



Aqua Master

Award-winning newsletter of Oregon Masters Swimming

"Swimming for Life"

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The One-Hour Swim ePostal:

How Far Can You Swim in One Hour?

by Bob Bruce

As you know, the Oregon LMSC is hosting the 2021 1-Hour Swim ePostal National Championships. Unfortunately, many of us have found that our pool access has been limited or completely cut off so far during the pandemic, making it impossible to participate so far.

I have very good news! As Event Director, I recently applied for a one-month extension (through March 31) for us—and the rest of the nation too—to swim this event, and the USMS Long Distance Committee approved this extension. Hopefully, this extra time and the increasing availability of pools as pandemic risks drop will allow many of you to swim your Hour!

For event info, visit: https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=13499.

Here's why you should participate in the 1-Hour Swim, and why it is important for you to do so:

- It's a motivation and jump start for swimmers now reentering the water
- It's a solid training opportunity
- It's a chance to practice consistent pacing
- It's a great conditioning benchmark
- It's great long-range preparation for open water swimming this summer



- It's just a plain old fitness swim
- It's the best thing that you will do for your heart that day

If this isn't enough, here's another reason that you haven't thought about. When USMS adopted a unified registration plan across the nation last year, the Oregon LMSC Board realized that the terms of this plan would result in a revenue drop, which could easily lead in a drop in services to OMS members (i.e. YOU). Proactively, the Board decided to bid for the 2021 1-Hour Swim and use the net revenue from this event to help maintain services without raising event & clinic fees. The good news: we won the bid. The bad news: the pandemic is severely limiting participation across the nation, and unless we can boost this participation we will fall far short of the needed revenue. You can help! By swimming and entering the

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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

Karla: My Asthma Journey

I have suffered from asthma since the 5th grade. Now, at 50 years of age, I reflect on everything I endured with asthma: tubes placed in my ears as a kid, missing a semester in my freshman year due to pneumonia, bronchitis and ear infections, and I had been continually struck down with bronchitis about 4 times per year. Every time bronchitis came knocking, I was placed on prednisone and breathing treatments. My asthma routine was filled with Albuterol, rescue inhalers and Symbicort daily. Taking Advair affected my vocal cords. I needed to have vocal physical therapy for a year and was placed on vocal rest for a month to help.

I looked into Dr. McDougall's way of eating for my mom because she had some heart issues. I had become a full blown vegan after watching a few documentaries: What The Health, Cowspiracy, Eating You Alive and the one that changed me forever – Earthlings! Since becoming vegan 4 years ago, I have not had bronchitis. I believe it was partly due to the dairy because I can remember my mucus getting thicker after consuming milk in high school and college. I had no idea the McDougall program would help me too!

When I attended the McDougall 10-day program with my mom, we went 100% no oil. I asked both Dr. McDougall and Dr. Lim if I would ever be able to stop using my asthma inhalers. Dr. McDougall said that time would tell but I might have to continue some medications because I am allergic to animals, mold and dust. Dr. Lim believed I could get off the inhalers if I was strict and did not use any oil. Dr. Lim explained that oil causes inflammation, so by getting rid of the

inflammation I might respond differently to allergens. Boy, was he right! I have not used any asthma inhalers in close to three years! I also do not have any of the shaky side effects any more. My lungs are open. It's a miracle!

Currently, I am about 90% – 100% no oil. During a Halloween party I ended up having some food with oil in it and some candy. Although everything was vegan, I could feel my lungs get tight from the added oil in my Crossfit workout a few days later. I worked through it and did not use an inhaler. This made me realize more than ever that the "no oil" part is key for me besides, of course, no animal products. I feel great every day and want to shout from the rooftops: "I don't have to take my inhalers anymore!!! Yippee!!!"

I would not be here telling you my story today if it was not because of my old work director, Cate Vonderhaar, who guided me in the right direction. I think the ironic thing is that I was wanting to get healthy but I had been seeking a Paleo chef when Cate contacted me. That's what I had heard was a healthy journey. She asked what my goal was and it was to get healthier. That's when I started learning. I am very grateful she is in my life. I also want to thank Dr. McDougall, Dr. Lim and the rest of the McDougall staff for all of their help and encouragement.



Karla

Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



Enjoy the Thrill of Being Back in the Water and Experiencing Improvements

As most Master swimmers, we all have taken breaks from swimming at one time or another in our long career. The reasons have been numerous: either burnout from the long exhausting practices of our teen years, or to explore new horizons such as studies, jobs, families, pregnancy. As we got older, it might have been injuries or health issues which sidelined us for a while. But most of us went back to swimming and experienced the joy of being back in the water and loving it. The biggest thrill came from seeing improvements in our fitness level and technique.

