

"Swimming for Life"

Aqua Master

Award-winning newsletter of Oregon Masters Swimming



*Volume 49 • Number 2
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Oregon Masters Swimming is Having a Birthday! *Celebrating 50 years—1972 — 2022*

This year, Oregon Masters Swimming will be celebrating 50 years! Watch for articles in the Aqua Master about memories of those 50 years. There are only a few swimmers who are still swimming now, who swam in those early days. The organization was called AAU Masters Swimming (AAU=Amateur Athletic Union). The oldest post of the *Aqua Master* on the OMS website, is dated October, 1981, and is Volumn 8, #1. Earl Walter was the editor. At that time, June Krauser wrote a National Masters Swimming newsletter called *Swim-Master*, which was begun in 1972.

If any of you have interesting memories of the earlier days, especially before the year 2000, please send them to the Aqua Master Editor (Alice Zabudsky): azabudsky@msn.com. If your memories are from before the name was changed from AAU Masters Swimming to USMS, that would be even better! All memories are welcome!



Corvallis Aquatic Team (CAT) Christina Fox, Pat Allender, Laura & Mark Worden, Pam Snider and Luda Fox



Oregon City Tankers (OCT): Tessa Reeves, Sonja Skinner & Amanda Metz



Multnomah Athletic Club (MAC): Chris Tujo, Jill Marie Asch, & Can Ergenekan

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CONTENTS

Regular Board Articles

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

Records and Links to Meet Results

- 8** Kerry O'Brien—SCM
- 8** Snohomish Aquatics Masters Meet—SCY

Articles & Announcements

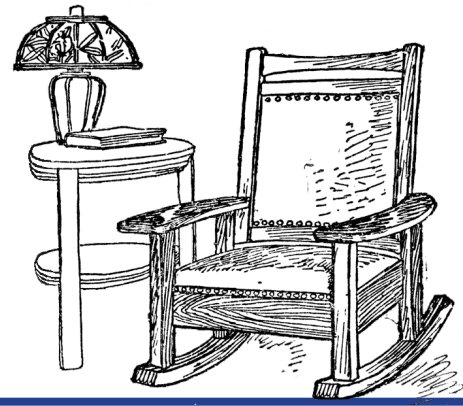
- 9** Swimmer Spotlight
- 10** A Biblical Quote
- 11** Swim Bits
- 11** Notice to all OMS swimmers
- 12** February Fitness Challenge
- 13** Photo Gallery
- 14** 2022 Oregon City Spring Ahead Meet Registration
- 15** Oregon ePostal Series 2021 Final Standings
- 16** 2022 Open Water Schedule

Event Schedule — Back Page

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Chair's Corner

Tim Waud
OMS Board Chairman



Happy Birthday, Oregon Masters Swimming!

Celebrating 50 years--1972 ~ 2022



This year, Oregon Masters Swimming will be celebrating 50 years! Earl Walter and Connie Wilson are credited with the founding of Oregon Masters Swimming in 1972. Ten years later in 1982, the Oregon Masters Swimming Board of Directors was created. It was in 1982, that Oregon hosted their first U. S. Masters Swimming National Championship at Mt Hood Aquatic Center.

Oregon Masters Swimming as an organization has been a proud sponsor of "Swimming for Life" and offering a variety of competitions throughout the years. Whether it be a pool meet, an open water event, Postal Swim; Association, Zone or National Championship, Oregon Masters have played host to all these events. Oregon Masters Swimming has facilitated: One NIKE World Masters Games, one United States Aquatic Sports Convention, five U. S. Masters Swimming (USMS) Long Course National Championships, eight USMS Open Water National Championships (Sprint, Middle, 2-Mile Cable, Long, Marathon, and Ultramarathon Distances), 10 USMS Postal or ePostal Pool National Championships (One Hour, 5/10K, and the 3000/6000 Swims), and 19 Northwest Zone Championships.

We plan on celebrating our 50th Anniversary later this year, and invite all of you to help us commemorate this

milestone in our history. Our first request will be for you to email us photos. Photos should be from Oregon Masters swimming sponsored events, such as pool and open water competitions, National and World Championships, swim clinics, postal swims, and Holiday celebrations with your teammates. You can email your captures to: <https://www.dropbox.com/request/FOUK16kqRN77IZxodPNX>. Photos will be used for a slideshow to be shown at our Association Championship.

The Oregon City Tankers will be hosting their annual Spring Ahead meet March 12-13, 2022. This will be the first year without the USA Swimming Dual Sanction. Masters will be swimming the Saturday and Sunday afternoon sessions, following the morning sessions of USA Swimmers. This is a Short Course Meters competition, so set your eyes on some records.

I look forward to seeing you all around a pool deck soon. Be safe!

