	Lussier	55	OREG	2:09:36.36

Eilhard Lussier did it again, he came in #1 overall! Way to go, Hardy!

## OPEN WATER SWIMMING—2020

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And friction sores? Wetsuits can rub friction sores on the most unsuspecting body surfaces. But, out of necessity, I have now developed a grudging peace with wetsuits. I slather on the glide everywhere that could possibly rub. For mid-range temperatures, I cut the legs off a sleeveless long-legged wetsuit just below the knees. The resulting leg length provides enough coverage to boost my warmth, but allows my legs to sink sufficiently for an effective kick. Without sleeves, my shoulders and arms are blissfully free to stroke. I did do a couple of swims in this modified 'shorty' wetsuit that should have been done in a long wetsuit, but the freedom was worth the chill.

### *IT'S LIKE HIKING (Without Sore Feet)*

Some hiking trails are close and convenient. Some are pristine and isolated. Some are popular with other hikers, and some more solitary. Same with open water swim sites.

Some were favorites for workdays when I had limited time in the evening, and others needed a Saturday or Sunday. Best of all were the pristine lakes in southern Oregon near our family's vacation cabin. SOMA swimmers know all about those!

### *IT'S LIKE BIKE RIDING (Without Traffic)*

If you've ridden a bike against a headwind, you know how it feels to swim upstream. You're diligently working away, but the effort expended does not match the rate of progress. Similarly, swimming downstream is like having a tailwind. I always swim on my back when going downstream under a bridge so I can watch the bridge zoom by.

### *DOGS (Fetching Toys in Water)*

How could a dog know that goggled moving latex bumps in the water are people? Not. So, I usually stop swimming and talk to them. It's so fun to see the light dawn as they realize I am human. Some of them even share their toys.

### *A SWIM WORKOUT (Maybe)*

I deceived myself into thinking that tooling up and

down lakes and rivers all summer would keep me in swimming shape. Well, think again. Now that I have gotten back in a pool with a pace clock, it is clear that there is a reason we do intervals and watch the clock. Perhaps, in the open water, with no clocks or teammates, some people can honestly exert themselves beyond their comfort level. Which is of course what is needed to stay/get speedy. (Or at the very least slowing down at a rate consistent with the aging curve) Me, I'm a little more into waving at kayakers and SUP'ers, and enjoying the scenery. Still, better than not swimming at all.

Having experience with and love for other outdoor sports is a definite advantage when it comes to open water swimming. You need to plan for contingencies, variables and buddies that are not relevant when heading to a pool. But there are incredible joys: Every swim is different. Every swim offers a new challenge. And during the summer of 2020, every swim was a chance to be grateful to be swimming at all.



## FITNESS

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Under those conditions, I am wishing everybody a happy and prosperous 2021. I am grateful to the scientists who have worked tirelessly to find a vaccine, to the doctors and nurses who have saved lives, to the thousands of people who are searching and creating new solutions to make 2021 a safer and better year for all of us. Let us find the light at the end of the tunnel!

Do not forget to register at USMS for 2021. Even if there is no in-person competition, USMS is still offering some virtual events, including the one hour postal in January, organized by our LMSC, or the February Fitness challenge organized by the Tualatin Hills Barracudas. As most of us are currently swimming by ourselves, USMS is also offering an extensive workout library to give you ideas, tailored to different needs. Support your community and register. Together we will get through this storm.

## JANETTE AND ALAN

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ing Vibram shoes, run 366 marathons in 366 days, on just raw fruits, vegetables, nuts and seeds? Why didn't they break down and how did they mentally keep at it day after day? Furthermore, why did they find it rather easy and enjoyable, even when compared to just 50 marathons in 50 days, 13 years earlier? The raw lifestyle may seem like some sort of disadvantage for those that have never lived it, but actually, it's an enormous advantage. Almost like cheating really. Your body is just operating so efficiently, and you recover almost instantaneously, which is why you see two smiling people out on a fun adventure and never sore, versus what you may typically see at a marathon: lots of grunting, cursing, passing out and of course, not being able to walk for the next week.