The first two to three months are hard, no other way to say it. We have to relearn our feel for the water, we have to acknowledge and accept that our level of fitness is nowhere where it used to be. For the competitive swimmer it might be a little depressing. So the first thing to do when you are allowed back in the water on a regular basis is to assess your current level. Forget about those teenage years performances or those pre-pandemic stellar swims; test your current level of endurance and speed. After a week back in the water, you need to know what your base send-off time should be. For example, maybe you were at a 1:30--100 yards free send offs base pre-covid but now you might be 1:40, 1:45 or even 2:00 base. To gauge that level, you need to swim at least 10 to 15 times 100 yds. On the first one, which should feel easy, you should take about 10 to 15 seconds rest to set your send-off

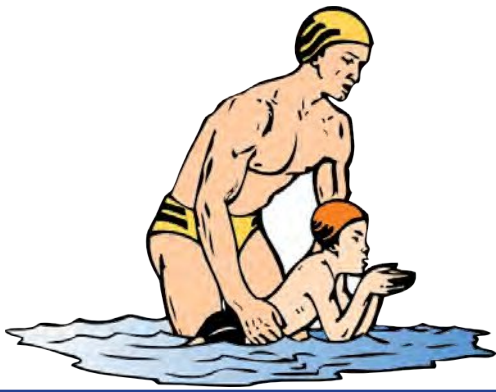
time. Now keep swimming and see if you can hold that send-off time for the rest of the set. If yes, perfect. If not, you may have to add 5 or 10 seconds to it. If you are new to swimming, you may test yourself with 50 yards instead of 100 yards. Do the same with different strokes and with individual medley. For speed, time yourself in a 50 or 100 of each stroke and at least a 100 IM. Write your current time down. Now design your workout sets based on that up-to-date sendoff time you just figured out.

In addition to those endurance sets, work on your technique: that feel for the water. How is your position on top of the water? Am I in alignment or am I wiggling around? How is my head position, am I looking towards the bottom of the pool? How is my catch in all my strokes, am I really pulling water towards the end of the pool, am I keeping my elbows up? How is my kick? Our USMS website has a lot of interesting articles on technique. I also wrote a few articles in past issues of our own *Aqua Master*. Review some of them, but also keep it simple. If you are new to swimming, **the major goal is to stay on top of the water to avoid water resistance as much as possible.** The key thinking points are extending your body using your core, breathing by turning and not lifting your head, and by a small and compact kick.

For the competitive swimmer, it is also nice to train your body to have some speed. Progressively reintroduce some sets which will reactivate those fast twitch muscles. Do sets which will alternate some slow and fast swimming. This will help with recovering some speed, but also elevate your heart rate, and recoup

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Coaches Chair

Coach Kevin Cleary
OMS Coaches Chair

How to Be a Master Athlete

(Gold Medal Not Required)

This will be the first in a three-part series of articles covering the concept of what it means to be a Master athlete.

What is a Master athlete, and what differentiates them from a novice or even a more casual practitioner?

In this article and the two following, I will be discussing three key areas, the first of which should be quite obvious, and that is work ethic.

When one reads or hears the phrase work ethic (as it relates to athletics and, in our case, swimming), images that often come to mind are early mornings at the pool, endless hours spent training, strict diets, week in and week out.

Those are all certainly attributes of a good work ethic, but there's more to it.

Working *hard* is essential if one is to have any measure of success in any athletic endeavor, but equally important is working *smart*. An experienced athlete understands the importance of getting the job done every time they jump into the pool, but also in a manner that is sustainable for an extended period of time.

The body can only handle so much punishment, and will ultimately break down if pushed too hard for too long.

In other words, if you don't schedule breaks for your body, your body will schedule them for you,

oftentimes in the form of illness or injury. Sometimes, you'll simply hit a wall and stop improving, and if you insist on ignoring your body and continue to bang your head against that wall, there will be consequences.

Ultimately, it will mean lost training time, potential injury, and the resultant climb back up the hill that you've spent so much time and effort ascending.

Consistent work – i.e. not just once in a blue moon – is essential to any successful athlete, which ties right into the concept of training smart. If you're treating your body right and training in an intelligent manner, you'll be able to sustain it for longer periods of time.

To dive a little bit deeper into that notion, you must view your training not as *workouts*, but as *practices*.

Literally *practices*.

What is practice?

According to the dictionary, practice is "to perform (an activity) or exercise (a skill) repeatedly or regularly in order to improve or maintain one's proficiency."

To expand on that definition, if you are going to do something repeatedly, you need to be able to repeat it, which means giving your body as much exposure to the desired stimulus as possible, and without going to failure (or beyond).