Swimmingly,

Tim Waud/OMS Chair





Off the Block

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

Tortilla Soup with Crispy Strips

By Mary McDougall

Serves: 6-8

Prep Time: 15 min

Cook Time: 25 min

Ingredients

- 4 Cups Vegetable broth
- 1 Medium onion, chopped
- 1/2 Cup Green bell pepper, chopped
- 2 Cloves Garlic, minced
- 15 Ounce Can Fire roasted chopped tomatoes
- 15 Ounce Can Fire roasted crushed tomatoes
- 15 Ounce Can Black beans, drained and rinsed
- 1 Cup Frozen corn kernels, thawed
- 7 Ounce Can Chopped green chilies
- 2 Tsp Cumin
- 1/2-3/4 Cup Chopped avocado
- 6-8 Fat free corn tortillas

Directions

Preheat oven to 400 degrees.

Stack the tortillas and cut them into thin strips (about 1/4 inch). Place on a baking sheet and bake until crispy, about 15 minutes. Remove from oven and set aside.

Place 1/2 cup of the broth in a medium saucepan. Add onion, bell pepper and garlic. Cook for 5 minutes over low heat, stirring occasionally. Add remaining broth and both



kinds of canned tomatoes and bring to a boil. Add beans, corn, chilies and cumin. Cook over medium low heat for 15 minutes. Blend very briefly in the cooking pot with an immersion blender, or mash slightly with a bean masher. Add avocado and mix well. Cook an additional 2 minutes. Serve in a bowl with Crispy Strips over the top.

Hint: The Crispy Strips may be made ahead of time and placed in an airtight container until serving time. The strips may either be added to the bowl first, then the soup ladled over the strips, or add the strips to the top of the soup and stir in slightly. A dollop of tofu sour cream is also nice on top of the soup.

Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



2022 Here We Come: Take Actions to Reach Your Personal Goals

At the end of the year, people usually reflect on the year past and set up new resolutions for making positive changes. Often, it involves weight loss, starting an exercise program, quitting smoking, eating healthy foods, reducing alcohol consumption, climbing the corporate ladder, or spending more time with family. All those goals are intrinsically good and worthwhile, but the problem is that 80 % of people set the same New Year resolutions year after year and give up within a few months. With that kind of failure rate, it is not a problem with the person but rather the process.

First and foremost, set ACTION goals, or the behaviors necessary to achieve those goals. No matter what your resolution is, ask yourself what someone would do who has already achieved that goal. If your goal is to be healthy, ask yourself, "What does a healthy person do?" If your goal is to have a strong relationship with your partners and family, ask yourself, "what do happy and successful couples do? If your goal is to become successful in your profession, ask yourself, "what would someone at the top of this field do?" If your goal is to achieve a healthy weight, ask yourself, "what are the steps that a person takes to achieve that goal? Then do those things. If you do them consistently, you will become what you desire. It is not the goals that produce results. It is ACTION.

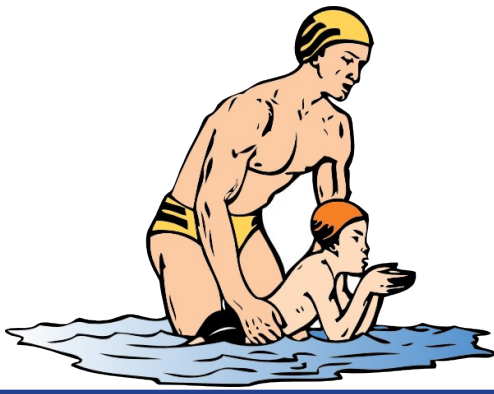
Let's take the goal of being healthy. Here are some

examples of habits and behaviors that healthy people might do on a regular basis: move their bodies every day (no matter how, possibilities are endless); strength train twice per week; incorporate mobility and stretching; work out at a convenient and scheduled time; establish workout accountability with a trainer, friend, class or club; sip water all day; eat fruits and vegetables at every meal; purchase mostly unprocessed food; remove any temptations; establish boundaries around drinking alcohol; create a bedtime routine to maximize sleep; incorporate stress reduction habits; etc... Those actions and behaviors are, of course, examples. Do not be overzealous. Choose the one or two behaviors you think you will enjoy and be able to do consistently. Avoid the all-or-nothing approach. Instead of focusing on all the foods you cannot eat, set goals for the foods you need to consume to promote health. It is a much more positive focus. If you haven't been working out at all, commit to go to the gym or pool three times per week, and just moving your body more on the other days. It is way more realistic than trying to get there every day, especially for the long term. Set yourself up for success. Find your people: research indicates that we become who we hang with. Finding a mentor: joining a club who share your goal will help you. Other people's energy, discipline and motivation will rub off.

