

The Wet Gazette

The LMSC for Virginia - Serving Swimmers in Virginia and West Virginia

Nutritional Information

By Betsy Durrant

My husband subscribes to the Tufts University *Health & Nutrition Letter*. I have gathered what I think are some interesting excerpts. I have cited the issue for reference.

From the May, 2009, issue:

"Foods High in Vitamin C May Protect Arteries

Those berries on your cereal and that orange in your lunch might help prevent hardening of the arteries. A new Norwegian study reports that increased intake of foods such as fruits and berries is associated with reduced thickening of the carotid artery. Thickening of that key artery is a sign of atherosclerosis – so called 'hardening of the arteries' – which can lead to heart disease...

Men assigned to a dietary-intervention group, who increased their intake of fruits and berries – foods high in vitamin C – as part of adopting Mediterranean-style eating pattern, had less arterial thickening....

The study, published in *Nutrition, Metabolism and Cardiovascular Diseases*, concluded, 'Increased intake of vitamin C and fruit and berries seemed to contribute to the lesser progression of the carotid IMT in elderly men who were given dietary advice. An association between increased vitamin C or increased fruit and berry intake and less press progression in the carotid IMT was also seen in the entire study population. This study shows that dietary change may be feasible even in elderly men. Focusing on the intake of vitamin C-rich plant foods may be an important therapeutic intervention in regard to their risk of cardiovascular disease.' "

Also from the May, 2009, issue:

"Mediterranean Diet Linked to Lower Risk of Cognitive Impairment

The so-called Mediterranean diet, which has made headlines for beneficial effects on heart disease and related disorders, may also benefit our brain. A study of 1,875 older New Yorkers reports

See Nutrition on page 4.

Alvin Richardson Triathlete and Swimmer

By Betsy Durrant

After the Breezy Point Triathlon in Norfolk (May 31), I received a note from Lisa Bennett suggesting a profile on Alvin. I always help at Breezy Point and heard some spectators commenting on the guy who came out of the water way ahead of his age group. It was VMST member Alvin Richardson, age 58. In his age group, 55-59, he was first out of the water in 16:09.90. Second place was 18:16.95, over two minutes slower. In the next lower age group, 50-54, the first place swimmer was in at 17:39, a minute and half slower than Alvin.

I have always admired the smoothness and efficiency of Alvin's stroke, but have never talked with him at length about his swimming history. I wrote up some questions and sent them to Alvin.

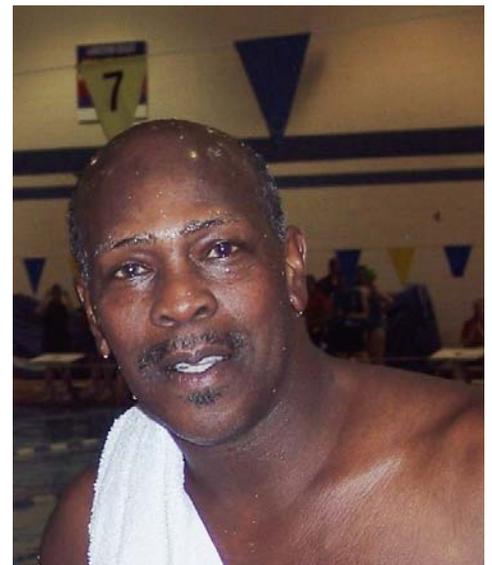
Betsy Durrant: The only facts that I know about you are that you were in the Army and that you are a really good swimmer. Let's start at the beginning. Where did you grow up?

Alvin Richardson: I was born March 4, 1951, in Barnesville, Georgia. Barnesville is about 57 miles south of Atlanta, population of about 5,999.

BD: Did you do any competitive swimming growing up?

AR: There was no organized swimming during that time in Barnesville, before the community pool was built.

See Alvin on page 3.





If you do not have internet access, call or write to me (Editor information below), and I will send you an entry.

June 13-14: LCM, Sarasota, FL
www.dixiezone.org

June 26-29: NE LC Championship
Middlebury, VT. www.middleburymuffintops.org

June 27-28: LCM, Greenville, SC
www.dixiezone.org

July 18: DCRP, LC at Hains Point (in DC)
See Potomac Valley website.