As we all know, fatigue is the mortal enemy of technique, pace, etc. You

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Swimmer Spotlight

submitted by Karen Andrus-Hughes

Name: Arlene Delmage
Age: 58
Local Team: SOMA del Norte (Vancouver, WA)

I was fortunate to grow up in London, England. I say this because all children were taught to swim as part of their education. The lessons went on for years, and everyone was taught the basic survival skills as part of the water safety program. There were five stages, each stage progressively becoming more challenging, and, at the end of each one you were rewarded with a badge; elementary, bronze, silver, gold, and honours. I remember being taught how to swim and the pride I felt when I finally made it ten yards across the pool with a stroke resembling hands glued to my head, alternately paddling to complete the distance.

We spent a lot of time at the public baths (swimming pools) in London. There was one close to our flat, and my friends and I would spend hours there diving off the high dives and swimming around like mermaids. There were no goggles at the time and the pools were over-chlorinated, so my eyes were constantly red and burning.

My father was a geologist, born in Texas, but spending twenty-five years of his career overseas. He met my German-born mother in Lima, Peru. They got married and moved to Ankara, Turkey, where my older sister and I were born. We moved to Denmark and then on to Madrid, where my little sister was born. After Spain we lived in England and then on to America when I was a freshman in high school. We moved from London to Houston in the summer, and the shock of the hot humid weather was overwhelming. At the high school, Spring Woods, there was a brand new natatorium. I instantly decided to join the swim team as a way to “cool” down. I had no idea that Texas was a great swimming state and these people were very serious about the sport. I also did not realize that the brand new natatorium in our school parking lot was a district pool that we had to share with five other schools. We were allowed to swim in the natatorium once every six days. The rest of the time we were bussed to the Dad’s Club, which was a very nice outdoor 50 meter pool.



Arlene loves anything related to water!

I quickly learned that the Dad’s Club was one of the nation’s most established swim teams, churning out many National Champions and Olympians. These were the people I competed against in high school. In addition to high school, those swimmers also swam AAU. At the time I did not even know what that meant.

After high school I attended University of Houston. Having only been in the country four years, to me, there was no distinction between University of Houston or Rice University; they were just two city universities! In college I worked, went to school, and joined a sorority. I didn’t think about swimming again. After graduation I had various jobs but ended up in Orange County, California, working for Fluor Corporation, a global engineering company. It was 1988 and I was also recovering from ACL surgery, which would be the first of many procedures that I would have on my right knee. Since I couldn’t do much and was on crutches, I decided that maybe I should start swimming again. I lived in Irvine, so it seemed natural to join the UCI Masters team. It would be approximately a decade before I had the nerve to enter my first USMS swim meet. Those California swimmers were really fast and intimidating!

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Swim Bits

by Ralph Mohr



It seemed appropriate after this year's Super Bowl (with apologies to Connie Shuman and Mike Carew who can't stand TB) to discuss Tom Brady's approach to keeping fit at the advanced football age of 43. There's lots of information on line about the TB12 system, but I was curious about the basic philosophical principles behind the exercise program and how they might apply to swimming.

One of the people who helped Tom Brady is Tom House, a former major league baseball pitcher. He emphasizes that one aspect, almost above all, is Brady's "commitment to excellence." "His commitment to getting better, to excellence, is pathological."

Of course, it helps that one has \$50 million dollars-Brady's contract with Tampa Bay, to support that commitment. Commitment, though, doesn't have to cost any money. It doesn't have to be "pathological." It does have to be consistent.

House charts the level of Brady's program into four parts. He says, "They're called windows of trainability. Your first window is neurological. Your second window is muscle. Your third window is skill acquisition. And your fourth window is skill retention."

Explained that way, swimmers can follow Brady's method. Most Masters swimmers have spent many years training their neurological system to repeat the same motions correctly again and again. It's called training with correct form. All of us could improve by having a friend or coach look at our stroke once in a while to see if we have fallen into some stroke faults.

We all lose some muscle tone as we age. The focus in TB12, however, is not in lifting heavy weights but in flexibility, pliability. TB12 uses rubber bands instead of weights while performing the standard lifts. There is also a focus on speed. Dave Radcliff's COVID program, which he put on-line, is a similar approach.

Most Masters swimmers have achieved reasonable

skill in swimming the four strokes. Here again, have someone look at your strokes and make suggestions for improvement. Now for the hard part: do the changes in practice. Back off a bit on yardage and focus on swimming smoothly and easily.

In this COVID season, it is easy to try to make the most of limited pool time, to swim as much yardage as possible when you can get into a pool. The important part is to get in the water and swim correctly. Make the body remember what good swimming still feels like. When more pools open up, the yardage will come. That is the fourth window of trainability.

