

"Swimming for Life"

Aqua Master

Award-winning newsletter of Oregon Masters Swimming

Oregon
Masters
Swimming

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Hot or Cold? Take Your Choice

Antarctic Summer, February, 1995

by Joe Oakes

We didn't go to the Antarctic to swim. Eighty-six of us, all experienced marathon runners, were there to take part in the very first full-distance marathon (26.2 miles) held on that frigid continent, an event organized by a Boston company called Marathon Tours and Travel. It would be a unique opportunity to bag a 'first-ever' marathon.

Getting there was not easy. First, we had to make our way to the Tierra del Fuego city of Ushaia, Argentina, the southernmost city in the world. Our host chartered two Russian, Kalinograd ice-strengthened ships to take us across the extremely rough Drake's Passage to the Chilean Research Center on the Antarctic Peninsula, where the run would start. (My ship was the *Akademik Yoffe*.) I will not dwell on the effect of forty-foot waves during the crossing. Suffice it to say that there was a lot of *mal de mer*, with people leaning over the rail, not necessarily to see the sights. The best part of the trip was seeing several varieties of whales, many penguins, seals, sea lions and countless birds, an abundance of blessed creation.

Once we reached our destination, we got to run an extremely interesting marathon (actually twice around a half-marathon route). We started by running a mile or so across a newly-exposed boulder field, then up and over a glacier and



This marathon was organized by Marathon Tours and Travel, the company that organized Joe's marathon in 1995.

down the other side, slogged our way along a stream of glacier melt-water, and stopped at aid stations run by Chinese, Russian and Polish research scientists. We did all of it twice to reach the full marathon distance. About half of the group threw in the towel after the first loop. The rest of us were elated to reach our goal of a historic first.

I could go on with a lot of detail about our run that day, but I promised to write an article about swimming.

On the return trip north, Natalia, the ship's doctor, suggest-
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Chair's Corner

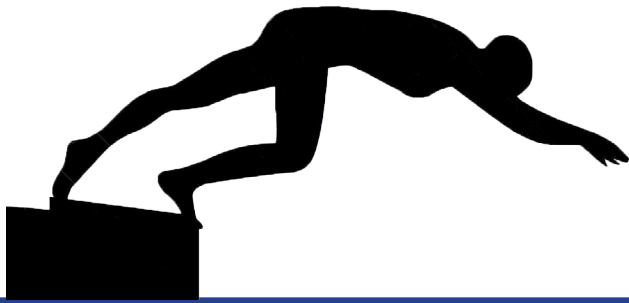
Tim Waud
OMS Board Chairman



Correction to the Oregon Club Board Members

Last month I wrote an article congratulating the new Oregon Club Board members and I omitted one of the board members. Nancy Vincent is still on the OREG Club board of directors.

Chair: Scott Sullivan
Vice Chair: Nancy Vincent
Secretary: Tom Phipps
Treasurer: Pat Allender



Off the Block

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

Linda: Reversed Heart Disease, Pre-Diabetes and Lost 50 Pounds

I'm certain I would have died 34 years ago had I not found Dr. McDougall. I had thyroid cancer, severe heart disease, pre-diabetes and was 50 pounds overweight. My new neighbor recommended Dr. John McDougall. I looked him up and bought his book *The McDougall Program: 12 Days to Dynamic Health*. After reading about the many people he saved from near-death or from being very sick, I was hooked. I changed to a starch-based plant diet. I ate Mary's delicious recipes and lots of potatoes. I was not perfect as I was still drinking wine at night with dinner or when we went out.

It has been about 30 years now that I am alcohol-free and I have never felt better in my life. I became certified in *The Starch Solution* and I teach *Food for Life Nutrition and Cooking for Dr. Neal Barnard*. I have my certification from Dr. T. Colin Campbell in Plant nutrition. I started health coaching and still do!

