

The Wet Gazette

The LMSC for Virginia - Serving Swimmers in Virginia And West Virginia
October 15, 2010

Registration News

From Lisa Bennett, LMSC Registrar

The time is fast approaching to renew for the 2011 swim season. Teams can renew their membership on October 1, 2010, for 2011, and swimmers can begin to renew on November 1.

Teams presently registered in the LMSC may go online (clubassistant.com) and renew. All of the team contacts (who have submitted updated email addresses) have been sent an email with the link to renew their teams. Teams may also send the registrar the paper form/check to register. If you have a team name change, you must send a new 2011 Club form to the registrar. You will keep the same registration number and receive your new name/initials. Your club's abbreviation must be cleared by the national office before they can be assigned. The fees for 2011 have not gone up for clubs (amazing!). It is still \$60.00 to register your team/club.

As a note to Team Reps: Please send the registrar updated information regarding your team reps, coaches, facilities and practice times. There have been many requests from swimmers regarding programs within our LMSC.

Swimmers may register online as well (using a credit card) or send in the paper form/check to the registrar. If you are representing a team, please make sure to mark the form with such. Please also remember to sign the form! USMS fee portion has gone up by \$2.00 for 2011 however the LMSC portion has remained the same. The total fee to join USMS will be \$37.00. Your LMSC will once again be giving the 18-24 year olds a break! The fee for this age group will be \$22.00. If you plan to join VMST (Virginia Masters Swim Team) you will need to add the team fee as well (VMST fees have dropped for 2011 to \$10.00 and \$5.00 for the 18-24 year olds!) VMST is the only team for which dues are collected when joining in our LMSC, so please don't be confused when submitting your fees. If you are joining a team other than VMST (or joining as "unattached") do not add VMST fees.

GOOD LUCK to you all this upcoming season!

Yorktown Triathlete Still Going Strong At 85

By Mark St. John Erickson

Note: This article is from the Newport News Daily Press. It also appeared at www.daily.press.com on September 6, 2010. It is reprinted here with permission from the Daily Press.

At an age when a lot of people are contemplating canes and walkers, **Miriam Tuovila** still looks forward to jumping on her bike. Two or three times a week she heads out from her York County home, logging 17 miles at a pop as she whirls through the Yorktown Battlefield tour roads on her training rides.

But that's just the beginning of a demanding weekly regime that would leave many younger people wheezing. Tuovila also puts in three early morning sessions of interval training at the pool — plus an hour each day walk-running through the streets of Marlbank with her dog.



So energetic is the diminutive 85-year-old that — on more than one occasion — she's zoomed past neighbors in her helmet and bicycle garb and been mistaken for a girl.
See **Tuovila** on page 3.



If you do not have internet access, contact me (Editor's information below), and I will send you an entry.

November 6: SCM Meet in Virginia Beach.
Online entries through clubassistant.com. Paper entry in this newsletter.

November 21: SCY Meet in Chapel Hill
See NC website

December 11-12: NE SCM in Boston

January: One Hour Swim

January 29-30: Charlotte, NC

January 30: Tropical Splash, Alexandria

February: VMST meet in Richmond

March 19: SCM Albatross, Open

April 2-3: Hillsborough, NC

April 15-17: Zone Meet, George Mason U.

April 28-May 1: USMS SCY Nationals in Mesa, Arizona. Entry will be in *Swimmer Magazine* and will be available online (usms.org).

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Virginia LMSC Website

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

Tuovila continued from page 1.

Already this year, she's competed in two sprint triathlons, beating her previous time in one by 3 minutes. After racing in Williamsburg's Patriot sprint triathlon Sept. 12, she'll be swimming, cycling and running in another event within a week. "I've never done that before," Tuovila says, sizing up the challenge. "But it's just in me to get out there and see what I can do."

