



Aqua Master

Award-winning newsletter of Oregon Masters Swimming

"Swimming for Life"

Volume 48 • Number 8

Published 10 Times Yearly by OMS, Inc.

September 2021

"Making Waves to Fight Cancer"

Swim Across America

Clackamas River Cove, Oregon City

18 July 2021

by Arlene Delmage and Britta Daubersmith

In mid July, the Oregon City Tankers hosted their second annual swim to support Swim Across America, an organization that raises money for cancer research, prevention and treatment. The event was codirected by Britta Daubersmith, Arlene Delmage, and Tim Waud. 2021 marks the 34th year of SAA. During that time SAA has grown from a single event in Nantucket, MA, to twenty-one open water swims and dozens of

pool swims across the nation each year. To date SAA has raised nearly \$100 million for cancer research.

On the morning of July 18th fifteen swimmers gathered at the Clackamas Cove in Oregon City to participate in the swim. Before setting off, swimmers and kayakers were handed Gerber daisies in honor or memory of a loved one with cancer. The daisies were placed in the water as a reminder to the participants of why they were there. Seven females and eight males began the swim together, talking, laughing and taking pictures. Seven gracious kayakers provided support. The course around three buoys was a 1200 yard loop, and participants could choose to swim from one to four laps, the greatest being approximately

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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

Star McDougaller Jeanmarie: From Multiple Sclerosis to Complete Remission

Updated June 21, 2021

My journey began just a few months after I turned 24. I started feeling numbness in both my hands. Within a few days, I became totally numb in not just both hands, but along the side of my body. I also experienced severe levels of fatigue and "spasticity." I went to a Neurologist who told me, after getting some tests (including an MRI), I had Multiple Sclerosis. The doctor then proceeded to tell me that I should expect I would have to use a cane in a few years. This would be followed by me eventually needing a wheelchair, which would then progress to me becoming bedridden. Ultimately, I would die, in about 20 years, from the disease.

Being only 24 years old, I was devastated! I tried to break up with my boyfriend because he shouldn't have to be "saddled" with a cripple. I fell into a state of deep depression. The doctor prescribed Steroids, which they did back then, and told me it should shock my system into a temporary remission – until the next attack. The steroids gave me excruciating pain in my hands, along with other acute discomfort.

From then on, my life became a series of different types of attacks on my body. At one point, I lost the strength in one leg and had to drag my leg behind me (like Quasimoto). I had a period where my vision became damaged, and it seemed like I was looking through a "cheesecloth" (after which, I no longer had 20/20 vision and had to wear

glasses). All of this was peppered with the numbness from all the different flare-ups, balance problems, tripping due to varying muscle weakness, spasticity and the overwhelming physical exhaustion.

During all this, I had to carry on and work and live. It turned out that my boyfriend was stubborn enough to not only stay with me, he ended up marrying me! And I became stubborn enough to start trying to exercise to the point that my body might just stay healthy in spite of my Multiple Sclerosis. This was actually pretty effective for lessening my flare-ups and strengthening my muscles, but the disease was still there. It became prominent again when I got pregnant and had my two boys. The doctors cautioned me about pregnancy not being good for my Multiple Sclerosis, but I desperately wanted children. When a woman is pregnant, her body protects itself and the Multiple Sclerosis went into remission. After the pregnancy, it came back with a vengeance! Once again, I went back to exercising to strengthen my muscles and heart. It worked adequately for a number of years, but age also delivers its own form of damage.

Finally, at the urging of my neurologists, I succumbed to their pressure and started giving myself Multiple Sclerosis medication with intramuscular shots (and I HATE needles,

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Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



How to Complement Your Swimming Fitness Program at Home

Swimming is your favorite sport. In this article, we will explore a few ways to complement your routine at home or on vacation if you do not have access to a pool, or if you just want to step up to the next level.

Mental training: A strong body is important, but a strong mind is arguably even more so. The Tokyo Olympics definitively showcased the importance of mental training both ways. The strong mind and resilience of these athletes was often amazing, but under pressure, if you do not feel good in your mind it is very hard to perform. Even at the lowest level, your mind set is key. Starting a fitness program might be a helpful way to get out of a crisis, but you need first to acknowledge and recognize the problem, and have your mind ready to deal with it. It might be useful to utilize any resources available to you (from apps, to books, to counselors, to friends) to get your mind on track. Learning how to calm our mind, breathe and be positive can only help.