Now if you are already fit, as most Master swimmers are, follow the same approach. Focus on one or two behaviors you see your stronger competitors do, such as work on technique, or incorporate more kicking, or commit to a speed workout once a week. Drink more water... Your goal should simply try to be better than you used to be. Remember, age might decrease your performance

continued on page 8





Coaches Chair

Coach Kevin Cleary
OMS Coaches Chair

Enjoy the Moment

Wherever you may be in your swimming career and/or season, it's important that you take time and make the effort to appreciate where you are and what you are doing, regardless of how you think you are doing.

A concept that I constantly preach is the importance of viewing your season as a journey, and your career as an even greater journey (many journeys comprising a much bigger picture). As with any endeavor, there will be challenges to face and successes to enjoy, both of which can either be a blessing or a curse, depending on how you view them and respond to them.

Experiencing success rewards hard work and boosts confidence, but can also inflict a false sense of invincibility and/or excessive pride. Hitting PRs early/mid-season is fantastic and should be celebrated, but it is important not to rest on your laurels or think that success will happen no matter what. Be happy with your success, but not satisfied, and be ready to get back to practice and put in the work needed to get even better. Take what you did well and build on it!

If you find yourself struggling, it is very easy to become overly discouraged and think that your season is doomed, and give up. But with every failure or defeat, there are lessons to be learned that should be applied to the way you approach training and racing.

I have said in previous articles that you should have the mindset that you never lose: you either win, or you learn.

If something doesn't go right in a race - maybe you tried a new strategy or whatnot - you now know to change

it! Less-than-stellar races also let you know what you need to work on in training...and any lack of effort in practice WILL reveal itself in competition.

Now for the main point of this article.

Perhaps the single most important thing I heard from a coach (my strength training coach in high school, probably the best coach I've ever known) was to Enjoy the Moment.

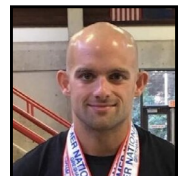
It was right before my final high school district meet, which could have been my last meet as a high school swimmer. Having known and trained me for four years and seen me grow as both an athlete and individual, he wrote me a letter emphasizing the importance of being in the moment and appreciating it, for it would be unique, and never come again.

I had some lofty goals for that meet, and was out-of-my-mind nervous about it, but in the midst of it all, I made sure to make the time to take in the Moment. It certainly helped, and I made sure to Enjoy the Moment the following weekend at the state championship meet!

No matter what happens for the remainder of this season, in the pool, in dryland, at work, or anything else, be it positive or negative, you must enjoy the successes, as they are memories that you will treasure forever.

But you must also learn to appreciate the lows, even as they happen (far easier said than done...believe me, I KNOW!!!). Sure, they are painful at the time, but if you learn from them and persevere, you may eventually come to view them as amazing, transformative experiences, hurdles that strengthened you on the way to even

continued on page 8



Long Distance Swimming

Coach Bob Bruce
Long Distance Chair



The 1-Hour Swim ePostal Championships is now “Virtual”, and there are club prizes!

The One-Hour Swim? How far can you swim in one hour? It’s the first USMS “Virtual” (formerly “ePostal”) swim each year, done only during the month of January. You can do it in your local 25-yard or 25-meter pool. It’s often the largest stand-alone participation event on the USMS calendar. It’s the oldest of the USMS postal swims, started in 1977. It’s a great team-building exercise. It’s not only a spirited competition, but also an excellent post-holiday, early-in-the-year fitness event suitable for EVERYONE. I repeat: EVERYONE! Did everyone hear me say **EVERYONE**?

Some Changes in the 1-Hour Virtual Swim: There are four big changes of which you should be aware:

The name of this category of swims has been changed from “ePostal” (always awkward) to “Virtual” (as I recommended to USMS in 2008, but the world wasn’t ready yet). For full event info & materials, see <https://www.usms.org/events/national-championships/virtual-championships/2022-virtual-championships/2022-1-hour-virtual-championship>.

The time window to do the 1-Hour Swim is January. January only! 31 days! That’s it! This is a change from recent years, but a return to the traditional time frame as it was for more than 40 years. I think that this is a good move because it concentrates our focus, always a good thing for us folks. Use the 1-Hour Swim to motivate yourself and your teammates: Get back in the pool after the holidays, work hard to get in shape, and show your fitness improvement with a strong 1-Hour Swim. Perfect!

Swimmers (a.k.a. YOU) must register for the swim before you submit your performance. Knowing the value of a firm

commitment, I registered long ago. You should register today.

No lollygagging to submit your results. Last day to swim is January 31. Entry deadline for individual 1-Hour Swim entries is February 2, not the 10-day window that we’ve had before.