August 6-10: USMS LC Nationals
Indianapolis, IN

November 7: Fall Meet in Virginia Beach (SCM)

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May 23-24: Reston, VA (see PV website)

June 21: Jack King Ocean Swim
Entry is in this newsletter.

July 11: Charlottesville Lake Swim
Entry is in this newsletter.



(c)swimgraphics.com

Masters Swimming in Virginia
www.vaswim.org

USMS Website
www.usms.org

Latest info on all levels of swimming
www.SwimmingWorldMagazine.com

Nearby LMSCs
North Carolina: www.ncmasters.org
Maryland: www.maryland@usms.org
Potomac Valley: www.PVMasters.org

Colonies Zone
www.ColoniesZone.org

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Graphics from www.swimgraphics.com

Alvin continued from page 1.

When I was 9 or 10, I watched Jim McKay on ABC Wide World of Sports. There was a creek behind my house, and I dug out the creek and dammed it up. I would practice what I saw on ABC TV – lay out, arm movement and kicks. I practiced every day during the summers of 1959-1963. My first race was at Fort Valley, Georgia, sponsored by the 4-H club (a field trip). I won my first swim race; it was the width of the pool, not the length. I also have to mention how many times I got my butt whipped by my parents for swimming alone in that creek! My parents made a deal with me...they took me to Warm Springs, Georgia, where there was the most beautiful pool I have ever seen. Mom and Dad said we could go to this pool twice a month in the summer if I would give up that creek swimming. So I gave up the creek swimming. Shortly after that, Barnesville opened a community pool. Steve Foster became the life guard, and his brother Randy Foster and I swam together under his watchful eye. Randy is the only one to beat me in a swimming race in Barnesville, but only once. I went on to be a junior life guard and swam laps every day during the summer months.

BD: Did you participate in other sports?

AR: Football, basketball, baseball. I went to Fort Valley State football tryouts, but didn't make it as quarterback.

BD: Tell me about your Army career.

AR: I was drafted May 26, 1971 (at age 20), into the greatest organization in the world – the U.S. Army. I served 20 years and 5 days, the best years of my life!!!!!!!!!!

BD: Is the Army the reason you live in Virginia?

AR: Yes, I retired, met Judy, married and stayed in Virginia.

BD: Where were you stationed with the Army?

AR: First, I went to South Carolina for training. I also served in Germany, Fort Lewis (WA), Fort Ord (CA), Korea (twice) and Fort Eustis.

BD: Tell me about your family.

AR: My son, Alvin Richardson, JR, is a minister, and I have two daughters, Zeondra and Ramone. I married my wife Judy in Newport News in 1988.

BD: As an adult, which did you start training for and competing in first – triathlons or swimming?

AR: Swimming with VMST. My first competition was in Norfolk, then on to Richmond.

BD: How did you get started in Masters swimming?

AR: The Riverside Fitness Center had Masters swimming under the watchful eye of Steve Hennessy. Steve took a personal interest in me and taught me the art of swimming. Steve was in the Air

Force then. He was military so I listened to him. He is a great swim coach!!!

BD: You have such an easy, efficient stroke that you must have had good coaching. What other coaches have you worked with?

AR: After Steve, along came Keith McCaffery (US Army, retired). Keith is the best damn swim coach that I have ever had or ever will have to coach me!!! I mean that!!!

BD: Where do you train now and how often do you swim?

AR: I swim three days a week at Riverside Fitness Center.

BD: Anything else to add?

AR: I would like to mention that I partook in the Hawaii Ironman World Championship Triathlon in 1991. I went to Hawaii with another member of the Peninsula Triathlon Club, Don Kane (a good friend). The Ironman is 2.4 mile swim, 112 mile bike and 26.2 mile run. My time was 12 hours 30 minutes 21 seconds.

My annual event is the Great Chesapeake Bay 4.4 mile Swim. I have competed in this event since 2001. In 2001 I placed 3rd in my age group (50-54) with a time of 1 hour 58 minutes. I have done the event every year since except 2006. At a swim meet that year, Jim Miller said "missed you at the 4.4 mile swim." I knew then I was not going to miss another. Jim Miller has been doing the swim forever, I think.

VMST has been good me. I have made friends like Bud Swiger – younger than me, but like a big brother, watching over me. There are many VMST members I would like to speak about, but space may not be available. If anyone sees my mentor, Forrest Sullivan, tell him Alvin said "hello." Many times at swim meets a swimmer will come up to me and ask "Alvin, from where do you hail?" I proudly say "from the University of VMST!"