Dryland training: Dryland training does not mean two hours of heavy lifting in the gym every other day. Swimmers mostly need **flexibility and mobility**. Being able to move through the correct motion of a stroke is the first step to mastering it. However, we cannot properly execute those movements without a full range of motion. Use this time at home to work on increasing flexibility and mobility in areas like your shoulders, back, and ankles that are crucial to success in swimming. For **resistance training**, those elastic bands are great for simulating the feel of the water, and can be great visual aids to train the different strokes. For **core**

training, a yoga ball offers a multitude of simple exercises which will engage your core muscles and improve your balance on the water.

Cardio training: Endurance is often the first thing to go during a period of downtime, and is a difficult and lengthy process to build back up again. Don't we all know that after those pool closures last year! Because of this, maintaining an effective cardio schedule is crucial. Most of us build our endurance in the pool, but if not available, running, cycling, climbing stairs, staying active should be enough to maintain endurance during your time off.

Posture: Very few people have perfect posture, and most don't realize the importance of good posture for swimmers. Good swimming is all about being in perfect alignment from your head to your toes. Schedule a small chunk of time each day to focus on making improvements and you will be astounded by the results.

Sleep: Between juggling with all the chores and commitments of a fully life, it can be hard to get the full-night's rest you need to perform at your best. Make sure to create good bedtime habits, and sometimes give priority to sleep over more activities and even going to workouts.

Nutrition: Nutrition is often the hardest part of any sport to nail, as it does require some preparation and planning for before, during and after workouts to prevent nutrient deficiencies and optimize performance. On our website under the section "Swimmer Resources and Webinar", there is a link to listen to the Kirsten Lauritzen webinar which she gave in May, on how to optimize your nutrition to be ready to perform at your best. <https://zoom.us/>

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Coaches Chair

Coach Kevin Cleary
OMS Coaches Chair

How the Sport of Swimming Can Improve Everyday Life

Since my sophomore year of high school (1999-2000), competitive swimming has played a central role in my life. That's 22 years ago...YIKES!!!

While many have been involved in the sport longer than I have, and would doubtless have many more and far deeper insights, I'd like to share some of the lessons I've learned over that two-decade period, as there is no doubt that as I have grown as a swimmer, it has contributed to my growth as a human being.

I could very easily dive deeper into some of these concepts in future articles, and indeed I may!

Building discipline and challenging one's own barriers are concepts certainly not unique to our sport – any physical endeavor presents its own set of trials, so what makes swimming stand out?

In many ways, our sport develops the virtue of patience and a willingness to stick with a long and oftentimes boring routine for an extended period of time. After all, we spend a sizeable portion of our waking hours staring at a line on the bottom of a pool.

Coming from a person with the attention span of a gnat, that is certainly not an easy thing to do. It's a barrier and a personal issue that I've had to learn to overcome over the years, and I'm certainly not alone.

Consider Michael Phelps, the GOAT (Greatest Of All Time) himself, who was diagnosed with ADHD as a young

child and told by his doctor that he would never be able to focus on anything.

I need not go into any further explanation. He confronted his own personal barriers, defied what the "experts" told him, and launched himself into the stratosphere.

Learning to become a master of the repetitive will carry over into other avenues of your life, whether you're a student taking endless, boring classes, or an everyday worker punching the clock in and doing the same thing over and over again, day in and day out.

Another benefit of our sport is that it fosters an Appreciation for the Process.

If you truly wish to succeed in our sport (or any sport, for that matter), you must understand the importance of each of its aspects, from training to the habits necessary for a long and fruitful career, whether you're a high school or college age swimmer intent on maximum success over the course of your career, or a Masters swimmer who wishes to extend their swimming years for many decades.

The pursuit of your goals involve periods of work and recovery, not to mention a trust in your coach and anyone else helping you on your journey.

Do this long enough, repeat this process enough times, and you'll begin to see your dedication and work ethic spill over into your job and other areas of your life.

Thirdly, dedicating yourself to success in swimming – whether you're a serious competitor or simply involved for the social and

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Long Distance Swimming

Coach Bob Bruce
Long Distance Chair



Eel Lake Swims Were Canceled. Swimmers Came Anyway.