I have had great success implementing *The Starch Solution*. However, along the way, I started eating too many nuts in the form of cashew gelato even though it is oil-free. I ate too many avocados, tofu, olives, and oil-free vegan cheeses too. I gained 20 pounds or so and didn't admit it to myself. I just bought bigger and looser clothes! Wow, I found out how easy it is to deny the truth!

Not long ago, I took a look in the mirror at both front and side view. It was a shock! How could I be so fat?! I'm an aerobics instructor and a health coach! I thought teaching aerobics classes and weight training classes were keeping me slim and fit! I became angry at myself for letting my body go!

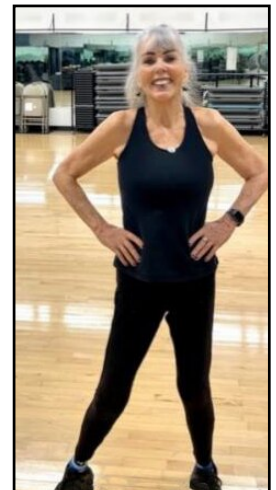
Next, I signed up for the 12-Day McDougall Program! I didn't even mention this to my clients because I was embarrassed. Being a health coach, I thought they wouldn't believe in my teachings. Well, I lost the extra weight so fast just by following the McDougall Program. I could check in with my wonderful Support Specialist anytime. It was amazing to look at the scale in the morning and see the pounds fall off. Now I show off my slim body whenever I can. I am 5'8", 78 years old and weigh 119 pounds. I am keeping strict tabs on myself and will never go above 119 again. Being the correct weight has lifted my self-esteem. I FEEL WONDERFUL! I totally recommend the 12-Day McDougall Program because it works, you too can achieve your health goals!



Linda

Thank you Dr. John McDougall, Mary and Heather for saving lives and having the healthiest program on this planet.

Linda



Linda—age 78

The fundamentals of the McDougall Program are simple yet often difficult to implement. For personalized help, learn more about the 12-Day McDougall Program.

Fitness

Coach Colette Crabbe
OMS Fitness Chair



Things we rarely learn until we get injured

If only we were taught these basic adult skills alongside spelling and math!

Most of us pick up basic adult skills along life's way, like doing laundry, basic cooking, basic financial skills. Some of us even master the finer points of table manners, changing a tire, taking care of children. But what about the stuff that nobody ever teaches you? It is usually not before a late-life encounter with fitness gurus, therapists, and other medical experts that you learn there is a "right" way to stand, walk, bend, breathe and smile.

How to breathe: Most of us get through the day on fairly quick, shallow breaths. Is there a better way? Yes, deeper. Bring air down towards the belly, through the nose. "Belly breathing" brings in more oxygen and can lower tension. Swimming is also an excellent breathing regulator. The water forces you to take a deep breath, then slowly exhale fully in the water before taking your next breath.

How to sit: "Please take a seat. And now, without using your arms, stand up." Are you asked that by your physical therapist? As you came to see your PT for a painful lower back, she or he watches you hunch and wobble out of the seat while reaching for the chair, using your arms anyway! As it turns out most of us are doing it a hundred times a day--Wrong! Your PT then demonstrates the magic of first planting your feet, then using your thighs, butt, and abdomen, not your arms, to power you up and back down. The improved stability and strength are unmistakable. Consciously practicing it will make you stronger, and it will become second nature. Better core muscles will improve your swimming, and swimming will improve your core muscles. You will win both ways.

How to stand: Often leaning to one side or the other, we stand like a crooked stick. It is not before our first visit to a PT, chiropractor, or fitness guru that we learn how to stand. Position your feet right below your hips, then put 60% of your weight in the heels and 40% in the toe box. From this solid foundation, with your knees rotated out ever so slightly, the rest of your body can naturally and properly stack above, shoulders above pelvis. It's amazing how your back will stop aching while waiting in long lines. Although swimming will put us in a horizontal position, thinking about alignment is crucial. Are your head, shoulders, hips, and toes aligned in a straight horizontal position on top of the water? If they are, goodbye lower back pain, and welcome to faster and more efficient swimming.

