



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

"Swimming for Life"

Volume 44 • Number 9

Published 10 Times Yearly by OMS, Inc.

October • 2017

2017 Central Coast Swims at Eel Lake

by Carolyn DeMarco

Located halfway between Lakeside and Reedsport on the central Oregon coast, is Eel Lake, which is named for its shape, not its residents. The final swims of the 2017 Oregon open water series took place at Eel Lake on an unseasonably cool and damp mid-summer morning, Sunday Aug 13th. The annual end-of-season potluck took place the night before at Tugman Campgrounds where swimmers do what they do best--eat!

For those unfamiliar with the tradition, Connie Shuman and Dan Gray annually wager on the Super Bowl, with the loser providing the main dish at the last open water swim of

Continued on page 18



Photo by Carolyn DeMarco

Swimmers warming up on the course before the 3000 meter swim on the cool, drizzly morning.

World Records Set all Three Days at 2017 Gil Young LCM Meet

by Claudia Daly

As temperatures rose during the last weekend of August, world and zone records fell at the 2017 Gil Young Memorial Meet held at Mount Hood Community College in Gresham, August 26-28. One hundred seven swimmers from 33 teams competed in the last long course meet of summer. The athletes enjoyed rare blue skies in a month of smoky conditions; a result of devastating wildfires around the northwest.

The refreshing coolness of the water in the 50-meter pool made for fast swims as 19 zone records, including 8 world records were set over the course of the three-day meet. Swim-

Continued on page 19



Photo by Claudia Daly

World Record-setting, mixed 320-359, 400 LC Meter Free Relay. David Radcliff, Janet Gettling, Joy Ward, Willard Lamb

Oregon Masters Swimming, Inc.
Board Members

CHAIRMAN OF THE BOARD

Tim Waud • timpwaud@gmail.com

VICE CHAIRMAN - SANCTIONS

Robbert van Andel • swimmer1974@gmail.com

SECRETARY

Michelle Jacobs-Brown • Goblin34.mjb@gmail.com

TREASURER

Kermit Yensen • kermit.yensen@gmail.com

REGISTRAR

Susie Young • Swim.pdx@gmail.com

AQUA MASTER EDITOR

Alice Zabudsky • azabudsky@msn.com

AWARDS — ANNUAL

Susan Albright • albright.becker@gmail.com

COACHES CO-CHAIR

Tim Waud • timpwaud@gmail.com
Matt Miller • matt@flytrapcare.com

DATA MANAGER — SWIM MEETS

Gary Whitman • all5reds@comcast.net

FITNESS CHAIR

Colette Crabbe • colettecrabbe@hotmail.com

HOST/SOCIAL

Michelle Jacobs-Brown • Goblin34.mjb@gmail.com

LONG DISTANCE CHAIR

Bob Bruce • coachbobbruce@gmail.com

MEMBERSHIP PROMOTION

Carolyn DeMarco • adairpete@msn.com

MEMBERSHIP

Christina Fox • foxkohnert@peak.org

OFFICIALS — SWIM MEETS

Jacki Allender • jacki.allender@gmail.com

OMS EMAIL GROUP MAINTENANCE

Susie Young • swim.pdx@gmail.com

PROGRAM DEVELOPMENT

Marlys Cappaert • m.cappaert@comcast.net

RECORDS

Stephen Darnell • inancialwizard2@comcast.net

SAFETY

Joy Ward • silenteclipse1210@hotmail.com

SOUVENIERS

Jeanna Summers • jeanna.summers@optumhealth.com

SUNSHINE

Ellen Summers • ebisch123@aol.com

CLUB REPS

OREG

Nancy Vincent • nancy.vincent@hp.com

DUCK

Bridget Shepherd & Lindsay Miller • uoswim@uoregon.edu

USMS

Sandi Rousseau • swim@gorge.net

TOP TEN

MJ Caswell • mjcaswell@earthlink.net

WEB MASTER

Matt Miller • matt@flytrapcare.com

PRINCIPAL FOUNDER OF OMS

Connie Wilson

CONTENTS

Regular 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** Oregon Senior Games—SCY
- 8** Gil Young Zone Championship—LCM

Articles & Announcements

- 9** Three Swim Clinics Hosted by Oregon Masters Swimming
- 10** Swimmer Spotlight
- 11** Bliss and Disappointment
- 13** USMS Summer Nationals—Summary
- 21** Photos from Here & There

Event Schedule — Back Page

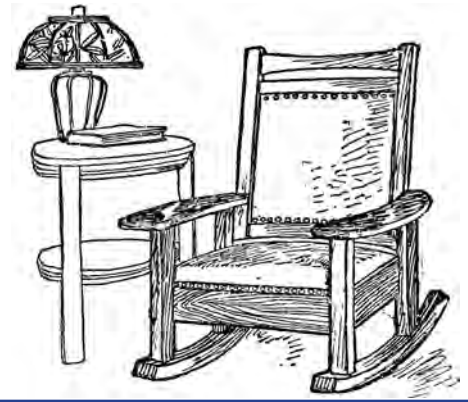
United States Masters Swimming, Inc. (USMS), can not and does not accept responsibility for the content of any information or material not authorized by USMS. All opinions stated in any such material are solely those of the author(s) and not necessarily those of USMS or Oregon Masters Swimming. *Aqua Master* is the official publication of Oregon Masters Swimming (OMS). OMS is a Local Masters Swimming Committee (LMSC) and part of USMS. Information is also available online at www.swimoregon.org.

Send address changes to Susie Young and all other membership questions to Christina Fox.

Volume 44 • Number 9 • October 2017

Chair's Corner

Tim Waud
OMS Board Chirman



As summer comes to an end, it's time to look back at all of the amazing things Oregon Masters Swimming and its membership has done this past year.

Events held in 2017:

Oregon City SCM Dual Sanction Swim Meet.....	March
Adult Learn-to-Swim, programs were held at Hood River, Corvallis, and Oregon City.....	April
OMS SCY Association Champs.....	April
Oregon Senior Games SCY.....	June
Foster Lake USMS 2-mile Cable Swim OW National Championship.....	June
Portland Bridge Swim OW (10.7miles).....	July
Applegate Lake Swim OW (10K).....	July
Elk Lake USMS 5K OW National Championship.....	July
Eel Lake Swim OW.....	August
Gil Young Memorial/OMS LCM Association Champs/NW Zone LCM Champs.....	August

Oregon Masters Swimmers achievements:

2016 Long Distance All-Stars.....	6 (of 20)
2017 SCY Top Ten times.....	144
2017 USMS All Americans (Pool) (SCY).....	5
2017 USMS Summer Nationals.....	25 Oregon, 19 Zone, 9 National, and 9 World Records set.

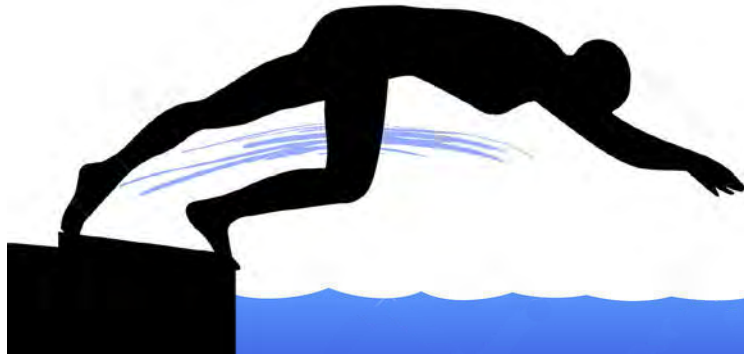
Upcoming Events:

OMS Stroke Clinic.....	October 2017.....	Corvallis, Oregon
OMS Freestyle Clinic.....	October 2017.....	Eugene, Oregon
OMS Breaststroke Clinic.....	November 2017.....	Oregon City, Oregon
NW Zone SCM Champs.....	November 11-12, 2017.....	Hood River, Oregon
COMA All-Around SCM Meet.....	December 9, 2017.....	Bend, Oregon
USMS Ultra marathon (10.7mile) OW National Championship.....	July 2018.....	Portland, Oregon
USMS 2-mile OW National Championship.....	July 2018.....	Sweet Home, Oregon
USMS Marathon (10K) OW National Championship.....	July 2018.....	Jacksonville, Oregon

We are excited to announce three stroke clinics coming to Corvallis, Eugene, and Oregon City. The stroke clinic being held in Corvallis will be geared towards fitness swimmers who want to improve their overall swimming technique. The clinic in Eugene will focus on Freestyle; this clinic is also geared toward the fitness swimmer. All OMS recognized coaches are encouraged to attend these two clinics. Coaches will not be allowed in the pool, but they are encouraged to be on deck and assist with the clinic. The Breaststroke clinic in Oregon City is for those who want to improve their breaststroke technique. Allen Stark will be the clinician; he will talk about the history of breaststroke, the mechanics of the stroke, timing of the stroke, pull outs, turns, and in-water demonstrations.



