



BARRACUDA BULLETIN

37 THB Club Records Broken At Association Meet!

By Jim Butler

In April we saw the results of the Association meet where 33 brave THB swimmers took on 60+ COMA swimmers. There were no miracles to bring home another banner for the Barracudas on this day, but everyone knew we were there before it was over. We did bring home 37 new club records, 6 of which were also OMS records and one great come from behind relay win that had everyone in the pool on their feet!

The top record setter was Vladimir Polukeev with 5 individual records, 3 of them also OMS records, and 3 relay records. But Geraldine Kawabata was not to be outdone also setting 5 individual records and took part in 2 record setting relays. Barbara Frid proved you can set records at the top of your age group, claiming 3 of them, even when the old ones are your own. And one of them was an OMS record to boot! Then there is David Radcliff. No meet is official unless Dave sets a record and Dave made double sure this meet was official by posting two new club and OMS records. Just as a side note, his 200 free time was the second fastest in the nation for his age group so far this year. But why settle for second? His 1650 was the fastest in the nation!

Susie Young staged a real race in the 500 next to Dave. Dave pulled it out in the last lap, but Susie came in strong enough to set a new club record. And that was her sprint event as she also set records in the 1000 and 1650 events staking a claim to distance domination. But Elfie Stevenin could not let Susie have all the fun as she grabbed a club record in the 1000 herself. Hey Elfie, did you notice the age group you are entering has NO CLUB RECORDS of any kind? Next year could be a lot of fun eh?!

Some other long time record setters had a good meet as well. Kermit Yensen snapped Jed Cronin's record in the 100 Fly but Jed did not notice as he was still too tired from setting the record in the 1650 free. (Hmmm. Trading a 100 fly for a 1650 free? Sounds fair to me.) And Darlene Staley proved she is in great shape setting the 200 IM record while newcomer Darren McCarthy practiced his "I'll be back" line adding the 200 backstroke record to the 100 he set earlier this year.

So how about our coaches? Can they lead by example or what? Jennifer Alden grabbed a 50 Breast individual record but the real fun came in the relays. Four Barracuda coaches, Jennifer, Sarah, Laurie and Nina, mixed and matched their way with other club members to help set 5 of the 13 new relay records! When they talk, listen. When they swim, watch. When they talk to your child, make your child listen. The record setting relays also included 15 Barracudas who did not set individual records who can now find their names in that famous historical document, The Barracudas Club Records which resides in our deck locker, and on our web page which Sean Swain is doing a great job of updating.

Next month, all the new Long Course Records broken on June 3, 2006!

Women's Records set In Association Meet

Alden, Jennifer, 27
50 Yd Breaststroke 35.08

Young, Susie, 36
500 Yd Free 6:07.71
1000 Yd Free 12:38.00
1650 Yd Free 20:44.85

Staley, Darlene, 56
200 Yd IM 3:13.62

Frid, Barbara, 64
100 Yd Free 1:09.83
100 Yd Breaststroke 1:30.42 (OMS Record)
50 Yd Butterfly 33.86

Kawabata, Geraldine, 71
50 Yd Free 44.92
100 Yd Free 1:41.07
100 Yd Backstroke 2:02.93
50 Yd Butterfly 57.94
100 Yd IM 2:03.54

Stevenin, Elfie, 84
1000 Yd Free 39:41.00

Men's Records Set In Association Meet

Polukeev, Vladimir, 35
50 Yd Free 21.63 (OMS Record)
100 Yd Free 46.83 (OMS Record)
50 Yd Backstroke 25.19
100 Yd Backstroke 53.54
50 Yd Butterfly 23.82 (OMS Record)

McCarthy, Darren, 40
200 Yd Backstroke 2:17.89

Yensen, Kermit, 52
100 Yd Butterfly 1:02.

