



BARRACUDA BULLETIN

FEBRUARY FITNESS CHALLENGE

By Anna Casey

January is quickly coming to a close. For most people, their New Year resolutions are already fading. With February on the horizon, comes the annual February Fitness Challenge hosted by the Tualatin Hills Barracudas. The February Fitness Challenge is a wonderful opportunity to help keep the momentum moving on health and fitness goals. This unique fitness challenge, is an annual postal fitness swimming event held during the month of February. The purpose of this event is to promote fitness through swimming by encouraging individuals to swim regularly and track their results during a one month period.

Look at the February Fitness Challenge as added push to do a little bit more than usual. It is a chance to strive for something that might just be a bit more than comfortable. The February Fitness Challenge is an opportunity to set a goal, meet it, and feel great.

Grab a pen or pencil, fill out your February Fitness form, and let the challenge begin! The entry form is available online at the OMS website: <http://www.swimoregon.org> (click on "fitness") and in the Aquamaster.

Barracudas Are Animals! Seven of them At Least

By Jim Butler

Eight Barracudas heeded to call to the wild kingdom in Canby on January 21. (Check out the meet shirts and you will know what I mean.) Seven swimmers and a coach to make sure there was a witness to the events. We covered the meet well, finishing first, last and everywhere in between. The results posted below speak for themselves as far as performance, but only tell part of the story as usual.

The meet was cozy with about 60 participants which was about perfect for the Canby pool. There were enough people for everyone to find someone they knew from another club or their own to pleasantly pass the non-swimming time. And there was enough room in the pool to keep some respectable space between swimmers.

Three or four of us were swimming in our first Animal meet, due in large part to the addition of the Sprint Animal which proved to be a popular and competitive event. However, we sprinters did notice a certain different attitude coming from the Animal and Master Animal participants. They appreciated the extra rest they got while watching us splash through between the 'real' events. And the appreciation seemed to grow after each one! (Which affirmed our decision to sprint it.) Having Coach Jon present was a great help to us before and after a race, and entertaining the rest of the time. (Or was it the other way around?)

There were some pretty interesting strategic suggestions along the way from teammates as well. Like Dave Radcliff asking if I planned to slip my son Richard into the breaststroke part of my IM. I should have as I DQd on a double pull-out. And I was worried about my feet! On the other hand, I learned something interesting about getting a DQ on a cumulative time event. If you are already

far behind the pack, you end up with a better time! 25 seconds better in my case! How come you never taught me that move in practice Jon?

It seemed like everyone had a good time and all were glad they came. And I have to say to anyone who thinks they need to be competitive to enjoy these meets, do not be concerned. The great thing about timed sports like swimming is that the only competitor that really matters is the race with the clock. (And any side bets you made of course.) While I can not deny it would be fun to see my name on the top of the leader board again, it was also great fun telling excellent swimmers I dropped 22 seconds off my 50 fly, seeing their jaw drop open, then walking away smiling without letting on the rest of the story!

2006 ANIMAL MEET RESULTS



THB Swimmer Darren McCarthy won the 2006 Men's Sprint Animal

Darren McCarthy, 39, 1st

100 yd. IM 1:02.17
50 yd. Fly 28.74
200 yd. Free 2:05.86

Cumulative time: 3:36.77

David Radcliff, 71, 6th

100 yd. IM 1:15.06
50 yd. Fly 32.36
200 yd. Free 2:14.94

Cumulative time: 4:02.36

Jim Butler, 53, 12th

100 yd. IM 1:27.57
50 yd. Fly 48.93
200 yd. Free 3:11.08

Cumulative time: 5:32.58

Andrei Karyukin, 40, 7th

200 yd. IM 2:37.14
100 yd. Fly 1:10.46
500 yd. Free 6:15.87

Cumulative time: 10:03.47

Chris Cox, 44, 10th

200 yd. IM 2:55.00
100 yd. Fly 1:20.36
500 yd. Free 7:01.43

Cumulative time: 11:16.79

Alison Moore, 35, 2nd

200 yd. IM 2:35.41
100 yd. Fly 1:13.94
500 yd. Free 6:15.10

Cumulative time: 10:04.45

Barbara Frid, 63, 3rd

100yd. IM 1:21.28
50 yd. Fly 35.67
200 yd. Free 2:40.29

Cumulative time: 4:37.24



Chris, Darren, Jim, Barb, Alison, Dave, Andrei, Coach Jon at the Canby Animal Meet

