

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
August 15, 2012

Chris Greene Lake Swim

By Dave Holland

We had another successful day in Charlottesville at the 36th annual Chris Greene Lake Swim on July 14, 2012. This year we offered both a 1-mile and 2-mile event. We had 53 finishers in the 1-mile event, and 69 completed the 2-mile course. In addition, we had 7 brave souls who swam both. **Brad Phillips** and **Abby Nunn** were the overall male/female winners of the 2-mile event, while **Chris LaBianco** and **Maura Smith** prevailed in the 1-mile. Congratulations to **Adam Barley, Chris LaBianco, Shirley Loftus-Charley, Brad Phillips, and Richard Selden** for setting 6 new USMS national records (**Shirley broke two records!**). Official results, as well as updated records, photos, and a press release, are available at www.cableswim.org

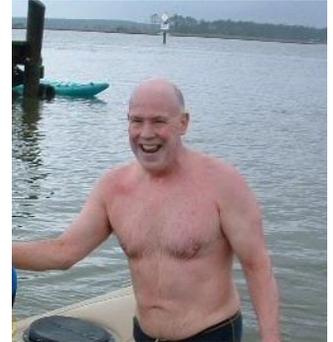
This event required considerable support and manpower. I want to thank **Matt Smith** and his staff at Albemarle County Parks and Recreation for supporting this event since 1977, and for the superb job done by **Dave Dollins** each year in installing the cable. Also, this event is not possible without the safety effort from **Noah Madden, Pete Davidson** and their volunteers from the **Charlottesville-Albemarle and Lake Monticello Rescue Squads**. Our new VMST President, **Elizabeth Cohen**, also deserves special recognition as she essentially served as co-race director this year. Elizabeth gets credit for taking care of the t-shirts, securing our sponsors and arranging giveaways, selling CGL magnets and caps, ordering Which Wich subs for our volunteers, setting up the venue and keeping the food stocked, getting the timing clock, writing checks, and a million little details that crop up in the week before the event. My favorite text from Elizabeth on the day before the race: "Don't forget the swim noodles and the gnarly board!"

See *CGL* on page 4.

Gazette Vignette- Bob Aitcheson

By Dave Holland

Bob and I spoke on the phone on May 23, 2012. Bob lives in Jefferson County, WV, and retired last year after 32 years as a lawyer in Charles Town, WV. He has been involved in Masters Swimming since 1988, when he started doing open water swims. He is registered with Winchester Masters.



Where do you swim and how often?

I have had an Endless Pool in my basement since August 2008, and I probably swim in it 3 or 4 days per week. I also swim in a local quarry a couple times per week, about 2 miles. I don't mind the cold water, so I stay out there from April to November. I like being outside, but I find that I get a better workout in the Endless Pool.

I've never swum in one of these Endless Pools. What's it like?

Well, it forces you to stay at a certain pace. It doesn't take long at all to get used to it. I swim for an hour at 675psi, which is just a shade under 2 miles-per-hour. When I stand up after an hour, I'm sweating.

Can you describe what the pool looks like?

Sure, it's 7 feet wide by 12 feet long, and 45 inches deep. It has a lip that's a foot wide all the way around it, and I can regulate the speed to my liking. It has a mirror on the bottom and an angled mirror in front of you, so you can watch yourself and constantly monitor your stroke. It's a well-engineered piece of equipment. I do swim in a pool in Winchester occasionally, and when I swim laps there, it's too easy to slow down as you get tired.

See *Vignette* on page 3.



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

August 18-19: NC LC meet, Cary, NC
Online entries at clubassistant.com

August 25: USMS 1-Mile Open Water Champ., Lake Lure, NC

September 29: Randolph Macon College in Ashland, VA.

September 30: Pelusa Open Water Series

October 28: Sprint Classic at GMU

November 3: VMST SCM Meet, VA Beach
Entry will be in the September newsletter.

May 9-12: USMS SC Nationals, Indianapolis
Make plans now!

June 5-13: Pan American Meet, Sarasota

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LMSC Election Nominating Committee

The Virginia LMSC will hold elections of officers at our annual fall meeting. We need a nominating committee of 3 LMSC members to suggest candidates. If you are interested in serving on committee, please notify **Betsy Durrant**.