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.

Esther Williams, "America's Mermaid"

Born in Inglewood, California, on August 8, 1921, she was the fifth and youngest child of Louis Stanton Williams and Bula Myrtle. Louis was a sign painter and Bula was a psychologist. Esther Williams, sometimes called "America's Mermaid," helped popularize synchronized swimming through a string of hugely popular films in the 1940s and '50s. Williams suffered a great personal loss at an early age when her older brother, Stanton, a promising actor, died at the age of 16. Soon after her brother's death, Williams found a respite from her sadness by learning to swim.

Williams was enthusiastic about swimming. Her older sister, Maurine, took her to Manhattan Beach and to the local pool. She took a job counting towels at the pool to pay the five cent entry fee, and while there, had swimming lessons from the male lifeguards. From them, she learned the swimming stroke skills with which she would later break records.

As a teenager, Esther Williams was a member of the Los Angeles Athletic Club swim team. Her medley team set the record for the 300-yard relay in 1939, and she was also National AAU champion in the 100 meter freestyle, with a record-breaking time of 1 minute 09.0 seconds. By age 16, Williams had won three US national championships in breaststroke and freestyle swimming. She also qualified for the 1940 Olympic Games. Unfortunately, the Olympics were canceled that year due to the onset of World War II.

Disappointed, Williams took a job at an upscale department store. Shortly after she took the new job, producer Billy Rose asked Williams to audition for his swimming and diving show, *Aquacade*, in San Francisco. She landed the lead role opposite Johnny Weissmuller, best known as Tarzan in the popular film series of the same name. Williams made

a series of films in the 1940s and early 1950s known as "aquamusicals," which featured elaborate performances with synchronized swimming and diving.



Her International Swimming Hall of Fame biography, says, "Her movie career played a major role in the promotion of swimming, making it attractive to the public, contributing to the growth of the sport as a public recreation for health, exercise, water safety -- and just plain fun."

Though not an especially good actress, Williams was a sight to see in the water. People around the world flocked to movie theaters to see the graceful Williams work her magic on screen, making her an international superstar.

In the 1960s, Esther Williams, instead of performing, focused on a number of business interests. After endorsing swimsuits in the 1940s and '50s, she designed her own swimsuit line, the Esther Williams Swimsuit Collection. She also put her name on a line of backyard swimming pools. Both businesses are still thriving today.

Williams served as a commentator for synchronized swimming at the 1984 Summer Olympics in Los Angeles.

Esther Williams died in her sleep on June 6, 2013 from natural causes, in her Los Angeles home. She was 91. She was cremated, and her ashes were scattered in the Pacific Ocean.

Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



Habits of the Fitness Swimmers

September is the month of new schedules, new habits, new routines. It is the perfect time to adopt the habits of the perfect fitness swimmers.

First and foremost, you need to set up your weekly swimming schedule. It needs to be a minimum of three times a week. Once this is set and well-known by your family and friends, it will be so much easier to follow. Everybody will know they cannot schedule anything with you during those times. Unless there is an emergency, this is your time and you will stick with it.

Secondly, you need to assess your current fitness level. This is the only way you will be able to recognize your improvements and celebrate them. At the beginning of the year, I recommended 3 tests. A distance test--how far can you go in 30 and/or 60 minutes. A pace set test such as 12 x 100 (or 50) at a set interval (about 10 sec over the time of your 1st 100 or 50), can you hold that interval for 12 and is it easy? A sprint and stroke test--how fast can you go in a 100, 50 or 25 of each stroke you currently can swim. If you did them, great. It is time to do them again and see your improvement! If not, it is a good time to start.

Third, you need to work all your energy levels in your workouts. Most of the fitness swimmers have only one speed and mostly work on their endurance. How far can I swim? They are not interested in their time, as their primary goal is not competition. They do not realize that swimming at a faster tempo brings a lot of health benefits and will cut the time needed to get fit. It will challenge their body, increase their lung capacity, and improve their speed and stamina. Sets where you will swim from slow to fast should be challenging if done correctly. Most of the fitness swimmers hate to swim slowly but their body is never ready to swim fast enough. Do incorporate some sprints workouts from time to time.

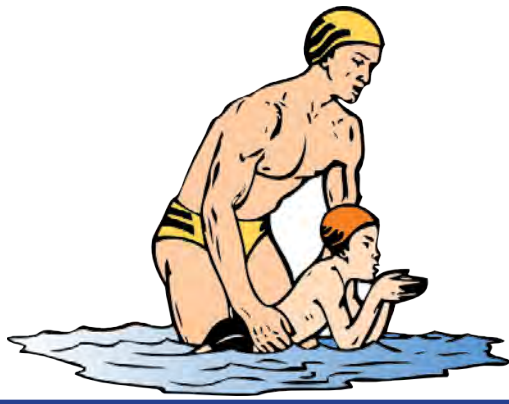
Fourth, you need to work on your technique. A lot of fitness swimmers do not like this because it involves swimming slowly, thinking and learning something new. They are in the pool to swim their usual number of laps and be done with it. Technique and/or learning a new stroke is very challenging, but so rewarding. Often it will prevent you from being injured. It will help you to be so much more efficient in the water and therefore so much faster with less effort. If you are willing to learn a new stroke, including butterfly, it will open the possibilities and variety during workouts, making them so much less boring!!!

Fifth, you should keep working on your fitness and health out of the pool. It is not because you had a great workout, that you can eat anything you want. Make healthy choices and think recovery. You need to drink more water, cut out processed, greasy and sugary foods and replace them with higher fiber foods such as fruit and vegetables. (In the April Aqua Master, I recommended the "spring cleaning" fitness challenge. It might be a good time to do it again before the holidays come around).

Sixth, lift something heavy! Strength training slows down the loss of muscle mass. Work on your flexibility and core thru some easy dryland exercises such as plank, holding the streamline positions, etc. Get a good night sleep every night!

Last but not least, try to attend one of the clinics Oregon Masters swimming will hold in the Fall. Currently two clinics, "Stroke clinic for fitness swimmers", are scheduled, one in Corvallis on Sunday, October 15th, and one in Eugene on Sunday, October 22. See you there, and keep swimming.





Coaches Chair

Coach Tim Waud
OMS Co-Coaches Chair

Fartlek Training

Fartlek is a type of training where you do long, straight swimming interjected with random bursts of speed. Some of you might also recognize this type of training with “speed play.” Many of us maximize our fitness level with the energy systems: aerobic, anaerobic threshold, and sprinting. During those long aerobic sets, which can be boring and mindless, we can focus on something mindful. Fartlek training can help develop those fast twitch muscle fibers. Fartlek training is good for everyone. Whether you are a sprinter or a distance swimmer, Fartlek training is great for learning how to switch gears.

If you are swimming a 600 free for warm-up, swim a smooth, perfect 200 free and then break out into a full sprint for a 25 or a 50. Then, switch back to a nice, smooth, perfect 200 free, and repeat. For fitness swimmers or those who don't like to do high intensity versus the clock, this relieves a lot of the pressure on speed work. Without a clock, swimmers can manage their effort at a comfortable pace and not worry about meeting or exceeding their best practice times.