How have Oregon swimmers and the Oregon Club fared in the past? We’ve done very well recently (including second place in several recent years), but this is one of the few Overall Club Championships that we have never, ever won before! Considering our prominence in the ePostal/Virtual series of the past 20 years, I find this irritatingly short of our potential.

Is a championship run feasible? What about it? We have the pools. We have the swimmers. We have the experience. Do we have the will? Can we do it? Of course...if we want! We rallied to crush the rest of the nation when we hosted the Summer Pool Championships in 2008 and 2016, and we have dominated the other ePostal championships in the past ten years. But I estimate that it will take 400 swims to win this thing. That’s right, 400! Sure, that’s way more than we’ve ever had before. But I live by an annoying motto: “Go big or go home!” Think big! Together, we can do it...if we choose to do it!

Bonus thought: This year, for the first time, USMS promises financial rewards to the top clubs in participation. The Oregon Club—to which many of you belong—is usually one of the leaders in this category, but it’s not guaranteed—you and lots of others need to swim again THIS YEAR in order to earn this cash bonus! And the Oregon Club could always use a little boost in its treasury to fund its proj-

continued on page 11



Recent Records

Records are for Oregon LMSC Swimmers Only

* = split

Kerry O'Brien Championships—SCM

October 15-17, 2021

Walnut Creek, CA

Results: <https://www.usms.org/comp/meets/meetsearch.php?c=1024816&MeetID=20211015WCM-15>

Age Group	Event	Name	Age	Time	Record set
Women 35-39	200 SC Meter Backstroke	Lex Higlett	38	2:36.54	Oregon
Women 35-39	400 SC Meter IM	Lex Higlett	38	5:35.32	Oregon

Snohomish Aquatics Masters Meet—SCY

November 7, 2021

Snohomish, WA

Results: <https://www.usms.org/comp/meets/meet.php?MeetID=20211107SAM>

Age Group	Event	Name	Age	Time	Record set
Men 70-74	500 SC Yard Freestyle	Dan Kirkland	73	5:53.98	Oregon

FITNESS

continued from page 5

time-wise, but we can always strive to be a better swimmer and person.

The Law of Diminishing Intent states that the longer you wait to do something, the greater the chance that you will never do it. You may be motivated after reading this and decide you need to start or stop doing something. Take action right away. It might be something as simple as buying a new swimsuit and pair of goggles. It is the first action step. It will give you the momentum to take the next action step, and the next. Follow the actions and behaviors the healthy people do regularly, and guess what, you will become healthy and fit too. You will have an incredible 2022, and a healthy and happy life.

COACHES CHAIR

continued from page 6

greater things.

In fact, you may even come to appreciate them more than achieving your goals!

When contemplated after a successful, rewarding championship meet, you'll suddenly view that slow, sloppy race that you swam mid-season as a badge of honor, and possibly even a good (even humorous!) memory, and all that time you spent stressing over it will seem pretty frivolous, indeed.

Again, wherever you are in your swimming career, do be sure to Enjoy the good Moments, and at least appreciate the seemingly not-so-good ones.

Good or bad, they will never come again.

You'll thank yourself for it!!!

Swimmer Spotlight

—submitted by Arlene Delmage

Name: *Michael Collins*
Age: 59 (FINA 60)
Occupation: Software Applications Architect at Oregon Department of Justice
Team: Salem Kroc Masters (KAM)

I started practicing with the Kroc Masters Swimming group in Salem almost exactly 10 years ago after realizing I'd vastly overestimated my swim speed in entering the Beaver Freezer Triathlon in Corvallis. Entrants are seeded by swim time, so I wrote down what would have been an embarrassingly slow time when I last raced a 500 in high school, and then swam a minute slower than that, and could barely climb out of the pool at the end! I jumped in with the Salem Kroc Masters at 5:30 a.m. the following Monday, still red with exertion and embarrassment.

Our practice group is small, but has a dedicated core of about 6 to 8 regulars and about as many more who come when they can. They post their workouts on a whiteboard above the shallow end of the pool, and when the Masters folk saw me following along off to the side over in the unlined lanes, they invited me to move over and swim with them. Their welcome and encouragement kept me coming back through those critical first weeks of finding my fitness. An introvert by nature, I run and bike mostly on my own, and I'd forgotten how much it helps to have a group to hold you accountable just for showing up. And just showing up is more than half the battle!

The Kroc crew used to have a coach on deck, but since I've been with them we've shared the responsibility of coming up with workouts among ourselves. Okay, Kendra Wheeler writes almost all of them, but I post a picture of the whiteboard workout to our Facebook page after every practice, and that counts, right? As my mom always says, if it's not in the minutes, it didn't happen.