I had a misadventure on Wed 11 Aug, having chest pains while crushing the 50-meter sprints during practice, and resulting in a trip to and stay at the hospital. Without rehashing the details, I'm now home under house arrest, sporting four snappy new coronary artery stents and recovering, an exercise apparently designed to teach me patience. I am grateful for the outpouring of support from the swim community with texts, emails, and pictures. It has meant a great deal to me to have such good friends and swim pals in my corner as I confront my impending and inevitable mortality.

First, some quick lessons:

--Listen to your body. Thankfully, I left the water a few rounds early, so I got good marks there.

--Swim with an ER doc and listen to her advice. Thanks, Gillian, for calling out my stupid slowness to act!

-- When you hear & see an ambulance zoom by and think that someone is having a bad day, always remember with compassion that it could be you.

But enough about me. Without the event director & referee and all the gear, Ralph Mohr and I had to cancel the Central Oregon Coast Swims at Eel Lake, which we did. In Oregon, swimming has taken a big hit from the pandemic, our open water season losing four events (and now a fifth one) this year alone. With COMA's unwavering support, I had assertively planned three events this summer to fill that void, two of which we held with great success. So I was up-

set not to be able to make it to Eel Lake, but, in the absence of an event director & referee and all the gear, our decision to cancel was obvious.

Astonishingly, in the end, serendipity ruled! Despite the cancelation, swimmers turned it into a set of informal group adventure swims by showing up at the venue anyway, for swimming, camping, and socializing. According to Ralph and others, big groups of swimmers—35 on Saturday by one report!—did a wide variety of swim challenges on all three days [another lesson: turn lemons to lemonade]. And I really appreciated the ubiquitous Safety Tow Floats. By being there and helping each other stay safe, our swimmers' actions honored and moved me as much as their kind and supportive words. They demonstrated and embodied irrefutably the kind of open water community that we have worked very hard to build for many years. Open water swimming and, more importantly, the spirit of open water swimming, is alive and well in Oregon!

With our open water season closing soon, where do we go from here? You've heard it before from me, but wait for it again...POSTAL SWIMS! I know that the pandemic has played havoc with 50-meter pool time, and I'm very concerned with the recent surge of COVID cases, but we still have a month (before September 16) to squeeze in that 5-km and/or 10-km swim. For details, see https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=13719.

I think that we'll have better luck with the 3000-yd & 6000-yd postal swims, held between September 15 and November 15, because they only require short course pools. Postal swims are a great opportunity to measure

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Recent Meets & Records

Records are for Oregon LMSC Swimmers Only

*** = split**

Mission Viejo Meet—LCM

July 11, 2021
Mission Viejo, CA



Results: pdf— https://www.clubassistant.com/c/8B6A80C/file/meets/2021/2021_MVN_Patrick_Moore_LCM_Meet_Reults.pdf
Results by swimmer or by club: <https://www.usms.org/comp/meets/meet.php?MeetID=20210711MVNPML>

| Age Group | Event | Name | Age | Time | Record set |
|-----------|----------|----------------|-----|---------|------------|
| Men 60-64 | 400 I.M. | David Hathaway | 61 | 6:07.52 | Oregon |

USMS Nationals—SCY

July 21-25, 2021

Greensboro Aquatic Center, Greensboro, NC



Results: https://www.usms.org/-/media/usms/pdfs/pool%20national%20championships/2021%20spring%20nationals/2021_scy-nats_final_results.pdf

Results by swimmer or by club: <https://www.usms.org/comp/meets/meet.php?MeetID=20210721S002NCY>

| Age Group | Event | Name | Age | Time | Record set |
|-------------|-----------|-----------------|-----|----------|--------------|
| Women 55-59 | 50 Back | Valerie Jenkins | 58 | 29.85 | Oregon, Zone |
| Men 60-64 | 500 Free | David Hathaway | 61 | 5:33.79 | Oregon |
| Men 60-64 | 1000 Free | David Hathaway | 61 | 11:27.71 | Oregon |
| Men 60-64 | 400 I.M. | David Hathaway | 61 | 5:21.98 | Oregon |

WA State Senior Games—SCY

July 25, 2021

Olympia, WA



Results: pdf—<http://www.washingtonstateseniorgames.com/2021Results/SwimmingResults.htm>