Becoming familiar with switching gears at a moment's notice is beneficial to swimmers of all levels. For pool swimmers, being able to pick up the pace when an opponent is breaking away, keeps you in the race. For triathletes, this skill enables them to pass or simply bring it home with some speed. Fartlek training helps you develop the ability to go from smooth to fast at will.

The benefits of Fartlek training are endless. For those of you who are short on time, this type of training can help you achieve longer distances, while at the same time working on several energy systems at once. This type of training also requires focus, concentration, and mindfulness to help offset the long distance sets we swim.

Fartlek training is also very versatile. Swimming, kicking, pulling and using alternating strokes are also an option. During the alternating strokes option, swim a smooth perfect 200 free and swim the third 50 as a specialty stroke going race pace, and the last 50 free smooth swim perfect. Kick or pull a long-distance set and every three minutes, kick or pull into a sprint for 20-30 seconds, and then resume kicking or pulling at a smooth swim perfect pace. You can also use this kind of training while swimming in and out of the walls, in and out of turns, and in the middle of the pool, to develop explosive speed.

Remember to stay mindful. During long, warm-up sets or aerobic based pull sets, maintain focus. Think of your warm-up as a chance to rehearse perfect technique. Think smooth, swim perfect during your aerobic training and maintain that mindfulness while you switch gears to fast swimming. Maintaining a good feel for the water translates to perfect stroke technique and in return a higher level of efficiency, which will make your swimming experience much more enjoyable.



Long Distance Swimming

Coach Bob Bruce
OMS Long Distance Chairman



Let's chat about Fall Postal Swims. As a coach, I always like to plan comprehensively, looking ahead to provide long-term benefits to my swimmers. Here are three postal swims that you can use THIS FALL to help you prepare for future events, along with ways that I—always a coach—plan to use them to help my team.

- **USMS 3000 & 6000-yard Postal National Championships:** Mid-September through mid-November is the season for the annual USMS 3000-yard & 6000-yard Postal National Championships, to be completed by November 15th. See <http://www.usms.org/longdist/ldnats17/> for event & entry information. The Oregon Club team has a long-standing record of great success in these two swims, and I hope that we can keep this streak alive this year too.

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. And, of course, why not use these swims to jump start your training for 2018?

- **Postal Two-Mile Relay (NEW & UNIQUE):** We haven't seen an event like this offered in many years, a postal relay done as a sequential relay (you know, the kind we do in swim meets) rather than the cumulative relays that we usually put together for postal events. This will be hosted by the Event Director Jim Teisher & the Tualatin Hills Barracudas, and done between October 1st and November 30th. 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), which is approximately two miles. Timers will take splits for every 100 (a special split sheet is available in event info). After the swim, a team captain will enter the team in the event. See https://www.clubassistant.com/club/meet_

[information.cfm?c=2416&smid=9347](#) 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 1:1, 1:2, or 1:3, 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 NW Zone SCM Championships in Hood River in November or our own COMA All-Around Meet in December.

- **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 the month of December (maybe running into January too). 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 out.

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 two years, and preparing for it really helped me ramp up my kicking performance. Believe me, I need all the help I can get, since I'm not blessed with Michael Phelps's size-16 feet or Mark Spitz's hyper-extended knees! Coaches know that you're not in shape until your legs are in shape.

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

Good luck and good swimming!



Records & Links to Results

Oregon Senior Games — SCY

June 17, 2017; Bend, OR; Recognized event

Results: http://swimoregon.org/results_pdfs/2016-2017/ResultsOregonSrGames_SCY_20170617_Splits.htm

Age Group	Event	Name	Age	Club	Time	Records set
Men 80-84	200 SCY Back	Barry Fasbender	80	OREG	3:29.85	Oregon, Zone
Men 80-84	200 SCY Fly	Barry Fasbender	80	OREG	4:17.56	Oregon, Zone

Gil Young Memorial Meet — NW Zone Championship— LCM

August 25-27, 2017; Gresham, OR; Sanction #377-S004

* = split

Results: http://swimoregon.org/results_pdfs/2016-2017/ResultsGilYoung_LCM_20170825_USMS_Splits.htm

Age Group	Event	Name	Age	Club	Time	Records set
Women 25-29	50 LC Meter Freestyle	Jennings, Emilee	28	UC37	27.46	Oregon
Women 25-29	50 LC Meter Backstroke	Jennings, Emilee	28	UC37	32.91	Oregon
Women 25-29	50 LC Meter Butterfly	Jennings, Emilee	28	UC37	30.43	Oregon
Women 25-29	100 LC Meter Butterfly	Chernoff, Kendra	26	OREG	1:07.62	Oregon
Women 60-64	200 LC Meter Freestyle	Crabbe, Colette	61	OREG	2:35.71	Oregon, Zone
Women 60-64	50 LC Meter Breaststroke	Crabbe, Colette	61	OREG	40.65	Oregon, Zone
Women 60-64	100 LC Meter Breaststroke	Crabbe, Colette	61	OREG	1:30.29	Oregon, Zone
Women 60-64	50 LC Meter Butterfly	Crabbe, Colette	61	OREG	35.04	Oregon
Women 65-69	50 LC Meter Freestyle	Toppel, Margaret	69	OREG	33.24	Oregon
Women 65-69	50 LC Meter Backstroke	Toppel, Margaret	69	OREG	41.46	Oregon, Zone
Women 65-69	100 LC Meter Backstroke	Toppel, Margaret	69	OREG	1:28.07	Oregon, Zone
Women 65-69	50 LC Meter Butterfly	Toppel, Margaret	69	OREG	37.46	Oregon
Women 70-74	200 LC Meter Breaststroke	Pierson, Ginger	71	OREG	3:52.09	Oregon, Zone
Women 75-79	50 LC Meter Freestyle	Ward, Joy	75	OREG	43.02	Oregon, Zone
Women 75-79	200 LC Meter IM	Ward, Joy	75	OREG	4:05.44	Oregon, Zone
Men 50-54	200 LC Meter Freestyle	Lussier, Eilhard	52	OREG	*2:09.17	Oregon
Men 55-59	50 LC Meter Butterfly	Uebele, Keith	56	OREG	29.67	Oregon
Men 95-99	100 LC Meter Freestyle	Lamb, Willard	95	OREG	*1:47.59	Oregon, Zone, National, World
Men 95-99	200 LC Meter Freestyle	Lamb, Willard	95	OREG	4:04.60	Oregon, Zone, National, World
Men 95-99	400 LC Meter Freestyle	Lamb, Willard	95	OREG	*8:43.18	Oregon, Zone, National, World
Men 95-99	800 LC Meter Freestyle	Lamb, Willard	95	OREG	*17:42.57	Oregon, Zone, National, World
Men 95-99	1500 LC Meter Freestyle	Lamb, Willard	95	OREG	33:39.77	Oregon, Zone, National, World

Relays

Women 280-319	200 LC Meter Free Relay	OREG	2:34.11	Oregon, Zone
	1) Calnek-Morris, Sue 74	2) Ward, Joy 75	3) Gettling, Janet 69	4) Toppel, Margaret 69
Women 280-319	400 LC Meter Medley Relay	OREG	6:31.16	Oregon, Zone, National, World
	1) Ward, Joy 75	2) Pierson, Ginger 71	3) Gettling, Janet 69	4) Toppel, Margaret 69
Men 160-199	800 LC Meter Free Relay	OREG	8:50.50	Oregon, Zone
	1) Lussier, Eilhard 52	2) Miller, Matt 40	3) Sullivan, Scot 51	4) Marceau, Matthew 35
Mixed 120-159	800 LC Meter Free Relay	OREG	9:21.26	Oregon, Zone
	1) Marceau, Matthew 35	2) Miller, Matt 40	3) Skinner, Sonja 41	4) Melina, Emily 37
Mixed 320-359	400 LC Meter Free Relay	OREG	6:07.33	Oregon, Zone, National, World
	1) Lamb, Willard 95	2) Ward, Joy 75	3) Gettling, Janet 69	4) Radcliff, David 83
Mixed 320-359	400 LC Meter Medley Relay	OREG	7:17.49	Oregon, Zone, National, World
	1) Lamb, Willard 95	2) Pierson, Ginger 71	3) Ward, Joy 75	4) Radcliff, David 83

Three Swim Clinics Hosted by Oregon Masters Swimming

A Stroke Clinic for Fitness Swimmers on Sunday, October 15, 2017; 9:00 am – 12:00 pm in Corvallis, Oregon

This OMS stroke clinic, offered by Oregon Masters Swimming coaches, will help fitness swimmers learn important swimming drills that will improve stroke technique. Learn how to be efficient in the water and enjoy your swimming experience. The registration for the clinic is limited to 36 swimmers.