I swam on age-group teams from 1969 until I graduated from high school (Radford HS, Honolulu, Class of '80), then one year on the plebe team at the U.S. Naval Academy, before I admitted I was never going to be Mark Spitz (I can't grow a mustache). My parents, Judy and John Collins, had helped start the Coronado Masters swim club when we lived in San Diego in the mid-70's, and one Wednesday evening in 1974 they pulled



Michael Collins and his sister, Kristin Galbreath, at the end of the 2019 Portland Bridge Swim

my sister, Kristin, and me out of our age-group team practice to take part in Dave Pain's Birthday Bash, an annual event staged by the San Diego Track Club in honor of one of their members who had a penchant for weird athletic challenges. That night they threw together a running, cycling, swimming mish-mash and called it a "triathlon", which is now recognized as the first modern instance of the sport. The race finished with a swim in Mission Bay, and I was ahead of Kristin until a couple hundred yards from the end, when she literally flew by me. She was doing butterfly in order to stay on course in the fading twilight.

My mom and dad talked their Coronado Masters coach into adding a triathlon to the Optimist Sports Fiesta the following July, and in 1978, they created the Hawaiian Iron Man Triathlon, which became a big deal right about the time we moved away from Hawaii. I was mentioned briefly in Barry McDermott's Sports Illustrated article after the 1979 edition in which I had some mechanical (and hubristic) issues and finished well behind the rest of the field in 24:25:58. Though only 16 at the time, I'm not the youngest ever to finish. Thirteen-year-old Robin Tain finished in 1982. Nor am I the slowest. Walt Stack padded his time by taking a nap on the course of the same 1982 event. However, since Ironman established a minimum age rule (18) and a cut-off time (17 hours), I will forever hold the Ironman record for the Youngest Person Ever to Finish Last.

My sister now lives in Langley, WA, and swims daily in waters off Whidbey Island, without the benefit of a wetsuit. In 2019 she talked me into signing up for the Portland Bridge Swim, and I easily left her in my wake for the first 10½ miles or

continued on page 11

A Biblical Quote

Joe Oakes

Many years ago, Frank Drum, the president of the San Francisco Dolphin Club, was quoted in an interview by a local newspaper reporter. Here is his version of the biblical quotation, "Many are called, but few are chosen," to describe the club's swimmers in cold San Francisco Bay. "Many are cold," he said, "but few are frozen."

I was reminded of that quote on December 18. A sizeable group of swimmers put on an all-day relay swim at Broughton Beach (behind the PDX airport) in the Columbia River. Dawn to dusk. It was remarkable. Here is why: The river temperature was in the vicinity of 42° F on the 18th. To make things even more brisk, the air temperature hovered in the mid-forties, with a persistent cold wind blowing along the river. Frank Drum's SF Bay swimmers have *never* seen water temperatures that low, not even for the annual New Year's Day swim, when the Bay rarely drops below 50 F. And *none* of these Broughton Beach swimmers were wearing wetsuits, or even layers of grease for protection.

Tough. Brave. Determined. Tenacious. A most remarkable group of 24 swimmers, almost all of them women, ranging in age (by my poor guesstimate) from around 30 to near 60. The first swimmer, Angie, entered the water for a 20-minute leg at 7:30 AM. Swimming east, parallel to the beach, then back west to the start. She was relieved Jennifer, then the rest in order. The schedule called for swimmers to follow all day, some swimming multiple legs, until Angie swam the last leg at 4:55 PM.

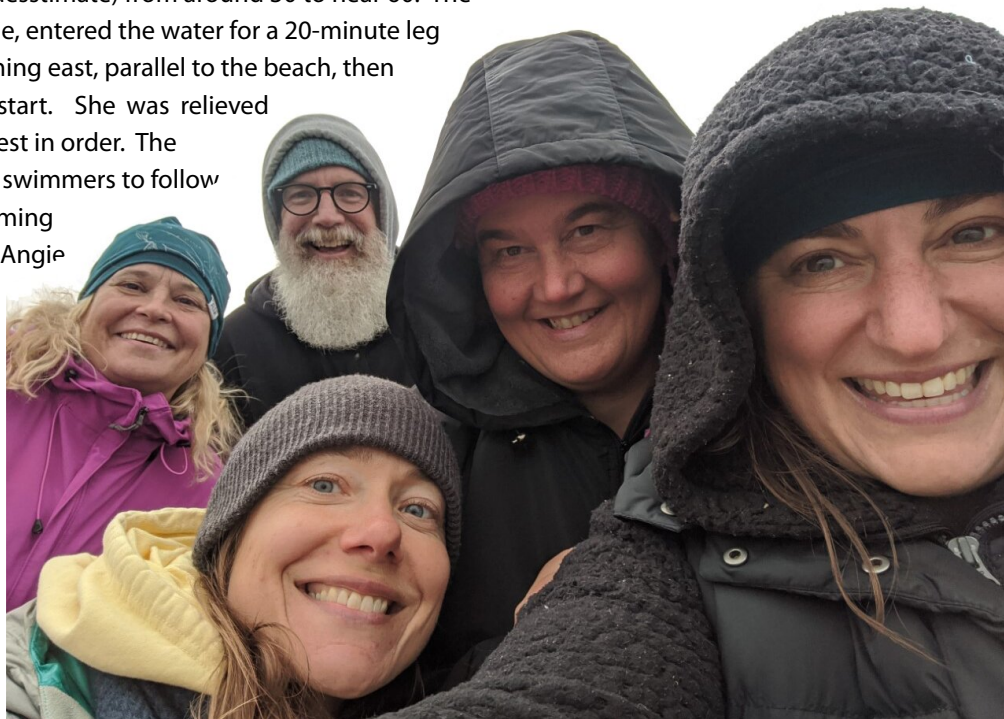
Swim legs varied in length from ten minutes to twenty minutes. Each swimmer was followed along the beach by shore supporters walking along the beach. At the

