

The Wet Gazette

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

Two Personal Reports On SC Nationals

We have two very interesting reports on nationals in Greensboro. Each report is from a totally different perspective.

First, Marcia Barry, from Roanoke writes about family and friends at the meet.

Bob Schreiner as his usual post-meet report. Bob's observations are always interesting and full of humor. See page 7.

Families That Swim Together, Stay Together By Marcia Barry

Be it their biological families or their Tar Heel Swimming family, the John's and Summerlins personify their true love of the sport of swimming. Dan and Shannon (Howes) Summerlin and Chris and Jenny (Huber) John, all met in September of 1990 as they continued their swimming careers at UNC in Chapel Hill. They all had 4 successful years of swimming; all became Captains of the swim team, and the four swimmers formed a tight friendship and bond that is truly rare. By the end of their Senior year, love had blossomed. Shannon and Dan went off to Graduate and Law School at William and Mary; Chris and Jenny went off to Medical School in Louisville, KY. Following graduate work, the two couples got married and the Summerlins moved to Roanoke; the Johns to Birmingham for Chris's residency, where they started their careers and families.

Fast forward to 2004. By then, the Summerlins had completed their family with 3 girls in 3 ½ years. The John's had 2 children by then, and one to come. By now, at least one of the 4 was

See *Families* continued on page 4.

A Different Kind of First for Marie Kelleher

Marie Kelleher has been first in many races, but she changed the history of USMS on May 12. Marie was the first USMS member to compete in the Women's 100-104 age group. She established new USMS records in the 50 and 100 meter freestyle.

According to the FINA website (fina.org), there are only two World Records for this age group. Mary Maina of Australia swam a 50 free (LC) in 1994, and Rosa Sellares of Spain swam a 50 back (SCM) in 2009.

For those of you may be wondering, Marie's swims are USMS records, not world records. The Senior Games meet where she swam is a USMS Recognized Meet, meaning the meet followed all USMS rules, but all swimmers did not have to be USMS members. World Records must be in a Sanctioned meet where all entrants are USMS members. The fall meet in Virginia Beach will be a great opportunity for World Records!



Marie Kelleher and Nancy Miller

For more, see *Marie* on page 3.



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

June 17: Peluso Open Water Series, Midlothian, VA

June 24: Jack King 1-Mile Ocean Swim, Virginia Beach. Entry information was in the April and May newsletters. Register online at www.clubassistant.com

June 30: Long Course, Christiansburg, VA Commonwealth Games, USMS Recognized Entry was in the April and May newsletters.

July 5-8: USMS LC Nationals in Omaha, NE.

July 14: Chris Greene Lake 1 and 2 Mile, Charlottesville. Entry is in this newsletter. Online entries are encouraged.

August 18-19: NC LC meet, Cary, NC

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

September 30: Pelusa Open Water Series

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www.vaswim.org

USMS Website

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Latest info on all levels of swimming

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Gazette Vignette – Marie Kelleher

By Dave Holland

Marie and I spoke on the phone on May 16, 2012, just a few days after she had won two events and set two new USMS records for women 100-104 at the Virginia Senior Games.

Where do you swim and how often?

Well, as you know, I swim at the Tuckahoe YMCA, four days per week. I take off Wednesdays. I get there at 5am. The Y has two pools, but I prefer to swim in the warm pool instead of the colder lap pool. My son Joe likes the cold one.

I'm curious, I know that you drive 9 miles from your home to get to the YMCA by 5, so do you set an alarm to get up that early?

No, that's just the time when I naturally get up.

How far do you usually swim and which strokes?

I usually go 10 laps (500 meters), and it takes me about 20 minutes, sometimes a little longer. I gave up butterfly a couple years ago when I fell and broke my shoulder. Breaststroke is not my favorite but I swim it sometimes.

Have you ever had a coach?

Jim and Nancy Miller were two of my coaches when I used to swim at the JCC.

Later this year you will be turning 100. How many of those years have you called yourself a swimmer?

Well, I started swimming competitively when I was 65, but I did learn to swim as a child. My father insisted that we learn to swim.

