

BARRACUDA BULLETIN



Volume 4, Issue 8

Aug 1, 2004

Pacific Crest Half Ironman

By Alison Moore

Sun River lived up to its name on a recent weekend in June. Several thousand competitors made the trip to the town near Bend for the Pacific Crest Sports Weekend. Two of our own Barracudas, Kennedy Price and Linda Scott and a "temporary" Barracuda, my sister Jennifer Engelstad, competed in the Half Ironman on June 26th. For Kennedy, it was his first (and last??) Half Ironman. He started out strong on the swim, as expected from Kennedy (hey, no diving required!), and continued strong on the bike. The run was a bit rough on his feet but he completed the race with a smile on his face. "The swim was great, the ride was great, the run ...If I haven't got my medication adjusted by next year ...then I'll do it again.", said Kennedy. We'll have to hold him to that.

For me, I was there to cheer on my sister who was visiting from Atlanta. Jenn said of the race "The bike is very challenging, especially for someone from GA. The hills and the altitude really made it a challenge. It was so cool to see snow in June". The swim took place in Wickiup Reservoir with mountains in the background and blue sky above. From there, the competitors biked around Mt. Bachelor, hitting an altitude of over 6,000 feet, before heading into the transition just outside of Sun River Resort. The run took place on the walking/biking trails of the resort and allowed for some shading under trees, which was a relief with the temperatures reaching above 85°.

Linda Scott, a new Barracuda, had this to say of her swim "Well the day had come. The reason I started taking swimming lessons in October was to get to this day and yet I didn't feel ready.

I had been a runner for a long time and then took up cycling and finally broke down to pick up the swimming piece. I did a mini tri, a sprint and an Olympic and a 1.2 mile open water swim prior. What a fiasco that was. I learned I don't like chop and I don't like cold water but I do like those amazing wetsuits that keep you afloat! I was nearly the last one out of Hagg for the 1.2 mile swim in 54 minutes and could not complete it without treading water. This wasn't looking good for my first Half Ironman. I eventually made it out with the help and encouragement of my significant other who graciously took dead last in his division in order to stay with me.



The day before the race I went to the lake and tried to swim. The temp was great and it was fairly calm so I had no excuses. Yet I still couldn't swim without stopping every 5-10 strokes, not good. Pac Crest morning came and I was a complete bundle of nerves to the point I couldn't even speak on the boat ramp for fear of vomiting. I kept saying to myself 'just try to swim to the first buoy without stopping'. Gun goes off and in we go. All I wanted to do was stay out of the way and take it wide so no one would swim over me. In the midst of my effort I swam into something and thought, am I swimming over someone because I am so focused? No, it was just a stray mini buoy that came from the start line that of course I swam right into. Once untangled I continued and continued and continued.

I actually was passing a couple of caps in the wave before me. Good thing I do bilateral breathing because on my way to the third buoy I was taking a breathe to my right and I saw a very nice person in a kayak pointing left. Okay so I was a little off course, at least I was staying out of the thrash.

Continued page3

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Message from the President:



The Pat Caudill Award:

Each year, THB wishes to recognize an individual that has significantly contributed to the team, generally through a lot of care and hard work. Formerly the Outstanding Volunteer and Sportsman Awards, now we honor a THB contributor with the Pat Caudill Award named after one of our THB founding members, a great contributor and friend who left us in 2001 at age 55.

Winner's from the past five years:

Darlene Staley
Jon Schieltz
Kristine Lewis
Sandi Rousseau
Jody Welborn
Jeanne Teisher
Dave and Nancy Radcliff

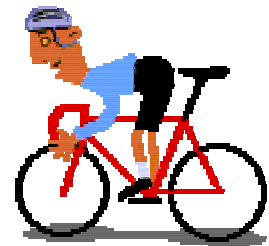
This award is presented each year at our annual general membership meeting and BBQ. Along with this award, the coach will present the Coach's Athletic/participation awards and, of course, the Coach's "Razzie" awards.

The general membership meeting (AKA the shortest meeting of the year) is also the time and place that we elect our THB Board of Directors for the next 12 months. We will open the meeting with the opportunity for any member to add nominations for any of the board positions, then have a vote to elect members to the positions. After the coach has had the chance to hand out his awards, we all have a good time, party, and get to meet the new board.