Cronin, Jed, 57
1650 Yd Free 21:32.42

Radcliff, David, 71
200 Yd Free 2:11.67
(OMS Record)
1650 Yd Free 20:53.73
(OMS Record)

Relay Records Set in Association Meet

WOMEN'S RELAYS

Women's 25+ 200 Yd Free Relay
4th 1:55.39
Munch, Peterson, Wald, Alden

Women's 25+ 200 Yd Medley Relay
3rd 2:13.22
Alden, Casey, Munch, Wald

Women's 35+ 200 Yd Free Relay
3rd 2:03.55
Skoss, Teisher, Chesler, Young

Women's 35+ 200 Yd Medley Relay
5th 2:27.08
Skoss, Frid, Young, Kilbourne

Women's 45+ 200 Yd Free Relay
3rd 2:22.33
Staley, Toole, Winton, Frid

MEN'S RELAYS

Men's 35+ 200 Yd Free Relay
 1st 1:35.16
 Hackley, Christensen, Karyukin,
 Polukeev

Men's 35+ 200 Yd Medley Relay
 1st 1:42.82
 Polukeev, McCarthy, Hackley,
 Christensen

Men's 45+ 200 Yd Free Relay
 2nd 1:44.76 Radcliff, Cronin, Yensen, Kopp

MIXED RELAYS

Mixed 25+ 200 Yd Free Relay
 2nd 1:38.61
 Hackley, Alden, Munch, Polukeev

Mixed 65+ 200 Yd Free Relay
 1st 2:55.22
 Hughes, Kawabata, Schieltz,
 Radcliff

Mixed 25+ 200 Yd Medley Relay
 2nd 1:53.77
 Alden, Hackley, Polukeev, Munch

Mixed 65+ 200 Yd Medley Relay
 1st 3:37.72
 Kawabata, Schieltz, Radcliff,
 Hughes

Mixed 45+ 200 Yd Medley Relay
 4th 2:16.53
 Frid, Winton, Cronin, Kopp

A Message From Recently Departed Alison Moore

I want to give a heartfelt thanks to all Barracudas for a fun-filled, wet 4 years of swimming. I am so glad I got involved with THB when I moved to Oregon. I made many friends who I will take with me where ever I go. And to those who were in the lanes next to me, thanks for the challenges each practice. I am now in Virginia trying to get used to the humidity. I have found a team but it's no where near the same as having Jon bark at you in practice. If any of you ever make it out this way, please let me know. Our house is open and the pool is close. 703-754-9941.

Alison Moore

THB JUNE – JULY BIRTHDAYS

June 6 Kennedy Price, 34
 June 10 Kermit Yensen, 53
 June 16 Geraldine Kawabata, 72
 July 3 Lois Allan, 83
 July 9 Rich Minter, 54
 July 11 Darby Sitter, 63
 Jeff Hackley, 38
 July 25 William Marvel, 61
 July 29 Leslie Winton, 52
 Rachel Skoss, 38

SWIMMER PROFILE: JOE OAKES



In early May, Joe Oakes was appointed as a Fellow of Great Britain's prestigious Royal Geographical Society. He has been "adventuring" for many years, from the Arctic to the Antarctic. He was honored for his non-motorized circumnavigation of the earth, walking, running, cycling, mushing, kayaking, swimming and sailing around the planet. En route, he became the first person to swim from Russia to Alaska in the Diomedes, in the Bering Strait.

Joe lives with his wife of 49 years, the former Sylvia Nelson, in Forest Heights, where he is active as Chairman of the neighborhood Emergency Team. He is a member of the Oregon Road Runners as well as the Barracudas. He has 3 grandchildren, Rachel, William and Hannah Mead. His favorite place to go for a run or a walk is Forest Park, and he is a member of Friends of Forest Park.

When asked how he felt about being inducted into the Royal Geographical Society, Oakes replied, "I am flabbergasted at being asked to join the ranks of people like my hero, Ernest Shackleton. It is beyond my wildest expectations, and frankly, I do not feel that I deserve it." That sounds a little modest for a man who has run 130 marathons, 51 ultra-marathons, half a dozen Ironman triathlons, has done long-distance swims in the English channel, the Strait of Gibraltar, the Dardanelles, the Bering Strait and his favorite, Alcatraz. He has mushed along the Iditarod trail and has kayaked the Yukon River. He is also the creator of the Escape from Alcatraz Triathlon, now in its 27th year. Because of his long years of service to the community (Boy Scouts, Red Cross, etc.), Joe was given the honor of carrying the Olympic torch along the route to Atlanta in 1996. He is also the author of The Alcatraz Swimmers Manual, now in its fourth printing.