tent headquarters on the west end, a person with a clipboard was keeping a record of each leg. There were chairs, towels, hot food and the other relay swimmers, warming up after their swim or waiting their turn. No fee, no permits, no tee shirts or medals. Just a lot of fun.

I know little about the invigorating challenge of cold water swimming. I love it. I swim in the Columbia much of the year. But I must confess that at the end of October, when the water gets a bit nippy for me, I retire to my favorite indoor pool for the winter. Not so, these relay swimmers. They swim all year round, doing laps up and down, going east against the current, swimming back west with the push of the river flow.

I knew a few of them. Some were with the Ballenas group, some were Yetis, and the rest seemed to be solo swimmers, a lot of them Masters swimmers. No weenies among them. I did not get all of their names, but did manage to snag the rotation list, listing all the swimmers by first name; Suzy Happ filled in the last names for me:

Angie Williamson (organizer of relay), Jennifer Mercede, Eivind Hagen, Elsa Hume, Lisa Yamamoto, Jan Underwood, Maxx Katz, Megan Glor, Guila Muir, Sheila McGrane, Christina Malango, Caryl Schiavon, Amanda Cross, Suzy Happ, Sue Phillips, Marlys Cappaert, Brad Biddle, Maggie Starr, Dena Marshall, Dan Eckton, Robin Donovan, Lars Rutkowski, Suzanne Scott.

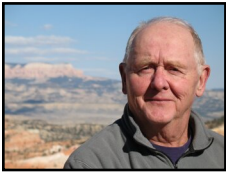


Ballenas Jen Siebold (didn't swim just visited on beach) Brad, Maxx, Suzy and Jen Mercede

Several of them swam more than one leg. The swimmers all came out of the water with a big smile! All of them deserve plaudits for a remarkable achievement. I am in awe.

Maybe at the end of next October I will be tempted to extend my season a little longer.

continued on
page 13



Swim Bits

by Ralph Mohr

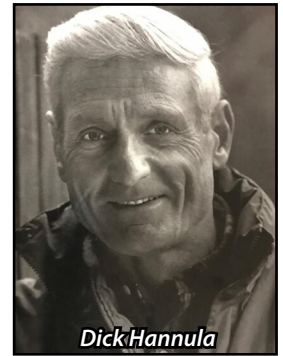
Dick Hannula is the most successful high school swimming coach in Washington state, ever! His teams at Wilson High School in Tacoma won 24 straight state championships. Hannula coached at the Olympics and several times at the Pan American games.

A few years ago I was going through some old swim files, and I came across an old mimeograph sheet of "Hannula's Hints" and published about half of them in the *Aqua Master*. Here are some more of them as food for thought, and application to your own swimming.

1. Dare to dream. It takes a lot of guts to live out a dream.
2. You have to dream before you can have goals. If you can't dream, you are in trouble.
3. When you set goals, don't set hamburger goals. Be

specific. Don't say "Faster;" say 1:10.

4. Be persistent, consistently persistent. If you are not persistent, you are in trouble.
5. The greatest attribute you can have is to be consistent. Some goals are not obtainable in one year.
6. Training is directed exercise. When you are really fit, there are some great feelings in workouts. Training has to be done hard if you want results.
7. The objective is to swim fast in races. Training should relate to racing. Training puts into the body what racing takes out.
8. You want to picture what you are doing right.
9. You want to "feel" for the water on every stroke in training and races.
10. A national record holder's answer to the question, "Were you surprised at setting the record?" said, "No. I swam that race a thousand times in my mind, and I only had to do it once in the pool."