A note about this year's annual meeting and picnic/BBQ: Over the past several years, Ginny Ross has generously opened her back yard (including an attractive swimming pool) for us to use for the meeting and BBQ. Ginny is again letting us use her wonderful back yard this year. (Look in this newsletter for details.) The news is that Ginny will be selling her home during this coming year. We all are especially grateful and thankful for the many years that Ginny has hosted our annual meeting and BBQ in her yard. One more time, Ginny, Thank You and good luck in your new residence.

-Rich

Greg Jablonski, Rachael Skoss, Kennedy Price, and Leslie Winton rode their bikes from Seattle to Portland in the well known annual event. Rumor has it that Greg made the 200+ miles in one day so as not to miss the 5K/10K swim that was supposed to take place on Sunday. The other Barracudas made the ride in 2 days. Congratulations!



Due to the pool being unavailable July 18, two more opportunities to compete in the 5-10K postal have been arranged. 10K swimmers- please bring a counter.

Sunday, August 15, 7-9:50AM

Sunday, September 12 7-9:50AM.



August Birthdays

BRIAN AUGUST	August 01, 1970
MARIA LUEHMANN	August 01, 1970
NEIL SHEPHERD	August 07, 1959
SUZANNE RAGUE	August 11, 1950
HEATHER BERGREEN	August 13, 1980
KELLY HIBLER	August 15, 1966
LEO YAU	August 15, 1940
JAMES HAYDEN	August 19, 1964
ELFIE STEVENIN	August 20, 1921
MARK BECKER	August 28, 1954
DAVID HEAD	August 28, 1948
PEGGY TOOLE	August 31, 1952

Pacific Crest Half Marathon continued

I kept going, thinking I can do this without stopping! Out I came in a blistering PR of 47 minutes! All I could say to my boyfriend as I ran from the transition to the bike start was a quick "I didn't stop!" I am sure the spectators were wondering what someone like me was doing NEAR the water.

I wish I can say that I maintained that 7 min cushion but it was not to be so. All went well, just slower than I wanted but I was basking in my swim glory for the full 6 hours and 12 minutes knowing I had completed my first Half IM and beat the swim demon. Kona here I come!"

**Annual Meeting and BBQ
August 29th at 5:00**

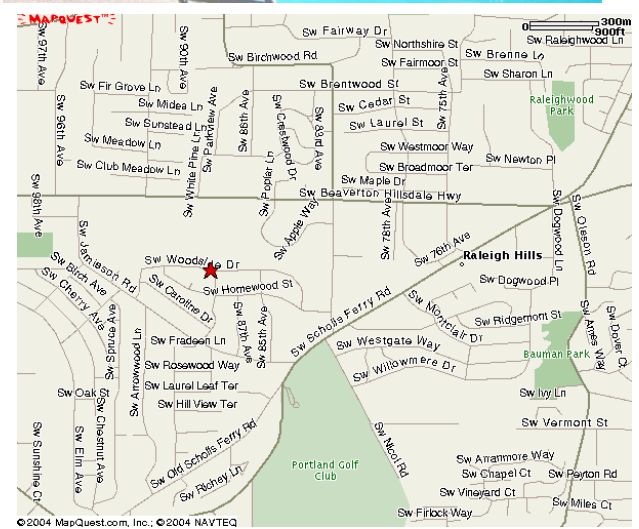
Join us once again for the THB Summer BBQ and award night: our great annual party where you can eat tasty food, bob around in the pool without having to swim laps, and await your turn to be 'awarded' something by Coach Jon for your notable and amazing quirks, habits, suit configurations and goof ups throughout the swimming year!

Yes, it's a gala night and not to be missed. So, bring your significant roommate and join us for the festivities on August 29th at about 5pm at the Ross House (8830 SW Woodside Dr., Portland, OR 97225).

Remember not to bring ANY thing except yourself and maybe your swimsuit (or maybe not) and towel. And for gosh sakes don't spend time waiting at the door because everyone's going to be in the back yard anyway. Just barge in! Bring your shades and a big hat if it's really hot.