Bud Swiger and Alvin

Nutrition continued from page 1.

that those sticking closest to a Mediterranean-style eating pattern were 28% less likely to develop mild cognitive impairment than those with lowest adherence.

Subjects were scored on a nine-point scale for how closely they followed each of nine components of the Mediterranean diet, which is high in fish, legumes, fruits, vegetables, cereals and monounsaturated fats (mostly olive oil), low in saturated fat, dairy and meat, and includes moderate alcohol consumption. Based on total scores, they were then divided into three groups – low, moderate and high adherence.

At the start of the study, 482 participants had mild cognitive impairment. Over an average 4.3 years of follow-up, 106 of these progressed to Alzheimer's disease. Those in the high-adherence group were 48% less likely to progress to Alzheimer's than those in the 'low' group.

Even moderate adherence to 'Mediterranean' eating proved beneficial, reducing the risk of progression to Alzheimer's by 45% compared to the low group. The moderate group also showed a non-significant 17% relative risk reduction for mild cognitive impairment...

Dr. Scarmeas and colleagues cautioned that the study couldn't prove a cause-and-effect relationship, because it was observational and not a clinical trial. The underlying mechanisms of any protective benefit were unclear, Dr. Scarmeas added, 'but they may include reduced vascular comorbidity, lower inflammation and lower oxidative stress.' "

From the April, 2009, issue:

"Wine Could Help Maximize Healthy Omega-3s"

Have a class of wine with that fish. A new European study finds that moderate wine consumption – one glass a day for women, two for men – boosts levels of the heart-healthy omega-3 fatty acids found in fish. The results may provide an additional explanation why moderate wine drinking has been linked to a reduced risk of heart disease, as well as helping explain the benefits of the so-called Mediterranean Diet, which features both wine and fish.

The IMMIDIET study that produced these results spring in part from the question of whether Italian dietary patterns persisted among Italian mine workers who'd emigrated to Belgium, often marrying Belgian women. IMMIDIET involved 802

married couples, ages 26 to 65, from Italy and Belgium as well as England. That mix of populations with different dietary and alcohol-consumption habits enabled researchers to separate the effects of wine from those of beer and other spirits.

Overall, alcohol intake was associated with higher levels of both main types of omega-3s found in fish – EPA and SHA – in blood plasma as well as in the membranes of red blood cells. But the link was stronger for wine drinkers than for beer or spirits. And alcohol, especially wine, boosted omega-3 levels even after accounting for varying fish intake.

Because wine had a greater association with omega-3s than other alcoholic drinks, the scientists suggest that other components in wine, such as polyphenol antioxidants, may be the key, rather than the alcohol. 'The role of wine rather than alcohol surprised us indeed!' commented lead author Romina di Giuseppe of Catholic University in Campobasso, Italy. One possibility, she suggests, is that the antioxidants in wine might protect the fatty acids against oxidation."



The VMST Fall Meet is set for Saturday, November 7. The pool supervisor promises cooler water.



Do you recognize this swimmer and coach? See page 5.

The Amazing Lisa Bennett

SCY Individual LMSC Records Women 50-54

Event	Time	Name	Year
50 free	26.75	Lisa Bennett	2008
100 free	58.86	Lisa Bennett	2009
200 free	2:08.58	Lisa Bennett	2009
500 free	5:49.53	Lisa Bennett	2009
1000 free	12:12.17	Lisa Bennett	2009
1650 free	20:26.08	Lisa Bennett	2007
50 back	34.52	Lisa Bennett	2009
100 back	1:14.32	Lisa Bennett	2009
200 back	2:39.09	Lisa Bennett	2009
50 breast	33.49	Lisa Bennett	2009
100 breast	1:12.85	Lisa Bennett	2009
200 breast	2:45.89	Lisa Bennett	2006
50 fly	30.29	Lisa Bennett	2008
100 fly	1:07.42	Lisa Bennett	2009
200 fly	2:38.76	Lisa Bennett	2009
100 IM	1:06.81	Lisa Bennett	2009
200 IM	2:31.86	Lisa Bennett	2006
400 IM	5:26.50	Lisa Bennett	2009

Pretty impressive, right?