This was their quiet, yet impactful way of inspiring others. For those used to running, you know just how crazy this is. For others, it might almost seem surreal. But to put it in perspective, just go for a 10 mile jog and then realize, they did that almost 3 times every day for a straight year at an age where most today are constantly in and out of doctor's offices and living on medications. Suffice it to say, it is a most perfect way to celebrate being cancer free 13 years later and a thriving level of health.



So what was their journey like? Australia is an amazingly diverse, and at times, unforgiving country from terrain to climate. They battled weather from a super cyclone that brought rain for a straight 3 weeks to extreme desert heat. There were hail storms, brush fires, and floods greeting them ever so often as well. There were insane insects along the way, forcing them to cover every inch of their body at times, such as being swarmed by hundreds of black flies following them the entire run. There were the sometimes barren stretches of the out-



back, with nothing in sight for hundreds of miles. And of course, there were the enormous tractor trailers kicking up water, dust and dirt at 80 MPH. If you think traveling as a vegan is difficult, try spending months at a time in the Australian outback with nothing around. There were times where they pretty much ran out of food and kept on trekking, as well as a 27 day stretch where they lived on almonds, chia seeds and raisins (making chia pudding of course, every meal of the day). Not to mention the fact that a nasty spill along the way, left Janette badly cut up with broken ribs. Yet she still got up the next day and kept at it.

They would eat whatever was in season at the time, with banana smoothies being a most desired staple throughout, as well as big salads at night. Parts of the country and times of the year were easier than others. However it was especially compounded by the vast stretches of desolate outback in Australia, with very few people, let alone raw fruits and vegetables. They got to experience Australia in an intimate way in which very few get the opportunity to experience. They would interact with many people along the way, especially old, stubborn cattle ranchers, which dominate the outback. These were usually pleasant, up-beat interactions, but always the amusing reactions. "What are you guys eating along the way?" they were asked. They pointed to their stash of fruit and veggies. "Ain't no way you can run a marathon on that". Clearly, he might have a point. Yet, they were on marathon #239.

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## JANETTE AND ALAN

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The last few weeks were a breeze, literally, just enjoying the beautiful coastal weather and scenery of Tasmania



and the southeast coast. Then all of a sudden, it is New Year's Eve again, getting ready for #366. In what they describe as feeling like a short jog, they were joined by crowds down the streets of Melbourne, to culminate their world record, just around the corner from their home. Yet unlike Odysseus, returning home hidden in disguise, they were most happily greeted at the finish by family and friends, and their much missed grandchildren! A wonderful end to a quite amazing and inspiring odyssey.

Their story bangs quite loudly, for those listening. Raw fruits and vegetables isn't some crazy, masochistic form of asceticism. It's the furthest thing. Just absolute



bliss and perhaps one of the most powerful and amazing kept secrets. Very few know about it, and even fewer have lived it for any period of time. But,

if you can love your food, feel awesome and have amazing health, well, that is pretty cool. Janette and Alan are still out there running marathons and also doing lots of hiking.



When not out running, they're back at home, working in the garden, planting fruit trees and of course, hanging with the family!

## THE ENGLISH CHANNEL

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world. Along the way you will encounter ferries, tankers, freighters and fishing vessels, all of them pushing up large wakes. The captain of a Chinese freighter will not move for swimmers. Depending on the weather, there could be big waves. A friend of mine was in the water on a rough day for 17 hours.

Swimmers must follow Channel Association strict rules. No wetsuits, no insulated caps, no touching the boat or any person en route, among other rules. There is a monitor on board who can disqualify you.

Sounds tough? You have another possible way to experience a Channel crossing. Find some like-minded friends and put together a relay. The rules permit it. When my relay team of six swam in 1999, we rotated one hour turns in the water, and finished in thirteen hours, having a ball all the way across. The next day we drove to Scotland and swam Loch Ness. A great swim vacation, Scotch whiskey, and a tattoo for a souvenir made for fine memories.