Alex Guerrero, cofounder of TB12 and another of Brady's trainers, said in *Runner's World*, "Our belief is that you train the way you play, because ultimately you will play the way you train." He followed up with the comment, "Pliability and the lengthening of muscles is the only way to peak performance, according to the TB12 method." Both of these ideas fit right into swimming.

When you go to a TB12 gym, you talk first about goals and how and what you eat. (If you are a Masters swimmer, you know this stuff.) Next will be about 20 minutes of massage, followed by band work to supplement some of the areas the masseuse worked on directly. Keeping a strong core was emphasized throughout the workouts, and a coach will make adjustments to the athlete's body when not in correct position for each exercise. Interesting enough, static stretching isn't recommended by the TB12 method.

This, of course, is only one of many different land-based training programs offered by professional trainers. I will caution everyone that the TB12 program as shown on-line is intended to make money for its owners. You can ignore the diet supplements and other items on sale. The most important part, however, is that Masters swimmers can adopt and adapt the training attitude of Tom Brady to the pool.

References:

(Eugene) Register-Guard (1-24-2021), pp. 1C and 12C, and 'Runner's World,' Feb. 6, 2021.

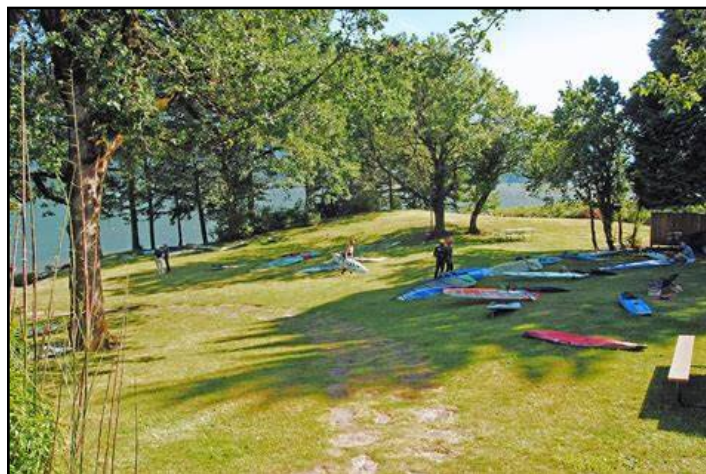
<https://www.runnersworld.com/news/a20865934/tb12-for-runners/>

Columbia River Swim Spots

by Joe Oakes

There must be hundreds of quiet places where we can swim along the lower Columbia River, both in Oregon and in Washington. But finding the right place for you can be a problem. Fortunately, our friends at Columbia Riverkeeper have done some of the homework for us. You will find below a partial listing, running more or less from west to east along the Columbia. Columbia Riverkeeper regularly monitors water quality at most of these locations. Note that when you get in the area of Hood River there can be heavy windsurfer traffic, so be wary.

- *Willow Grove Park*, just west of Longview WA. Long sandy beach, free parking.
- *Kalama Beach*, 246 Hendrickson Drive, Kalama, WA.
- *Sauvie Island*, Portland OR. There are three beaches in Sauvie Island. Furthest out, *Collins Beach* is clothing optional; next is popular *Walton Beach* near the end of the road; finally, *Willow Bar*, off mile post #7 on Reeder Road. Parking permits are required and may be obtained at the Reeder Road Country Store.
- *Frenchman's Bar State Park*, a few miles west of Vancouver WA. There is a parking fee (\$3 ??), rest rooms



Blue Lake Park, Oregon

It can get a lot of city visitors on hot days. Swimming in the river you will have the company of ocean-going traffic for the ports on both sides of the river. For that reason, the city does not recommend swimming here, but many do.

- *Broughton Beach*, Portland, OR. This is another of my go-to beaches, especially on an early morning weekday in the spring or fall when the crowds are almost non-existent, except for early dog walkers. There are breakwaters on both ends of the beach reducing the current. It is a tidal beach, located on Marina Boulevard, between PDX airport and the river, about three miles east of the Marina Boulevard exit from Hwy 5. There is a parking fee (daily or seasonal), porta potties and not much else. Good restaurants very close.
- *Winter Park, Vancouver, WA*. This small beach is located about four miles east of the first exit from I-5 in Vancouver. It is almost directly across from Broughton Beach. There is a parking fee and restrooms.
- *Blue Lake, OR*. Technically, this is not on the Columbia River, but very close. There is a parking fee, and you can use the same season pass for Broughton Beach, which is several miles to the west of Blue Lake.
- *Chinook Landing State Park, OR*. Continuing east from Blue Lake Chinook Landing has a beach area, a boat launch, picnic areas, toilets located on 67 acres of parkland. The parking fee is \$5.
- *Sandy River and Lewis and Clark State Park*. There is a popular swimming hole in the Sandy River, just upstream from where it joins the Columbia, not far east of the Troutdale Airport. Restrooms are available at the State Park.