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

ONLINE Registration for many meets:
www.clubassistant.com

LMSC Officers

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Graphics from www.swimgraphics.com

Vignette continued from page 1.

With the Endless Pool, you've got to maintain your speed. If you slow down, you'll run into the back wall.

I go to the pool and swim with a group at a prescribed time each morning, and we all begin together, so the routine and discipline is built-in. Do you find that it's hard to discipline yourself to go downstairs for your swim?

Well, that's an interesting question. I practiced law in Charles Town for 32 years, and retired last year. It used to be, when I was working, that I was much more disciplined in my training than I am now. I used to swim in the morning. Now, I'm not as held to a schedule, so I usually swim in the middle of the day or the afternoon. The Endless Pool automatically cuts off every half hour, so I stop after an hour or sometimes an hour and a half. It's fairly low maintenance. You don't even have to put a swimsuit on.

Do you receive any coaching?

I swim by myself. There was a time, in the 1990's, when I would go to Leesburg and swim with a team, and I really enjoyed the coaching, and was conditioned really well. Also, I have done many of the Total Immersion camps with Terry Laughlin, and that's been very helpful and very enjoyable. We went to one in Barbados, and I've done one in Florida, too.

What is your background as a swimmer and athlete?

I never really swam competitively until I started doing open water in the 1980's. I was swimming in a local pool at that time, and KC Nau was getting ready for the 1987 Bay Swim, and he talked me into giving it a try. So I trained for it and signed up for the Bay in 1988.

I played some football in high school and played rugby in college. I've had five knee surgeries, so I don't do any running, but I do cycle a couple days a week. I do the Sea Gull Century ride each October, in Salisbury, Maryland.

Where was college for you? How about law school?

Well, I moved around a little bit. I started off at George Mason, helped start the rugby team

there, transferred to UVA down in Charlottesville, and finished up in College Park at University of Maryland. It took me a while to figure out that I didn't get credit for drinking beer and chasing women.

For law school, I graduated from Catholic. I also spent three years in the Navy down in Pensacola, and picked up a Master's degree down there at Troy. My family laughs because I have all these degrees and I'm the least inclined for academics.

You've been a frequent attendee at Chris Greene Lake and the Great Chesapeake Bay swim. What brings you back each year?

I enjoy it and like to compete against myself. I'm not that fast, but I just really enjoy doing it. It's as close to Mother Nature as you can get. I've finished the Bay 15 times. My first year, in 1988, I thought I could swim forever and at the 3 ½ mile mark, the current was strong, so I put my hand on a bridge support for a break, and then I got carried too far outside the bridge, so I got disqualified (the GCB swim has a firm rule that all swimmers must stay between the two bridge spans at all times, or you get picked up by a boat). There were two other years, 1991 and 1992, when the current was very strong, and like many hundreds of others, I didn't finish.

Chris Greene Lake, I've done almost as many, since the early 1990's I think. I've also done Lake Minnetonka (Minnesota) and Lake Leelanau (Michigan) several times, and I've done the one across the mouth of the Potomac River (7.5 miles). I'm going back to Potomac this year (June 2). I think the longest one I've ever done was 10 miles, on the Eastern Shore. I also did the Bermuda "Round the Sound" year before last and that was very nice. It was a 7.25k. I've also done the Tiburon Mile swim out in San Francisco 3 or 4 times. I don't mind the cold water, and don't wear a wetsuit.

Every swim is different. Gary Emich and Joe Oakes wrote a book about the Alcatraz swim ([Open Water Swimming: Lessons From Alcatraz](#), 2010). Gary has done it 750 times and he says every one is different. That's what I find about the Bay and these other swims in tidal waters- every time it's going to be different.

Outside of swimming, what occupies your time?

Well, I do some cycling, as I said, a couple days per week, 25 or 30 miles. I like to ride on the towpath (C&O Canal) with my friend Doug Rockwell from Sandy Hook to Shepherdstown. I have 4 kids and 5 grandchildren, my wife and I own some rental properties, and we live on 46 acres in Jefferson County, so all of that keeps me busy. You know, when you retire, people think you have all this free time and they expect you to be available to them. I think I'm going to go back to work, and then retire again, but not tell anybody that I'm retired (laughs).

Looking back on your open water swimming, is there a particular race or event that stands out?

