

Open Water & Long Distance Report

October 2017

By: Kate Stephensen, Open Water & Long Distance Chair

Open Water

2017 Recap

We hosted two United States Masters Swimming sanctioned open water events in 2017. These were:

- The John Shrum Memorial Cable Swim (formerly the Chris Greene Lake Swim), July 8th
 - 1 mile and 2 mile races
 - 69 in the two mile; 73 in the one mile
 - Two national records were broken at the swim (both by Shirley Loftus Charley)
- Lake Moomaw swim, August 5th
 - 1 mile
 - 61 total swimmers

Although not a VMST sponsored or USMS sanctioned event, Jay Peluso ran the “SwimRVA Open H2o Race Series” in which many VMST swimmers participated. This included swims spanning distances from 200m kids swims to a culminating 10mile race in the James River. The separate events included:

- The RVA Mile(s) one and two mile, June 11th
- Down River Rip (4.4 and 2.5 miles), August 19th
- To the Bridge & Back (10, 5 and 2.5 miles), October 15th

In addition to the race series he hosted several

2018 Goals

- Move the cable swim to Saturday, June 2nd. As water temperatures seem to be hotter every year and the lake had an algae problem this summer that caused it to close in later July, this is a precautionary measure.
- Increase participation in both LMSC sponsored events via:
 - Re-starting the Virginia Masters Open Water Swim Series (including the Shrum Swim, Moomaw, and one of Jay’s swims). The series would culminate with prizes for top three overall male/female winners in addition to recognizing the overall series winner.
 - Host a social after the John Shrum Memorial Cable Swim to promote cross VMST swimmer bonding. This could happen onsite or at a brewery/restaurant local to the Charlottesville area.
- Host a Virginia State Open Water Swimming Championship. Jay Peluso introduced this idea. He received the 2018 US Eastern Zones Open Water Swimming Championship bid for a June 16th, 2018 race at Robious Landing Park and is considering USMS sanctioning for the event as well.

Long Term Goals

- In conjunction with the Richmond 2020 USMS National Championships, I propose bidding for the open water 1 and 2mile national championships. The two mile bid would be submitted for the Shrum Swim and the one mile bid would be submitted for the Moomaw Swim.
- Host an open water clinic for USMS swimmers in conjunction with one of the races. This would be open to all registered masters swimmers, not just VMST swimmers. In addition to promoting open water swimming it could be a fundraiser for VMST.
- Provide open water training opportunities to VMST swimmers. Ideas for consideration include inviting swimmers to Walnut Creek or Chris Greene Lake weekend swims hosted by the Charlottesville Triathlon Club.

Long Distance (ePostals)

2017 recap

- No data for this year.

Long Term

- Promote greater club participation in the ePostal competitions via marketing the events and perhaps providing incentives (group swims, recognition for completion) These include:
 - The One Hour Swim (January)
 - The 5,000 and 10,000 LCM swims (summer)
 - The 3000 and 6,000 SCY swims (autumn)
 - Bid for and host the one hour postal swim within the next five years.
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Proposals for VMST Board Consideration in the 2018 season:

- John Shrum Memorial Cable Swim
 - Move up the race date from early July to June 2nd
 - Host a post-race VMST social at a local brewery/restaurant
- Host a VMST Open Water Swim Series
- Host/sponsor a Virginia State Open Water Championship
- Bid for the Open Water one and two mile national championship in 2020 (due by early July, 2018 on the USMS website)