

Dear Foster Lake Swimmer,

Thanks for registering for the Foster Lake Cable Swims, featuring the USMS One-Mile Open Water National Championships. On behalf of host team Central Oregon Masters Aquatics, welcome to this first of what I hope will be many events on this new cable course. Personally, I'm thrilled to be your event director, and look forward to seeing many old friends and making new ones on race day.

Here are some things that you need to know before you arrive:

1. Entry: We have 123 swimmers entered for the USMS One-Mile Championships, and 55 swimmers entered for the Two-Mile swim. I have attached the seeding for both swims as an attachment. According to our published entry rules, I cannot change seed times once this list has been distributed—please don't ask.
2. Timeline: Due to the entry size, I have eliminated the second heat of the One-Mile Championship, have modified the schedule slightly to reflect this, and have included that revised schedule as an attachment.
3. Starting Interval: Waves will consist of 12 swimmers and will start 20 seconds apart. I chose both 12-swimmer waves and 20-second intervals to minimize overtaking during the swims.
4. Conduct of the Cable Swims: Since most of you have never participated in a cable swim, be sure to visit www.comaswim.org/documents/conduct-of-foster-lake-cable-swims.pdf for a summary of how we will run this swim. Be sure that you are familiar with these details.
5. Water Temperature: We have had the coolest Oregon spring in many years, so the lake temperature is lower than normal. Based on our years of experience at Foster Lake, I anticipate water temperature of 66-68 degrees on the course on race day. Although this falls short of my best case scenario, it is what it is. Remember that the one-mile swim requires USMS Category I swimwear only. In the two-mile, Category II suits WILL be allowed and then scored in a separate division. Visit www.comaswim.org/documents/2011-usms-ow-swimwear-rule-summary.pdf for the summary of the USMS swimwear rules.
6. Temperature Safety: These water temperatures may seem to you to be on the chilly side. Bring warm clothing, and be sure to change out of your wet suit and into warm clothing soon after you finish. Alas, there are no hot showers at the race site. We will have plenty of hot water available for warm beverages.
7. Relays: In 2009, USMS started keeping results & records for cable swim relays. These are not sequential relays (like the ones in pool meets) but rather cumulative relays (like the ones in the postal swims). Visit www.comaswim.org/documents/2011-usms-cable-swim-records.pdf to see the USMS individual & relay cable swim records. After results have been posted and before the 1:15pm relay entry deadline, you & your club teammates may enter relays, using the relay entry forms available at the check-in desk. As Oregon Long Distance Chair, I will enter the Oregon club relays. Only Category I swims count in relays for the two-mile race.
8. Meals: COMA is proud to be purchasing your lunches through Denim & Pearls Catering, a local business run through the Sweet Home School District. All profits generated from the catering business directly benefit local students, using funds to purchase and improve quality of food for the children of Sweet Home.

We will include a food voucher in your packet at check-in, one for each competitor and one for each spectator that was paid for in your entry form. Don't lose it—it's the only way to get your lunch! After the One-Mile swim has finished, we will have a lunch pick-up table with a line for each item below for you to pick-up your lunch using your voucher. We are offering the following box lunches:

- Chicken Ranch Wrap - flour tortilla, chicken, cheese, tomato, bacon, lettuce, and sauce (this is a chilled wrap).

- Fiesta Chicken Wrap - tomato tortilla, fajita chicken, rice, black beans, green chilies, cheese, sour cream (this is a warm wrap).
- Beef, Bean and Cheese Burrito - self explanatory.
- Vegetarian Wrap - Black beans, rice, green chilies, roasted veggies, tomatoes, toasted sunflower seeds (sour cream and cheese offered on the side).

In addition to the main item, the lunch will include a fruit cup, chips, a brownie and bottled water.

9. Snacks & Beverages: We will offer light snacks and beverages—particularly coffee—throughout the event from the opening of check-in until lunch is served.
10. Spotting Help: Although we have assembled a strong safety crew, we invite any friends or family members with a kayak to join us for spotting during the cable swim races. We can't have too many spotters along the perimeter of the course! Please send me an email at coachbob@bendbroadband.com if you are willing to help in this capacity.
11. Parking: Lewis Creek Park has a \$5 day-use parking fee. Please pay at the booth as you enter the park.
12. Dogs: We love our furry friends, and many of them will be racing for treats in our unique and entertaining Dog Tandem Challenge after the cable swims have finished. Remember that dogs must be on leash at all times except when swimming, and that owners must pick up after them.