Chris Stevenson, our LMSC Chair and Top10/Records Committee Chair, pointed out this phenomenal accomplishment. Every single record in the age group! Has anyone else ever managed this? If so, please let me know (Editor contact information is on page 2). The picture on the bottom of page 4 is of **Lisa Bennett** and her coach, **Dudley Duncan**.

At www.usms.org you can find listings of Top10 and All American accomplishments for swimmers. Lisa has 13 All American honors. That means her time was #1 in the Top 10 list 13 times. Interestingly, all were for the 50 or 100 breaststroke dating back to 1994. For the years 1984-1990, Lisa is listed as All American, but the events are not listed. Her #1 swims were in age groups from 25-29 to 50-54.

Because so many of her notable swims have been in breaststroke, the ability to set LMSC records in all events is even more impressive. Lisa has not abandoned her breaststroke events, however. At SC Nationals in Clovis this May, Lisa broke the **national record** for her age group in the 100 breaststroke!

Open Water Reports

Chesapeake Bay Swim (4.4 miles)

I (your Editor) went over the list of finishers for the Bay Swim held June 14. Chris Stevenson double checked, and we compiled the following list of Virginia LMSC members who completed the 4.4 mile swim. Please let me know if we missed your name or the name of one of your workout mates.

Rob Jones, M, Charlottesville, 1:34:52, **2nd overall**, 1/73 (first out of 73 in age group)

Paul Breza, M42, Earleysville, 1:55:27, 6/73

Deb Preitkis, F44, Alexandria, 2:01:53, 5/33

Frank Fallon, Warrenton, M53, 2:02:59, 12/54

Craig Charley, M26, Waynesboro, 2:04:50, 12/54

Shirley Loftus-Charley, F57, Afton, 2:06:47, First in Age Group

David Brown, M47, Lightfoot, 2:09:47, 28/71

Jim Robinson, M46, Virginia Beach, 2:10:48, 31/71

John Shrum, M60, Charlottesville, 2:13:02, 3/20

Michael White, M32, Cross Junction, 2:21:01, 15/28

Eileen Span, F44, Winchester, 2:21:59, 22/33

Artay West, M43, Arlington, 2:25:27, 37/73

Andrea Mahoney, F47, Richmond, 2:27:08, 12/24

William Knarr, M62, Fairfax Station, 2:28:14, 6/20

Elizabeth Cohen, F27, Richmond, 2:33:38, 100/163

Alvin Richardson, M58, Newport News, 2:35:46, 17/41

Robert Alderman, M40, Winchester, 2:36:24, 46/73

Dave Black, M45, Winchester, 2:36:30, 54/71

Rick Nagle, M55, Fairfax, 2:37:54, 20/41

Kevin Yungk, M51, Berryville, 2:45:41, 42/54

Jim Miller, M58, Powhatan, 2:46:09, 28/41

Allison Czapracki, F26, Richmond, 2:54:35, 21/26

Courtney Paulk, F39, Richmond, 2:57:33, 16/21

Cara Rudd, Winchester, F41, 3:00:05

Ed Pierce, M47, Leesburg, 3:05:00, 64/71

Carolyn Wilson, F49, Winchester, 3:02:46, 22/24

Completing this swim is a true accomplishment. Congratulations to all!

**See page 6 for more on Open Water:
Jack King Ocean Swim
A First Time Perspective**

Jack King Ocean Swim (1 mile)

The 26th Jack King One-Mile Ocean Swim was held on June 21. Once again, June and Ray McDaniels did a great job in organizing and running the event. The t-shirts were unique, and the awards (towels) were special.

June reports that entries were up for this year – over 140. In spite of the challenging conditions, there were 128 finishers. The lure of ocean swimming is that you can't predict the weather or the weather's affect on the ocean.