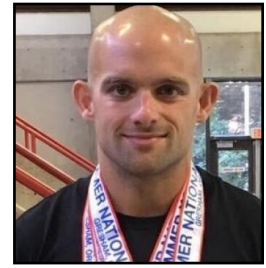
How to walk: An experienced hiking guide will keep reminding you to keep your shoulders down and back (meaning not up to your ears) and strike your steps from heel to toes. Then, for better balance, which produces more energy, swing your arms straight out, coordinating the movement so that the right arm is in front when the left leg is in front, and vice versa. For longer hikes, the Nordic hiking poles may help you keep your posture and balance the whole way. Think about that natural posture when you swim. The head needs to stay in a neutral position (not up or down). Do not shrug your shoulders while swimming backstroke. Keep your arms and legs in coordination (2, 4 or 6-beat kick). Coordination of your arms and legs also remain the secret of an efficient butterfly or breaststroke.

How to bend: Anybody who has suffered from lower back pain after extensive garden work, or helping a friend move, has been reminded by their doctor, PT, or fitness coach to squat every time you want to pick up some thing off the floor. From your strong standing position, squat and reach the floor. We all do it a hundred times a day--Wrong! Can you imagine how strong you would be off the wall on

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Coaches Chair

Coach Kevin Cleary
OMS Coaches Chair



The Purpose of Drilling

In my years of coaching and training, I've come to believe that, in our sport, drilling is one of the most misunderstood concepts.

Ask anyone why they should do drills, and they'll probably tell you that they help make your stroke better.

That is correct...when a drill is both appropriate to what you need and is done correctly.

All too often, a coach writes up "drill" on the whiteboard, and swimmers just mindlessly choose one (often the easiest one they can think of).

Even more swimmers only know a few drills, typically fingertip drag free, catch up free, and one-arm fly - the most used and abused drills in the sport, among a few others.

Truly well-rounded swimmers have a wide variety of drills in their toolbox. This comes with time and experience.

As adult athletes, it is our responsibility to know what areas of our strokes need improvement.

If you're newer and unsure, ask your coach - it's part of

their job! Any coach worth their salt has a vast collection of drills in their toolbox.

If you're a seasoned veteran, seek out very experienced eyes and/or watch film of yourself - you'll probably be able to pick something out that needs attention.

Once you have your problem areas identified, appropriate drills can be prescribed.

Another great use for drilling is in your warm-up. Drills that emphasize movement patterns and coordination will set you up for a later part of your warmup session, or even a race. Choose an aspect of your stroke that you want to especially focus on, spend some time drilling it, and you'll find that your body will be all the more ready for what comes next.

Finally, never forget that no two swimmers are identical, and everyone has their own strengths and weaknesses. What Swimmer A needs to work on is very likely not the same as Swimmer B's needs.

Drills are a critical part of ANY sport, and they exist to make you a better athlete. Take them seriously; grow your knowledge and toolbox, and apply them to your swimming career!

Long Distance Swimming

Coach Bob Bruce
Long Distance Chair



Review: Access to 50-meter pools was challenging this summer, so Oregon Club participation in the 5-km & 10-km Virtual (formerly Postal) Swims fell below pre-pandemic levels. This must have been true across the country as well, as the national entry was low. Still, we gave a very good accounting.

5-km: 13 Oregon swimmers (9 women & 4 men) entered. Anicia Criscione, Beth Martell, Arlene Delmage, Hardy Lussier, and Ralph Mohr—great strength at the top end! All five Oregon Club Relay teams won their events. Oregon was the runner-up in the race for the national championship title.

10-km: 7 Oregon swimmers (3 women & 4 men) entered. Alexis Higlett, Gillian Salton, Arlene Delmage, Hardy Lussier, and Bob Bruce won national titles (5 wins in 7 swims, lots of aces!). Two Oregon Club relay teams won their events, with the other runner-up. Oregon finished a close third place in the national club scoring.