Tuovila grew up in Jersey City, N.J., and studied mathematics and physics at Wilson College in Pennsylvania. Her ability to crunch numbers and juggle equations led her to the Peninsula in the early 1950s, when the young graduate took a job at Langley Memorial Aeronautical Laboratory — now [NASA](#) Langley Research Center. "I was a computer," she says, smiling as she describes her role among the female math whizzes who processed the lab's raw testing data in the days before electronic computers. "And the lab was where I met my husband."

Weimer and Mirjam — known to friends as "Presto" and "Mit" — were both unusually active people whose lives revolved around the water. Over the years, they sailed in the Caribbean and Mediterranean as well as the Atlantic. Mit even tried her hand at scuba diving.

Cycling was another interest and — combined with camping — gave the couple reason to make numerous long-distance trips across parts of the west as well as Virginia. "My husband and I biked out to Roanoke with some other people," she recalls, "and then we biked back on our own."

Mit also spent nearly four decades as a water safety instructor for the [American Red Cross](#). She taught uncounted numbers of kids how to swim in her popular summer classes at the beach in Yorktown.

But not until 1987 — when she was in early 60s — did she enroll in the [College of William and Mary](#) swim class that led to her first triathlon. "I wanted to swim faster," she says, "and I needed to improve my stroke." Teaching the 6 a.m. class was then-William & Mary swim coach Anne Howe — now Anne Anderson — a competitive swimmer and budding triathlete who couldn't help but notice her determined student. Like many of her classmates, Tuovila was already fit and competent as a swimmer. She also had a great work ethic, Anderson recalls. But something set her apart.

"I was in my 20s at the time," the coach

says, "and when I looked at Mit I thought she was really old. But she also had this great willingness and desire to learn and try out new things — and I was really impressed to see that in someone her age."

Not long afterward, Tuovila — with Anderson's encouragement — entered her first sprint triathlon. Though she excelled in the swimming and biking stages of the race, she struggled badly in the concluding 3.1-mile run. "I'll never forget it. I was ready to collapse," she says. "But when I crossed the finish line, all my friends were cheering me on — and I felt great. That's when I got bitten by the bug."

In nearly 25 years of races since then, Tuovila has amassed a drawer full of medals through her longevity and determination. In addition to local and regional sprint triathlons, she's also competed in swimming, doing so well overall that she's earned berths in both the state and national senior games.

Even after being sidelined by heart surgery more than a dozen years ago, she continued to compete and — if anything — intensified her training. "I see some active 85-year-olds. But as far as competing in athletic events, Mit is probably one of a kind," says family practitioner Susan Satchwell, a member of the 6 a.m. club with which Tuovila swims. "She's always pushing. She's quite competitive. And she gets upset when she gets passed."

Such unusual vigor and determination have made Tuovila a role model for many younger people. Marlbank neighbor Bonnie Baffin, who's been swimming alongside her for 10 years, calls her "my mentor for healthy living and working out."

"Her mental outlook is just as extraordinary as her physical condition," adds Robert Heimerl, who grew up in the neighborhood and sometimes accompanies Tuovila on training rides.

Tuovila herself has her own heroes, including a 97-year-old Richmond woman who still competes in the Senior Games — and who's known for her beautiful freestyle. Then there's the 90-year-old Southside woman who not only swims and bikes competitively but has taken up race walking.

"That's the thing about her. She always wants to be better and faster — and she can never get as fast as she wants," Tuovila's daughter, Sonja, says. "I don't think she's figured out yet that she's 85."

News from WAVA

Warrenton Masters Compete at Smith Mt Lake Swim...

Anna Whalen took 2nd in the 19 - 30 Female Group and **Coach Charlie Tupitza** won the 50 Plus.

The new venue was beautiful. The water was a perfect temperature and clear! You can see the swimmer ahead of you (so it was much easier to draft off Wally Dicks) and can see your hands! I spoke with the race director about getting it sanctioned next year and will help him do so and promote it.