When I took on the role of Long Distance Chair for Oregon Masters Swimming in 2001, one of the goals that I listed was to build a standard cable swim course and to host a cable championship swim. Little did I know at that time that it would take me ten years to find the right site, develop the inter-agency relationships, obtain the building & operating permits, assemble the financing, lead the construction team, master the event logistics, and organize the swims. Remember that this course is now the only fixed quarter-mile cable swim course—and that these are the only cable swims—west of the Mississippi River. Thank you for sharing in the culmination of my ten-year dream.

See you at the lake!

Bob Bruce, Event Director
 Foster Lake Cable Swims
 Hereafter to be known as “Bob the Cable Guy”

Foster Lake Cable Swims 2011

Swimmer Time Line

Saturday, July 2, 2011

7:30am	Lewis Creek Park opens for participants
8:00am	Check-in opens for all swims
8:45am	Check-in closes for Two-Mile swim
9:05am	Pre-race meeting & marshaling for Two-Mile swim
9:30am	Start of Two-Mile swim
11:00am	Check-in closes for One-Mile swim
11:20am	Pre-race meeting & marshaling for One-Mile swim
11:45am	Start of One-Mile swim
12:15pm	Lunch opens
	Awards available for Two-Mile swim
12:30pm	Check-in closes for Dog Tandem Challenge
1:00pm	Start of Dog Tandem Challenge
1:15pm	Relay entries close
1:30pm	Awards Ceremony for One-Mile swim
2:00pm	Event finishes—Enjoy the rest of your Day!

Seeding For Race #2 - One Mile Cable Swim

Wave	Start Time	Swimmer #	Name	Seed Time	Sex	Age Group
1	00:00	1	Jeff T Erwin	0:16:50.99	M	45-49
1	00:00	2	Kurt F Dickson	0:17:14.73	M	40-44
1	00:00	3	Christopher A LaBianco	0:17:50.00	M	40-44
1	00:00	4	Rick W Graves	0:17:50.00	M	40-44
1	00:00	5	Sandy M Mac Donald	0:18:30.00	M	55-59
1	00:00	6	Larry B Krauser	0:18:30.71	M	55-59
1	00:00	7	Hardy C Lussier	0:18:32.00	M	45-49
1	00:00	8	Kraig J Erickson	0:18:34.58	M	40-44
1	00:00	9	Jim Mc Conica	0:19:00.00	M	60-64
1	00:00	10	Jeffrey K Barriger	0:19:08.00	M	45-49
1	00:00	12	Tim Waid	0:19:15.00	M	45-49
1	00:00	13	James L Proffitt	0:19:20.00	M	45-49
2	00:20	14	Todd F Greene	0:19:20.50	M	40-44
2	00:20	15	Greg H Holles	0:19:21.00	M	45-49
2	00:20	16	Kristine M Senkier	0:19:30.00	F	40-44
2	00:20	17	Mary Sweat	0:19:33.72	F	50-54
2	00:20	18	Amy J Holcomb	0:19:50.00	F	30-34
2	00:20	19	David Hathaway	0:19:50.00	M	50-54
2	00:20	20	Timothy P Waud	0:19:54.00	M	40-44
2	00:20	21	Amy K Ward	0:20:00.00	F	35-39
2	00:20	22	Darrin M Lajoie	0:20:00.00	M	45-49
2	00:20	23	Arlene Delmage	0:20:00.00	F	45-49
2	00:20	24	Kris Calvin	0:20:00.00	M	45-49
2	00:20	25	Elizabeth A Watkins	0:20:01.00	F	45-49
3	00:40	26	Theodore A Casterline	0:20:05.80	M	45-49
3	00:40	27	Serena H Johnson	0:20:08.00	F	30-34
3	00:40	28	Susie S Young	0:20:20.20	F	40-44
3	00:40	29	Bill Ireland	0:20:30.00	M	50-54
3	00:40	30	Melanie J Deal	0:20:40.00	F	30-34
3	00:40	31	Kristin C Wigle	0:20:45.00	F	30-34
3	00:40	32	Ron Rhinehart	0:20:56.00	M	50-54
3	00:40	35	Rob Shatting	0:21:00.00	M	30-34
3	00:40	36	David A Cloninger	0:21:00.00	M	40-44
3	00:40	37	Stephanie Wahab	0:21:00.00	F	40-44