How did you get involved in swimming? Did you play any sports growing up?

My daughter got me involved. She was swimming up in D.C. with a masters group and she signed me up for a meet. I grew up in Alexandria and played most any sport, but there wasn't much available for women at that time. I did play basketball in high school. I attended St. Mary's, a Catholic school, but the school wouldn't let us have a team, so some of us started a team outside of school to play. We did have a community pool, and I spent lots of time there in the summer.

Outside of the pool, who are you?

A mother, grandmother, and great-grandmother. I have four sons, 13 grandchildren, and 20 great-grandchildren. I work for the family business (Kelleher Heating and Air Conditioning), and many days are busy, so I sometimes will stay until 5 o'clock.

Aside from all the many records, do you have a memorable experience or "vignette" to share about swimming or swim meets?

There have been some memorable experiences, and one especially from Florida that I like, from years ago. I was at a National meet, in Boca Raton I believe (SCY Nationals were there in May 1989), and they had a meeting with speakers on the first night. One of the speakers was a 99-year old man, and he did a very good job of speaking to us. I enjoyed his talk, and everyone could hear him very well in the Hall. Well, the next day, at the meet, I was sitting next to him on a bench, and I told him how impressed I had been. "You're 99, and you did a beautiful job, we could hear your voice all over the Hall, no problem." He thanked me and said, "You know, I'm a preacher, and I'm afraid I made one mistake during that speech: I forgot to pass the hat."

Another time, we were at another meet in Florida, at a beautiful outdoor swimming pool. We were housed in a motel, and I remember, this man came from the pool one afternoon and he was irate. A storm had come up while he was swimming the 200 butterfly, and he didn't get to finish. He had done all of it except for the last length. He asked them to let him finish, "let me just finish this last length", but there was lightning, so he had to stop. He was mad because he knew he might never have that chance to finish a 200 fly again, you know?

People might be surprised to know that I...

I don't really know. Well, I am a chocoholic. I love anything with chocolate, but especially chocolate peanut butter. I like those Dark Chocolate Delights.

Oh, I agree, Marie. Especially at work, I like to have a chocolate pick-me-up around 2 in the afternoon. How about you?

Yes, I do, too. But really, I like to have it anytime.

Families continued from page 1.

back in the pool; Dan was swimming infrequently at the pool where he swam as an age-group Virginia Gator.

The John's, hating to be separated from their best friends, were trying to figure out how to get to Roanoke. Chris had completed his residency as an Orthopedic Surgeon and was looking for employment. Shannon, wanting her best friend to be near, arranged an interview for Chris with a doctor she knew who was looking for another partner. Chris was subsequently hired as the perfect fit for this practice, and the move to Roanoke became a reality. The John's found the perfect house 2 blocks from the Summerlins.

2006 comes along and Shannon's parents, Marcia Barry and Chris Frogley move to Roanoke also. Marcia and Chris have been competing in Masters for years, in California, Florida and Pennsylvania. Marcia

somehow got talked into teaching swim lessons and coaching young swimmers at the Gator Aquatic Center. By now, the Summerlin girls and John's oldest son and daughter are all swimming and starting to move into various Gator Swim levels. Coach Marcia has the opportunity to coach



Chris and Jenny ▲

her granddaughters and the John kids. Chris and Dan are now working out with the morning Masters Group, and Shannon and Jenny are also back in the pool, but only "swimming on their own". No 5:30 a.m. practices for them! All 4 adults are swimming in the Roanoke Valley Summer League at the Roanoke Country Club, along with all their kids.

In 2008 Howard Butts put on a Masters Meet at the Gator Pool. The foursome decided to get together for an attempt to break the National Masters record in the 35 plus age group in the Mixed 400 Medley and Free relays. A raucous crowd of their friends and children came to cheer them on, and they broke the 2 relay records in one day!

2012 rolls around. Master's Nationals is going to be in Greensboro, NC, only 2 hours from Roanoke! The John's and Summerlin's got together one Saturday evening as they usually do, had a few

beers, and decided, "hey, let's go do the mixed relays and see if we can break the Virginia records in our age group". They vow to do it, and I am sure, the girl's instantly regretted it the next morning!