This year, everything pointed to a relatively easy swim. Prior to the start, the ocean was calm and there was no breeze. There was very little current. However, about 5-10 minutes after the start, the wind started up, blowing fiercely from the north. The swimmers had to swim into the wind. The wind might not have been so bad if there hadn't been a troublesome current at 31st Street. 31st Street is the half way point and all swimmers reported trouble there – both Masters who started at 10:00 and USA-S entries who started 15 or 20 minutes later. Everyone reported getting held up at the same point, unable to make much progress. Later in the week, it was reported that there was still a troublesome current in the same spot. The best explanation seems to be that the sand bars that form in the ocean cause rip currents. In this case, it wasn't dangerous (strong pull seaward) but was definitely a hindrance to swimmers' progress. *(Editor's note: This is my explanation; take it for what it's worth.)*

From Race Directors June and Ray McDaniels... A special "Thank You" goes out to all of our volunteers who faced many challenges due to the unexpected winds. My sister, Sara Noren, and Diane Haupt, handled check-in, Tom Kochaba is our chief timer (and he's still talking to me!), Madeline Gordon and friend were indispensable at the finish line, and Glen Knutsen and wife Marilyn took care of the scoring and many other difficult tasks due to the wind. Al Richardson swam out to the buoy after he finished to wave swimmers in and offer assistance. And thanks, Mom, for holding down the refreshment tent when it almost blew away. She almost blew away. I also want to thank Lisa Bennett, our registrar, who really has her work cut out for her in June due to the Jack King. And the flag boy, Wyeth McDaniels, turned in another fascinating performance. Once again, the Virginia Beach Lifeguard Service proved their professionalism and dedication to service. We couldn't do it without them! Thank you, Tom Gill, for making it happen.

A First Time Ocean Swimmer's Perspective On A Mile Race by Esther Platsis

As Bill and I are waiting for the safety meeting, Bill looks to me concerned and says, "Are you going to be okay? This is probably going to take you a hour." My reply, "I will be fine, it shouldn't take me that long since I do it in the pool in less than 30 minutes." Bill, still looking concerned, "Have you ever swum in the ocean before?" My reply, "I grew up swimming in the ocean, I will be fine." As I am walking down to the beach I realize that it was almost 30 years ago, and I don't ever recall swimming a mile in the ocean...uh oh...

One of the few bits of advice I got was to walk the boardwalk, so you have an idea of where you are. Did that. Also, be aware that other swimmers will be swimming on top of you, and my plan was to swim farther out. My thinking was if there were waves it wouldn't be as bad farther out (more like long swells).



The race started as an ocean start. The old people (Masters) wear red caps and they start first. Fifteen minutes later the youth group starts and older kids wear bright green caps and the youngest wear yellow caps. You have to swim out past this big red buoy, and when the horn starts, you swim one mile parallel to the boardwalk to another buoy. You have to make sure you swim around the buoy and then come in.

Five minutes before the race starts, I go out and head to the first buoy. As I figured, everyone was pretty much huddling around the first buoy. So I went another 10 feet past the buoy, BIG MISTAKE. The horn starts and off I go. For some reason, I start to think like I am in a boat instead of a swimmer. I figure if I swim out to sea at a slight angle it will compensate for the waves coming in,

See First Time on page 7.

First Time continued from page 6.

and I will actually be swimming parallel to the boardwalk. WRONG! I also figure, that I will have an advantage if I keep looking around to a minimum. BIG MISTAKE! The first time I pop my head up was at least 15 minutes into the swim; all I see are swells, and I don't see any swimmers. I start to think maybe I am swimming a little too far out, so I start angling toward the shore. I swim for what I think is five more minutes and pop my head up again. I see no one, and then I see a red cap a

lot farther in towards the shore. I see a jet ski, so feeling better. I continue, but this time aiming my way toward the shore in what I thought was about a 20 degree angle. I swim like that for what I believe is about 10 minutes and start thinking...hmm... I am probably too close shore now so maybe I should angle 20 degrees the other direction. You would have thought I had sails on me. I think I was literally going down the ocean like this "vvvvvvv" instead of this "-----".

The wind picks up as I reach the halfway point, but of course I am clueless to the change. It's starting to get harder and I am not understanding why I am making such little progress. I swear I am losing it, because I have passed the same hotel two times. As I am passing this hotel for a third time, a school of green cap dolphins (youth team) charges pass me and I feel like I'm treading water. I was sort of relieved, because I felt like I had been swimming for so long, I thought I might have swam right past the buoy (yes, starting to get delusional). I then remember that I had a 15 minute head start on the green cap dolphins, and I realize how slow I am, and I wonder if I am the last red cap.