"I guess I am the luckiest guy in the world. When I started running in high school in 1948, I was blessed with a great coach named Howie Borck who taught us to love athletics. Now, 58 years later, I still love getting out and putting my body through its paces." What are his plans for further adventures? "As you get older and slow down, so you look more to the quality of the adventure, and the opportunity to associate with like-minded people. Yes, there are things on the burner. In September I will be swimming island-to-island in Croatia. I am currently studying the feasibility of an extreme swim in the Irish Sea. And I have always wanted to go from Northern Canada down to Tierra del Fuego under my own steam. With gasoline prices rising so fast, that might be the only way to go."

Joe's swimming started as a lifeguard at New York City's public beaches where, he says, "We did more rescues from each lifeguard chair on a weekend than the annual total for all the pools in Oregon."

Joe is a noon-time Barracuda swimmer when he's not off on an adventure.

June 3rd THB LONG COURSE MEET RESULTS



Relay Barbara Maloney, Sharad Mishra, Darby Sitter and Joe Wyatt



Laurie Chesler , Coach Nina and Laura Champion

Champion, Laura, 25

1 st 50 LC Meter Freestyle	35.41
1 st 100 LC Meter Freestyle	1:19.52
1 st 50 LC Meter Backstroke	47.25
1 st 50 LC Meter Breaststroke	48.98

Maloney, Barbara, 56

1 st 100 LC Meter Freestyle	1:39.14
1 st 50 LC Meter Backstroke	55.27
1 st 50 LC Meter Butterfly	46.84
1 st 200 LC Meter IM	3:53.18

Young, Susie, 37

1 st 200 LC Meter Freestyle	2:41.75
1 st 800 LC Meter Freestyle	11:30.52
2 nd 50 LC Meter Butterfly	36.85
2 nd 100 LC Meter Butterfly	1:25.00
1 st 200 LC Meter IM	3:00.60

Sitter, Darby, 63

4 th 50 LC Meter Freestyle	1:00.83
3 rd 100 LC Meter Freestyle	2:16.74
3 rd 50 LC Meter Backstroke	1:19.28
3 rd 100 LC Meter Breaststroke	3:04.84
3 rd 50 LC Meter Butterfly	1:12.89

Chesler, Laurie, 43

2 nd 100 LC Meter Freestyle	1:15.02
2 nd 200 LC Meter Freestyle	2:47.43
2 nd 100 LC Meter Breaststroke	1:44.26

Kawabata, Geraldine, 72

1 st 50 LC Meter Freestyle	48.22
1 st 50 LC Meter Backstroke	1:05.57
1 st 50 LC Meter Breaststroke	1:15.55

Stevenin, Elfie, 85

1 st 50 LC Meter Backstroke	1:47.10
1 st 100 LC Meter Backstroke	3:59.44
1 st 200 LC Meter Backstroke	7:56.42
1 st 200 LC Meter IM	9:54.04
1 st 400 LC Meter IM	21:19.52

Mishru, Shared, 39

6 th 50 LC Meter Freestyle	41.81
4 th 100 LC Freestyle	1:36.61
4 th 50 LC Meter Breaststroke	52.64
4 th 100 LC Meter Breaststroke	1:59.85

Kayukin, Andrei, 41

2 nd 100 LC Meter Freestyle	1:12.11
2 nd 50 LC Meter Breaststroke	41.20
4 th 50 LC Meter Butterfly	33.20
2 nd 100 LC Meter Butterfly	1:20.80

McCarthy, Darren, 40

1st 200 LC Meter Backstroke 2:41.82
 1st 200 LC Meter Breaststroke 2:55.27

Christensen, Doug, 43

1st 400 LC Meter IM 5:55.28
 1st 200 LC Meter IM 2:35.78
 1st 50 LC Meter Butterfly 28.66
 1st 100 LC Meter Butterfly 1:05.42