Sauvie Island Collins Beach, Portland, OR

and showers. Check your tide tables because the current runs in both directions here and in all the beaches below Bonneville Dam. Because I like the challenge of swimming in currents, Frenchman's Bar is one of my favorite places to swim. Nearby is *Bluerock Landing* on the channel that flushes out of Vancouver Lake. Currents can be strong and there are steep drop-offs.

- *Kelley Point Park*, Portland, OR. Located on a peninsula that divides the Columbia and Willamette Rivers.

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COLUMBIA RIVER SWIM SPOTS

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- *Rooster Rock*, Corbett, OR. If you are bringing kiddies or have sensibilities about it, beware: There are separate beaches for 'clothing optional' and clothing required areas. Bathrooms and shelters in the park. \$5 parking fee (\$20 annual.)
- *Bob's Beach*, Stevenson, WA. Free parking, toilets, changing rooms.
- *Blackberry Beach*, Cascade Locks, OR. Hidden logs and rocky entry.



Bob's Beach, Stevenson, WA

From this point eastward on much of the Columbia River you may encounter windsurfers careering too fast to avoid contact with swimmers. *Not a highly recommended outcome.*

- *Viento State Park*, OR.
- *The Hatchery*, WA. \$10 parking fee.
- *Mouth of the White Salmon*, WA.
- *Hood River Waterfront Park*, Hood River, OR. Restrooms, drinking fountain, close to downtown Hood River.
- *Hood River Delta*, OR. Here you will find cool water flowing down from Mount Hood.
- *H.R. Koberg Beach*. Just east of Hood River. Nice beach.
- *Pocket Beach*, Mosier, OR. There is a waterfall, and you can leap down into the water if you so choose.
- *Doug's Beach*, WA. Windsurfing, park along Highway 14.
- *The Dalles Riverfront Park*, The Dalles, OR. This area



Pocket Beach, Mosier, OR

near the bend of the river is well developed, including food concessions.

- *Celilo Park*, OR. At site of the former Celilo Falls, now submerged by the dam. Windsurfers, toilets.

Note: At various times of the year, when the salmon are running, you may encounter fishermen, both on the shore and fishing from boats. Respectfully give them space. In some places you may find that nets have been strung to ensnare fish.



Celilo Park, Cascade Locks, OR

Quote from Columbia Riverkeeper: ***Clean water is a right and all people deserve the opportunity to swim and fish without fear of getting sick.***

Reference: Columbia River Swim Guide: <https://www.columbiariverkeeper.org/columbia/swimguide>

Non-SCUBA Divers

by Alice Zabudsky

Note: This article is especially for all the open water swimmers in OMS!

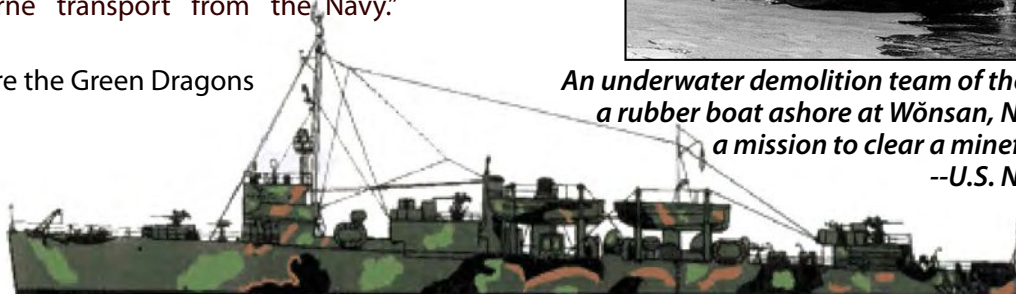
While at Costco recently, I saw a man sitting on a chair, just waiting. The cap he was wearing said, "World War II Veteran: 1941-1945". There are not many veterans of WWII alive anymore, so I stopped to chat with him about his experiences in the War.

His name is Elmer Burton Humphrey—95 years old. He told me that Tom Brokaw has been asking him to write a book. Since war stories are interesting to me, I started asking him questions. His story is very interesting.

Elmer was in the Pacific Theater in the Navy, on a ship of the "Green Dragons"*. The Green Dragon fleet is made up of very maneuverable four-stackers (as Elmer called them), had a 1200 ton displacement, and could get up to speeds of 35-40 knots. These ships had been used in WWI, so were old, and were considered expendable.