Results by swimmer or by club: <https://www.usms.org/comp/meets/meet.php?MeetID=20210725WASRGM>

| Age Group | Event | Name | Age | Time | Record set |
|-------------|------------|----------------|-----|---------|--------------|
| Women 75-79 | 200 Breast | Ginger Pierson | 75 | 3:56.20 | Oregon, Zone |

SCY Pentathlon

| Age Group | Event | Name | Age | Time | Record set |
|-------------|---------------|----------------|-----|----------|------------|
| Women 75-79 | Mid Distance | Ginger Pierson | 75 | 12:02.41 | Oregon |
| Women 75-79 | Long Distance | Ginger Pierson | 75 | 25:32.90 | Oregon |

Swimmer Spotlight

—submitted by Arlene Delmage

Name: Arthur Noxon
Age: 77
Local Team: Oregon (unattached from Eugene)
Occupation: Acoustical Engineer as pertains to music (semi-retired)

It all started one day in the summer of 2016. I got a call from my brother, Ward, a national record holder back in his high school swimming days. He had become a Masters Swimmer and invited me to come and hang out with him at a swim meet near where I lived.

My two younger brothers and I grew up in Fresno, Calif, in a big pool which Dad had put in the side yard of our house. We also joined the YMCA in town, and worked through the swimming program from Minnow through Dolphin and Life Saving. We also did Gymnastics. I was the oldest boy. Starting back in 1958, I joined the local Roosevelt High School swim team. My brothers followed, a year apart, each joining the team.

One day part way through the first season, Coach Gene Stephens pulled me aside and told me that we are going to have to make a change. I'm not doing that well in crawl and he had enough freestylers anyway. I'm not long enough for breaststroke, and my backstroke is a "no go." But the good news is that I'm strong in the chest, so, I'll be swimming butterfly.

I trained and raced nothing but butterfly for three years. We trained in the mornings before school and again after school in an outdoor pool, rain or shine. Coach was great but ruthless, just the best. I graduated from high school in 1961, and in the fall checked out the Fresno State College swim team. I quickly realized that only the best swimmers in the valley were signing up, and I just could not compete with those guys. I let it go, and soon enough the rest of life took over: career, marriage, big family, all the kids grew up leaving our big house kind of empty except for me, Leslie my wife, and Luka our big golden retriever.

My brother Ward and his old high school racing buddies had joined Masters Swim and re-formed their old relay team. The swim meet would be in August at the Mount Hood Community College Aquatic Center in Gresham, not far from Eugene where we live. In the morning we packed up and drove over to

find the 2016 LCM National Championship hosted by Oregon Masters. I had no expectations besides brotherly support. But, when I got to the swim meet something unexpected happened.

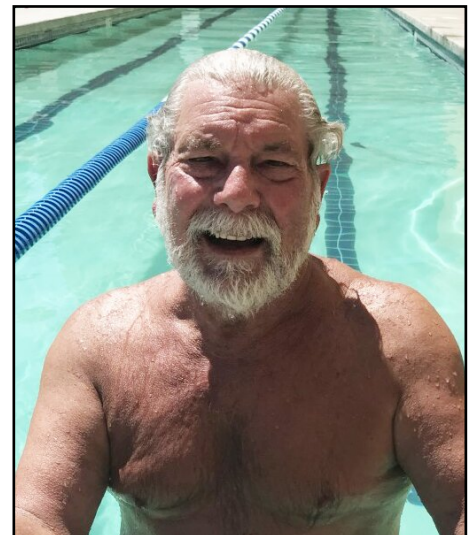
Honestly, all the smells, visions, sounds and the pace of events hit me like a brick, reviving my old swimming blood spirit. My brother said his team could use a butterfly, why couldn't I train and join them at the next meet. He assured me that I didn't have to be fast but I would have to at least finish the race. I said "Sure, thanks," and I promised him I'd work at it.