The training and complaining begin, along with the "why are we doing this!" Now their children all know they are competing, so there is no backing down. The Summerlin girls; Taylor 12, Callie 10, and Caroline 8, along with the John kids, Kenyon 10, Kemper 9, and Colston 6, all swim with the Virginia Gators in Roanoke. The 5 older swimmers all have their names on the Gator Record Boards already, all are ranked highly in the state, and are all hoping to swim at Carolina.

Master's Nationals was a huge success for all. The John's and Summerlin's not only broke the Virginia Mixed 35 plus relays in both the 200 Medley and Freestyle, Chris was National Champ in the 200 and

50 backstrokes and Dan won the 100 fly and was second in several other events.

Grudgingly Shannon and Jenny also entered individual events, vowing

▲ Shannon and Dan

to scratch them, but eventually swam them all and were in the top 3 in their events.

Not to be outdone, grandparents Marcia and Chris, also competed.

The grandkids? Well, they got to sit in the bleachers and watch their parents and grandparents swim and cheer them on. They got to see how much "fun" sitting in the bleachers was for 3 days, just as their parents do for them.

We hear Greensboro is going to bid on a future Masters Nationals. Only 2 hours away.....(hmmm), and oh yes, Montreal World Masters in 2 years is also a drivable vacation! After all, the Long Course Relay records may also be within reach. Meanwhile, there will be more kids swim meets to attend, and many more Saturday nights to mull it over, as best friends will do.

Relay Results from Greensboro

Stonewall Masters

25+ Mixed 200 Medley Relay 2:04.29 29th
Moosman, Deanne de Hart, Jenny E
Mierzwa, Hank S Bradley, Patrick J

25+ Mixed 200 Free Relay 1:46.47 17th
de Hart, Jenny E Mierzwa, Hank S
Moosman, Deanne de Hart, Pieter A

Virginia Masters Swim Team

75+ Men 200 Medley Relay 3:08.55 3rd
Newbury, Alfred C Lyons, Thomas
Maher, Owen C Russ, Carl

25+ Men 200 Medley Relay 1:45.52 5th
Barley, Adam S Stauder, Justin M
Gomez, Stephen P Hofmann, Brian

35+ Men 200 Medley Relay 1:44.18 6th
John, Chris K Summerlin, Daniel
Clear, Kirk W Lewis, Lee

45+Men 200 Medley Relay 1:55.51 9th
Kennedy, Wilton C Malsbury, David
Harris, Gregory Miller, Jim W

25+ W 200 Medley Relay 1:55.29 3rd
Hibbard, Kate Russo, Claire C
Myers, Danielle E Tudor, Erin S

45+ W 200 Medley Relay 2:01.16 2nd
Patterson, Annette W Miller, Patricia
Phillips, Alice W Kellinger, Jenny

45+ W 200 Medley Relay 2:01.16 2nd
Patterson, Annette W Miller, Patricia
Phillips, Alice W Kellinger, Jenny

55+ W 200 Medley Relay 2:23.43 4th
Betts, Nancy Loftus-Charley, Shirley
Braaten, Kitten Barry, Marcia

75+ W 200 Medley Relay 4:19.84 1st
Sokolik, Terry Berkley, Marianna
Detrick, Johnnie Averette, Joan

75+ Mix 200 Medley Relay 3:13.88 2nd
Newbury, Alfred Detrick, Johnnie
Maher, Owen C Averette, Joan

65+ Mix 200 Medley Relay 2:39.15 4th
Durrant, Betsy Frogley, Chris S
Wise, Randolph Schreiner, Beth

45+ Mix 200 Medley Relay 1:57.59 8th
Harris, Gregory Miller, Patricia M
Malsbury, David B Patterson, Annette

18+Mix 200 Medley Relay 1:57.36 15th
Hofmann, Brian R Gomez, Stephen P
Bolger, Maura J Myers, Danielle E

55+ Mix 200 Medley Relay 2:12.57 9th
Betts, Nancy R Frisch, David J
Throne, William Loftus-Charley, Shirley