It will be in the same place for the next 5 years. Condos are available at the starting line and nice camping is close by. The entire course is visible from the start. They had a nice buffet for us right after we finished and there was a big hot tub and pool at the finish!

You can get to the results to see other Virginia LMSC swimmers here:
www.warrentonmasters.org/Blog/2010/09/smith-mountain-lake-swim-results/

Charlie Tupitza

Coach, Warrenton Masters Swim and Tri Team
www.warrentonmasters.org/Blog, 540-428-2035

News from VMST

Fall Meet in Virginia Beach:

At the check-in, there will be a place to sign up for relays. If you have a group you want to swim with, the entry forms will be there. If you want to on a relay, but don't know others, sign up and we'll try to put together some teams. The relays are:

Event 2: 200 Medley Relay

Event 3: 400 Free Relay

Event 16: 400 Medley Relay

Event 21: 200 Free Relay

Event 22: 800 Free Relay

Zone Meet:

Note from the Calendar on page 2 that the Zone SCY Meet is at George Mason again. It is earlier than usual, but so is nationals.

Thinking Ahead:

This spring's SC Nationals will be in Mesa, AZ. It is earlier than usual to beat the heat in Arizona! Mark your calendars for April 26-29, **2012**. SC Nationals will be in **Greensboro, NC!!** It is a new pool under construction now, scheduled to be completed this summer. Greensboro is an easy drive; think about entering, even if you can only go for one or two days. We should have a large team for this one!



Barb Clifford-Dicks Jen Carlson John Carlson (Reston), Anna Whalen (Warrenton), Patricia Clifford, Charlie Tupitza, Jeff Roddin, Wally Dicks, Shirley Loftus-Charley, Craig Charley

USMS Convention

September 15-19, Dallas, TX

I hope to have a more thorough report next month. Here are a few items of interest:

Zone

Dave Holland, race director for Chris Greene Lake and LMSC Secretary, was awarded the **Colonies Zone “Dot” Award**. This award is given in honor of our first USMS Executive Secretary, Dot Donnelly. Dot was from Colonies Zone (Connecticut) and was a great example of someone who thoroughly enjoyed all of the work she did for USMS. This award is to recognize others who donate their time and efforts to make our sport better. Dave Holland runs a great race, promotes Masters swimming, writes a newsletter for his workout group at NOVA, and serves an officer in our LMSC. Congratulations to Dave!

As of now, there is no Zone SCM Meet. The **Zone SCY Meet** will be at George Mason again. Patriot Masters have to work around the college team and April 15-17 is the only weekend available.

Nationals

2011: SC in Mesa, AZ; LC at Auburn University in Alabama

2012: SC in Greensboro, NC, Apr 26-29.

LC is in Omaha, Nebraska, July 5-8.

LC in Omaha is a unique opportunity. It is 2 days after the close of the 2012 Olympic Trials, using the same pools. Special ticket packages for Masters will be offered to enable swimmers to see the last few days of the Trials, which end on July 2. On July 3-4, the pool will be used for practice by the Olympic Team and open a few hours each day for Masters.

Rules

None of the controversial Rules proposals passed. No more use of the old tech suits, even for yards. No changes in age groups or how to determine age for yards. I hope to have a more complete summary next month.

Dave Holland ►

LMSC Meeting

October 3, Richmond

The annual LMSC Board of Directors meeting was held at the University of Richmond on Sunday, October 3. Ten members were present and three joined us by telephone. Present were:

Chris Stevenson, Chair
Dave Holland, Secretary
Lisa Bennett, Registrar
Judy Martin, Sanctions
Betsy Durrant, Newsletter Editor
Patty Miller, Long Distance Committee
Jim Miller, VMST representative
Kitten Braaten, VMST representative
Pam Dameron, Quest representative
Charlie Tupitza, Warrenton representative

Connected by conference call were:

Charlie Cockrell, Treasurer
Alison Moore, Vice Chair
Laurel Davis, Blacksburg representative

I will include the minutes in the November newsletter. Of immediate note is that we elected officers:

Patty Miller, Chair
Charlie Tupitza, Vice Chair
Dave Holland, Secretary
Charlie Cockrell, Treasurer

Many thanks to **Chris Stevenson** for his work as Chair for the past 3 or 4 years. Chris will continue as our Records and Top Ten Committee and will also continue to maintain the website (vaswim.org).