I joined a local gym which has a pool. Initially did a lot of rope pulls trying to build up those butterfly muscles. Finally, it was time to hit the water. I got in, pushed off, took one fly stroke and two kicks. Great, my muscle memory was working. Then it was time for the second stroke and I sank. I just couldn't get my arms to move. My first workout lasted one stroke! That was humbling. But still, I couldn't let the team down, so I went back every day and worked as best I could, doing a little bit more each day. I ended up doing 20 laps every workout, with plenty of rest stops, of course. The pool was 25 yards long with narrow lanes. Scraping knuckles on one side and floats on the other kept me swimming a straight line!

April 2017 Riverside, CA, was my first swim meet. My brother and his team were there in force so I wasn't needed in the relay. I did swim the 50 fly and finished. A few months later I went to a big meet, August 2017, in Minneapolis. We had some family there. It was 50m long course. I didn't realize what that meant until I stood at the starting end of the pool and tried to see the finish line.

I continued to enter and finish every race I could get to; I'm up to 16 races. I disgraced myself only two times: one was for a rolling start and the other was a DQ in August, 2019, at the Gil Young meet in Gresham, for flipping over towards the end and taking 3 double-arm back strokes to get to the finish line! It

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Swim Bits

by Ralph Mohr

Olympic Notes

I marveled at the breaststrokes, men and women, in the 2020 Olympics. This stroke has changed more than any other in the last 20 years. Rebecca Sony started the idea of extreme streamlining after kicking. This year's breaststrokes took it to new levels.

Actually there seem to be two breaststrokes involved, that of Lily King and Peatty, and those of the men's 200 and Jacoby. The first two have a high turn-over and a narrow kick and pull with a head that is relatively high. The second type really emphasizes a longer glide, a very narrow, elongated body, and even a shallow dive on the recovery of the hands.

I am also intrigued by the underwater view of Peatty's hands while pulling. It looks like he is finning more than pushing back on the water in the old fashioned way. However, I will leave my observations there, as I am not a breaststroke and never will be. I don't walk like Charlie Chaplin.

Caeleb Dressel appeared to be one of the last swimmers in the Olympic men's 50 free final to start underwater dolphin kicking. On a closer look, though, the strategy does make sense. Considering that even the fastest swimmers are at their absolute fastest the moment they enter the water off the start, Dressel is actually prioritizing that maximum speed by holding a better bodyline and reducing drag right away in a race.

The same thing is true for turns. Swimmers should hold their glide from the push-off on every turn until they are going just faster than they can swim. Then start dolphin kicks. Everyone should be completely beyond the backstroke flags, only five meters, before using their arms.

Rowdy Gaines should retire. I know this is heresy, as Rowdy has been the voice for swimming on TV for many years. That's the problem. He's still saying the same things he said last century.

To Rowdy, starts are more important than anything, even for a 1500. He was critical on how slow Ledecky was off the

blocks. He didn't seem to notice that she was also the first to the 15 meter markers on the lane lines. In talks with current coaches I've had, that is a better determiner of a good start than reaction time off the blocks.



I'd love to see a list of 50 or 100 splits of various swimmers showing "negative splits," or Ledecky's consistency over 800 or 1500 meters, or how much faster Fiske was on the last 50s of his victories. Gaines talked about all of these, but the numbers could be put up on the screen during the races, instead of that silly "how far ahead" data that was used.

Who would I want in Gaines' place? It's obvious: Michael Phelps. He understands races over 100 yards. He talks about splits. He is more than a sprint freestyler.

After Olympic swimming was over, I came across an article online that discusses how female athletes have different needs and concerns in training. This should be obvious, but as a male swimming coach, I had to learn this the hard way - by having female swimmers clue me in. Ladies, go to <https://www.npr.org/sections/health-shots/2021/08/03/1024257250/sports-science-is-changing-how-female-olympians-train-it-could-help-you-too>. This is for you



Katie Ledecky of Team United States competes in the Women's 800m Freestyle Final at Tokyo Aquatics Centre on July 31, 2021 in Tokyo, Japan. (Photo by Getty Images/Getty Images)

Roy Webster Cross Channel Swim

by Joe Oakes

The oldest continuously contested swim in the United States is the Boston Light Swim. It is a beautiful swim that starts eight miles out from Boston at a lighthouse in the Atlantic Ocean. Cold water, English Channel Rules (no wetsuits, etc.). And it finishes at the “L-Street Brownies” clubhouse where the original New Year’s Day Polar Bear swims have taken place over the years. Fun.