35+ Mix 200 Medley Relay 1:44.17 2nd
John, Chris K Summerlin, Shannon
Summerlin, Daniel John, Jenny H

18+ Mix 200 Medley Relay 1:49.93 7th
Hibbard, Kate Barley, Adam S
Turner, Betsy Stauder, Justin M

45+ Mix 200 Medley Relay 2:07.38 19th
Kennedy, Wilton C Speer, Nancy
Bittner, Molly Dean Miller, Jim W

35+ Mix200 Medley Relay 2:01.40 18th
Lewis, Lee Holland, Dave
Hodgert, Donna Franklin, Rebecca

18+ Mix 200 Free Relay 1:37.87 4th
Gomez, Stephen P Charley, Amy C
Bolger, Maura J Stauder, Justin M

75 + Mix 200 Free Relay 2:56.60 1st
Averette, Joan Detrick, Johnnie
Lyons, Thomas F Maher, Owen C

65+ Mix 200 Free Relay 2:20.05 3rd
 Schreiner, Beth Durrant, Betsy
 Woods, Tom M Wise, Randolph E

55+ Mix 200 Free Relay 1:54.27 7th
 Throne, William C Frisch, David J
 Barry, Marcia Loftus-Charley, Shirley

45+ Mix 200 Free Relay 1:39.35 4th
 Malsbury, David B Patterson, Annette
 Phillips, Alice Harris, Gregory

35+ Mix 200 Free Relay 1:33.44 3rd
 Summerlin, Daniel John, Chris K
 Summerlin, Shannon John, Jenny H

35+ Mix 200 Free Relay 1:47.15 16th
 Lewis, Lee Hodgert, Donna M
 Franklin, Rebecca Clear, Kirk W

18+ Mix 200 Free Relay 1:42.43 11th
 Hibbard, Kate Hofmann, Brian R
 Myers, Danielle E Sprenger, Kurt

45+ Mix 200 Free Relay 1:44.58 8th
 Kennedy, Wilton Bittner, Molly Dean
 Jaeger, Debbie Vaughn, David

18+ Men 200 Free Relay 1:34.05 9th
 Stauder, Justin M Gomez, Stephen P
 Hofmann, Brian R Barley, Adam S

Men 200 Free Relay 2:04.06 17th
 Miller, Jim W Frisch, David J
 Woods, Tom M Wise, Randolph E

Men 200 Free Relay 1:37.45 7th
 Harris, Gregory Throne, William C
 Malsbury, David B Kennedy, Wilton C

35+ Men 200 Free Relay 1:31.77 4th
 John, Chris K Sprenger, Kurt
 Clear, Kirk W Summerlin, Daniel

75+ Men 200 Free Relay 2:55.35 3rd
 Hall, Francis M Lyons, Thomas F
 Russ, Carl Maher, Owen C

65+ W 200 Free Relay 2:39.04 2nd
 Walker, Laura S Durrant, Betsy
 Martin, Judy Schreiner, Beth

55+ W 200 Free Relay 2:08.09 4th
 Barry, Marcia L Braaten, Kitten
 Betts, Nancy R Loftus-Charley, Shirley

45+ W 200 Free Relay 1:48.11 3rd
 Phillips, Alice W Kellinger, Jenny M
 Bittner, Molly Dean Patterson, Annette

25+ W 200 Free Relay 1:44.60 4th
 Hibbard, Kate Bolger, Maura J
 Myers, Danielle Tudor, Erin S

75+ W 200 Free Relay 3:25.88 1st
Detrick, Johnnie Sokolik, Terry
Berkley, Marianna Averette, Joan

25+ W 200 Free Relay 1:52.65 10th
 Russo, Claire C Webb, Katie
 Lamb, Maggie Charley, Amy C

VMST Note

I knew we had a lot of relays, but I didn't realize how well the relays did! We (VMST swimmers) earned a lot of medals and scored lots of points on the relays.