Clinic location:

Osborn Aquatic Center
1940 NW Highland Drive
Corvallis, OR 97333

Clinician(s):

Oregon Masters Coaches

Improve your speed and efficiency in the water in this innovative, 3 hour stroke clinic taught by certified US Masters Swimming coaches. Using targeted instruction, drills and personal feedback, the coaches will help you understand how to get more out of each stroke, and why it works. Whether you swim primarily for fitness, or compete in swimming or triathlon events, this clinic can take your swimming to the next level.

https://apm.activecommunities.com/corvparksandrecreation/Activity_Search/swim-clinic-for-adults/27189



A Stroke Clinic for Fitness Swimmers on Sunday, October 22, 2017; 2:00 pm–6:00 pm in Eugene, Oregon

This Stroke clinic, offered by Oregon Masters Swimming coaches, will help fitness swimmers learn important swimming drills that will improve stroke technique. Learn how to be efficient in the water and enjoy your swimming experience. The registration for the clinic is limited to 36 swimmers.

Clinic location

Amazon Pool
2600 Hilyard Street
Eugene, OR 97405

Clinician: Tim Waud—2017 Speedo USMS Coach of the Year

<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1352&cid=76096>

A Breaststroke Clinic on Sunday, November 5, 2017; 8:30 am–12:30 pm in Oregon City, Oregon

This Breaststroke clinic, offered by Oregon Masters Swimming coaches, will help fitness swimmers learn important swimming drills that will improve stroke technique. Learn how to be efficient in the water and enjoy your swimming experience. The registration for the clinic is limited to 36 swimmers.

Clinic location

Sunday, November 5, 2017
Oregon City Municipal Swimming Pool
1211 Jackson Street
Oregon City, OR 97045

Clinician: Dr. Allen Stark, MD

The Theory and Practice of Modern Breaststroke, Making YOU a better breaststroke swimmer.

<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1352&cid=76035>

Swimmer Spotlight

Serena Johnson

Age: 40

Occupation: CPA

Local Team: LHST, Camas, WA

—submitted by Arlene Delmage

For Serena Johnson it seems that swimming has always been a part of her life. Growing up in Hawaii on the Big Island, Serena started swimming when she was five years old on a community swim team. The team had competitions around the island, but it was nothing like club swimming here.

In high school, Serena swam on the team and was coached by Mark Noetzel, who she says was a really great coach. He took the team and turned it into a very competitive club team. Coach Noetzel was an Olympic Trial competitor himself and still brings in top 10 National times in Masters Swimming. Before coming to Hawaii, he coached the men's team at the University of Michigan.

After four years of high school swimming, Serena received a scholarship to attend Pacific Lutheran University in Tacoma. Coming from Hawaii, Serena was unprepared for the Pacific Northwest climate. She arrived in Tacoma with shorts, a t-shirt, and flip flops. Fortunately her father's friend took her under his wing and purchased a jacket for her, the first one she ever owned!

Unfortunately, Serena only swam one year at Pacific Lutheran University due to a major pool renovation during her sophomore year. At that time swimmers were bused to a different pool at 5 a.m. and that is when she decided she needed to focus on school and quit swimming. "I wish I would have rejoined later because I missed having swimming in my life," says Serena.

For Serena swimming is her place of peace. She returned to the sport after her husband, Aaron, finished his military service in the Azores in 2008. At that time their children were 1, 3, 5 and she needed a mental break. Aaron signed her up for Masters Swimming with Bert Petersen at Bally's in Vancouver, mainly because they offered childcare. Several months later Bally's closed and Serena switched to LaCamas Swim and Sport in Camas. After one month at LHST Serena attended her first Masters swim meet. It was here that she noticed Arlene Delmage and Karen Andrus-Hughes. Wes Edwards pointed

them out and said they were the ones to beat. After their first races Serena was really impressed with their swimming talent and has continued to keep them in her sights. She swam her first 200 backstroke ever with Karen Andrus-Hughes in the next lane. "I went out way too fast and was almost a full 25 ahead of Karen after the first 75. By the end of the race she was an entire 50 ahead of me! I will never forget that. I also had to swim 100 fly on a relay in that meet. By the end I felt like I was drowning and Arlene made it look so easy."

Serena's three children also swim. Ricky, age 10, Evelyn, age 12, and Stewart, age 14, all compete for LaCamas Swim and Sport. They all started with lessons at Oxford in Vancouver back in 2009. They joined the LHST swim team in 2011. "We told the kids they had to be on the swim team at least until middle school. Stewart and Evie have both decided to continue with it while Ricky will probably drop it for soccer. The reason we make the kids swim now is so they can easily come back to it when they are older, for fitness, like all the amazing Masters swimmers I know in their 80s and 90s!"

Her husband Aaron was not a swimmer in high school, but he swims now to spend time with the family. He participates in the Association meet when possible and the one hour postal swim each year. Aaron and their oldest son Stewart also do triathlons together. Stewart has won, for his age group, the Hagg Lake, Blue Lake and Columbia River triathlons.

Serena was fortunate to have Justin Slade as her Masters coach. She says, "both he and Mark are two of the best coaches I have ever had. Justin knew what everyone was capable of, down to the second. He made you work hard while he cheered you on. He always coached like that. We were very fortunate. My children had Justin as their coach too. They really miss him!"

Serena adds, "Swimming brings us together as a family. I miss the Oregon State Games because we were all at the same meet and we swam the family relay. That is such a great memory for me. Swimming with the kids and Masters altogether was so fun. It's a great family sport."



Bliss and Disappointment

by Joe Oakes

My summer ended with a two week stay at Squaw Valley, located about half way between Lake Tahoe and Donner Lake in Northern California. I try to get there in August as often as I can so I can get in some training in cold water at high altitude. That has been my strategy for several years, getting my ancient body ready for the annual Cross Channel Swim in Hood River.

This year, 2017, I had another event to train for: A few friends were coming up from San Francisco to do a benefit relay swim to support Columbia River Keeper. The plan was to have two six person teams, one team from SF and the other composed of Oregon swimmers, swimming a 26 mile marathon through the Columbia Gorge, down the majestic Columbia River to Portland. The entry fee was a donation to the Columbia River Keeper, an organization dedicated to the health of our magnificent river.

My time in the mountains was great. During my very first work-out in Lake Tahoe, I was 200 meters into my swim when a huge flock of 100 Canada geese landed in the water, settling in on both sides of me. Big Papa Goose was a few meters in front, inspecting me, this curious thing in the water with his family. Now, I am not afraid of one goose, but when there are a hundred of them with me in the water, caution is called for. What was I to do? I do not speak Goose. The only sensible thing to do was to put my head down and keep swimming. That seemed to mollify Papa Goose, and the flock parted for me as I swam right through them. It could have been a gauntlet or a guard of honor. I took it as a good omen.