Wave	Start Time	Swimmer #	Name	Seed Time	Sex	Age Group
3	00:40	38	Ron J Thompson	0:21:00.00	M	50-54
3	00:40	39	Curt R La Count	0:21:00.00	M	50-54
4	01:00	40	Steve M Johnson	0:21:13.17	M	60-64
4	01:00	41	Kris A Denney	0:21:15.00	F	50-54
4	01:00	42	Mike J Tennant	0:21:20.00	M	55-59
4	01:00	43	Ed Ramsey	0:21:30.00	M	55-59
4	01:00	44	David A Radcliff	0:21:52.00	M	75-79
4	01:00	45	Mike L Marshall	0:22:00.00	M	45-49
4	01:00	46	Tom Landis	0:22:00.00	M	65-69
4	01:00	47	Mark Braun	0:22:03.00	M	35-39
4	01:00	48	Kirsten N Hansen	0:22:30.00	F	40-44
4	01:00	49	Michael J Douglas	0:22:30.00	M	50-54
4	01:00	50	Elizabeth H Budd	0:22:41.00	F	55-59
4	01:00	51	Suzanne L Dills	0:22:41.38	F	65-69
5	01:20	52	Steve A Mann	0:22:45.00	M	55-59
5	01:20	53	Lisa E Sandoval	0:23:00.00	F	35-39
5	01:20	54	Rand J Walker	0:23:00.00	M	55-59
5	01:20	55	Michael P Carew	0:23:17.00	M	60-64
5	01:20	56	Aubree M Gustafson	0:23:30.00	F	30-34
5	01:20	57	Tim R Burnham	0:23:30.00	M	50-54
5	01:20	58	Keith C Dow	0:23:30.00	M	55-59
5	01:20	59	Sally A Dillon	0:23:30.00	F	60-64
5	01:20	60	Dane C Griffin	0:23:36.00	M	60-64
5	01:20	61	Russell J Berrett	0:23:38.50	M	40-44
5	01:20	62	Grant R Schoepper	0:23:39.00	M	30-34
5	01:20	64	Valerie G Jenkins	0:23:51.00	F	45-49
6	01:40	65	Kermit D Yensen	0:24:00.00	M	55-59
6	01:40	66	Robert B Richardson	0:24:00.00	M	55-59
6	01:40	67	Bren Hirschberg	0:24:00.00	M	65-69
6	01:40	68	Marsha A Haynes	0:24:03.00	F	40-44
6	01:40	69	Donn Livoni	0:24:05.00	M	60-64
6	01:40	70	Daniel D Mayhew	0:24:14.83	M	50-54
6	01:40	71	Stephen F Harger	0:24:24.00	M	50-54
6	01:40	72	Jacqueline W Parker	0:24:26.07	F	30-34
6	01:40	73	Laura K Schob	0:24:30.00	F	50-54
6	01:40	74	Janet Gettling	0:24:30.00	F	60-64