Gosh, I don't know, I've done so many.

Well, has there ever been a time when you were in a rough situation, or were afraid in the water?

No, not really, I've been in rough water. Actually, I've been anxious in a kayak, but not in the water. I've got one of these high-performance kayaks, and it's a lot more high-performance than this guy using it.

With the swims that I do, I find that the race directors are very good about safety, and they don't put you out there if it's going to be bad. In many of these races, the Coast Guard has to approve it, so they won't put you out there if it's bad. I've never been scared but I do know what to watch out for. At the Bay, I know that pile of rocks under the pier.

People might be surprised to know that...

I started pickin' bluegrass recently. I've enjoyed bluegrass all my life, but I started taking lessons last May from Murphy Henry. I just had another lesson with her tonight, and she tells me that I've advanced from the beginner level to intermediate. I guess I'm making progress.

Bob Aitcheson with Dave Holland at Chris Greene Lake, July 2012.



CGL continued from page 1.

I'd also like to thank the following people for giving up their weekend, for going above and beyond, and in some cases, for juggling a busy morning of swimming and volunteering:

Brian, Alice, Griffin, and Madelyn Phillips (Team Phillips!). Brian and Madelyn patrolled the turn ends of the course in kayaks, Alice spent *hours* in the water at the finish line to welcome the tired and weary, and Griffin served as runner and clean-up man. **Jay Peluso, Robin Claiborne, and Kristan Jacobson**: you corralled and collected with just the right touch of clarity and compassion. This might be the first year on record that we didn't have to go searching for a missing tongue depressor or swimmer... **Chris and Heather Stevenson**: thanks for the many hours behind the scenes on the website, and for remote support on all things Hytek. **Shirley, Craig, Amy, and Doug Charley (Team Charley!)**: the food tent was another success due to your efforts. Thanks, Shirley for purchasing and transporting the groceries, and thanks Craig for assisting with results. For Doug, I'm sure that watching Shirley and their two kids finish within 6 seconds of each other in the 2-mile was especially gratifying. **Jim and Patty Miller**: Thanks for another fabulous job wearing multiple hats: safety/medical coordination, starting, announcing, timing, swimsuit policing, and comic relief.

Age Group Winners at CGL

Two Mile

Abigail Nunn	18-24	Bradley Phillips
Amy Charley	25-29	Craig Charley
Emily Ward	30-34	Jason Watson
Anne Marie Adams	35-39	David Bell
Virginia Fontana	40-44	Trey Mcferren
Val Van Horn Pate	45-49	Derek Raulerson
Sara Levine	50-54	Jim McFarland
Michele Davidson	55-59	Ed Boyle
S. Loftus-Charley	60-64	Bob Macionis
Helene Rosenberg	65-59	Bob Aitcheson
	70-74	Floyd DeAndrade
	90-94	Richard Selden

See One Mile Winners on page 7.

Hot, But Nice And Cool In Omaha

by Bob Schreiner

Nine members of VMST left their unseasonably hot U.S. homes in early July with the hope of success (and a cooler climate) in Omaha, Nebraska—host city for the 2012 USMS Summer Nationals held 5-8 July. While nearly all of them found success in the astoundingly impressive temporary pool installed within Omaha's immense CenturyLink Center, not one of the nine found any heat relief in the sizzling, record-breaking temperatures that baked Omaha and nearly the entire Midwest. People might debate the issue of "dry heat," but "hot" is hot in all tongues. (Those famous Omaha steaks? If ordered during the month of July, they are likely to arrive at your home already pre-cooked as they pass through the Omaha-based Fedex and UPS shipping centers.) One other VMST Member, Sandy Galletly, also found success but he and wife Lesley actually welcomed the Midwest warmth—a term as alien to their native Perth, Scotland, as are flamingos and bison.