And a good omen it was, although I never saw the geese again. Some days I swam along the north bank of Donner Lake (three miles west of where the Donner Party suffered that horrible winter). Other days found me swimming from Commons Beach, Tahoe City, on the north end of Lake Tahoe. Some days I hiked in the forest. At first, for several days I felt the effect of the 6,000-7,000 feet of altitude, and I kept my swims gentle, resting often to catch my breath. It usually takes four or five days for my bone marrow to produce the added red blood cells that make training at altitude easier. After those first days, the work-outs were joyful, and I had the satisfaction of knowing that my training was going well.

Then it was time to come home to Oregon for the Labor Day Swim. I was ready. When we drove to Hood River on Sunday we were greeted by air that was barely breathable,

the result of growing fires in the mountains above. We were advised that the Labor Day swim had been cancelled and that we should go home. Our hotel generously said that there would be no cancellation charge. The smoke was so bad that it was not possible to enjoy the wonderful views of our Columbia River Gorge. From Highway I-84 the Washington side of the Columbia was obscured by a curtain of smoke.

Was I bummed out? Sure, but it is, what it is. Mother Nature can be fickle at times. It was still Sunday and I decided to find a place to swim. Behind PDX along Marine Drive is a nice beach along the Columbia, Broughton Beach. When we got there (Whoops, a hot Labor Day weekend at the beach?) there were tents and blankets all over the beach, but aside from a handful of waders, no one was actually swimming. No one but me, that is. I put in about 1,000 yards, gratified my interior swim addict and left the water feeling a whole lot better.

So the Labor Day Swim got cancelled, but in three days the big relay was coming up. I looked forward to that as a big consolation.

Four swimmers had flown from San Francisco for the relay, rented cars and took rooms at the Red Lion Inn on Hayden Island. Then the fires got worse, much worse. Hood River and Cascade Locks were in trouble. The air was foul. The Multnomah County Sherriff advised us that river traffic on the Columbia River was halted. I emailed the Oregon team that the marathon relay swim was cancelled, and they all agreed that it

continued on page 12



Four swimmers from CA with Joe Oakes. In front: Joe Oakes, Stevie Hurwitz, Cathy Harrington. In back, Gary Emich, Alice Ma

BLISS AND DISAPPOINTMENT

Continued from page 11



was not possible to swim. But what was I to do with the four swimmers who had spent so much money in anticipation of swimming here?

Here is what we did, and frankly, it all worked out wonderfully. On September 7, we piled into two cars and headed for Nehalem Bay. We had two kayaks to accompany us as we swam INTO a strong incoming current in 55 degree water. Have you ever gone backwards while trying to swim forward? The five of us lasted between 15 and 40 minutes (I was not on the high end.) Then we drove down to Tillamook for lunch and their great ice cream, and back to Portland via Route 6.

Friday we returned to Broughton Beach and were successful in launching a support boat and a kayak. The air was clearer, but we still had no views of Mount Hood. Our swimming that day may sound nutty, but this is what we did. The boat took us up the river to a point 10 km east of the I-205 Bridge. (1) All of us entered the water there for a seven kilometer swim west,



Will Nicholas — his company provided kayak coverage and a power boat for the swim. Contact him at: will@ax-extreme.com

with the current. (I was told that my 100 meter time was 1:16, current-aided.) (2) After a short rest on shore all of us swam south to north across the river, then piled into the boat and drifted to the I-205 Bridge. (3) From there we did a relay swim from the I-205 Bridge to the I-5 Bridge, swimming 15 minute legs. The seven mile swim took us just short of two hours. (Poor me: I only got to swim one 15 minute leg. Those are crocodile tears running by my grinning face.)

Gary Emich had made award certificates for all of us, "The Columbia River Marathon Relay Swim." But it never happened as planned, so he added the word, "NON" in front of the other words.

There is a saying that "S..t happens." True enough, but sometimes the lemonade that results is much sweeter than what you had planned. And our SF friends went home as happy as clams.



Non-certificate

continued on page 19



Joe Oakes getting ready to enter the water for his relay hand-off.

Oregon Swimming at 2017 USMS Summer Nationals in Minneapolis

by Matt Miller

I had the pleasure of serving as Oregon's Head National coach this year for the second time (first time was in 2015 at Spring Nationals). What a great meet the 2017 USMS Summer Nationals was for Oregon swimmers! There were 20 Oregon swimmers who made the trip to Minneapolis, and Oregon was well represented by some very fast swimming. OREG was able to put together 14 relays, most of which placed very well, and two of them won National Champion honors! We had six people who were individual National Champions (details to follow below) and those six individuals won a total of 18 individual events! The star of the show was, by far, Willard Lamb, who won all 6 of the events he swam, setting World records in all of them, along with splits that gave him a total of 9 World records for the meet. Quite a number of other Oregon swimmers finished very high in their age groups in many events. Additionally, there were 19 Zone records and 29 Oregon records that were broken. We swam very well as a team and Oregon placed 4th out of 17 regional teams, earning a banner and placing only 66 points out of 3rd place, behind Wisconsin who had 45 swimmers to our 20!



Fourth place Regional Club

So that covers the highlights! I'm going to do something a bit different with this event summary and give a day-by-day review. Throughout the meet I posted daily summaries on Facebook for followers back in Oregon to keep up with their friends. What is to follow in this article is an editing and compilation of the summaries I wrote each day of the meet. Let's get started!

Day 1 — USMS Summer Nationals

Highlight of the day for me was, without a question, watching Willard Lamb swim his way to 5 national and 4 world records (counting splits) on his way to crushing the 1500m free LCM world record by more than 10 minutes!!!

Also, my new good friend, Barry Fasbender, with whom I swim at Superior Athletic Club in Medford, won his age group (80-84) in the 1500 free as well, so we have 2 national champions from Oregon on the first day! I (Matt Miller) also swam the 1500 free, placing 2nd in my age group (40-44).

Day 2 — USMS Summer Nationals

Wow! What a long day today and the meet hasn't even really gotten busy yet (only distance events and 2 relays so far)! I forgot how much work being the nationals coach is! (I haven't done it since 2015 spring nationals). I absolutely love every second of it, though it definitely requires a lot of focus and energy!

Most of the 20 swimmers coming from Oregon were at the pool today even though there were only 2 individual distance events: 800 free and 400 IM. But today was the first day with relays, which were the men's and women's medley relays. Relays are the best part of nationals (IMO)!!

Even though relays ended the day, I'll start with writing about them. For the men, we (Oregon) had only one medley relay and it featured multiple world record holder Willard Lamb, Barry Fasbender, Rick Howell and Mark McAllister. Barry swam back, Rick breast, Mark fly and Willard freestyle. Thanks in large part to Willard at age 95, they swam in the 280-319 age group (cumulative ages of the 4 swimmers) and finished in 3rd place! Willard, anchoring the relay, nearly ran down the younger gentleman just ahead of him for 2nd place. How fun that was to watch!

continued on page 14



Mens 280-319 Medley relay

Rick Howell, Mark McAllister, Willard Lamb and Barry Fasbender

USMS Summer Nationals

Continued from page 13

For the women, there were two medley relays in the 240-279 age group. The 'B' relay consisted of Jeanna Summers swimming backstroke, Heather Wiley swimming breast, Elke Asleson doing fly and Joy Ward doing freestyle. This was one of the most exciting finishes of the day as three women came to the wall within one-half second of each other! Unfortunately for Oregon, we were the 3rd to touch the wall. But our 'B' relay medaled and scored points, finishing in 8th place!

For the women's 'A' relay, also in the 240-279 age group, Karen Andrus-Hughes swam back, Janet Gettling swam breast, Arlene Delmage swam the fly and fellow southern Oregonian and Medford Superior Athletic Club swimmer, Jan Hildebrandt, swam freestyle. They were the top seed, so had a chance to win the event, and had a possibility of getting an Oregon record if they went under 2:30.81. And they did both! They handily won their age group and went 2:27.03! That was only about 2 seconds off a national record and less than 1 second off the Northwest Zone record. And Oregon crowned 4 more national champions today! Congrats to Karen, Janet, Arlene and Jan!

What a way to end the day....now to rewind to the 800 Free and 400 IM events...