Dick Hannula

Notice to all OMS swimmers

If you swim in an out-of-state meet, it is best for the swimmer (or coach or friend or anyone really) to send a message to Steve Darnell at financialwizard2@comcast.net. Then Steve can check to see if your time broke any records.

Please include the following:

- Swimmer name
- Event
- Age
- Swimmer time
- Location of the meet
- Date of the meet

LONG DISTANCE SWIMMING

continued from page 7

ects. So, this funding is up to YOU! Got the hint?

Bonus thought (and ultimately the most important one): The best build-up for a successful spring and summer season is to develop your aerobic swimming capacity early in the year so that you can then do your race training on a solid base. Oh, I should mention that **it's the best build-up for a long and satisfying life too.** The 1-Hour Swim is one of the best tools to develop and measure your aerobic capacity. Use it that way!

SWIMMER SPOTLIGHT

continued from page 9

so. She caught me about 400 yards from the end, right before the St. Johns Bridge, and beat me to the finish line by over a minute. Some things never change! Now I have to train even harder.

My stretch goal these days (besides keeping up with Kristin) is to "swim my age" in the 100-yd free, which I've never yet accomplished. I'll be 60 in July, so I'm aiming to break a minute for the first time since the Naval Academy. I know I can count on my Kroc Masters teammates to keep me focused!

February Fitness Challenge

Sara Shepherd

Are you looking for some long distance swimming opportunities? Great news! The February Fitness Challenge is back! This international long distance postal swimming event is held by the Tualatin Hills Barracudas. The Challenge has always focused on promoting health and physical fitness, but also adds a fun competitive edge. Swimmers set a goal to swim as much yardage as possible during the month of February, with the ultimate challenge of swimming 100,000 yards or more. And there are some that have taken that goal to the extreme! There are swimmers that have swum more than 600,000 yards in one month.



This year's Challenge will be solely online, and will continue with an interactive platform in which you can enter your results daily and compare them to other swimmers based on age or gender groups. You can also keep up with daily rankings, like who swam the most on a certain date in February. Now you can turn this event into an even more challenging swim, or use the interactive platform to help you stay on track with your goals. The interactive calendar is very useful, it is an easy tool to track yardage and it is fun to be able to compare progress with others on the real-time leaderboard as the month went on.

So join the February Fitness Challenge mascot, the frog, and jump into the pool in February! Challenge yourself, your friends, and your team to see how far you can swim and improve your fitness abilities. We look forward to having you join the Tualatin Hills Barracudas in this great event.

Website link below:

<https://februaryfitnesschallenge.azurewebsites.net>



Tualatin Hills Barracudas (THB)

Photo Gallery

24-Hour Swim relay in the Columbia River

Pictures courtesy of Suzy Happ; see article on page 10



Maggie Starr



Lisa, with the clipboard, and Amanda



Eivind and Jennifer handoff



Yetis Angie (event organizer) and Eivind

Christian Tujo



Christian Tujo was the only swimmer to represent Oregon at the 2021 USMS, Long Course Meters National Championship on October 7-10, at SPIRE Institute in Geneva, Ohio.

He swam 6 events and placed in the top 10 in all 6 events, including 4 Oregon Top 12 times for 50-54 age group.. His comment, "Cleveland Rocks!"

Congratulations, Christian!

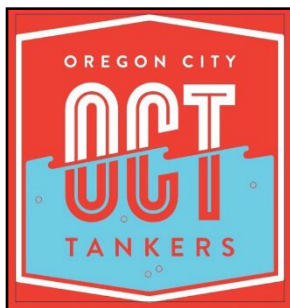
(This event, held in October, had been postponed from August 5-8 due to the coronavirus pandemic.)

1-hour swim



Willard "Wink" Lamb and Jim Jenkins after their 1-hour swim
1/15/2022.

2022 Oregon City Spring Ahead Meet Registration



Saturday, March 12 - Sunday, March 13, 2022

Oregon City Tankers
Swim Meet Registration

Saturday, March 12, 2022 - Session 1 - Oregon City Spring Ahead

Warm-ups start at 2:00 PM
Meet Session starts at 3:00 PM
Meet Session is estimated to end at 6:00 PM

Sunday, March 13, 2022 - Session 2 - Oregon City Spring Ahead

Warm-ups start at 2:00 PM
Meet Session starts at 3:00 PM
Meet Session is estimated to end at 6:00 PM

#	Sex	Event	
1	Women	200 M	Free Relay
2	Men	200 M	Free Relay
3	Mixed	200 M	Free Relay
4	Mixed	100 M	Free
5	Mixed	50 M	Fly
6	Mixed	200 M	Breast
7	Mixed	50 M	Back
8	Mixed	100 M	Fly
9	Mixed	200 M	Free
10	Mixed	100 M	Back
11	Mixed	400 M	IM
12	Women	400 M	Medley Relay
13	Men	400 M	Medley Relay
14	Mixed	400 M	Medley Relay