All 1,250 competitors in the Summer Nationals found relief only in their cool homes or hotels, in Omaha's many excellent dining establishments, or inside CenturyLink Center, which unlike nearly every other indoor swimming venue was air-conditioned and humidity free. For the few non-swimmers in attendance, Lesley and yours truly among them, the swimming complex offered comfort (padded seats!) way beyond expectation and experiences at other USMS events. Had Lewis and Clark visited this place, they would have set up permanent camp immediately and forgone any plans to head for Oregon. I have a granddaughter who would describe the Center as "awesome," and I wouldn't argue the point. I soon learned, however, that "comfort" means different things to different folk. When I saw Kitten Braaten the first time in the Center, she was shivering in her "comfortable" seat next to mine. Not that I am a tease or anywhere close to one, but I had to remind her then and time and again how nice and cool it was inside the swimming complex. (She never agreed with me, but that has held true with all French speakers I've met.) As we prepared to fly to

Omaha and its 100°-plus temperatures, I thought my wife was showing early signs of dementia when I saw her cramming her large parka into our shared suitcase, but what do we non-swimmers know? (Don't answer that.)

The large swim teams quickly discovered on the first day of competition that the small VMST contingent was out to make a statement. VMST honchoess ("honcho" sounds too manly) Betsy Durrant swam the 1,500-meter freestyle as though it was a splash in the spa by winning the event foot-and-handily. Teammate Ida Hlavacek finished a strong third in the same event. Less than an hour later, Dave Holland and Sandy announced their competitive presence with 2nd place finishes in the 1,500 free in separate age groups. Dave, a normally sedate gentleman—a rarity among this party-loving and far-from-shy VMST crowd?—was actually quite pleased with his performance, telling listeners that he "swam the event seven seconds faster than four years earlier." Now, that is impressive! (The only thing I do quicker—and more frequently—now than four years ago is high-tail it to the bathroom during the night.) Later, Dave picked up a 2nd-place medal in the 200 fly.

The other distance event, the 800-meter freestyle, was also held that first day, and Adam Barley did himself and VMST proud with a very respectable 2nd place in his age group. An obvious glutton for punishment, Adam showed up early the second day to swim the 400-meter IM. I have absolutely no idea why non-masochistic swimmers even show up for this grueling event, but Adam of course is still young (and foolish?). Adam not only survived the ordeal; he took 1st place in the event. Before the meet ended, this relatively new VMST member—a "hip, hip, hooray" to whoever recruited him—also won the 200 IM and placed 3rd in the 200 butterfly. The other VMST swimmer who showed stamina and success in the tough individual medley events was Ida, who placed 2nd in both the 200 and 400 IM. Ida also added valuable team point to the VMST total by placing 2nd in the 100 and 200 fly and taking 3rd in the 200 backstroke.

Now into my fifteenth year as Beth's masseur, travel agent, and—most important—beverage manager, I think I know why the VMST swimmers performed so well and why so many world and national records were set during these summer nationals. Pure and simple, even if a bit pricey, Omaha is "glutted," so to speak, with

marvelous restaurants serving the most delicious cuts of beef north of Kansas. While the competitors complained about having “tired legs” and shuddered occasionally in the Center’s air-conditioned environment, I heard no one moan about any dining experience. For example, it was more than a rumor that several “invited guests” joined Betsy, Kitten, Sandy and Lesley, and Tom Woods for a Saturday night beef bash at Rick’s Café Boatyard. Since Beth and I were not among the “invited guests”(must have been my deodorant, or lack thereof) that Saturday evening, we chose to visit Rick’s a week later before we left Omaha to see and taste what we missed. Even though Rick’s had not yet been able to restock fully their beef locker and dessert cabinet from the aforementioned Saturday bash, we had a delightful pair of salads. (Yes, vegetables are available in Nebraska.) We and other VMSTers dropped a lot of Nebraskan dinars at such marvelous restaurants as Omaha Prime, Sullivan’s, 801 Chop House, V. Mertz, M’s Pub, Upstream Brewery, and Rick’s, but the quality of food made it a worthy investment. This is the land of beef, as any menu screams at you, and not chicken country. (In fact, if one asked the proverbial question of why the chicken crossed the road, here is the answer. If the “road” is I-29, he crossed it to get into Nebraska, the safest place anywhere for a chicken to stay off a menu.) As Beth can vouch, these beef houses also know and serve fine wine. Betsy also likes her wine. Thinking out loud to a waitress at the Upstream Brewery that ordering wine in a brewery might be considered sacrilegious, she was corrected promptly: “No, a sacrilege is ordering domestic beer.” Wine it was!