Cox, Chris, 45

3rd 50 LC Meter Freestyle 33.94
 4th 100 LC Meter Freestyle 1:15.59
 3rd 50 LC Meter Butterfly 37.34
 3rd 100 LC Meter Butterfly 1:29.70
 3rd 200 LC Meter IM 3:13.46

Yensen, Kermit, 53

4th 100 LC Meter Backstroke 1:26.40
 2nd 100 LC Meter Butterfly 1:21.08
 1st 200 LC Meter Butterfly 3:14.71
 1st 400 LC Meter IM 6:22.35

Wyatt, Joe, 56

1st 50 LC Meter Freestyle 32.09
 1st 100 LC Meter Freestyle 1:15.57
 1st 50 LC Meter Butterfly 34.36

Radcliff, Dave, 72

1st 50 LC Meter Freestyle 30.85
 1st 50 LC Meter Butterfly 36.87

**200 LC Meter Freestyle Relay
 Mixed 200-239**

1st Joe Wyatt, Barbara Maloney,
 Shared Mishra and Darby Sitter
 2:58.75

Message from the President:



Hello THB,

A great big THANK YOU! to the people that made our Sizzling Summer Long Course Meet a great success! Jeanne Teisher did a fantastic job of setting up the meet. Peggy Toole took on a huge amount of work to recruit the officials and to be a co-director on the day of the meet. The other co-director, Dave Radcliff, helped the meet go without a hitch. Jon Clark, as usual, was first to be there and last to leave. Jon, Thank you! This meet also had contributions from many more THB members than past meets. To all of the volunteers, Thanks! All of our contributions made the meet an enjoyable team effort! BTW, Dave donated 15 meter markers to the THB. These markers worked well and made the pool setup go that much better. Thanks!

Here are a few notes from the June 26th board meeting:

-- Speaking of the swim meet, The THPRD has notified our team that the officials "Crows Nest" needs to be rebuilt or repaired. The cost needs to be shared by the THB and the THSC, the two groups that use this. The THPRD noted that if they do the work it will be expensive. The THSC has offered to do the work. The THB board approved sharing the cost up to an amount. If the cost were higher, we would revisit the issue.

-- We are in a coach review cycle. Comment period will close on July 6th and the committee will bring results and recommendations back to the board.

-- We are planning the annual THB membership meeting and BBQ. Nominations for THB board positions are being accepted.

-- The "New Swimmer" package (handout) that Jim Butler created is a success. New swimmers are getting good information and are being connected with our coaches.

-- Kermit has provided a snapshot of our finances. We are in good condition and income is about right for our ongoing expenses. We will discuss possible one time expenditures that can benefit the general membership. The board also noted interest has been expressed in THB logo'd shirts and other items.

-- The THPRD has invoked an email policy. We will get input from some of our expert members and see if our THB board email policies and practices need to be modified.

-- Jon Schieltz is chairman of the Aquatics Advisory committee, (come to our next meeting to find out more about this important role) and has been selected to serve on a THPRD Fee Study Task Force. The last fee study was done in 1997, this study may have an impact on future pool and use fees.

*** Join us at our next board meeting (July 24th 6:30 PM) for detailed information and to provide your ideas!

*** Our annual General Membership Meeting and BBQ is set for Sunday August 27th 4:00 PM

- 1) Send in ideas you have for this year's event.
- 2) Nominations are open for THB board positions.

Thank you,

Rich Minter.

Tualatin Hills Barracudas
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Masters Swimming since 1981

THB Events

August 27 Annual THB General Membership Meeting and BBQ
Beginning at 4:00 PM an Ginny Ross Residence (Back Yard)

Pool Meets

July 8-9 Oregon State Games, Mt. Hood Community College

September 9 Patriot Games, Camas Washington

Open Water Events

July 15 2005 Southern Oregon Open Water Challenge, Applegate Lake

July 28-30 Cascade Lake Swim Series, Elk Lake, Bend Oregon

Web resources

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