Many thanks to all who participated and eternal gratitude to all who helped create the relays.
Betsy Durrant



***VMST Swimmers from the Roanoke Y:
 Annette Patterson, Wilton Kennedy, Jenny
 Kellinger, Megan Hall, Linda Caulkins, Maureen
 Gasink, Erin Tudor***

Mining Medals In Greensboro

By Bob Schreiner

There are many more scenic places in North Carolina than the mainly urban north-central part of the state between Winston-Salem and Raleigh that includes the Greensboro metropolitan area. It certainly is not a travel destination for anyone interested in mountain scenery, bucolic countryside, or seashore sights. Any avid tourist knows about North Carolina's many natural charms, ranging from the Great Smoky Mountains in the west to the Outer Banks on the state's eastern shore, but only a few of us sleuths know that North Carolina has a venerable and rich mining history. For all you gals out there—OK, maybe a few guys as well—there is a decent chance that some of the gems on your body or in your jewelry boxes (especially emeralds, rubies, garnets, sapphires, and aquamarines) were mined in southwestern North Carolina. And, if you want to one-up that smart aleck boss of yours at the next office party, see if he knows that the first documented gold find in the United States was in Midland, North Carolina, a once-famous bump in the road just east of Charlotte. In fact, you can inform that knucklehead that all this happened years before California, finally in 1849, passed North Carolina as the leading gold producer in the young U S of A.

Since most of the many ladies I know who belong to the Virginia Masters Swim Team (VMST) already are well stocked in precious gems (male members don't want to talk about this), their interests lay more in metallic minerals than shiny rocks. Time and again, I have witnessed their and their male teammates' often-heroic attempts to garner gold, silver, or bronze metals (or medals). No, they don't dress like prospectors (very often), nor are they often seen in public digging for minerals. In fact, I have noticed they tend to wear very little as they publicly pursue their metallic (or medallic) goals. With all that nonsensical but geologically correct background, I guess I am duty bound to tell you that VMST "struck it rich" over the long April 26–29, 2012 weekend. (Warning to medal winners: stay away from professional assayers if you want to know if such medals truly are gold, silver, or bronze.)

The scene of VMST's find was the Greensboro Aquatic Center, host to the U.S. Masters Swimming 2012 Spring (short course) National Championships. The spectacular facility—boldly advertised as the "newest aquatics center in the country"—comprises 78,000 square feet of surface water and has a 2,500-spectator capacity. (If bulkheads were removed from the pools, this immense water palace could accommodate almost any international rowing competition, including the Henley Regatta.) Although my belief in truthful media reports diminishes with each passing year, I admit reading in the local press that 1,842 USMS swimmers from 208 different swim clubs participated in the Spring Nationals. These supposedly included twelve former Olympians and certainly dozens more Olympic wannabes. If the Center had one fault, it was the necessity for all, including swimmers, to navigate too many steps to get to and from the pool or simply to the bleacher seats. One afternoon, I was about ready to climb a flight leading to the VMST seating area when I noticed VMST's Debbie Jaeger, still drying off from her swim-down, about to tackle the challenge. "After you, please," I offered. "No, go ahead. I'm slow," she responded. "Slow?" I countered, "maybe, but you are young." With a slight smile, she trudged up the steps ahead of me (and more quickly than I.)

Perhaps because the new facility could be considered "regional" or even "local" by many Masters swim teams from the mid-Atlantic area, VMST showed up with its largest team in memory. I have no idea who deserves credit for VMST recruiting, but the Pentagon, CIA, and FBI could and should use her or him. Not even Betsy Durrant, VMST's affable head recruiter and definitive team leader, knew them all. Along with the new sexy team shirts—an eye-catching swirl of tie-dyed blue on white—and swim caps, each VMSTer should have been given name tags so they (and we) knew Johnnie from Jenny and Danielle from Daniel (although the latter distinction should be fairly obvious to any post-puberty observer). It was almost comical to hear even veteran VMST swimmers with their relay cards in hand ask each other (and even me), "Do you know any of these folks," or "Who is this guy?"