Allison Czapracki has redesigned the website to make it more attractive and efficient. Charlie Tupitza volunteered to help Chris with the new aspects of the website.



VIRGINIA MASTERS SWIM TEAM
30th ANNUAL FALL SWIM MEET
SATURDAY, NOVEMBER 6, 2010



Short Course Meters

Location: Bayside Recreation Center, 4500 First Court Road, Virginia Beach.

Facility: Eight lane, 25 meter pool, non-turbulent lane markers. Six lanes will be used for competition; two lanes will be available for continuous warm-up and cool down. **Pool has been measured and certified for USMS records and Top Ten.**

Important Notes: Lockers require a quarter (25 cents). No glass containers in the pool area.

Directions: **From I-64**, take the Northampton Blvd. exit. Go approximately 3.5 miles (route 13 north) to the stoplight at Pleasure House Rd. Turn right on Pleasure House and take a left at the first stoplight onto First Court. The Rec Center is approximately .8 mile on the left. **From the oceanfront area**, take Shore Drive to First Court Rd. There is a stoplight at the intersection and a water tower nearby. The Rec Center will be on your right (about .8 mile), just past Bayville Park.

Meet Director: Betsy Durrant

Sanctioned by: LMSC for VIRGINIA for USMS, INC. Sanction #120-007.

Eligibility: The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). **For meets held in metric pools, your age is your age on December 31, 2010. All swimmers must be registered with USMS.** If you are currently registered, include a copy of your registration card with your entry. **If you are not currently registered, you may include your registration form and a separate check (to LMSC for VA) with your entry, register online at www.usms.org or be prepared to register with LMSC for Virginia on the day of the meet.** USMS registration (through LMSC for VA) is \$37 for 2011. Forms are available at www.vaswim.org and will also be available at the pool for new swimmers. **All new registrations after November 1 will be valid through December 2011.**

ORDER OF EVENTS. Pool opens at 9:00 am. Warm-up starts at 9:15 am. First heat begins at 10:00 am.

Men and Women will swim together. Back-to-back events are not a good idea.

- | | |
|------------------------------------|-------------------------------------|
| (1) 800 m Freestyle | (12) 50 m Butterfly |
| (2) 200 Medley Relays (W/M/Mixed)* | (13) 200 m Breaststroke |
| (3) 400 Free Relays (W/M/Mixed)* | (14) 100 m Backstroke |
| (4) 50 m Breaststroke | (15) 400 m Freestyle |
| (5) 200 m Individual Medley | (16) 400 Medley Relays (W/M/Mixed)* |
| (6) 200 m Backstroke | (17) 200 m Butterfly |
| (7) 50 m Freestyle | (18) 100 m Individual Medley |
| (8) 100 m Butterfly | (19) 50 m Backstroke |
| (9) 100 m Breaststroke | (20) 100 m Freestyle |
| (10) 400 m Individual Medley | (21) 200 Free Relays (W/M/Mixed)* |
| (11) 200 m Freestyle | (22) 1500 m Freestyle |
| | (23) 800 Free Relays (W/M/Mixed)* |

*** Relays**

There will be one heat of each relay. Women, Men, and Mixed Relays will be in the same heat. No charge for relays.

Entries: \$5.00 per event for pre-entries. \$10.00 surcharge for pool and equipment. **Late entries and deck entries will be accepted to fill heats at \$7 per event.** Swimmers may enter a total of 5 individual events and 4 relays.