Online was this information: "The island-to-island nature of the Pacific war was a 'three-legged stool,' requiring control of land, sea and air. But where control of the air and sea were contested, as in the Solomon Islands, ponderous transports and cargo ships carrying conventional Navy boats for landing were not a complete solution. Something more nimble was needed—fast, shallow draft, yet capable of embarking troops in adequate numbers and delivering them with equipment to landing beaches. To support these special operations, the Marines needed a fast sea-borne transport from the Navy."

This is where the Green Dragons came in.



"Green Dragons" was the nickname given to the first flush-deck APDs (fast destroyer-transport) by the Marine raiders they transported. The name reflected the dark green base-paint with mottled camouflage given to those ships that served in the Pacific.

The complete story of the Green Dragons is captured in Secretary-Treasurer Curt Clark's book "The Famed Green Dragons, The Four Stack APD's of WWII." I found it at this website: <https://www.amazon.com/Famed-Green-Dragons-Four-Stack/dp/1563114755>.

The work Elmer and his crew did was to provide cover to the Marines in the 4th Underwater Demolition Team (UDT) of the Third Marine Raiders.



**Elmer Burton Humphrey
WWII Veteran**

The UDTs were equivalent to the present-day Navy SEALs. The first two Navy SEAL teams were created well after WWII, in 1962, with personnel taken from existing UDTs.

The UDTs were not SCUBA Divers. They did not wear wet suits, had no oxygen tanks, and were diving in the cold water off the coast of China. All they wore were swim trunks, goggles and fins! Holding their breath was what they did well! Elmer said he took the Marines from the Green Dragon to the shore in small boats.

The mission of these Marines was to blow up obstacles in the waters of enemy-held beaches prior to amphibious landings in Europe and the Pacific. Elmer mentioned that lying on a black beach looking up at the stars, with black clothes covering his entire body, on a dark night, was scary. He had to wait until the UDT had completed their mission so he could take them back to the ship.



**An underwater demolition team of the U.S. Navy pulling a rubber boat ashore at Wönsan, North Korea, during a mission to clear a minefield, October 1950.
--U.S. Navy**

OMS Presents Open Water Webinars

by Tim Waud and Bob Bruce

Thinking about swimming in the open water? Need some helpful advice? Join our new & exciting webinar series on swimming in natural water! OMS will host four webinar Zoom calls for OMS members during February & March, talking with local experts on how to begin swimming safely in the outdoors.

Barbara Hoiland will start the series by discussing how to get started swimming in open water, making the transition from pool fitness swimming to open water, and swimming just for the fun of it. She loves the water, but comes from a “hydrophobic” family, and didn’t learn to swim until she was an adult. She founded The Merfolk in 2017 to gather a group of open water enthusiasts who love to swim together in lakes and rivers. They now swim regularly in the Willamette River in downtown Portland, with her husband and two adult children often providing paddle support. Learn about what it takes to prepare for cold water swimming, how to stay safe, and make the best of your swimming experience.

Willie Levenson is the Ringleader of the Human Access Project (HAP), a not for profit organization founded in 2011 whose mission is to Transform Portland’s Relationship with the Willamette River. The American Association of Landscape Architects–Oregon awarded Willie with the Tom McCall Award in 2018 citing “Levenson has reshaped and redefined Portland’s relationship with the Willamette River.” Willie will talk about HAP’s work and the River Hugger Swim Team program of HAP, a “recreational protest swim”, his thoughts about swimming in downtown Portland and the measures the “Huggers” have put in place to manage the safety of the group.

Cindy Werhane leads a small but dedicated group of cold water “winter swimmers” who swim on a regular basis in the Willamette River near Sellwood, the start of the Portland Bridge Swim. She will talk about swimmers and their supporters who dare to venture into the cooler months. She will also talk about the power of the small

pods (how safety is not always found in large numbers), which she compares to your relationships with your regular lane mates. Cindy has many years of cold-water swim training and has traveled widely pursuing open water racing & participation opportunities.

Marisa Frieder, Director of the Portland Bridge Swim, will discuss training in the open water for racing. A devoted breaststroker who loves to sprint, she completed a pioneering 11-mile swim in the Willamette River in 2010. Relying on her research-scientist organizing skills and her innate talent for worrying, she founded the Portland Bridge Swim in 2011. She and her brilliant event team developed a robust safety plan that has been tested through lightning, algae blooms, large freighters, and the pandemic. The Portland Bridge Swim has introduced over 800 swimmers to the Willamette, and served as the USMS Ultramarathon-Distance National Championship in 2018 and 2019. She loves watching people challenge themselves and still tears up as they emerge from the water at the finish.