There is a sad finale to the life of Captain Webb. After he became widely known as the conqueror of the English Channel, it appears that his heroism went to his head. He became a professional adventurer, accepting money for swimming challenges during his travels. For a while he was successful at it; until he accepted a bid to swim through the Whirlpool Rapids below Niagara Falls. The Buffalo Express reported it on July 25, 1883: "WEBB LOST IN THE RAPIDS. GALLANT SWIMMER REACHES THE WHIRLPOOL AND IS SEEN NO MORE." Captain Matthew Webb died at the age of thirty-five. *Sic transit gloria nartare.*



Feeding of a swimmer during the English Channel Swim

## SWIMMER SPOTLIGHT

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team that is made up in almost equal parts of triathletes, fitness swimmers and those training to swim in meets. There is a lot of laughter, friendly competition and support. We celebrate each others' birthdays with Saturday morning doughnuts, throw baby showers when there are newborns, have holiday parties with silly gift exchanges, and show up when there is need. When you see the Tankers encouraging each other at meets and screaming crazy cheers, this is a genuine expression of excitement from a group of people who are happy to be together and to be swimming.

Most of the time I swim backstroke and IM events in meets. My favorite event is the 200 back, which I think is the perfect combination of grueling and interesting; too much kick at the beginning and you lose your legs, too little and your splits are uneven. The race intrigues me and I am constantly trying to find the correct balance. I have been planning to broaden my swimming repertoire a little bit more by concentrating on making my freestyle a bit more efficient. We'll see.

Can it really be that it was less than a year ago when we were setting our sights toward Nationals at San Antonio? This has been a tough time for everyone, I know. The pandemic, wildfires, civil unrest, political upheaval, and the fallout of each, has left folks grieving and exhausted. During my best days this past year I have thought, "There will never be another time like this again, and I want to take advantage of what this year has to offer instead of dwelling on missed opportunities". Although this is easier said than done, I have been able to step back a bit and to gain some perspective on what is important...family, close friends, hikes with my dogs...

One very positive thing for me this year has been the amount of time I've had to spend with my mother, who usually lives in California. In March, right before we all went into lockdown for the first time, she came to live with us. We initially thought she would be here for a month or two, tops. How wonderful it's been to have had her here with us for almost a year now.

At best, swimming has been infrequent for me this year. I swam in the Willamette for a while last spring and summer, and just briefly when our pool opened for a bit

in the fall. In July I helped to organize a 5k river swim to benefit Swim Across America, a national organization that has raised nearly 100 million dollars for cancer research. Our small team swam as part of Susan Helmrich's team, *Team Susan Survives*, in the Bay Area. We raised about \$6,000 and had a great day. I really hope to do this again next year, and possibly organize an Oregon team. Please consider joining us!

These days I can feel the familiar aches creeping into my back and my muscle tone softening. As I write this though, there is a crew outside installing an Endless Pool, and I am looking forward to hours of swimming just steps away from my house. It won't exactly be like working out with the team, and I will miss the laughter and the lighthearted banter of my teammates, but it will be good to return to the water and splash around a bit.

Be well, friends. See you all soon, and may the New Year bring you health, happiness and at least a few good swims.



*Britta is pointing to the embroidery on her jacket which says "Swim · Swam · Swum"*

## COACH DICK HANNULA

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not only coached at Wilson, he coached the Tacoma Swim Club. He ran the aquatics program for the parks district. He trained the lifeguards and the swim instructors.

Hannula says he most values enthusiasm and hard work. He didn't brook horseplay. If you had two unexcused absences from practice, you were history. His P.E. classes were businesslike. One day, Bruce Jackson, working as a teacher's aide, saw two students goofing off in the pool. "Hannula grabs them both by the hair and literally picks them up and sets them on the deck," recalls Jackson, whose family had moved to the Wilson district from Federal Way.

Jackson himself had moments of testing Hannula. In junior high, he slapped the water after he had just broken a minute in the 100 freestyle, and emerged from the pool to be confronted by the coach. "You will never do that again," Jackson says Hannula told him. "You're going to be a good sportsman."

"My guess is, we were working as hard as anybody in the nation," says Jackson, who went on to WSU, put in his first month of practice there and then felt compelled to go to the coach, Doug Gibb. "These workouts are too easy," Jackson told him. "I'm not going to get in shape."

Picture this: Hannula used to allow swimmers to pick their event at the state meet. In 1970, four of his best — on what might have been his pre-eminent Wilson team — picked the 200 freestyle, each telling him he thought he could win it. The Rams took places 1 through 4 in that event. They left the 50 free a little bare, and it was the only event they didn't win.