Special Bonus: this year we can hang out by the TV and watch some Olympic swimming highlights from the prior week. Perhaps we'll discover, just maybe, there really is a 'better way' than the way we do it?Nah! So mark your calendars and don't miss out on this one -- could be the last one at this house. Depending on how the election goes, next year's might be in Canada.

See you there,
Ginny Ross



Please note that all coaching fees should be sent to the attention of Fred & Julie Peterson 16055 SW Walker #126 Beaverton, OR 97006
(Kristine Lewis is no longer the Treasurer)

Swimmer Profile: Kennedy Price

By Lois Alan

Kennedy Price's history with the Barracudas is short but impressive. He joined in May of 2002, his first experience with workouts and a little later, in December, with competition. He competed in the SCY meet at Oregon City, swimming in seven events and placing first in four of them. Since then he has competed frequently, and continues to set envious times, especially in freestyle, in the 30-34 age group. In this year's Pentathlon he broke a minute in the 100 free, finishing at 59:92.

Kennedy grew up in Salt Lake City, learning to swim as a child in the city's public pools. Unlike most Masters top swimmers, he never competed in age group swimming, nor in college at Southern Utah University. He said he had always loved the water, but hadn't heard of Masters swimming until he was an adult, working as a lifeguard.

Early in 1999 he moved to Eugene after visiting a friend there and discovering that he liked Oregon very much. Later that year a job opportunity in programming brought him to Beaverton and an office very close to the Recreation Center's 50 meter pool. He began swimming laps before work in the mornings, and soon moved over a few lanes into Barracuda territory presided over by Coach Jon Clark.

Swimming isn't Kennedy's only sport; he also bicycles and runs. In June of this year he competed in a Half Ironman in Bend. This was after doing his first triathlon just last year! He says he gets along well in the swimming and cycling stages, but his nemesis is running. Still, it seems that living in Oregon has been terrific for his athletic abilities. It's been good for his personal life as well. He and his wife Michelle now have a native born Oregonian, four year old Brianna.



When asked about his swimming goals, he said he just wants to improve his times in all strokes. So far, freestyle has been his best stroke, but with his competitive spirit and determination, he's apt to excel in all of them. Coach Jon thinks so, too. He put it this way: "Kennedy (a.k.a. Boltz) is one of the highlights of my brief Master's coaching career. Being a small part of his accomplishments is an honor. Watching him mature both in swimming and as a team member has been inspiring. I use his recipe of dedication, hard work and applying technique tips as a tool to new swimmers that it is never to late to learn how to swim fast."

Open Water Swims

by Jim Teisher

There are still two more OMS open water swims this summer. One will be on August 14th at Eel Lake and the other will be at Dorena Lake. If you have never done an open water swim, you ought to think about it. Before I entered my first open water swim about five years ago I was concerned about swimming in a lake. Most of my swimming has been in a pool. I liked seeing that stripe on the bottom. I liked being able to see what else was swimming with me. Finally I gathered up the courage and

signed up for a swim at Cottage

Grove Lake. I can remember just before the race started, I wondered if I really wanted to do this, but once I got going, it was great. I ran into people, got off course several times, and started to swim around a buoy from a previous race that was on the shore. It was fun. I still don't swim that straight, but I am getting better. If you have never tried open water swimming, I encourage you to give it a try. If you have missed the dates for mail in registration, you can do same day sign up at both Eel and Dorena. If you have questions or concerns, give me a call (503-574-4557).

State Games Provides fast outdoor swims, Nike socks, and wagering.

By Jon Clark

A few of our fellow Barracudas made the trek to Troutdale to participate in the State Games of Oregon July 10-11. Each swimmer was met with a goodie bag of all kinds of interesting surprises at check-in. The best of which is the now traditional Nike socks. I do take issue with some of the other items dispersed. The Geritol and Mylanta were a bit disturbing. I was not sure what the sponsors were trying to say but I am pretty sure it wasn't complementary. The coupons for the pre-paid funeral plots and the buy on get one free on oxygen bottles was troublesome as well. But than again I do tend to embellish to prove a point. Coaches tend to do that...