To start the day off, we (Oregon) had two women and two men swimming the 800 free. Rick Howell took the red eye flight from Portland last night and got about three hours sleep on the plane before arriving this morning in MSP. He came straight to the pool and swam a very respectable 800 free finishing in 11th place in his age group. Mark McAllister was in the following heat and took 7th in his age group!

For the women, we had Carol Stark, who finished 5th in her age group, and Jeanna Summers who earned 4th! Great start to the day for Oregon!

In the 400 IM, arguably the most grueling and challenging event in swimming, Barry Fasbender (80 years old!) started off for the Oregon men and swam his way to a 2nd place finish! I (Matt Miller) also swam the 400 IM, placing 5th in my 40-44 age group.

We had three women swim the 400 IM: Elke Asleson, Jan Hildebrandt and Arlene Delmage. All three swam very, very well! Elke earned 6th place in her age group, Jan was 3rd and Arlene took 2nd place, only three seconds out of 1st. Great swims for all of them!

Only two days into the meet and Oregon has two individual national champions and four relay national champions. As a team, we're swimming very well. Combined men and women team scores have Oregon in 4th place (out of 17 teams) in the Regional Club division by two points, just ahead of New England Masters. There are three regional teams with 20 swimmers (Oregon, New England and Colorado) and Michigan has 27 swimmers. Currently Oregon leads them all!!! It will be interesting to see how team placings shake out!

Huge day tomorrow and I suspect that I will not have time for a recap in the evening. So I'll try to make some notes to get to it on Saturday along with that day's recap.

I'll end this very long post with a (somewhat) short blurb about how great Masters swimming is. I've attended at least one USMS National event every year since 2012. I really love the fact that it's a group of people from all over the country and from very different backgrounds who come together for a week to have fun, encourage each other to live an active and healthy lifestyle, and to strengthen their friendships. I've made many, many good friends in the five short years I've been swimming. To me, nationals (and even local meets) really do feel like a big party with some great friends that I only occasionally get to see. I look forward to each event and expect that I'll be doing this for the rest of my life. It's so much fun! Today I finally met Steve Unruh, of whom I've heard a lot. Steve is an amazing swimmer who grew up in Kansas and swam with a friend of mine, Mike Scheffer, who recently moved from Kansas to Medford, Oregon, and swims with me at Superior Athletic Club. I snapped a photo with Steve and sent it to Mike. Hoping Mike joins the party with Steve and me sometime soon!

Day 3 — USMS Summer Nationals

We had our team dinner tonight, which put us out pretty late. I'm too tired to make a full post right now, so I'll just give

continued on page 15



USMS Summer Nationals

Continued from page 14

some highlights and try to do more of an update tomorrow.

Huge congrats to Willard Lamb, who earned two more World Records today!!!:

50 back = 58.63

100 free = 1:53.86



Wink with Matt's jammers. Those jammers helped him win the 50 meter freestyle, along with some race strategy!

Tomorrow Willard goes after the 50 free. He missed it by less than 1 second today leading off a relay, but a big part of that is because he caught the wave from the 2nd swimmers as they entered the water (most relays put one of their fastest swimmers first) and it slowed him down quite a bit. Tomorrow he'll be swimming the 50 free as an individual event, so he won't have to worry about that.

The Oregon men and (especially) women owned the 200 fly and 200 breast today! Of our 20 swimmers, we had 13 swimmers (some doubled in both events!) in those two events and ALL of them

placed and scored points for the team. Oregon now sits in 4th place, a mere 19 points behind Wisconsin, with 45 swimmers, in the Regional Club standings! And we're 85 points ahead of Michigan Masters, with 27 swimmers, in 5th place.

And our relays did exceptionally well again today. The same four women who won the medley relay last night got out-touched by 0.03 seconds in the 200 free relay. So close! It was exciting to watch!

And we had our team dinner tonight at Day Block Brewing in downtown Minneapolis. It was good food and great company!

Day 3 (additional) & Day 4 — USMS Summer Nationals

Oregon continues to swim exceptionally well here in Minnesota. While only 20 swimmers strong, as a team we moved past Wisconsin Masters today (with 45 swimmers!) to move into 3rd place in Regional Club standings at the end of Day 4! Wow!

Yesterday (Friday) I gave some highlights and will follow those up a bit. It goes without saying that since Willard is setting records with virtually every swim that he has won all of his events, making him a National Champion in every event he has swum. In addition to Willard, Oregon has had quite a number of other people earn National Champion (NC) honors, especially on the women's side.

Yesterday in the 50 back, Joy Ward won her age group to become an NC. And Barry Fasbender and Arlene Delmage won their age groups in the 200 fly! In particular, Oregon owned the 200 fly and 200 breast events. It was really impressive to watch. I didn't calculate how many points we earned as a team in those two events, but it was a TON! Lots of very high finishes for a team of only 20 people in those two events. And we even had some people do both of those events. Ouch!!!

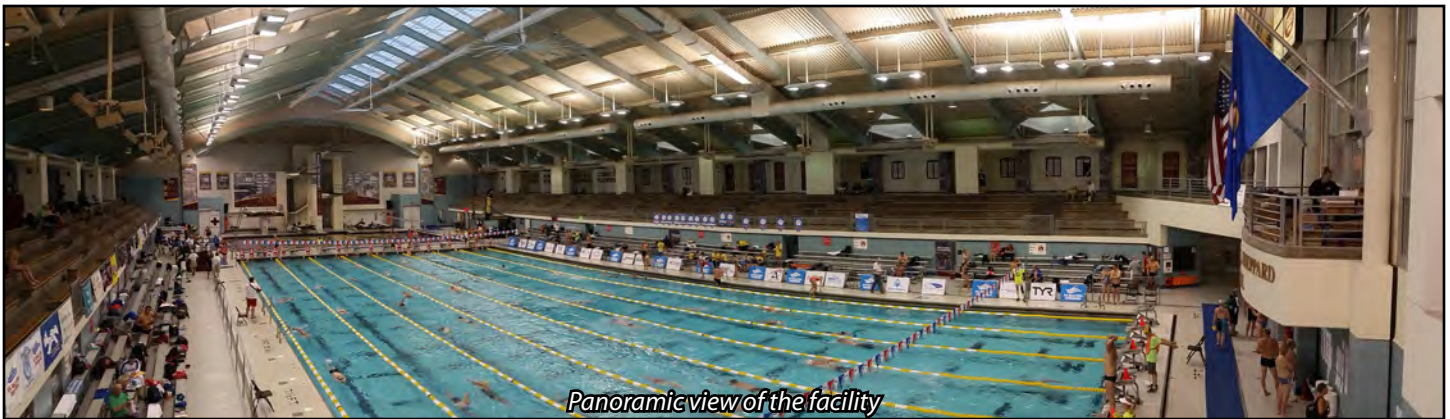
Today (Saturday) Oregon continued to post extremely good swims. Willard took another shot at the 50 free and came up just a bit short again of the 47.43 world record, posting a time of 48.62. This was slightly slower than his 50 split leading off the relay last night at 48.34, which was a new national record.

Wink also swam the 200 backstroke. I submitted an official split request for his 100 back as well during that swim. He successfully swam his way to two new world records! At the 100 split, he was 2:18.07, besting the previous record of 2:22.83 previously held by Toshiji Sato of Japan. Wink swam on to crush the record for the 200 back with a time of 4:37.71. The previous record was 5:24.20 and was held by Bela Banki Horvath of Hungary. And for those of you good at math, you already know that Wink had a very evenly split swim, swimming the 2nd 100 in his 200 back at 2:19.64, which would have beaten the world record for the 100 back too! Wow!

And three more Oregonians won their age groups today, earning individual National Championship honors; Christine McClafferty in the 50 fly and Karen Andrus-Hughes and Joy Ward in the 200 back. Way to go ladies!!!