Back at the “nice and cool in here, Kitten” pool, other VMST swimmers also excelled despite their weekend protein indulgence. My official wine taster, Beth, for example continued her recent success at USMS national meets by winning the 50 and 200 free, taking second in the 100 free and 100 back, and finishing 3rd in the 50 back. If Betsy is VMST’s distance queen, Beth is the team’s sprint queen. “Grandma Evinrude” loved the Center almost as much as she enjoyed the city’s wine menus, but she was not impressed with the facility’s locker rooms, which simply had too few stalls. In fact, Beth joined others in choosing to change in the much larger public restrooms. In addition to gaining increased space and privacy, she thus avoided the somewhat painful sight of women struggling to get

into their bathing suits. As she put it, “Watching someone put on a tech suit is like watching sausage being made—definitely not recommended.” In either case, in Kansas-speak, it sounded to me that a whole lot of stuffing was going on.

Betsy also loved the pool. When she wasn’t winning the above-mentioned 1,500 free, as well as the 400 free two days later, she finished 3rd in a highly competitive 200 free. Typical of her natural benevolence, Betsy skipped Friday’s events (except for one relay) so she could volunteer as an on-deck coach during warm-up swimming, which included offering useful advice for those swimmers adapting to the pool’s new starting blocks—which were retained following the previous week’s exciting U.S. Olympic Trials. On that note, I wonder how many USMS swimmers reveled in the thought that “I dived from the same blocks and swam in the same pool as Missy Franklin and Michael Phelps.” Now, that is cool (or hot)! (I once sat on the same dugout bench that held Braves’ Hall of Fame baseball legends Warren Spahn and Eddie Mathews.)

Sandy, VMST’s intrepid Scot, also had a good meet. Matching his early 1,500 freestyle result, Sandy placed 2nd in both the 400 free and the 200 back. Where there is Sandy, there is usually a laugh (and occasionally a DQ—and I don’t mean Dairy Queen). One afternoon shortly after I reminded a quivering VMST swimmer “it’s nice and cool in here, Kitten,” I overheard Sandy commenting on a slow race involving swimmers in the 80-84 age group, “At their age, a week is a very long time.” Just before noon on Sunday, Sandy expressed his glee and relief after finishing his final event. Before he could even dry off completely, he asked no one in particular, “Do they sell beer in here?” You should have seen his face light up when he heard the answer, “Yes.”

Three other swimmers made up the VMST team that scored so well in Omaha, two newcomers and one veteran. I never met Clifford Arnold, probably because he was swimming while I was searching wine and steak menus. The other newcomer was Kirk Clear, whose name might suggest he was among those rough and tumble Hollywood Western stars of the ‘40s and ‘50s but whose age belies that possibility. Now that he is better known among his teammates, “nice guy”—I’m quoting the ladies here—Kirk joins Dave as a member of VMST’s “gentlemen’s club.” The

VMST veteran, of course, was Tom Woods, who drove up from the bustling mini-metropolis of Long Lane, Missouri, to swim only relays with his teammates. As noble as that may be and sounds, it was still the same old Tom on the pool deck once he started bantering with his teammates. After Tom bemoaned his slow time in one relay, a teammate kindly observed, “but, you sure looked good, Tom.” Before I could have told Kitten how pleasant the Center’s temperature was, Tom’s jaunty riposte was: “Yeah, I looked good for a l-o-n-g time.”

Many of you readers no doubt watched on your computers earlier this summer the installation and filling of the pool in the Center; it was a sensation on YouTube. On the meet’s final day, several swimmers made a late afternoon visit to the Center to pick up medals. I have it on good authority that the pool had already been drained! “How did the water get here?” was a question many swimmers other than Ryan Lochte posed in June and July. Now, inquisitive minds—not I, obviously—ask, “Where did it go?” While the pool’s rigging is reported to be on its way to New Jersey, I suspect the drained water is on its way to New Orleans. After last summer’s terrible flooding of the Missouri, I hope the Center’s management and maintenance people had the courtesy to alert cities such as St. Joseph, Missouri; Atchison, Kansas: Kansas City and St. Louis that a heavily chlorinated tsunami was on its way from Omaha.

Alas, Omaha is now only a memory. However, now that many VMST swimmers have been introduced to the Midwest’s fabulous beef and are hooked on the Atkin’s Diet, I suggest we set a date for Indianapolis. See you at St. Elmo’s Steakhouse in May 2013.