\$\$\$\$\$\$ THB DUES

submitted by Darlene Staley

Thank you to all the Barracudas that take the responsibility to pay their annual dues and coaching fees on time each month or in advance. It saves an enormous amount of work hours and expense when you take the time to do that. The Treasurer position takes a lot of time even when everyone pays on time. When they don't, the Treasurer needs to go back and check each month to see where you left off, go back and check the attendance sheets to see when you swam, recheck deposits etc. Then the Treasurer needs to invoice you which requires paperwork, postage, and time. Besides all that, the Treasurer is also responsible for paying the coaches, other expenses, banking, taxes, and giving reports to the board and attending board meetings. Would you want to volunteer for that job? Of course not! ☺ Well luckily for the Barracudas, someone once again has stepped up to try out the position. We are doing our best to break down the job so another person (me in this case) can help with the task. As soon as our new Treasurer Kermit has all the information up to date, I will be getting a hold of you if our records show that you are not up to date. From there if you disagree with the information I have, we will sort it all out as I will have access to all your payments and attendance sheets. I will also be checking that you are current with USMS. They are the governing body and provide insurance for Master's swim practice and events. We will not be covered by them if we have non members swimming

with us. It is only a once a year fee that helps keep this well organized program going, an organization that benefits an enormous amount of people around the world.

Here is what you can do to help:

- 1) Make sure you are signed up with USMS/OMS. You can find the form on the OMS web site or ask your coach for a form.
- 2) Make sure you are signed up for THB this year. You can find the form on the THB web site or ask your coach for a copy.
- 3) Pay your coaching fees on the first of the month. (Pay Feb. 1 for February coaching fees) These deposits can be dropped in the Barracuda blue box inside the doors going to the spectator section at the pool. It is always good to make a note on the check indicating what the money is intended for. (Feb. coaching fees)
- 4) Punch cards (virtual) need to be purchased before you use them. It is not OK to say "In October I only swam a few times and I have only been able to make it twice so far this month so let's sign me up for a punch card for those two months and I will pay full dues for November and December." This is extremely hard for the Treasurer to keep track of. We had hoped that having a card for the swimmer to bring and get punched would work but that was still not working for swimmer, coach, and Treasurer. The easiest solution of course is to swim more and just pay the monthly fee. ☺

RECIPE OF THE MONTH

This month, we are trying a new addition to the newsletter. We hope to have a recipe each month that might appeal to the healthy and voracious swimmer palate. This month, board member Anna Casey offers the first submission

Anna's Favorite Salad

7 cups torn mixed salad greens
 1/2 cup crumbled blue cheese
 1/3 cup candied **or** toasted pecans (see note below)
 2 medium pears, chopped
 1/2 cup dried cranberries

1/4 cup apple juice, concentrate
 2 tablespoons canola oil
 4 1/2 teaspoons cider vinegar
 2 teaspoons Dijon mustard
 1/4 teaspoon salt
 1/8 teaspoon pepper

Mix the first five ingredients in a salad bowl. In a jar with a tight fitting lid, combine the apple juice concentrate, oil, vinegar, mustard, and pepper; shake well. Add to the salad, mix, and serve.

Note: To candy pecans in a skillet over medium heat, add 1 cup pecans, and 1/3 cup sugar. Mix continually so the sugar and nuts do not burn. The sugar will start to dissolve and caramelize. Keep mixing until the sugar has dissolved into a liquid form and has coated the nuts. Slide the nuts out of the pan and cool before adding to the salad.

Letter to my Barracuda Family

From Dave Radcliff

First a big thank you for all the support and love you have shown to me and Nancy as we deal with the loss of our Grandson. Swimming with the team is about the only time I have been feeling half way normal this last month. That may be because the sets leave me too tired to think about anything else or the intervals are too short to give me time to think. But I think the real reason is because I am with friends. In one book on grief that I read it compared the early stages of grief to a tree in winter. It looks dead but there is a lot life inside. I think that is where I am right now. Being in the water with all of you is starting to bring some life back to the old dead tree.

Secondly I would like to spend Association Weekend with all of you in Corvallis. I hope you will consider swimming in the Association Meet. I know a lot of you say you are Fitness Swimmers and I say the same thing. If there were no meets I would still swim. I swim to stay healthy and at my age - alive. To me the meets are the dessert. The training we do each week is the main course and that keeps us healthy. At the same time we all enjoy a good dessert. Meets are much more than just the racing. There is the whole social interaction of the team and the spirit of competing for the team title. This spirit will be contagious and inspiring. I can guarantee you that COMA will be coming over in full force to win back the team title. Let's make sure that THB is there in full force to meet their challenge and keep the team banner at our pool. Nancy and I have booked for the weekend at Motel 6. I know that doesn't sound like much, but read on. Two years ago we spent one night at Motel 6 in Corvallis. What a pleasant surprise. Motel 6 has bought out another motel and this is like no Motel 6 you have ever stayed in. There are microwaves and small refrigerators in each room, plus it is the closest Motel to the Corvallis pool. No matter where you stay or if you commute, let's all be there as one big Barracuda Family.

Thanks and Love you all,

Dave

PS. Greg, I would love to see you rip a 1650 on Friday night and I will count for you.

Tualatin Hills Barracudas
15707 SW Walker Road
Beaverton, OR 97006

Masters Swimming since 1981

Pool Meets

March 11 Pentathlon, Tualatin Hills

April 21 Association Championships, Corvallis, OR

Postal Events

February February Fitness Challenge, THB

Web resources

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