The *second* oldest swim in the United States **was** the Roy Webster Cross Channel Swim across the Columbia River, right here in Hood River, Oregon, a local Labor Day tradition. I, along with a lot of local swimmers have done that swim (It is not a race.) many times. That swim has also attracted swimmers from as far away as Europe, a boon to the businesses in Hood River. It is not a difficult swim, and the temperature of the water on Labor Day is relatively mild. This year it hovered around 75 F, warm enough for swimmers, but too hot for the salmon.

Who was Roy Webster? He was a fruit grower in the famous Hood River area, and his family is still there growing fruit that is shipped all over the country. Roy was a swimmer, and every year he would swim across the Columbia River. He started the Labor Day tradition that until recently, has over the years, attracted thousands of swimmers to Hood River.

One of the quaint and fun aspects of the Roy Webster swim is being transported from Hood River across the Columbia River to the swim start on the Washington side, on the Cascade Locks paddle-wheel ferry. The ferry was loaded to its maximum capacity. All of the swimmers, hundreds of us, had to huddle tightly together on the ferry during the crossing. Then we would jump from the ferry and swim back to Hood River, with a gorgeous view of Mount Hood to keep us company.

Note the word “**was**.” A few years back a careless young man tossed fireworks into a canyon not far from Hood River, starting a conflagration that destroyed huge tracts of forest land and essentially shut down the Hood River area. It also caused the authorities to stop traffic on the Columbia River. The damage to the environment and to the local economy was huge. Lives were upset and there were health consequences for people living in the area.



One seemingly minor result of the fire was the cancellation of the Roy Webster Cross Channel Swim that year by the group that administered the swim, the Hood River Chamber of Commerce. Everybody went home. No swim that year. Understandable.

Not long after, the COVID19 pandemic hit everywhere, including Hood River. I got to thinking about what I would do if I were in charge of tightly packing a full load of swimmers into that ferry. I would cancel the swim. And that is what the Hood River Chamber has done, rightly so.

Now I will share a little secret with you: A few of us have quietly and privately kept the tradition alive by doing the swim on our own. No entry fee, no ferry, *Just do it* as our friends at Nike might say. Even during the fire shut-down, a half dozen swimmers came up from the San Francisco area to swim across the Columbia River on Labor Day. (We sought and received the tacit blessing of the local authorities.)

Here is something for all of us to wish for: that the Hood River Chamber of Commerce, or possibly someone else, will pick up the ball and restart this great local tradition as soon as it is safe to do it. I, for one, will be in the early line to sign up. You are invited.



Roy Webster

2021 USMS 5K/10K ePostal National Championships

by U.S. Masters Swimming

In support of Bob Bruce's efforts to recruit swimmers for the ePostals, here is some information.

We are revamping the ePostals starting with the 2021 USMS 3000/6000-Yard ePostal National Championships. A notable change is that swimmers now need to register prior to swimming. You are also encouraged to register early since the price increases Sept. 1. You have the option to register for the 3000- or 6000-yard events. Or both!

After completing the 3000- and/or 6000-yard swim anytime between Sept. 15 – Nov. 15, results including splits will need to be submitted by Nov. 17. Visit the event page for more details and to register.

In response to COVID-19, swimmers will only need to complete three (or more) rather than all five of the 2021 ePostal distances to qualify for the ePostal Series Challenge: 1-Hour, 5K, 10K, 3000-yards, or 6000-yards.

GOOD LUCK and swim fast!

3000/6000 DETAILS

<https://www.usms.org/events/national-championships/epostal-national-championships/2021-epostal-national-championships/2021-3000-6000-epostal-national-championship>



5K/10K DETAILS

https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=13719



SWIM ACROSS AMERICA

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5000 yards. Collectively the swimmers racked up 75,000 yards or 42.5 miles. The water temperature was a balmy 79 degrees, so no wetsuits were needed. It was a fun, social swim with swimmers gathering at every buoy to converse and wait for others before proceeding.



Arlene Delmage

Oregon City Tanker Jim Remensperger swam a 10K on the other side of the state for SAA! Lizzie Cheney was the teams' top fundraiser pulling in \$2820. Jim Remensperger, David Kilburn, and Tim Waud all raised over \$2000 each. Congratulations to these individuals on their amazing fundraising efforts. Kudos, too, to the rest of the team who did the difficult work of asking friends, colleagues and family to pitch in. Most importantly the swim raised \$13,743 for cancer research.