Finally, I spot the buoy. It doesn't look that far (I think I was on an up part of the wave), which gives me a burst of energy and I start swimming toward it. Again, I am alone in the ocean. I hear the jet ski and he comes by to tell me to swim toward land for awhile (I guess I was heading to Europe). I swim and swim and swim, and finally, I look up and there is no one around and no buoy. Ummm..but I see another green cap and a yellow cap ahead of me....geez I am slow. I swim and swim and swim, and look up and I see the BUOY! It looks farther away than when I spotted it the last time. Ohhh..... is that a red cap behind me??? Just maybe, I am not the only slow one...I am feeling little better. I swim and swim and swim, and look up...the buoy looks sort of closer. I swim and swim and swim,

and look up and the buoy is closer! I see a bunch of red caps and they are below the buoy, so they are going to have come back out...I may have an advantage. I swim and swim and swim, and look up.... the buoy is not much closer (why am I not getting there?). I swim and swim and I swim, and I start to feel sea sick. I think this can really happen. My mom told me, when she was a little girl and on a swim team, she would get seasick swimming while practicing in the canals of Holland (and I never really believed her). I get to the buoy, and I am feeling like throwing up any second. But I am hopeful because now I can swim towards the shore. I am hoping I can catch a wave coming in.....of course I am not so lucky. It was probably a good thing because I was so tired; instead of riding a wave, I would probably have ended up eating sand in front of everyone. As I drag myself out of the water, looking very disoriented and about to throw up any second, I somehow manage to run up the beach to get my number.

I am proud to say I was 102 out of 128 finishers. There were 16 people that didn't finish. My time was 58:59. I finished 5th in my age group out of 7. I figure I probably swam a mile and a half with all my zigzagging. And I heard it was the toughest race in recent years because of the wind.

Two hours later, as I am still trying to recoup, I told Bill "That was the hardest thing I have ever done in my life". He burst out laughing says "I have been waiting for you to say that". I guess I looked pretty beat up. I don't know how I managed to ride my bike around with my son and swim in the pool for another couple of hours that day. I'd like to say it was a blast, but I am pretty sore. I do hope to do it again next year, since I am now a little wiser, and I would hope that I can improve my time!

Esther Platsis lives in the northern neck area of Virginia and swims with Coach Kathryn Gregory.

Family Time at Jack King

Several of the families with multiple participation in the Masters heat: The Deppe, Mickunas, Lancos families had 3 swimmers, the Arris, Ulsaker, Robbins, and Gulick family had 2.

Other families had parents in the Masters and children in the age group heats: D.A. Arris and son, Nancy Speers and son, Jim Robinson and daughter. I'm sure there were many others.

Peninsula Swimmers!

Looking for a place to swim?
Friends to swim with?
Expert coaching and strokework?

We are working to establish a new Masters team that will work out at the **Fort Eustis Aquatic Center in Newport News** and be affiliated with the Coast Guard Blue Dolphins. If you think you might be interested in joining us, please email **Robbie Allen** at RobbieA@usms.org. Demonstrating interest is essential to our success in getting things started, so please show your support!



SC Nationals Clovis, California May 7-10

Report on SwimQuest

7 swimmers from SwimQuest made the trip to California for Short Course Nationals:

Kristan Jacobson	Rebecca Franklin
Dee Hunter	Caycee Buscaglia
Lisa Bennett	Pam Dameron
David Frisch	

Medalists (top ten places) were:

Rebecca Franklin, 40, 10th 200 free; 7th 500 free;
3rd 1000 free

Dee Hunter, 43, 7th 1000 free; 9th 200 back

Caycee Buscaglia, 44, 5th 50 back; 7th 100 back;
6th 200 back; 10th 400 IM

Lisa Bennett, 53, 4th 100 free; 4th 200 free; 2nd 50
breast; 1st 100 breast; 3rd 100 fly; 3rd 100 IM

Pam Dameron, 63, 7th 200 free; 5th 50 back; 7th 50
breast; 2nd 100 breast; 2nd 200 breast; 6th
100 IM

David Frisch, 60, 6th 50 breast; 6th 100 breast; 4th
100 IM



From the Fort Monroe Casemate

VMST swimmer Barbara Streater was written up in the May 29 issue of the Fort Monroe base newspaper. → → →

Monroe Major Medals At National Swim Meet

A Fort Monroe major has earned recognition by the U.S. Masters Swimming organization as the third-best competitor in her age group (35-39) for the 1,650-yard freestyle and one-mile open water events. She is also ranked eighth by the USMS for the 50-yard backstroke.