Hosting these seminars will be OMS Chair **Tim Waud** and OMS Long Distance Chair **Bob Bruce**. Tim coaches the Oregon City Tankers, is the Safety Director for the Portland Bridge Swim, and has competed in open water events in Oregon & abroad. Bob is the long-time COMA coach, open water director for more than 40 events including 11 USMS championship swims, and has been an open water swimmer, coach, & contributor most of his life. Notably, both guys have been honored as the USMS Coach of the Year, Tim in 2017 and Bob in 2003! Their goal is to help make these webinars informative and fun.

This open water series is available to all OMS members who want to be well prepared for their open water swimming experience. We will announce each webinar date & time by OMS e-Blast, sign you up via Signup Genius, and send those who pre-registered an email with webinar sign-in information. Stay tuned!

THANK YOU

No one sent a “Thank You” this month, therefore, this column is ending with this *Aqua Master* issue. A huge shout-out of appreciation for all those who participated. There are so many nice people in Oregon Masters Swimming.

Expressing our appreciation for others lifts our own spirits besides the spirits of those we honor. It is hoped that an attitude of gratitude will continue with each of us throughout this year.

If your name is in the list below, and you have not previously seen your name in this column, you can find an *Aqua Master* in the archives that will tell you who appreciates you. Those “Thank You’s” will be in the five *Aqua Master* issues of September, 2020, through February, 2021. The month of issue is to the right of the name.

Alice Zabudsky 01 <i>Aqua Master</i> Contributors 01 Aly 11/12 Anicia Criscione 01 Arlene Delmage 11/12 Bob Bruce 11/12 Colette Crabbe 11/12 Conor 11/12 Curtis 11/12 Daemon Anastas 10 Dan Jorgensen 11/12 Dave Radcliff 11/12	Doug Brockbank 9 & 01 Emily 11/12 Eric 11/12 George & Jill 10 Hayley 11/12 Jayette Pettit 9 & 01 Jess Stacy 11/12 Joe Oakes 02 John H McComish 10 Jordan 11/12 Karen 11/12 Karen Andrus-Hughes 11/12	Karl 11/12 Lauren 11/12 Matt Miller 10 & 11/12 Meridith 11/12 Mike 11/12 Mitch 11/12 Nancy Vincent 01 Pam O'Shea 10 Pat Allender 01 Peggy Toole 02 Ralph Mohr 02 & 11/12 Sami 11/12	Sandi Rousseau 11/12 Scot Sullivan 11/12 Steve Darnell 9 & 10 Sue Phillips 01 Susan Albright 01 Susie Rabiah 01 Suzy Jajewski 9 Tim Waud 01 & 11/12 Toni Hecksel 01
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The following names were “thanked” twice and Ralph Mohr was “thanked” three times.

Bob Bruce Doug Brockbank	Jayette Pettit Matt Miller	Ralph Mohr Steve Darnell	Tim Waud
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Flashback — Spring 2019



Our memories of life when it was good must remain with us. These are pictures of the 2019 USMS Spring National Team that competed in Mesa, Arizona, April 25-28. Sixty-two Oregon swimmers racked up 1,359 points, to come in 3rd out of the 19 clubs in the Combined* Regional Clubs category. The second picture includes those who were not available when the first picture was taken.

*Combined = Both male and female scores, combined



ONE-HOUR SWIM

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1-Hour Swim, you will be directly supporting your own local organizing group!

I realize that not everyone has full pool access yet. Some pools are not open yet, and others have limited available time to 40 or 45-minute blocks.

- If your pool is still not open, arrange time at other nearby pools for some training and 1-Hour Swim time. Your swim friends who use these other pools should be able to help you do this.
- If you have limited available time blocks, work with your facility manager to schedule double-blocks. They are often willing to bend a bit to accommodate your needs, as they are always interested in filling their available space. We are fortunate in Bend that JSFC already allows double-time booking in advance; you might mention this as you arrange your pool time elsewhere.

A word to those who are reluctant to do their 1-Hour Swim without being in the best physical state. We're in unusual times. Do the best that you can to get back in shape, but do your Hour Swim as you are by the end of March. This year, participation is more the point of the swim than excellence. Before the extension was granted, and lacking pool access and training time, I swam my Hour on February 8 having been in a pool twice since November 13, when our pools closed. As you would expect, I went a far shorter distance (300 yards less) than I did last year. Oh, well. Although I don't recommend doing your Hour Swim cold like this, I put my body on the line to show how important I believe our participation to be!

I'll be sending information soon to our local team representatives about encouraging and organizing group 1-Hour efforts. OMS needs your help, and after our teams have been apart for so long, it would be nice to get together again to make this happen.

I'm a dreamer, and I fervently dream that hundreds of OMS swimmers accept the challenge by participating and entering the 1-Hour Swim. Please help make my dream come true.