Teams at CGL

As I typed the list of winners from Chris Greene Lake, I was struck by the variety of teams and the number of “Unattached” swimmers. I think many of the Unattached swimmers were from One Event Registrations. That brings up the question of why these very good swimmers only swim one event and don’t enter other USMS events.

Teams represented by age group winners:

VMST: Amy Charley, Val Van Horn Pate, Shirley Loftus-Charley, Derek Raulerson, Jim McFarland, Clair Russo, Maura Smith, Kim Guenther, Stephen Gomez, Adam Barley, Frank Millikan, Owen Maher

UNAT: Abigail Nunn, Emily Ward, Anne Marie Adams, Virginia Fontana, Sara Levine, Helene Rosenberg, Bradley Phillips, David Bell, Trey Mcferren, Ed Boyle, Floyd DeAndrade, Richard Selden, Michelle Caron, Melanie Brede, Beth Goodloe, Anne Castle, Matthew McGraw, Albert Dela Cruz, Alan Pettigrew

SUNF: Michele Davidson

RCA: Craig Charley

RMST: Jason Watson

WMS: Bob Aitcheson

RIPM: Caitlyn Ramsey

LAMS: Gil Pabon

BLU: Christopher LaBianco

Other teams with swimmers at Chris Greene Lake:

ARMS, POWM, WAVA, MASH, AARG, DCM, CUBU, ACAM, CPSH, URMS, VTAC, NCMS, SDSM

One Mile Winners at CGL:

Michelle Caron	18-24	Stephen Gomez
Claire Russo	25-29	Matthew McGraw
Maura Smith	30-34	Adam Barley
Melanie Brede	35-39	Gil Pabon
Cairlyn Ramsey	40-44	Chris. LaBianco
Beth Goodloe	45-49	Albert Dela Cruz
Kim Guenther	50-54	Jim McFarland
Anna Castle	55-59	Alan Pettigrew
S. Loftus-Charley	60-64	Frank Millikan
	75-79	Owen Maher

Craig

Charley



CLUB NEWS

Note: Normally, I'd say "Team" news, but I am trying to be correct. In USMS, "team" refers to a "relay team" while "club" is used for the group.

WYTHEVILLE MASTERS MAKE A SPLASH

The newly formed Wytheville Masters, hailing from southwest Virginia, made a big splash during the 2012 Commonwealth Games held at the two-year old Christiansburg Aquatic Facility. Over the June 30-July 1 meet, the Wytheville Masters accumulated 6 medals and medaled in every event they entered!

Larry Hutton, who got the team together also made a note that he used to weigh 345 lbs! Swimming is a great thing, isn't it!? Congrats to Wytheville Masters!



Ron Honaker, Carol Hatch, Larry Hutton

VMST Logo Merchandise

We have accumulated a few VMST Logo items.

Betsy Durrant has:

swim caps (free)

black t-shirts with VMST logo (1-M, 3L), \$10

long sleeve tie-dye shirts (10-XL, 8-LG), \$14

Black shorts (7-L, 1-M), \$10

Purple t-shirts with logo (3-S), \$8

If you want any of the above items, we will have everything at the September 29 meet at Randolph Macon College in Ashland. If there is interest, we can reorder the new long sleeve tie-dye shirts.

Attention All Coaches

An ASCA (American Swim Coaches Association) Masters Certification Course will be held in Greensboro, NC, on Wednesday, September 12. Level I, II, and III will be offered. You must be a member of ASCA to attend and earn certification. Sign-Up information can be found on the USMS website.

Attention VMST Coaches

VMST officers are discussing offering a stipend to help pay for the cost of certification. At this time, nothing has been decided. However, we plan to make a decision by the end of August. If you coach a workout with VMST members (not necessarily exclusively VMST) and are yourself a VMST member and are interested in a certification course, let President Elizabeth Cohen know. When a decision is made about stipends, we can let you know. elizcohen@hotmail.com



*Alice Phillips
And
Robin Claiborne
– workers
at Chris Greene Lake.*

The Shirley File

Over the years that he has been race director for the lake swims at Chris Greene Lake, **Dave Holland** has kept us informed about the amazing record of **Shirley Loftus-Charley**. Shirley lives in Afton, which is very near Charlottesville. Shirley has always enjoyed this event and made it a point to participate. Dave's 2012 update:

Shirley's day was noteworthy for several reasons:

- 1. Two national records (second year in a row) in her 31st consecutive year at CGL.*
- 2. She and her 2 kids were within 6 sec of each other in the 2-mile...*

*Amy 45:35
Shirley 45:38
Craig 45:41*

- 3. Her time of 45:38 this year at age 60 was only 4 seconds off her career best time of 45:34 in 1989 (at age 37).*

Retirement is good to some folks!