Maj. Barbara Streater, the Executive Officer to the Assistant Deputy for TRADOC G-3/5/7, established her standings during the USMS Short Course Nationals that took place in Fresno, Calif., May 7-10. The event drew 1,582 swimmers from across the nation. Streater kicked in medal winning times of 20:46.25 for the freestyle event and 21:51.8 for the one-mile open water swim. Her 50-yard backstroke time was 34.38. She was among the top 12 competitors in the 200-yard individual medley event, and the top 21 for the 100-yard individual medley.

"I haven't competed in 15 years, so I was thrilled with my performances," said Streater, who learned to swim at age 5 and kept up with the sport through college, where she was a distance swimmer for the University of Delaware. During those younger years, she was deeply involved in USA swimming and competed in many regional events. While at Germantown Academy, a Philadelphia area prep school, her team won honors as National Prep School Champions. It was a "thrilling and humbling" time, she said, as she was swimming with classmates who were national record holders and Olympians.

"When I graduated from college, I stopped swimming competitively; however, I would still hit the water now and then as part of my fitness routine. Eventually my sons took an interest in competitive swimming, and they discovered it was really hard work. You just can't tell kids to 'suck it up,' so I figured it would be a good time to lead by example. Plus, I really love to race; it keeps

See Ft Monroe on page 9.

Fit Monroe continued from page 8.

me young, and being part of a team is very rewarding.”

Her eldest son, Andrew, was nationally ranked in backstroke at age 6, and continues to train hard and continuously improve, she said. Her other son, Devin, is also becoming a strong competitor at age 5.

“We obviously love being around the water and swimming is a great family event,” she said. “In fact, that’s a big part of my motivation now ... making them feel proud of what mom can do and encouraging them to reach their potential not only in sports but anything else they choose to do in life. Swimming and being part of a team is a great life lesson. Being a scholar athlete and learning sportsmanship is very important in the development of children; I want my sons to see that you are never too old to compete and give it your all.”

Refocusing on the recent USMS nationals, Streater said she wasn’t really concerned about her long hiatus from that level of competition going into the event. Swimming is one of those sports, she explained, where many individuals improve with age, unlike ice skating or gymnastics where an athlete might be considered “washed up” by the time they reach their early 20s.

Olympic swimmer Dara Torres was 33 when she won five gold medals at the 2000 games in Sydney, and at age 41, she won 3 silver medals at the Beijing Olympic Games in 2008.

That’s just an example, of course. Streater said she has no intention of pushing herself to Olympic competition levels. In fact, her training for the recent USMS nationals was fairly low key.

“On a whim, I swam a local race last fall, and found that I really enjoyed swimming with competitors of varying ages and skill levels. It was really collegial, social, and a lot of fun ... a little less reminiscent of the hard core training and competition I once

knew.”

After that, she started training with a local team that supported Master’s level swimmers, and she was hooked. “I couldn’t possibly train the same way I did when I was a kid; going at it six to seven days a week. But I still have a fairly well-rounded routine. It includes swimming three days a week, running, some weights, and lots of waterskiing with my husband and sons for a fun cross-train.”

She credits the Army also for its overall fitness expectations and emphasis on cardiovascular endurance. That emphasis certainly proved beneficial over the last fifteen years, Streater said.

“In order to qualify for USMS Nationals, I had to swim more challenging sets and make every workout count,” she noted. “Joining a team, having a coach, and swimming with others in the pool were very important also for personal improvement. I love to race; so having someone in the water next to me always pushes me to the limit. “I dropped over two minutes in the 1,650 free since my first race in that event last fall. That’s a very significant achievement in swimming, especially over a six month period. It’s totally attributable to better workouts and great coaching.”

Streater does plan to compete in the 2010 USMS Short Course Nationals in Atlanta and she’ll probably start preparing for that race in the fall. Until then, she plans to enjoy the summer waterskiing, which is actually a great way to build upper body strength, she noted. A couple of one-mile “recreational” swimming competitions may be worked into her schedule as well since she enjoys that sort of thing.

Streater offered a parting note of thanks to her husband, Brent, who is assigned to U.S. Army Cadet Command. His support allowed her the extra time to properly train for the USMS event. She also had an “absolutely awesome” cheering squad poolside — her sons.

See Streater on page 10.