Wave	Start Time	Swimmer #	Name	Seed Time	Sex	Age Group
6	01:40	75	Jeanna Summers	0:24:45.00	F	55-59
6	01:40	76	Pat Cotter	0:24:45.00	M	60-64
7	02:00	77	Christian Tujo	0:25:00.00	M	40-44
7	02:00	78	Candace F Fritz	0:25:00.00	F	40-44
7	02:00	79	Richard Sevier	0:25:00.00	M	45-49
7	02:00	80	Jon C Anderson	0:25:00.00	M	45-49
7	02:00	81	Jonathan D Istok	0:25:00.00	M	55-59
7	02:00	82	Charles B Dwight	0:25:00.00	M	55-59
7	02:00	83	Catherine J Imwalle	0:25:00.00	F	60-64
7	02:00	84	Ralph Mohr	0:25:00.00	M	65-69
7	02:00	85	Jill M Wright	0:25:02.00	F	60-64
7	02:00	86	Tom K Stern	0:25:06.15	M	65-69
7	02:00	87	Joni D Young	0:25:10.00	F	50-54
7	02:00	89	Jim A Ivelich	0:25:49.16	M	45-49
8	02:20	90	Cynthia M Smidt	0:26:00.00	F	40-44
8	02:20	92	Sue C Calnek-Morris	0:26:00.00	F	65-69
8	02:20	93	Bob K Kraus	0:26:10.00	M	45-49
8	02:20	94	David H Wash	0:26:10.00	M	50-54
8	02:20	95	Paige Buehler	0:27:27.27	F	40-44
8	02:20	96	Shannon R Singer	0:27:30.00	F	40-44
8	02:20	97	Deb J Douglas	0:27:30.00	F	55-59
8	02:20	98	John L Spence	0:27:30.00	M	65-69
8	02:20	99	Earl N Ellis	0:27:33.00	M	75-79
8	02:20	100	Michael J Bingle	0:27:53.00	M	55-59
8	02:20	102	Matthew F Bronson	0:28:50.00	M	45-49
8	02:20	103	Charlie E Helm	0:28:50.00	M	55-59
9	02:40	104	John S Griley	0:29:00.00	M	45-49
9	02:40	105	Bob Kehoe	0:29:00.00	M	60-64
9	02:40	106	Walter R Carter	0:29:02.36	M	55-59
9	02:40	107	Gayle A Orner	0:29:04.44	F	45-49
9	02:40	108	Adrienne S Pipes	0:29:18.34	F	75-79
9	02:40	109	Ashley M Salter	0:29:23.05	F	25-29
9	02:40	110	Linda K Johns	0:29:24.00	F	50-54
9	02:40	111	Mark R Neubert	0:30:00.00	M	50-54
9	02:40	112	Brent L Lake	0:30:00.00	M	70-74
9	02:40	113	Toni M Brown	0:30:08.00	F	55-59

Wave	Start Time	Swimmer #	Name	Seed Time	Sex	Age Group
9	02:40	114	Mike H Warren	0:30:15.00	M	60-64
9	02:40	115	Christine A Jorgensen	0:30:27.25	F	65-69
9	02:40	116	Melanie E Johnson	0:30:30.15	F	30-34
9	02:40	117	Jeremy Groesz	0:30:48.16	M	35-39
10	03:00	119	Steven T Rowe	0:32:20.00	M	45-49
10	03:00	120	Leslie J Weigand	0:32:37.00	F	55-59
10	03:00	121	Aaron S Johnson	0:32:39.00	M	35-39
10	03:00	122	Randy S Sargent	0:33:05.00	M	55-59
10	03:00	123	Chris Tracewell	0:33:30.00	M	40-44
10	03:00	125	George D Thayer	0:35:30.20	M	75-79
10	03:00	126	Connie Shuman	0:38:00.00	F	55-59
10	03:00	127	Anne Muske-Dukes-Driggs	0:38:06.00	F	25-29
10	03:00	128	Peggie H Hodge	0:40:00.00	F	70-74
10	03:00	129	Brian P Rousseau	0:42:00.00	M	35-39
10	03:00	130	James D Jenkins	0:44:17.00	M	60-64
10	03:00	131	John Foges	0:45:40.00	M	65-69
10	03:00	132	Anita L Goodwin	0:50:00.00	F	45-49