VMST Fall Meet

The date for the fall meet in Virginia Beach has been set – **Saturday, November 3**. The entry information will be in the September newsletter and online entries should be available after September 1. A full schedule of events, including distance relays, will be offered. The meet is in a 25 meter pool.

Changes in the Newsletter

By Betsy Durrant

One of the largest expenses for our LMSC is the cost of printing and mailing the monthly newsletter. In an effort to control costs, I am trying to limit the number of pages. Last month (July), the newsletter was just 8 pages instead of the usual 12. This month...not so good. With information about the lake swims, Omaha LC Nationals, and the entry for the new meet at Randolph Macon College, it's back to 12 for this month.

Meet directors and race directors need to be aware that I am trying to keep meet entries to one page. The information page with details of online entries will be published for meets; the second page with the paper entry will only be published if there is room. To accommodate those who prefer paper entries, the complete entry will be posted online at www.vaswim.org. Coaches and friends can download the entry for those who don't use online entry. Or, I will mail the complete entry for those who request it.

This month I have included the complete entry for RMC. The way our newsletter is printed requires pages to be multiples of 4. Once I pass 8 pages, I have to go to 12.



The ladies who practice at NOVA: Clair Russo, Abby Nunn, Maura Smith.



PICKIN' UP STEAM

SATURDAY, SEPTEMBER 29, 2012

Location: Randolph-Macon College, Brock Center, 103 E. Patrick St., Ashland, Va. 23005. The pool is a 5-minute walk from the Amtrak train station and historic Ashland. Lodging at The Henry Clay Inn B&B is behind the train station.

Facility: Six-lane, 25-yard pool, non-turbulent lane markers. Five lanes will be used for competition; one lane will be available for continuous warm-up and cool down. Concessions will not be available. Please bring your own snacks/ beverage.

Pool has been measured and certified for USMS records and Top Ten.

Directions: From I-95, take exit 92B, Ashland/Hanover and go west on rte. 54. Go approximately 1.2 miles on rte. 54 west until you come to the RR tracks. Turn right onto N. Railroad Ave. just before the tracks (heading north) and drive about .3 mile beside the RR tracks. Brock Center will be on your right. Drive past the Brock Center and turn into the parking lot on your right, near the ball fields. Follow the sidewalk near the football field to the main entrance. After turnstile, turn left and the pool is to the right of the climbing wall.

Meet Directors: Dave Holland (henrydafif@aol.com) and Brent Kintzer (brentkintzer@rmc.edu).

Sponsored by: Virginia Masters Swim Team and Randolph-Macon College.

Sanctioned by: LMSC for VIRGINIA for USMS, INC. Sanction # 122-08.

Eligibility: The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). **Your age on 9/29/12 is your age for the competition. All swimmers must be registered with USMS.**

ORDER OF EVENTS. Pool opens at 8:30 am. Warm-up begins at 9 am. First heat begins at 10:00 am. Men and Women will swim together.

- | | |
|---------------------------------------|--|
| (1) 200 yd Butterfly | (12) 50 yd Butterfly |
| (2) 50 yd Breaststroke | (13) 100 yd Backstroke |
| (3) 200 yd Backstroke | (14) 200 yd Breaststroke |
| (4) 200 yd IM | (15) 200 yd Freestyle |
| (5) 50 yd Freestyle | ----- 20 minute break----- |
| (6) 500 yd Freestyle | (16) 400 yd Free Relays (W/M/Mixed)* |
| ----- 20 minute break ----- | (17) 200 yd Medley Relays (W/M/Mixed)* |
| (7) 200 yd Free relays (W/M/Mixed)* | (18) 100 yd IM |
| (8) 400 yd Medley relays (W/M/Mixed)* | (19) 50 yd Backstroke |
| (9) 100 yd Butterfly | (20) 100 yd Freestyle |
| (10) 100 yd Breaststroke | (21) 800 yd Free Relays (W/M/Mixed)* |
| (11) 400 yd IM | (22) 1650 yd Freestyle |

*Relays: There will be one heat of each relay. Women, Men, and Mixed will swim in the same heat.