There were certain standards, about not hot-dogging or making a show of how spent you might be after a race. And of course, once Hannula began stringing those state titles together in 1959, there was the insular pressure of sustaining the streak.

At WSU as a senior, and in the process of getting a teaching certificate at Washington, he recalls writing a term paper on coaching swimming, something he never dreamed he might do.

After he received his certificate, a UW department head pointed him to Tacoma and Lincoln High, which needed a business teacher and a basketball coach. "I can't coach basketball," Hannula said in his interview. "But I can coach swimming." One of the interviewers left the room, discussing Hannula's offer with other administrators. Confused, Hannula departed after half an hour.

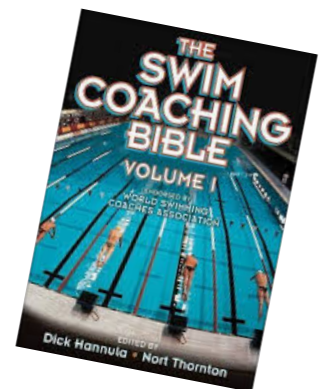
"Do you want that job or don't you?" the interviewer demanded over the phone days later.

He won two state titles in his seven years at Lincoln, then moved closer to home, and to a better pool, when Wilson opened in 1958.

There was a 1966 swimmer named Gay Mount, who had mostly unremarkable seasons at Wilson. Out of the UW, he had tried repeatedly for acceptance into the U.S. diplomatic corps but kept getting rejected. Then one day, a car pulled into the lot back by the pool, the doors opened, and Mount fairly bounded into the facility. He had been accepted. "Coach, I owe it all to you and this swimming program," he said. That wasn't the only time Hannula heard that.

Hannula is now 91, and his life is family. There's some volunteer coaching at the Tacoma Swim Club, and the occasional speaking engagement. And, he does workouts, of course. Three times a week with wife Sylvia, he hits the weight machines at the YMCA for an hour, then swims for another hour. "Other days, I normally run," he says, up to five miles. "I wouldn't call it running anymore. I'd have to call it a jog."

Coach Hannula is also an author. He wrote volumes 1 and 2 of "The Swim Coaching Bible".





## Oregon Masters Swimming: Tentative Open Water Race Schedule for 2021 (as of 4 Sep 2020)

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	OR Series Category
Sun 16 May	1	Lake Juniper (pool)	Bend	COMA	Bob Bruce	1200-meter	Featured
Sat 26 June	1	Foster Lake Cable Swims (Sprint Swims)	Sweet Home	COMA	Bob Bruce	2-mile cable [USMS Champs] 1-mile cable	Featured Featured
Sun 11 July	1	Portland Bridge Swim in the Willamette River	Portland	PBS, LLC	Marisa Frieder	17-km downriver (individual & relays)	Featured
Sat 17 July	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 [USMS Champs]	Qualifying Qualifying Featured
Sun 18 July						1500-meter 3 x 500-meter Pursuit Relay	Featured Participation
Fri 30 July	3	Cascade Lakes Swim	Bend	COMA	??	3000-meter	Qualifying
Sat 31 July		Series & Festival at Elk Lake				500-meter 1500-meter [Ass'n Champs]	Qualifying Featured
Sun 1 Aug						5000-meter 1000-meter	Featured Qualifying
Sat 14 Aug	1	Southern Oregon Coast Swims at Eel Lake	Lakeside	SOMA	Matt Miller	3000-meter 500-meter Predicted Time 1500-meter	Featured Participation Featured
Sat 11 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. . .

*All meets have been cancelled, hence no results.*

## Looking Ahead. . .

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

### Pool Schedule

**NOTHING SCHEDULED**

### Open Water Schedule (see page 17)

## Quote for the month. . .

*Oh, you think stepping barefoot on a Lego is bad, try slamming your hand into a lane line!.*

*If you have set up your USMS login, you will be able to:*

- *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>*

*If you swim in any meet outside of Oregon and want your time considered for a record, you are the one who is responsible for notifying the OMS Records-keeper, Steve Darnell, at [financialwizard2@comcast.net](mailto:financialwizard2@comcast.net).*