Congratulations to...

- Our EIGHT individual National Champions (USMS Long Distance All-Americans!)
- Arlene Delmage and Hardy Lussier, our double National Champions
- Our SEVEN relay team National Champions (USMS Long Distance Relay All-Americans)
- Our FOUR Oregon Individual Record breakers—Beth Martell, Alexis Higlett, Arlene Delmage, and Hardy Lussier (2x)
- Those swimmers who accounted for THIRTEEN new listings on the All-Time Oregon Top Twelve in these events
- Everyone who participated. Oregon usually does well in overall participation—ultimately the bottom line—but we struggled this year. Obviously, I'd like to see more Oregon swimmers participating in these excellent fitness events, especially to complement and prepare for the ex-

cellent open water season that's coming your way in 2023 (a bunch of national championships are in store for your swimming pleasure!), and hope that we can rediscover more pool space for these events.

Look for the full Oregon results in this *Aqua Master*.

Fall Virtual/Postal Swims: Already in season!

As a coach, I like to plan comprehensively, looking ahead to provide long-term benefits to my swimmers. Here are three virtual/postal swims that you can use THIS FALL to help you prepare for future events.

- **USMS 3000 & 6000-yard Virtual National Championships (in progress!):** Mid-September through mid-November is the season for **USMS 3000-yard & 6000-yard Virtual National Championships**. These swims must be completed on or before November 15th. These swims provide solid early season training swims, great conditioning benchmarks, fun team-building events, and are a must for aspiring distance swimmers. Use these swims to jump start your 2023 training?

As the OMS Long Distance Chair and head cheerleader, I would like to see you participate, and would love to see the Oregon Club reclaim national titles in both events. Let's not sit on our past record of success, but move forward with new enthusiasm! Find event & entry info at <https://www.usms.org/events/national-championships/virtual-championships/2022-virtual-championships>, get your split sheet at http://www.usms.org/longdist/1hr_3000_6000_splits.pdf, and go to it! Remember that you can (alternatively) swim these events in a 25-meter pool by doing a 3000-meter or 6000-meter swim and converting the time to yards; I know, I know,

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Swimmer Spotlight

—submitted by Arlene Delmage

Name: Jane Nichols
Age: 81
Occupation: Image Analyst – mainly satellite imagery of vegetation
Team: Columbia Gorge Masters (CGM)

The one thing that was always constant for me was swimming. It gave me a place to try to do my best. It gave me a place to heal (when needed) and know that things would be okay. Fortunately, it was, and is, there for me.

I learned to swim through the Brownies program (that merit badge was some reward).

Our little summer recreational team competed against the new Santa Clara Swim Club in early 1952, and I beat all of George Haines's 10 year olds. SCSC asked me to come swim for them, and I did until I graduated from Los Gatos High School in 1959. My mom was diagnosed with lymphatic cancer also in 1952, and swimming helped me keep it together. I was George's 2nd National winner, as Carol Tate McPherson was the first. I won the 220 yd fly in Houston, Texas. I think it was in 1955, and was held at the old Shamrock Hilton Hotel pool.

I went to the Olympic Trials in 1956 as a 14 year old, made the finals in the 100 Fly, and beat Portia Hancock, a teammate whom I often raced against. I graduated from San Jose State in 1972 with a BA in French and a Masters in Geography, ABD (All But Dissertation). Upon graduating I raised two kids and coached at San Jose State for the next five years. I also worked with recreational and high school swim teams in the SF Bay Area.

In the late 1970s - and on - I worked as an Image Analyst identifying vegetation types on satellite imagery for the customer, and then tied the satellite imagery to ground imagery. I worked for companies who did work for the government. I also cataloged the U-2 imagery at NASA Ames. That was fun. It was at this time that I met my forever mate and gained three more kids. We had a full and busy home. It wasn't until about 1987 or so that I started up with Masters, and that was because of Nancy Ridout's strong encouragement; first in South San Francisco and later here in Hood River, OR. Talk about the feeling of coming home! I did the Alcatraz Swim once and that was enough. Give me a lane line any time!