Number of Swimmers: 123

Seeding For Race #1 - Two Mile Cable Swim

Wave Number	Start Time	Swimmer #	Name	Seed Time	Sex	Age Group
1	00:00	1	Jeff T Erwin	16:50.99	M	45-49
1	00:00	2	Kurt F Dickson	17:14.73	M	40-44
1	00:00	5	Sandy M Mac Donald	18:30.00	M	55-59
1	00:00	7	Hardy C Lussier	18:32.00	M	45-49
1	00:00	9	Jim Mc Conica	19:00.00	M	60-64
1	00:00	10	Jeffrey K Barriger	19:08.00	M	45-49
1	00:00	11	Cara Shrum	19:15.00	F	30-34
1	00:00	12	Tim Waid	19:15.00	M	45-49
1	00:00	14	Todd F Greene	19:20.50	M	40-44
1	00:00	16	Kristine M Senkier	19:30.00	F	40-44
1	00:00	18	Amy J Holcomb	19:50.00	F	30-34
1	00:00	19	David Hathaway	19:50.00	M	50-54
2	00:20	22	Darrin M Lajoie	20:00.00	M	45-49
2	00:20	24	Kris Calvin	20:00.00	M	45-49
2	00:20	26	Theodore A Casterline	20:05.80	M	45-49
2	00:20	29	Bill Ireland	20:30.00	M	50-54
2	00:20	32	Ron Rhinehart	20:56.00	M	50-54
2	00:20	33	Ellen L Lee	21:00.00	F	25-29
2	00:20	34	Patrick Lee	21:00.00	M	30-34
2	00:20	38	Ron J Thompson	21:00.00	M	50-54
2	00:20	39	Curt R La Count	21:00.00	M	50-54
2	00:20	44	David A Radcliff	21:52.00	M	75-79
2	00:20	46	Tom Landis	22:00.00	M	65-69
2	00:20	47	Mark Braun	22:03.00	M	35-39
3	00:40	50	Elizabeth H Budd	22:41.00	F	55-59
3	00:40	52	Steve A Mann	22:45.00	M	55-59
3	00:40	55	Michael P Carew	23:17.00	M	60-64
3	00:40	56	Aubree M Gustafson	23:30.00	F	30-34
3	00:40	58	Keith C Dow	23:30.00	M	55-59
3	00:40	63	Dieter F Hoffmann	23:45.00	M	50-54
3	00:40	65	Kermit D Yensen	24:00.00	M	55-59
3	00:40	66	Robert B Richardson	24:00.00	M	55-59
3	00:40	69	Donn Livoni	24:05.00	M	60-64
3	00:40	72	Jacqueline W Parker	24:26.07	F	30-34

Wave Number	Start Time	Swimmer #	Name	Seed Time	Sex	Age Group
3	00:40	73	Laura K Schob	24:30.00	F	50-54
3	00:40	77	Christian Tujo	25:00.00	M	40-44
4	01:00	81	Jonathan D Istok	25:00.00	M	55-59
4	01:00	84	Ralph Mohr	25:00.00	M	65-69
4	01:00	85	Jill M Wright	25:02.00	F	60-64
4	01:00	87	Joni D Young	25:10.00	F	50-54
4	01:00	88	Rachel A Hudson	25:47.00	F	25-29
4	01:00	90	Cynthia M Smidt	26:00.00	F	40-44
4	01:00	91	Dan E Gipe	26:00.00	M	50-54
4	01:00	96	Shannon R Singer	27:30.00	F	40-44
4	01:00	97	Deb J Douglas	27:30.00	F	55-59
4	01:00	100	Michael J Bingle	27:53.00	M	55-59
4	01:00	101	Kyle M Hoelscher	28:00.00	M	30-34
4	01:00	103	Charlie E Helm	28:50.00	M	55-59
5	01:20	104	John S Griley	29:00.00	M	45-49
5	01:20	107	Gayle A Orner	29:04.44	F	45-49
5	01:20	110	Linda K Johns	29:24.00	F	50-54
5	01:20	118	Kate Shrum	32:16.00	F	25-29
5	01:20	119	Steven T Rowe	32:20.00	M	45-49
5	01:20	124	Bill Robie	34:36.00	M	45-49
5	01:20	126	Connie Shuman	38:00.00	F	55-59