Oh yeah, some swimmers swam too. Zan Gibbs the sole noon Barracuda representative. Swam two good breast-stroke events at the same time claiming, "I'm not a breast-stroker." Who filled out her entry form? Both Barbara Frid and Alison Moore had a great meet in preparation LCM Nationals this month. Barbara won a bottle of fine wine in a bet with fellow team member Rachel Skoss in the 50 freestyle. Rachel used the Kennedy Price method of calling out an elder team member in the same heat and then getting schooled. I like this idea of incentive. This may become a new tradition to motivate fast swims and promote material gain as another incentive to crush your fellow teammates. Elfie did fantastic in her events and as always impressed all by competing in the 100 and 200 butterfly and the 800 free in a quick afternoon.

Andrei Karyukin again proved he prefers yards to meters as he had a great 50 yard butterfly race and again demonstrated vertical kicking for the rest of the 50 meter race. He made up for the demonstration with a good 100 fly and 50 breast proving LCM fast swimming is a possibility for Andrei, less cigarettes before the race will help. Chris Cox has continued to make great improvements with a very steady 1500M freestyle. Who says PM swimmers can't go the distance events? Oh yeah, that was me...never mind. Jed Cronin proved he could swim as fast as in workout with a very fast 33.07 in the 50 Fly and followed up with a fast 100 free. Dave Radcliff wanted to make sure that the fact he broke several Barracuda, Oregon and Zone records was just between us... Um Dave I think a few people might have noticed. Great job I will try to keep your secret.

State Games Results, LCM

Alison Moore, 34		
2	100 LC Meter Freestyle	1:16.09
1	400 LC Meter Freestyle	5:31.44
1	800 LC Meter Freestyle	11:18.89
1	200 LC Meter Breaststroke	3:20.49
Rachel Skoss, 36		
3	50 LC Meter Freestyle	36.67
1	800 LC Meter Freestyle	13:05.99
2	200 LC Meter IM	3:24.14
Darlene Staley, 54		
1	400 LC Meter Freestyle	6:32.00
1	200 LC Meter Butterfly	3:38.53
Barbara Frid, 62		
1	50 LC Meter Freestyle	35.34
1	100 LC Meter Freestyle	1:24.25
1	200 LC Meter Freestyle	3:06.12
1	400 LC Meter Freestyle	6:30.47
1	50 LC Meter Breaststroke	47.94
1	100 LC Meter Breaststroke	1:46.67
Elfie Stevenin, 83		
1	800 LC Meter Freestyle	35:20.05
1	100 LC Meter Butterfly	6:09.50
1	200 LC Meter Butterfly	13:36.98
Andrei Karyukin, 39		
2	50 LC Meter Freestyle	32.72
3	100 LC Meter Freestyle	1:13.80
1	50 LC Meter Breaststroke	42.37
3	50 LC Meter Butterfly	34.01
2	100 LC Meter Butterfly	1:22.71
Charles Mirho, 40		
1	400 LC Meter Freestyle	5:38.58
Jed Cronin, 56		
2	100 LC Meter Freestyle	1:15.74
1	50 LC Meter Butterfly	33.07
David Radcliff, 70		
1	100 LC Meter Freestyle	1:07.79
1	200 LC Meter Freestyle	2:32.24
Andrew Holden, 85		
1	50 LC Meter Freestyle	37.21
1	100 LC Meter Breaststroke	2:28.47
1	200 LC Meter Butterfly	4:47.63
1	200 LC Meter IM	4:15.59

Barracuda Bulletin

Tualatin Hills Barracudas
15707 SW Walker Rd.
Beaverton, OR 97006

Master's Swimming since 1981

E V E N T S

Pool Meets

8/12-15
9/11

LCM Nationals
Patriot Games

Savannah, GA
Camas, WA

Open Water

8/14
8/22

3000, 1500, 500
OMS Series

Eel Lake
Dorena Lake

Postal Events

May 15–Sept30
Sept. 1-Oct.31
Jan. 1-Dec.31

5K/10K Postal
3000/6000 Postal
USMS Virtual Swim Series

Web Resources

Tualatin Hills Barracudas <http://www.barracudas.org>
Oregon Masters Swimming <http://www.swimoregon.org>
United States Masters Swimming <http://www.usms.org>