We also assembled a 320-359 (sum of the four swimmers'

continued on page 16



USMS Summer Nationals

Continued from page 15

ages) National Champion mixed medley relay that consisted of my Medford, Oregon, Superior Athletic Club teammates Alice and Barry Fasbender, along with Joy Ward and Willard Lamb.

And we had three other mixed medley relays that all placed (two of them very highly) and scored points! For a team of only 20 people, this is very impressive.

As for my personal report, I swam the 200 back today and finally had a swim that I was very happy with, earning 4th in my age group. It was only 1.2 seconds or so slower than I went at World Masters Games in April. Considering that the 200 back requires a lot of kicking and my legs feel like jelly from standing on the pool deck for nine hours each of the last few days, I was very pleasantly surprised with my swim. I very evenly split it, going out on a 1:19.90 and coming back on 1:20.19. Super happy with that!

I followed up the 200 back with a 50 back to start a 120-159 mixed medley relay with Kris Asleson, Christine McClafferty and Julie Peterson. I was the Achilles heel of the relay, as I am a liability when swimming any 50 (I can't sprint!). I managed a 34.62 on my backstroke leg (a PR for me!). Kris went 32.01 on his breast, Christine a 31.25 on the fly and Julie finished with a 30.75 on her free. That was good enough to earn 4th place! I really appreciate them being willing to do the relay with me!

Tomorrow is the final day of the meet. I would love to see Oregon hold on to their 3rd place standing, but it's going to be a tall order. We've already had a couple of people head back to Oregon today and we don't have a lot of relays tomorrow. But we do have a lot of women left to swim the 100 back and 100 fly and we should have a very good showing in those two events. We also have quite a number of people in the 50 breast,

in which we should do quite well. I guess we'll see what happens!

And Willard is looking to lower his 100 back record tomorrow as well. Should be a great final day for Oregon!!!

Day 5 - Final day — USMS Summer Nationals

So today was AWESOME! I guess that's a bit of a spoiler, but who cares?! Oregon outperformed teams much larger to place 5th overall, and 4th as a regional team!!! Woohoo!!!

For sure, the highlight of the day for me (and I would guess most Oregon swimmers), was Willard (Wink) Lamb setting the 50 free World record. After two near misses, one leading off a men's freestyle relay on Friday night and the second just yesterday in the individual 50 free event, Wink finally got the 50 free world record today for men aged 95-99 while leading off the 'A' 280-319 mixed freestyle relay. The previous record was 47.43 and held by George Coronos of Australia. Wink CRUSHED it with a 45.71!!!

Big thanks to Arlene Delmage, who suggested that I put Willard in a tech suit for the swim. I always carry extras with me and I figured one of my spare suits would fit Wink quite well. I headed to the locker room with Wink to get the difficult job of getting a 95-year-old into a compression suit! It took Wink and me a few minutes to get him wiggled into it, but once he was in, he was visibly excited about wearing it. He was glowing like a 10-year-old at Christmas! He had to walk all the way upstairs to show it off to his family who were there supporting him. It was one of the cutest things I've ever seen at a Masters meet. I'm smiling right now thinking about how excited he was to have it on. So, needless to say, it was one of the happiest moments for me at a Masters meet to see him get that record, after seeing how excited he was to have the tech suit on. I was jumping up and down and screaming my head off as he came

continued on page 17

USMS Summer Nationals

Continued from page 16

to the wall on that relay.

I also watched Wink's first two attempts at the 50 free record closely. In both cases, I was sure he had the record, but noticed that he started fading near the end of the swim, maybe 6 to 8 meters out from the wall. Most people can sprint all out for a 50, but most younger, faster people can finish a 50 in 30 seconds or less. A 45-second swim will require just a small bit of metering and pacing, particularly for someone who is a distance swimmer by nature (as Wink is). Today I suggested to him that he go out just a little bit easier (maybe 85%-90% instead of 100%) at the start and build into the swim. I told him once he gets to the middle of the pool, that's when he should start going all out. He is amazingly coachable even at 95! He did take it out a bit easier and was able to finish strong today! I simply can't get over what an amazing human being he is.

I asked Willard and Doug (Wink's son) to stay until the end of the meet so that we could get a photo of the team with the banner. They agreed. And after the photo, I gave Wink the tech suit he wore for the World Record 50m swim and told him I'd be happy to help him into the suit any time he wanted! I'm thinking I might be helping him into the suit again in a few weeks at the Gil Young meet in late August.

In addition to Wink, Oregon swimmers had another great day in the pool. We came into the day in 3rd place in the Regional Team category, but I knew it would be a tall order to hold off Wisconsin Masters, who were in 4th and had 45 swimmers to our 20. We made a valiant effort, with lots of great swims! But in the end we came up just 66 points short. That's super impressive for a squad of 20 swimmers to be so close to a team of 45.



Kris and Elke Asleson

Obviously, based on our points scored, Oregon had lots and lots of great swims today. Jeanna Summers was our sole competitor (for men and women) in the 200 free and started the day off with a great swim and an 8th place finish. The 100 back was next and Wink improved

his world record from yesterday, lowering the mark to 2:11.19 from his 2:18.07 (split from his 200 back) yesterday. Keith Uebele swam his way to a 5th place finish in the men 55-59 (the most competitive age group at the meet), and I finished 4th for men 40-44. We had four women swim the 100 back and all four of them placed! Karen Andrus-Hughes and Joy Ward won their age groups, earning National Champion honors again!

In the men's 50 breast, we had three swimmers and they earned two second places (Kris Asleson, men 25-29 & Allen Stark, men 65-59) and a 4th place, tying the Oregon record (Rick Howell, men 55-59). Janet Gettling, Alice Fasbender and Heather Wiley swam the 50 breast on the women's side and earned 2nd, 3rd and 4th place, respectively. Wow!

Up next were the mixed freestyle relays. We were a few people short as some of the team left for Oregon yesterday or early this morning. So we could only put together 3 relays. Our two 280-319 mixed freestyle relays earned 3rd and 4th and our 200-239 relay, which included the mother/son combination of Kris and Elke Asleson, finished 14th.

In the 200 IM, Barry Fasbender won his age group yet again, while I finished 3rd in mine. This was probably my best swim of the meet, going just 6 one-hundredths of a second off my personal best. Considering the length of this meet, how little sleep I've gotten, the amount of time on my feet and how much work I've done in the coaching role, I was thrilled to death with that swim. I know that in large part it was due to the huge shot of adrenaline I got from watching Wink crush that 50 free record just a little before my swim.

The day finished up with the 100 fly, in which we had eight people swimming! Arlene Delmage and Christine Mcclafferty did it again, winning their age groups in the event and earning national champion honors. We also had Keith Uebele finish in 6th while setting a new Oregon record for men 55-59 (1:09.66), Barry Fasbender and Joy Ward in 2nd, Jan Hildebrandt and Janet Gettling in 3rd and Elke Asleson in 6th. Wow! What a way to finish the meet!

I had so much fun at this Nationals -- more fun, in fact, than I've had at any other nationals. This group of Oregon swimmers was truly a joy to be around. I strengthened old friendships and made quite a number of new ones. This is one event I'll have fond memories of for the rest of my life. I feel blessed to have had the opportunity to serve as Oregon's National Coach for this year's USMS Summer Nationals. Thank you to all of the Oregon swimmers who made it a very fun time and swam so well, and to the Oregon board for trusting me to do the job!

EEL LAKE SWIMS

Continued from page 1

the season. Connie may have lost the Super Bowl wager, despite an impressive half-time lead by her team, but we all won when we got to eat her delicious stew and all the goodies provided by the other swimmers. Confident in the next Super Bowl, Dan “graciously” gifted Connie with a foam brick to throw at her TV during the game. With the rivalry already heating up for the 2018 wager, time (and maybe the Patriots) will tell who prepares dinner next year.