Of the 103 swimmers from Virginia at the meet, 71 were VMST members. And, about one-third that number must have stayed at the Hampton

Inn, where Beth and I checked in on Thursday afternoon. That pleased us because among them were some of Beth's (and my) favorite partyers teammates and friends. It didn't take long before I knew unequivocally that this was going to be a good weekend. Why? At our first breakfast Friday morning—even before I could slather up my waffle—Betsy called to me, “Bob, we'll have to work in a cocktail hour during the meet.” I was tempted to respond, “No, sorry, I'll be too busy following the John Edwards trial,” but I agreed that she had a fantastic idea. It didn't take long for it to materialize. Late that same afternoon, the breakfast area somehow became a private pub, and a handful of us toasted absent VMST member Sandy Galletly with lingering sips from a bottle of 12-year-old Macallan that Sandy had given Betsy on his last visit from Scotland. I hate to mention names (and perhaps sully reputations) of fellow imbibers partyers, but their initials were Al Newbury, Carl Russ, and Kitten Braaten.

In swimming, or mining, or enjoying single malt whisky, “quantity” is one measure of enjoyment and results, but “quality” is a better one, and the VMST roster was loaded with “quality” performers. VMST literally swamped the field in team standings. In addition to winning the “local club” category in combined results—almost doubling the score of the nearest competitor!—VMST also had the highest women's team score and the second highest men's score. Eight VMST women and two men won at least one championship, with virtuosos Johnnie Detrick, Shirley Loftus-Charley, and Beth Schreiner leading the team with four individual championships each. Other spectacular individual performances were turned in by Maura Bolger (three victories), and by Betsy Durrant, Mariana Berkley, and Chris John, each of whom had two victories. Other champions were: Danielle Myers, Donna Hodgert, and Daniel Summerlin. Shirley deserves extra kudos because her championship swim in the 1,000-yard freestyle set a new national record for the 60-64 age group. Another perspective highlights the depth and strength of this particular VMST team: seventeen women and seven men placed first, second, or third at least one time during the meet. In other words, a whole lot of metal was mined by VMST over those four days, and nearly every swimmer contributed to the large points total.

I found it interesting also that VMST has taken on a familial identity. (Rest easy, readers: that does not mean that I am soon to join my aquatic spouse in the competitive pool. To be honest, my skills are better suited for wielding a pickaxe in a mineshaft.) Among the VMST contingent that ventured to Greensboro were a surprising number of related swimmers. For example, married couples and good friends Daniel and Shannon Summerlin and Chris and Jenny John competed with admirable results. When not in the pool, Shannon was cheering on her VMST parents, Marcia Barry and Chris Frogley. Similarly, daughter Amy Charley joined her mother, the aforementioned Shirley Loftus-Charley, as a VMST teammate. For the first time in years, I'm told, sisters Annette Patterson and Megan Hall swam together. And, as nearly always, loyal VMST couple Jim and Patty Miller competed

I was surprised to overhear several swimmers (probably from California) question why it took so long for the Greensboro swimming community to host such a prestigious event. Silly geese! Didn't they understand that the city leaders had put great pressure on the organizers and sponsors to host the meet in order to deflect public attention away from the above-noted John Edwards trial. Why not watch as an enjoyable diversion the skills and beauty of accomplished swimmers instead of being media-bombarded with unending salacious details of another fallen politician? Athletic excellence, admirable sportsmanship, and personal humility will trump dishonesty, disloyalty, and greed each and every time. And no other USMS team showed more skill, courteous conduct, or unpretentious behavior those four days than the ladies and gentlemen from VMST.



Judy Martin, Laura Walker, Beth Schreiner, Betsy Durrant

Pictures from the Zone Meet at GMU



Cheryl Benn, Kitten Braaten, Robert Romo



Katy Page and Ed Gaulrapp ▶



Tom Lyons, Clay Beall, Harry Sober

Cheryl Benn, Betsy Durrant, Laura Walker

It looks like Cheryl and Betsy have been at the meet too long.