Good luck and good swimming!

COACHES CHAIR

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can fight through it for a while, and while it is true that you must learn to manage it and know what your body is capable of tolerating, there will come a point where something (breathing, technique, muscles, etc.) will give, and the dominoes will start falling from there. (the first thing that comes to my mind is some of my early and catastrophic attempts at the 200-fly!)

I often chuckle to myself when I hear someone use the famous quote, "Practice makes perfect!" I heard it *ad nauseam* growing up, from pretty much every authority figure I ever had. And then one day, I heard someone blow that quote to pieces: "Practice does *not* make perfect. *Perfect* practice makes perfect."

If you practice something badly, you are going to get good at doing it badly. It's really that simple. Whether you practice right or practice poorly, you are setting habits. Your body, in times of crisis (or in the world of athletics, the stress of competition), either goes into fight or flight, or else reverts to whatever you've been doing in training and the habits – good or bad – that you have developed.

If you've been consistently practicing good habits, you'll be rewarded with good performance.

Perhaps your goal(s) do not lie in competition? The same principles go for the casual athlete and/or those who train solely for fitness.

If your objective as a Masters swimmer is simply to cultivate and maintain good health, all of the above still applies. Whether you're a seasoned meet swimmer, open water enthusiast, or are just in it for the health benefits, you must work *hard*, *smart*, and *consistently*, which are the key attributes necessary for a strong work *ethic*.

A Master athlete learns and experiences these over many years. While not everyone will be an Olympian, there isn't a single person out there who, with proper time and practice, isn't capable of reaching a high level of mastery.

Stay tuned for the next article, which will cover the second ingredient on the road to becoming a Master athlete: the Basics!

SWIMMER SPOTLIGHT

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My swimming was very sporadic in those days due to work obligations and constant travelling. I had the good fortune of being assigned to work in Belgium, Holland, and Thailand, often for years at a time. I did actually join a swim team in Holland. Pools were in high demand and our team worked out from 10:30 p.m. to 11:30 p.m. three nights a week. I remember biking home after workouts with icicles forming on my hair.

Long story short, when I was 36 I married my husband Peter (we went to University of Houston together) and in the course of 47 months we had three boys. Life was busy. In 2005 we moved to Vancouver, WA, and I joined the local Masters team in Camas, Grass Valley Masters, coached by Bert Peterson. I realized early on that Oregon Masters Swimming was extremely well organized. Though I had swum with various Masters teams across the US, from TX, to SC, to CA, I had never come across this kind of organization. I remember being asked to do a relay in a meet and my response was, "I haven't done a relay since high school". Well, many years later, and many

relays later, I have had the privilege of being on relays with some of Oregon's best swimmers, from David Radcliff, to Willard Lamb, to Joy Ward and Ginger Pierson, ... the list goes on. Three of my very best friends in Masters swimming are my relay mates Valerie Jenkins, Collette Crabbe, and Karen Andrus-Hughes. (Hint: If you want to up your game get on relays with fast people!!) Relays are a very fun part of Masters Swimming. One of my favorite memories is the World Championships in Stanford in 2006. At the time, I still did not know many people in Oregon, so I roomed with my Texas friends. I discovered that OREG is a fun and diverse group of amazing people. At the world championships there was one entire day dedicated to relays. The pool was very crowded but the energy was electrifying. We had approximately 90 swimmers from Oregon, and we were all wearing bright green caps. All day long you could see the Oregon relays diving off the blocks. It was so much fun!

I don't know where I would be in life without swimming. I love the people in the sport. I love the way it makes me feel mentally and physically. I love the opportunities it offers for travel and friendship. Some of the best people in my life I have met through swimming.

FITNESS

continued from page 4

your general level of fitness quicker.

Now comes the best part, **the thrill of improvement**. The pandemic put all of us in a forced break from swimming. Our level of swimming fitness has gone down and now can only go the other way: up and up and up. We are now ready to ride the wave of improvement. This is the best part, it is thrilling, motivating, and exciting. Enjoy. If you are not able to swim again, do not worry. Your time will come and it will be even more exciting.



Swimming on top of the water

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

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
		POSTPONED until Sun 26 Sept					
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
CANCELLED							
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)	Qualifying Qualifying
						10,000-meter [USMS Champs]	Featured
Sun 18 July						1500-meter 3 x 500-meter Pursuit Relay	Featured Participation
Sat 31 July	1	Cascade Lakes Swim Series at Elk Lake	Bend	COMA	??	3000-meter 1500-meter [Ass'n Champs]	Featured Featured
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. . .

No meets have been scheduled, 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 16)

Quote for the month. . .

So much water, so little time.

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.