When we moved from CA to Hood River, I was the Hood River Valley High School swim team coach, which enabled me to know the community quickly. I did that for 7 years while running a 4 bedroom B&B full time. I really don't know how we did it all!!

Swimming cleans out the brain, keeps the joints from locking up, and gets me out of my daily routine. I love the friends I have made. The conversations in the locker-room keep me up to date on the younger folk.



Jane Nichols wearing her 1954 bathing suit on her 80th birthday, full skirt and all.



Deception Island, Antarctica

The East opening is on the left side of the picture; the beach on the North of the Island is by the ship in the picture

HOT OR COLD

continued from page 1

ed that we make a stop at a nearby sunken volcano, Deception Island. Sounded like fun, so, yeah, as we approached, we could see thousands of Adelie penguins nested on the sea side of the island. Deception Island is C-shaped, with snow-streaked cliffs rising a few hundred feet along the perimeter, with a shallow, barely navigable opening on the east side. Two dozen of us went through the opening on zodiacs, and crossed a half-mile to a beach (really a flat jumble of rocks) on the north shore.

"You are done running, my dear American friends, now you can enjoy a swim," Natalia told us. *Whaaat?*

My friend Peter Butler and I looked at each other. We were members of the South End Swimming Club, and San Francisco Bay was our home pool. The temperature of the Bay rarely goes over 60° F. The water on Deception Island would be cold, but how cold? Chubby Natalia said *"Swim where I swim, and don't go near the bubbles."* She stripped down and entered the water *au naturel*. Neither of us had brought swim gear, but who gives a hang? *"If she can do it, we can do it."* Peter and I followed Natalia's example, stripped down and waded in. The water got deep quickly as the bottom dropped out from under us. It was cold, but not terribly cold. As we swam out a few yards, the good doctor showed up where bubbles were breaking the surface. *"It is very hot in those places."* As we swam carefully along the surface, the water temperature from place to place swung from coldish to be-cautious hot, with the smell of sulfur all around us. Peter and I swam with the doctor for about twenty minutes,

knowing that we would never have a chance to do anything as crazy as this again: Snowmelt and fumaroles!

Not to be outdone, three other marathoners had bravely and daintily entered the water, staying close to the beach.

On shore we quickly dried off and Natalia produced a bottle of home-brew vodka to mark the occasion. Then we boarded our ships for the return crossing of Drake's Passage, Ushuaia, and the long flights home. (We stopped in Rio on the north-bound return route, but that is another tale.)

For me, it was a very special occasion. Not only was I among the first few who had run a full marathon in the Antarctic, now I had run a marathon on all seven continents, and to top it off I had also swum on all seven continents. Whoopee!



The Akademik Loffe is designed for polar research. Also known as the One Ocean Navigator, it is modern, comfortable, safe and ice-strengthened (made of steel).

Two Mile Relay

by Jim Teisher

The fifth annual Two-Mile Relay begins November 1. If you are tired of those postal events where you have to swim nonstop for an hour or two, this is the event for you. All you have to do is swim 100 yards, rest a little, and then swim another 100. You keep this up until your team has completed 3600 yards. Your team can be 2, 3, or 4 swimmers. If your team is 2 swimmers, you'll need to swim 18 x 100, for 3 swimmers it is 12 x 100, and for 4 swimmers it is 9 x 100. For more details go to <http://barracudas.org/postal-twomile-relay-2022> to see the rules, records, past years results, and to register.



FITNESS

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every turn and dive in the pool if you had done all the squats required by your normal activities.

How to smile: At a conference the speaker, a psychologist, asked the audience to smile. “Turn up the corners of your mouth, even if it feels fake”. They did, and the mood of the whole place lifted. The very act of moving your mouth muscles into an upward curve tricks your brain into “reading” you as happy, igniting chemical changes that make you feel so. Turns out, you don’t have to wait until you feel like smiling to smile – once you put one on your face, that happy feeling will follow. How many thought it was the other way around!