What an amazing way to spend a morning swimming open water with friends and raising money for a great cause.



Britta Daubersmith

There is a six part documentary streaming on Discovery Life about Swim Across America called, "Wave Makers." The series shares stories of people battling cancer, from patients, survivors, doctors, family members, volunteers and Olympians. The first three episodes are out now and are well worth watching.



"The Cove" in Oregon City.

Rupert Fixott's Memorial Service

will be held Saturday, September 11th at 2pm, at the Highlands Clubhouse, 12930 SW Peachvale Street, Tigard, OR
November 1, 1921 – March 12, 2021

Volunteer Nominations

Each year U.S. Masters Swimming recognizes and celebrates the extraordinary efforts of our members beyond the water's edge. USMS's success is a result of the amazing contributions of our talented and dedicated volunteers.

We all know individuals who are deserving of a USMS award. Help us identify these people by nominating those you know who have made an impact and fulfill the ideals of the awards.

To see each award for nomination information and forms, go to <https://www.usms.org/volunteer-central/awards>

If you have someone you would like to nominate, please send their name to Ginger Pierson at gingerpierson7857@comcast.net.

OFF THE BLOCK

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but I was THAT desperate!). I did this for a while, but I would be sick the day after the shots with flu-like symptoms. This did not heal me, it just “protected” me. After I got tired of feeling sick once a week, I was encouraged to take daily shots of a different Multiple Sclerosis medication because it had no bad side effects (except for the fact that I was giving myself a needle every day!).

All the negative aspects of the daily shots were not making me very happy, not to mention I was still having some of the other effects like balance problems, tripping due to muscle weakness, etc. When oral Multiple Sclerosis medication became available, my neurologist eventually allowed me to start taking it. That, however, came with its own problems. The oral medications lowered my resistance so severely that, within the next year or so, I contracted Shingles. Then I got a viral infection so bad that I was extremely weak and couldn't walk without holding onto a wall.

At this point, my mother (God bless her!) got upset enough that she started looking into other ways of helping me manage my disease. She turned to Dr. John McDougall to have him help me regain my health through food. Dr. McDougall is an expert on Multiple Sclerosis and published a study on the effects of a whole-food plant-based diet with no added oils on the disease.

I originally met Dr. McDougall in 2015, when my mom, my niece and I visited Dr. McDougall's headquarters in Santa Rosa, California, for a weekend retreat. I, initially, discovered how and why different kinds of foods have such a powerful effect on your body and that certain foods are virtually poisons. So, after this extremely informative weekend, I began to embrace his Starch Solution program and tried to eat almost 90% compliant with no animal proteins, no oils, and limited dairy. Now, because of the oral medications I was taking, my Multiple Sclerosis condition had deteriorated me so severely that I needed Dr. McDougall's medical help and advice, again.

In June of 2016, my mom and I went back to Santa Rosa for Dr. McDougall's 10-day Live-in program, where I received complete medical testing and examinations. After the medical tests and examinations were done, I met with Dr. McDougall. He said that he felt I could be totally free of my Multiple Sclerosis medication if I went 100% compliant with his program. I

was scared, so he offered me a deal. He asked me to try and live completely Starch Solution compliant for six months, from June 2016 to January 2017 when I would see my neurologist for my annual examination. This meant no Pizza on Fridays and no ice cream that had dairy in it (and I LOVE ice cream!!). Well, I made the promise to try, and that's when some amazing things started happening for me!

After several months of completely eating the Starchivore way, I went to visit my sister-in-law. She said, “Hey Jean, I just noticed that your hands aren't shaking anymore when you talk.” I thought that was really cool, but I also realized that I was not experiencing any more nightly leg tremors. Then, the most remarkable thing happened to me. I was getting out of my car to go to work, and it started pouring rain. I noticed, without even thinking of how I might trip or fall, I RAN out of the parking lot, across the street, and up two flights of stairs to the entrance to the Y, without even ONE trip or stumble! When I told my mother about this amazing accomplishment, I wanted to do something to show her my new-found sense of balance. I tried to hold a yoga-type position of balancing on one foot, (which I could never do because of my balance problems) and I found that I could do it! My mom cried when she saw me! And I said, “I am NEVER going back to my old way of eating again!”