Connie and Dan beginning the 2018 Super Bowl rivalry

After a great meal and quality time spent with fellow swimmers and friends the night before, the first of three swims, the 3000 meter, started with a light rain and air temperature that was slightly cooler than the water temperature. The fog and mist provided a gorgeous backdrop to the trees, although it also obscured the buoys across the lake. A hearty group swam 2 laps around the 1500 meter course that included a blind spot around a point of land that jutted out and concealed the 2nd buoy. Swimmers had to strategize around the point, whether to take a straighter line and swim through weeds and shallow water or take a longer arc around the point but stay in deeper water. From there it was two 90° turns and then straight back toward the beach.

The most-anticipated part of the day was the 600 meter agility course! The agility course was a long time in the making



Potluck spread the evening before the swims.

for organizer Bob Bruce, who has a penchant for agility courses and testing the ability of swimmers to follow directions! There

were 10 stations along the course: 1) swimming through weeds towards 2) 8 slalom buoys, then a short stint on land, 3) climbing over a 3' high pool noodle, under an 18" pool noodle (which was followed by a splash into a frigid pool of water), 4) ringing a bell, then 5) diving through a hoop back into the lake, then 6) swimming a 360° turn around a buoy, 7) swimming under 6 pool noodles laid out like a ladder on the surface of the water, 8) swimming underwater through a series of hoops, 9) another 360° turn around a buoy, and finally 10) walking backwards across the finish line. Swimmers started 30 seconds apart and were sorted out along the way, not just by swimming speed but their ability to follow the course and quickly change directions along the way!

It was a fun challenge to test your skills and have a great time in the water! Connie Shuman won the honor of a special prize—bragging rights—awarded by Ralph Mohr for her elegant dive through the hoop and back into the water. It was a lot of work to put the course together and set it in the water, but from a swimmer's perspective it was well worth the effort!

The final swim of the day was the 1500 meter, which was a single lap around the buoys in the opposite direction of the 3000 meter. The day hadn't gotten much warmer but had stopped raining by then. A bigger crowd of swimmers turned out for the 1500, including one swimmer who swam her first ever open water event!

Besides the event director, Bob Bruce, who with the help of Ralph Mohr prepped the course and tabulated results, special thanks goes to Ralph's daughter who prepared fruit, bagels, hot water, coffee, and other refreshments that were available throughout all 3 swims. Additionally, the safety crew ensured that everyone who entered the water also left the water safe and sound. Overall, the swims at Eel Lake were a great way to end the season and leave everyone anxious for next summer!

Check out the results of the open water swim series here:

<http://swimoregon.org/wp-content/uploads/2013/04/Oregon-Open-Water-Series-Final-Summary-2017.pdf>



GILL YOUNG LCM

Continued from page 1

ming for Oregon Reign, Willard Lamb led the way breaking 5 of his own world records, dropping his times considerably from the USMS National meet just a few weeks earlier. He posted new World Record times of 1:47.59 for the 100 M Freestyle, 4:04.60 in the 200 M Free, 8:43.18 in his 400 M Free, 17:42.57 in the 800 M Free and 33:39.77 for his 1500 M Freestyle.

'Wink' joined relay-mates Joy Ward, Janet Gettling, Ginger Pierson and David Radcliff, as they combined to brake world records in the 320-359 age group Mixed 400 M Freestyle Relay with a 6:07.33 and the 400 M Medley Relay, finishing with a 7:17.49.

Zone records were set by seasoned members Colette Crabbe, Margaret Toppel, Ginger Pierson and Joy Ward. Colette set new marks in the women's 60-64 200 M Freestyle, 2:35.71, 50 M Breaststroke, 40.65 and 100 M Breaststroke 1:30.29. Margaret toppled records in the Women's 65-69 50 M Backstroke, 41.46 and 100 M Backstroke, 1:28.07. Ginger swam to a new record in the Women's 70-74 200 M Breaststroke with a 3:52.09, and Joy, competing in the Women's 75-79 age group, set zone standards in the 50 M freestyle, 43.02 and the 200 IM, 4:05.44.

In the younger set, Eilhard Lussier, Matt Miller, Scot Sullivan and Matthew Marceau swam to a new zone mark of 8:50.50 in the Men's 160-199 800 Freestyle Relay. Sonja Skinner and Emily Melina joined Matthew Marceau and Matt Miller to set a zone record in the 120-159 age group, Mixed 800 Freestyle Relay with a 9:21.26.

Oregon Reign Masters came out on top with 456 points, but everyone went home with the satisfaction of competing in a fun meet, having witnessed some amazing swims during a beautiful late summer weekend in Oregon.



Oregon City Tankers at the Gil Young meet

BLISS AND DISAPPOINTMENT

Continued from page 12

Editors note: I wanted to know more about Joe's involvement with the Alcatraz swim, so he wrote this: "For many years members of my club, the South End Club in San Francisco, had individual brave swimmers swimming from Alcatraz. Only club members were permitted to participate, along with members of the Dolphin Club, next door. Both clubs date back to 1873.

"What I did was to organize an event that would permit non-members to participate: I opened it up, and in the process created The Escape From Alcatraz Triathlon in 1981. (I had done one of the first IRONMAN TRIATHLONS in Hawaii and thought it would be a neat idea to bring the concept to San Francisco. Little did I know how it would explode!!!) Prior to that there were no triathlons on the mainland. I ran it for over 30 years, then I escaped from California to move to Oregon.

"Gary Emich was my protégé and took over much of my work after I left. For years I was the big hoo-hah with a record number of personal Alcatraz swims at 41. Then Gary hit 100, and he and Stevie Hurwitz each became avid Alcatraz swimmers and both hit 1,000 swims a few years ago. I guess that you could say they are Co-Kings. The other two swimmers, Cathy and Alice, are also members of our club. All of them swam with me

continued on page 20



Cathy Harrington



Getting ready

BLISS AND DISAPPOINTMENT

Continued from page 19

in the Columbia last week. They are dear old friends, and I consider it a privilege that they would want to swim with this fossilized, over the hill swimmer. How many friends would do that?"



Gary Emich, Joe Oakes, Stevie Hurwitz,
Alice Ma



Columbia River traffic during the swim



Stevie Hurwitz—a successful Columbia
River crossing



Alice Ma & Cathy Harrington



Stevie Hurwitz & Gary Emich



Happy Birthday

To OMS swimmers age 95+—Elfie Stevenin and Willard Lamb.
Elfie had a birthday in August and Willard will have one in
December.

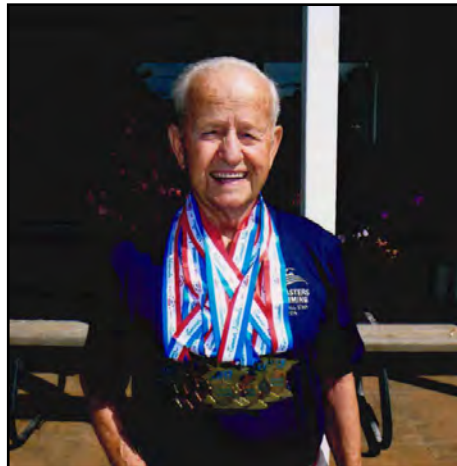
Photos from Here & There



Karen Andrus-Hughes' birthday celebration with her ORM team-mates.



David Radcliff, Joy Ward, Ginger Pierson, and Willard Lamb set a new World Record at the Gil Young meet in August.



Wink with all his medals from USMS Summer Nationals. He won 9 gold medals and set 9 World Records



Budapest Games USMS Swimmers Break Eight World Records at FINA Worlds in Hungary. Photo courtesy of Richard Garza



Bill Mellow and Sandi Rousseau after workout at CGM.

Summary

Records & Results

Oregon Senior Games SCY
Gil Young Memorial LCM

Looking Ahead. . .

Event Schedule

Date	November 11-12; Saturday-Sunday
Course	SCM
Swim	Northwest Zone Championship
Venue	Hood River Aquatic Center
Location	Hood River, OR

Date	December 9; Saturday
Course	SCM
Swim	COMA All-Around Meet
Venue	Juniper Aquatic Center
Location	Bend, OR

Quote for the month. . .

Goals should never be easy.