So put on your happy face, smile broadly at people, and go enjoy swim practice!!

LONG DISTANCE SWIMMING

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you gotta swim a bit further, but it allows those who only have access to 25-meter pools to participate. Just do it!

These swims provide solid training swims, great conditioning benchmarks, fun team-building events, and are a must for

aspiring distance swimmers. I always like to start our training year in the fall with some aerobic work, because everyone—hear that, sprinters?—needs an aerobic base to progress.

- **Postal Two-Mile Relay (UNIQUE & LOCALLY-RUN):** This postal relay is done as a sequential relay (you know, the kind we do in swim meets) rather than the cumulative relays that we put together for postal & cable events. This is hosted by Event Director Jim Teisher & the Tualatin Hills Barracudas, and done in November. Swimmers—who must be USMS members and follow USMS & event rules—will swim as a two, three, or four-member team in strict rotation for 3600 yards (or 3600 meters, to be converted), approximately two miles. Timers take splits each 100 (a special split sheet is available in event info: <http://barracudas.org/postal-twomile-relay-2022>). After the swim, a team captain enters the team in the event. See for details and entry.

I plan to run this relay event as a sprint practice a few times. As all good coaches know, there’s nothing like swimming fast (and practicing dives!) during practice. Depending on the number of swimmers on a team, the swim to rest time ratio will be about 1:2, 1:3, or 1:4, excellent for sprint training. I’m willing to bet that practice will be more focused and intense than usual that day! I think that these relay swims will help our speedwork as we prepare for the short course meters meets later this Fall.

- **Postal 400 Kick for Time:** Here’s a different and fun postal opportunity—it’s the 400 kick for time, which must be completed during December. It’s simple—just kick 400 yards/meters as fast as you can while someone takes splits for you, then enter the event. The event is hosted by Marcia Benjamin of Marcia’s Enthusiastic Masters team in California. Alas, information for this year’s event has not been posted yet, but I’ll post this on the OMS Calendar as soon as it’s available.

I have found this postal to be a great challenge by itself, and a strong training tool as you prepare for it. I’ve done it for the past several years, and preparing for it really helped me ramp up my much-needed kicking performance. Coaches know that you’re not in shape until your legs are in shape.

As always, the best thing about all of these swims is that you can do them in your local 25-yard or 25-meter pool. So, no excuses—use them to help spark your training!

Good luck and good swimming!

Oregon LMSC 5-km Virtual Swim Results 2022

Place numbers are national places
OR = Oregon Record; NR = National Record
* = Oregon All-Time Top Twelve Time

Age Group	PI	Name	Age	Team	Time	Points
Women 45-49	1	Anicia Criscione	49	CAT	1:20:17.99	803
Women 50-54	1	Beth Martell	50	COMA	1:11:25.44* OR	917
Women 50-54	6	Cheryl Morgen	53	COMA	1:24:45.99*	773
Women 50-54	7	Becky Sortor	50	COMA	1:27:38.95	748
Women 55-59	2	Valerie Jenkins	59	COMA	1:14:12.07*	871
Women 55-59	6	Jayette Pettit	55	COMA	1:21:09.99*	796
Women 60-64	1	Arlene Delmage	60	COMA	1:17:41.71*	898
Women 60-64	2	Joanie Krehbiel	61	COMA	1:23:58.35*	831
Women 65-69	5	Jeanna Summers	68	ORM	1:36:38.75	765
Men 55-59	1	Hardy Lussier	57	COMA	1:06:54.33* OR	947
Men 60-64	7	Pat Allender	64	CAT	1:20:12.99	798
Men 70-74	3	Bob Bruce	74	COMA	1:23:10.44	878
Men 80-84	1	Ralph Mohr	81	COMA	1:44.15.98*	763