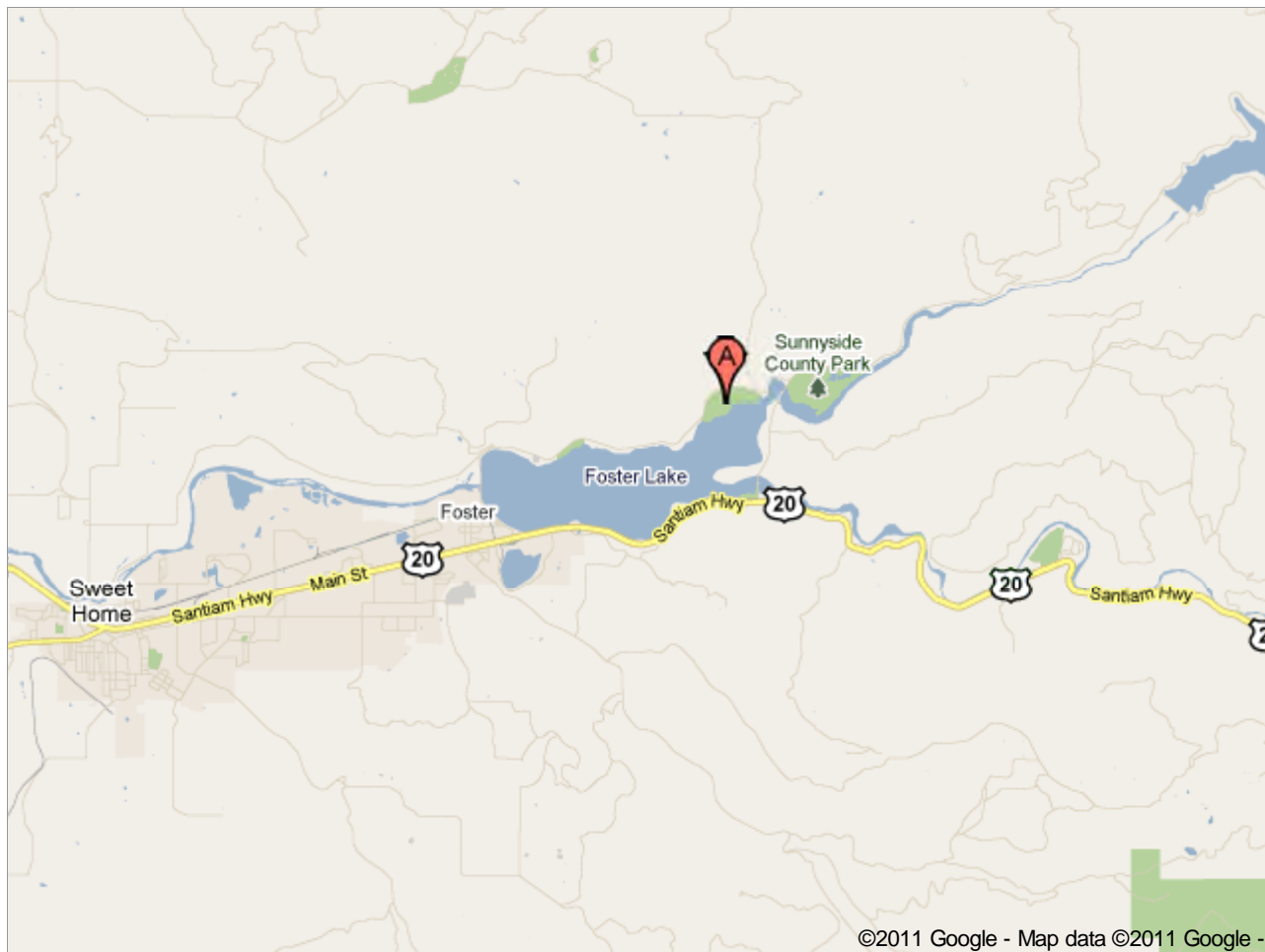
Number of Swimmers: 55



Lewis Creek Park, near Lewis Creek Park,
Foster, Oregon 97345

Notes Parking Costs \$5.00 CASH
ONLY

A. **Lewis Creek Park**
Foster, OR



Directions to Foster Lake (Lewis Creek Park):

From Portland International Airport (PDX): Take I-205 South to I-5 South. Take I-5 Exit 228 to OR Hwy 34 East to Lebanon, turn right on US Hwy 20 East to Sweet Home (Note: you can use Exit 233 to get on US Hwy 20 sooner - but it will be slower going). Turn left at Quartzville Rd to go over to North side of Lake (this turn is after going through town of Sweet Home or 2.2 miles past Weyerhaeuser mill). After 1.2 miles, turn left on N River Dr. After .8 miles, enter gate at Lewis Creek Park.

From South I-5: Exit 216 on OR Hwy 228 East (right), turn right again at US Hwy 20 (Main St) in Sweet Home. Turn left at Quartzville Rd to go over to North side of Lake (this turn is after going through town of Sweet Home or 2.2 miles past Weyerhaeuser mill). After 1.2 miles on Quartzville Rd, turn left on N River Dr. Continue .8 miles and then enter gate at Lewis Creek Park.

From East: Follow US Hwy 20 and before entering town of Sweet Home, turn right at Quartzville Rd to go over to North side of Lake (if you enter town of Sweet Home - you've gone too far). After 1.2 miles on Quartzville Rd, turn left on N River Dr. Continue .8 miles and then enter gate at Lewis Creek Park.