Entries: \$5.00 per individual event for entries, \$10.00 surcharge for equipment. ONLINE ENTRIES PREFERRED. Online meet registration is paid by credit card to "ClubAssistant.com Events". Paper entry forms are available at USMS Calendar of Events or from Dave Holland at 804-467-2425. Deck entries will be accepted to fill heats at \$8 per event. Swimmers may enter a total of 5 individual events and 4 relays. Relays are deck entered and payable on meet day (\$8 per relay).

Entry Deadline: Register at https://www.clubassistant.com/club/meet_information.cfm?c=1212&smid=4127

by Tuesday, September 25, at 11:59pm EDT. No refunds and/or swimmer substitutions will be allowed. Paper entries must be postmarked by September 22, 2012.

Rules: Current USMS rules for Masters Swimming will apply. No one will swim alone in a heat. 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: Ribbons for 1st through 6th place.

***** PAPER ENTRIES MUST BE POSTMARKED BY SEPT. 22, 2012*****

SAVE PAPER, SAVE TIME...ENTER ONLINE AT:

https://www.clubassistant.com/club/meet_information.cfm?c=1212&smid=4127

Age (on Sept. 29, 2012): _____ Phone: _____ E-mail: _____

Attach copy of your USMS 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, 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 yards. Relays may be entered on the day of the meet. Relay forms will be available at check-in. There will be a 20-minute break for warm-up following events #6 and 15. Please enter no more than 5 individual events:

<i>Evt #</i>	<i>Seed Time</i>	<i>Event</i>	<i>Evt#</i>	<i>Seed Time</i>	<i>Event</i>
(1)	_____	200 yd Fly	(12)	_____	50 yd Fly
(2)	_____	50 yd Breast	(13)	_____	100 yd Back
(3)	_____	200 yd Back	(14)	_____	200 yd Breast
(4)	_____	200 yd IM	(15)	_____	200 yd Free
(5)	_____	50 yd Free	(18)	_____	100 yd IM
(6)	_____	500 yd Free	(19)	_____	50 yd Back
(9)	_____	100 yd Fly	(20)	_____	100 yd Free
(10)	_____	100 yd Breast	(22)	_____	1650 yd Free
(11)	_____	400 yd IM			

Relays (event # 7, 8, 16, 17, 21) will be deck entered. There will be a \$8 fee for relays or any deck-entered individual events, to be payable on the day of the meet.

Number of Individual Events _____ x \$5 = \$ _____
(maximum is 5 individual events)
\$10 Surcharge = \$ 10
Total Amount Enclosed = \$ _____

Results will be posted at
www.vaswim.org.

Make checks payable to: VMST. Attach a copy of your registration card. Be sure you have signed the waiver. Mail by Sept. 22, 2012 to: Dave Holland, 504 West Drive Circle, Henrico, VA 23229-6832. For questions, e-mail Dave at HenryDaFif@aol.com or phone him at 804-467-2425.

Local Masters Swim Committee Newsletter
Betsy Durrant, Editor
211 66th Street
Virginia Beach, VA 23451-2040

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The Newsletter Editor Needs Your Help!

In this issue, I have another article from Wytheville Masters and a photo. The only way I can get this information is if someone (that means you) sends it to me. I edit the newsletter, but I am not a reporter. I only write articles when absolutely necessary. I need and appreciate any articles. This month I am fortunate to have the Vignette and a summary of the lake swim from Dave Holland plus the always popular Nationals summary from Bob Schreiner. I also have an article from Jim McFarland that I am holding for next month.

My dream is to have news from every club at least once a year, preferably more often. Pictures are always popular; be sure to include names. I downloaded some photos from the www.vaswim.org website. However, most photos are not identified. I used a few that included names and some where I recognized the person. I'm sure we all agree that the photos need to be varied, not just people that I know.

So help me out and send articles and photos!!!