Age group	Event	Time
Place	Relay	
Women 45+	3 x 5000	
1	OREG (Krehbiel, Criscione, Martell)	3:55:41.78
Women 55+	3 x 5000	
1	OREG (Pettit, Delmage, Jenkins)	3:53:03.77 OR
Men 55+	3 x 5000	
1	OREG (Bruce, Allender, Lussier)	3:50:17.76
Mixed 45+	4 x 5000	
1	OREG (Jenkins, Martell, Allender, Lussier)	4:52:44.83
Mixed 55+	4 x 5000	
1	OREG (Pettit, Delmage, Mohr, Bruce)	5:46:18.12

Combined National Club Scores:

Place	Team	Swimmers	Points
1	Palm Beach Masters	25	18,211
2	OREGON	13	10,778
3	Swim Kentucky Masters	15	10,399

To help settle the side wagers concerning who had the best 5-km swim—across gender and age group lines—here is the list of the top ten swimmers in Quality Points:

Number	Swimmer	Points
1	Hardy Lussier	947
2	Beth Martell	917
3	Arlene Delmage	898
4	Bob Bruce	878
5	Valerie Jenkins	871
6	Joanie Krehbiel	831
7	Anicia Criscione	803
8	Pat Allender	798
9	Jayette Pettit	796
10	Cheryl Morgen	773

Oregon LMSC 10-km Virtual Swim Results 2022

Place numbers are national places
OR = Oregon Record; NR = National Record
* = Oregon All-Time Top Twelve Time

Age group	PI	Name	Age	Team	Time	Points
Women 35-39	1	Alexis Higlett	39	MACO	2:27:20.63* OR	910
Women 50-54	1	Gillian Salton	54	COMA	2:48:43.99*	794
Women 60-64	1	Arlene Delmage	60	COMA	2:46:59.09* OR	866
Men 55-59	1	Hardy Lussier	57	COMA	2:16:53.12* OR	956
Men 60-64	3	Pat Allender	64	CAT	2:50:56.99	775
Men 60-64	4	Patrice Calmels	?	COMA	3:13:01.99*	686
Men 70-74	1	Bob Bruce	74	COMA	2:58:11.82	867

Age group	Event	Time
Place	Relay	
Women 35+	3 x 10,000	
1	OREG (Salton, Delmage, Higlett)	8:03:03.71
Men 55+	3 x 10,000	
2	OREG (Bruce, Allender, Lussier)	8:06:01.93
Mixed 35+	4 x 10,000	
1	OREG (Delmage, Higlett, Allender, Lussier)	10:22:09.83

Combined National Club Scores:

Place	Team	Swimmers	Points
1	Illinois Masters	9	7191
2	St Pete Masters	7	5904
3	OREGON	7	5854

To help settle the side wagers concerning who had the best 10-km swim—across gender and age group lines—here is the list of the top seven swimmers in Quality Points:

Number	Swimmer	Points
1	Hardy Lussier	956
2	Alexis Higlett	910
3	Bob Bruce	867
4	Arlene Delmage	866
5	Gillian Salton	794
6	Pat Allender	775
7	Patrice Calmels	686

A note about club scoring: Club point scoring is calculated based on Quality Points, which is the ratio of each individual time to the current USMS Record for the gender & age group and expressed as the three-digit number that you see following each individual time in the results. The faster the swim the more Quality Points a swimmer earned. Club totals are the sum of the quality points of its swimmers. Since every swimmer receives quality points, every swimmer counts!

Summary

New Records . . .

NONE

Looking Ahead. . .

Pool Schedule

Date	Course	Swim	Location
November 12; Saturday Register: https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=15253	SCM	Hood River SCM Meet	Hood River, OR
December 10; Saturday	SCM	COMA All-Around Challenge Meet	JSFC; Bend, OR
May 19-21, 2023; Friday-Sunday	SCY	Association Meet	JSFC; Bend, OR

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

Quote for the Month. . .

“If you say “can’t” you’re restricting what you can do or ever will do.” —Michael Phelps

From your USMS login, you can:

- 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.