Entry Deadline: In order to be seeded, pre-entries must be received by **Saturday, October 30.**

Online entries now available at https://www.ClubAssistant.com/club/meet_information.cfm?c=1212&smid=1763

Rules: Current USMS rules for Masters Swimming will apply. No one will swim alone. Swimmers will be seeded according to times; heats will run slowest to fastest; men and women will swim together. **Swimmers will be expected to cooperate with the Safety Marshall who will monitor warm-up. No diving during warm-up except in designated lanes.**

Awards: Medals for 1st through 3rd places in each event for each age group. Ribbons for 4th through 6th places.

Social: There will be a social immediately following the meet. Directions will be provided at check-in.

Hotel Information: Check hotel rates online. Most of the oceanfront hotels have very good rates in November.

Relays! In an effort to provide an opportunity for swimmers to compete in SCM relays, we have scheduled relays – events 2,3,16,21,23. There will be only one heat of each event. You must choose whether you are going to do a Women's, Men's, or Mixed Relay – they will be swum at the same time.

***** ENTRIES ARE DUE BY OCTOBER 30!*****

ENTER ONLINE AT https://www.ClubAssistant.com/club/meet_information.cfm?c=1212&smid=1763

Age (on Dec 31, 2010): _____ Phone: _____ E-mail: _____

Attach copy of your registration card here. If your card is attached, it is not necessary to complete the following information, but **be sure to sign the waiver**. If you are not registered with USMS, you may include your registration form and a separate check with your entry, or you may register at the meet. You must be registered to participate.

Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

USMS #: _____ Team: _____ Sex: _____

I, the undersigned participant, intending to be legally bound, do hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Swimmer's signature: _____ Date: _____

Please enter seed times for meters. If you do not have any times for meters, add 10% to your yard times.

Relays may be entered on the day of the meet. Relay forms will be available at check-in.

<i>Evt #</i>	<i>Seed Time</i>	<i>Event</i>	<i>Evt#</i>	<i>Seed Time</i>	<i>Event</i>
(1)	_____	800 m Free	(12)	_____	50 m Fly
(4)	_____	50 m Breast	(13)	_____	200 m Breast
(5)	_____	200 m IM	(14)	_____	100 m Back
(6)	_____	200 m Back	(15)	_____	400 m Free
(7)	_____	50 m Free	(17)	_____	200 m Fly
(8)	_____	100 m Fly	(18)	_____	100 m IM
(9)	_____	100 m Breast	(19)	_____	50 m Back
(10)	_____	400 m IM	(20)	_____	100 m Free
(11)	_____	200 m Free	(22)	_____	1500 m Free

Please note that there is no break in the meet program. Think carefully before entering back-to-back events.

Relays (events 2,3,16,21,23) will be deck entered. There will be no entry fee for relays.

Number of Events _____ x \$5 = \$ _____

\$10 Surcharge = \$ **10**

Number of people for social _____ x \$5 = \$ _____

Results Mailed (\$1) = \$ _____

Total Amount Enclosed = \$ _____

*Results will be posted at
www.vaswim.org.
If you want results mailed
to you, fill in blank to the left.*

*Make checks payable to: VMST. Attach a copy of your registration card. Be sure you have signed the waiver.
Mail to: Betsy Durrant, 211 66th Street, Virginia Beach, VA 23451. For questions, e-mail Betsy at durrant6@cox.net or phone Betsy at 757-422-6811. No calls after 9:30 pm, please!*

Local Masters Swim Committee Newsletter
Lisa Bennett, LMSC Registrar
11812 Winfore Drive
Midlothian, VA 23113-2455

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News about SNOW Masters

Last month I reported on VMST at LC Nationals in San Juan. I did not realize that SNOW Masters had one swimmer entered in the meet.

Matt Haupt, age 30, entered just two events and won both!! In the 100 meter butterfly, Matt was first in a time of 55.67. He also won the 200 butterfly with a time of 2:03.76.

My sincere apologies to Matt for overlooking his outstanding accomplishments. Congratulations to Matt!