#	Sex	Event	
15	Women	200 M	Medley Relay
16	Men	200 M	Medley Relay
17	Mixed	200 M	Medley Relay
18	Mixed	200 M	IM
19	Mixed	50 M	Breast
20	Mixed	200 M	Fly
21	Mixed	50 M	Free
22	Mixed	100 M	Breast
23	Mixed	200 M	Back
24	Mixed	100 M	IM
25	Mixed	400 M	Free
26	Women	400 M	Free Relay
27	Men	400 M	Free Relay
28	Mixed	400 M	Free Relay

Entry Link:

https://www.ClubAssistant.com/club/meet_information.cfm?c=2199&smid=14331

Oregon ePostal Series 2021 Final Standings

Bob Bruce

1. Scoring through ten places: 11-9-8-7-6-5-4-3-2-1. All five events count.
2. Points advance with swimmer when moving up an age group (indicated by asterisk).
3. Oregon Postal Series: Swim and enter three events in the calendar year.
4. Oregon Participation Award: Swim and enter the One Hour Swim, 5 or 10-km Swim and the 3000 or 6000-yard Swim in the calendar year.
5. USMS Participation Award: Swim and enter all five events in the calendar year.

Name	Team	1-hr.	5-km	10-km	3000-yd	6000-yd	Points	Swims	Place	OMS	USMS
<i>F 35-39</i>											
Higlett, Alexis	MACO		11		11	11	33	3	1	x	x
<i>F 45-49</i>											
Criscione, Anicia	CAT	11	11		11		33	3	1	x	x
Jajewski, Suzy	SOMA	9			9	11	29	3	2	x	x
<i>F 50-54</i>											
Pettit, Jayette	SOMA	9			11	11	31	3	1	x	x
<i>F 65-69</i>											
Summers, Jeanna	ORM	8	11	11	9	11	50	5	1	x	x
<i>M 55-59</i>											
McNamara, Tank	COMA	8	11		8	9	36	4	1	x	x
Lussier, Hardy	COMA	11			11	11	33	3	2	x	x
<i>M 60-64</i>											
Allender, Pat	CAT	11	11		11		33	3	1	x	x
<i>M 70-75</i>											
Bruce, Bob	COMA	9	11		9	9	38	4	1	x	x
Kirkland, Dan	SOMA	11			11	11	33	3	2	x	x
Carew, Mike	COMA	7			8	8	23	3	3	x	x
										11	11

Oregon Masters Swimming: Tentative Open Water Race Schedule for 2022 (as of 19 Jan 2022)

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Or Series Category	USMS Status
Sun 15 May	1	Beautiful Lake Juniper (pool)	Bend	COMA	Bob Bruce	1200-meter	Featured	
Sat 25 June	1	Foster Lake Open Water Swims	Sweet Home	COMA	Bob Bruce	4000-meter (2.4 mile) 2000-meter (1.2 mile)	Featured	
Sun 10 July	1	Portland Bridge Swim in the Willamette River	Portland	PBS,LLC	Mairisa Frieder	17-km downriver	Featured	
Sat 16 July	2	Southern Oregon Open Water Swims at Applegate Lake	Ruch	RVM	Todd Lantry	2500-meter (with 10,000-meter) 5000-meter (with 10,000-meter) 10,000-meter	Qualifying Qualifying Featured	
Sun 17 July						1500-meter (Ass'n Champs)	Featured	
						3 x 500-meter Pursuit Relay	Participation	
Sat 30 July	1	Cascade Lakes Swim Festival at Elk Lake	Bend	COMA	?	5000-meter 1500-meter	Featured Featured	
Sat 13 August	1	Oregon Coast Wild Swims Swims at Eel Lake	Lakeside	?	?	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. . .

Kerry O'Brien Championships—SCM
Snohomish Aquatics Masters Meet—SCY

Looking Ahead. . .

Pool Schedule

Date	Course	Swim	Location
March 12-13; Sat & Sun	SCM	Oregon City Spring Classic	Oregon City
April 1-3; Fri - Sun	SCY	OMS Association/NW Zone Championship	Molalla
May 14 ; Saturday	LCM	COMA Spring Long Course Meet	Bend
May 15; Sunday	1200 M	Beautiful Lake Juniper Buoy Swim (pool)	Bend

Open Water Schedule (see page 16)

Quote for the Month. . .

If you want to achieve special things with your swimming, you must be willing to step above and beyond what is considered typical or standard. —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.