Needless to say, I finished up my six months of the McDougall-way of eating, but I was so amazed at what my body was doing (or NOT doing) now, that I completely pledged myself to a “whole-food, plant-based” Starch Solution way of living! In January of 2017, I saw my neurologist for my annual visit. When she examined me and saw my MRI, the results were nothing short of amazing. The foot-flex test that Multiple Sclerosis victims are given yielded a TOTALLY NORMAL RESPONSE. My Multiple Sclerosis had gone into complete remission! In January 2017, I was able to stop the oral Multiple Sclerosis medications completely, and eliminated my need for any Multiple Sclerosis medication and statins for cholesterol. I can say, absolutely, that I am living proof that food CAN heal, as well as hurt! I became so passionate about Dr. McDougall's Starch Solution that I enrolled in his Starch Solution Certification Course. I studied, passed the exam and now I am a knowledgeable and **Certified** Starch Solution Graduate. I am looking forward to teaching others about The Starch Solution and the difference it can make in a person's life!

See Dr McDougall's free newsletter and other information at drmcDougall.com.

FITNESS

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rec/share/5GAti-udGMqN4QeNlcDZelj51RltUXB8i4YEdjICH-BfRA02NUIAG1fs39Rs-HIPR.8Umb1A3aoS51kiCK. Dr. Kirstin Lauritzen is a Master Swimmer with the Oregon Tankers, and holds a Masters in Human Nutrition and Functional Medicine. It is worth listening to. It can be hard to find time during your regularly scheduled busy life to think about and plan the perfect meals to fuel yourself for success, but why not experiment with finding the most optimal food combinations for YOU?

Video Review: Whether this means watching video of yourself swimming or that of swimmers with “perfect” form, video review can be a powerful tool for swimmers to get that extra little bit of understanding they need to make a correction really click. Have you been watching the Olympics? Did you get some pointers from those under, above, sideways footages of the swimmers in all strokes? I did.

Keep swimming and maybe incorporate a few of those additional tips in your home routine. You might have to experiment with what works best for you and your lifestyle. Everybody is different and, as always, it must be enjoyable to YOU.

LONG DISTANCE

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your open water fitness in a pool setting and, in the absence of pool meets for the time being, are a great way to satisfy your instinct to measure yourself and to whet your competitive appetite. Specific info is not yet posted, but soon will appear at <https://www.usms.org/events/national-championships/epostal-national-championships/2021-epostal-national-championships>. Get involved!

Good luck and good swimming!



COACHES CHAIR

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exercise aspects of being part of a Masters program – grants a unique and wonderful perspective. Taking time out of your day, be it in the morning, afternoon, or evening, to show up at the pool and put in some serious effort, can make many difficulties that non-swimmers experience seem trivial by comparison.

Going through a tough set in practice fosters both humility and confidence in oneself, qualities that can and will play a central role in any other endeavor. Should you encounter some inconvenience at work or wherever, it’s so much easier to shrug it off, while others gripe and complain and feel sorry for themselves.

In my own case, I prefer to train upon waking, and upon finishing, I know that, barring some emergency, nothing my day throws at me will be as difficult as what I chose to do in training.

I could go on and on, gushing over the benefits our sport has to offer, and count myself blessed to have had the opportunities to reap them, and hope that you feel the same way!

SWIMMER SPOTLIGHT

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was just two weeks since brother Ward had passed away and I didn’t have my heart in that race.

Shortly after that Covid came, and later it finally went. Now, I’m back at it again, working out at least four times a week, outdoor pool, no team, no coach, just me and that blue water. Something about it just makes my day, every day. And, that’s my story.

Quote from Alice Zabudsky: “I admire those who have the courage to make butterfly their stroke!”

Summary

Records & Results. . .

Mission Viejo Meet—LCM
USMS Nationals—SCY
WA State Senior Games—SCY

Looking Ahead. . .

Pool Schedule

No Pool Meets are scheduled in Oregon

Open Water Schedule

Open Water Season has ended in Oregon

Quote for the Month. . .

The road most traveled is the road to mediocrity. If you want to achieve the same results as everyone else, simply do what everyone else is doing.
—Michael Phelps

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

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.