Chris Greene Lake 1- & 2-Mile Cable Swims

Charlottesville, Virginia, Saturday, July 14, 2012

Sponsored by: Virginia Masters Swim Team and Albemarle County Parks and Recreation
Sanctioned by: LMSC of Virginia Inc. for USMS Inc. Sanction #: 122-OW06
SAVE PAPER, SAVE TIME, AND AVOID ERRORS: REGISTER ONLINE at www.cableswim.org
Your credit card will be charged to "ClubAssistant.com Event Billing"

Event: There will be two races: a 2-mile cable swim at 8:30 am and a 1-mile cable swim beginning at 10:30 am. The 2-mile swim will consist of 4 laps in a counter-clockwise direction around a ¼-mile straightaway cable, with start and finish in the water. The 1-mile race will consist of 2 laps around the ¼-mile cable in a clockwise direction. Both the 1- and 2-mile distances are certified and qualify for national records. No splits or premature finishes will be eligible for records. **The lake opens at 7am and warm-up on the cable course will be available from 7:15-8:15am.**

- Anticipated water temp: 78° to 82°
- NO WETSUITS ALLOWED

Check-in Closes at:

2-Mile: 8:15 AM 1-Mile: 10:15 AM

Eligibility: Open to all swimmers 18 years & older as of July 14, 2012. **Paper entries must include a copy of your 2012 USMS card. Online entries will be verified automatically. "One Event" is available through online registration for an additional fee of \$25.30.** To renew or join USMS online, visit www.usms.org/reg

Rules: Current 2012 USMS rules will govern both races.

Entries: All snail mail entries must be postmarked by July 6, 2012. Online entries will close at 11:59pm Eastern Time on July 9, 2012. Late or race-day entries will NOT be accepted. You may enter both events. Online entry is strongly encouraged. Entry fee is \$25/ \$40.

Safety: For safety reasons, swimmers who cannot complete 1 mile in 1 hour or 2 miles in 2 hours should NOT enter. Swimmers still on the course after the time limit will be stopped and listed as DNF in the results. In the event of inclement weather, the race director may close the course and thereby prevent swimmers from completing the race. The Charlottesville-Albemarle rescue/dive team will be on site with boats, scuba divers, and a rescue squad.

Seeding: Swimmers will be seeded fastest to slowest according to 1650 seed time and will be started in waves of 10 swimmers, staggered at 30-second intervals. "No Time" entries will be seeded in the final wave. Seeding changes and additions will not be allowed on race day.

Age Groups: 18-24, 25-29, 30-34, etc. in five year increments, as high as necessary for both men/women.

Awards/ Social: For both races, custom awards will be given to the top 3 men & women finishers in each age group. The awards ceremony will take place on the beach following the 1-mile race. Drinks and snacks will be provided.

Accommodations:

Doubletree Hotel (6 miles from lake) 990 Hilton Heights Rd. Charlottesville, VA 22901 (434) 973-2121 or (800) 222-TREE	Hampton Inn (9 miles from lake) 2035 India Rd. Charlottesville, VA 22901 434-978-7888 or (800) 426-7866
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Directions: (mapquest "Chris Greene Lake")

from Washington, D.C:

(Distance: 115 miles, Drive Time: ~ 2 to 2.5 hours)

Take Rt. 29 toward Charlottesville, VA. In Earlsville, turn right onto Airport Rd. (Rt. 649). Travel 7/10 mile toward airport. At roundabout, bear right onto 606. Go 1.2 miles and turn left onto Chris Greene Lake Rd. Proceed past guardhouse and follow the road downhill and around the lake to the parking lot at the end of the road.

from Richmond, VA:

(Distance: 75 miles, Drive Time: ~ 90 minutes)

Take I-64 West to exit 124, Charlottesville/Shadwell, (U.S. 250 West), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd., go 7/10 mile toward airport and follow the underlined directions above.

from Waynesboro, VA:

(Distance: 34 miles, Drive Time: ~ 45 minutes)

Take I-64 East to exit 118B, Charlottesville/Culpeper, (U.S. 29 North Bypass), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd., go 7/10 mile toward airport and follow the underlined directions above.

Race Director Contact:

Dave Holland, 804-282-6224
Email: HenryDaFif@aol.com



2012 Chris Greene Lake 1- & 2-Mile Cable Swims ENTRY FORM

Avoid this form, avoid errors by registering online at www.cableswim.org

**PLEASE INSERT SEED TIME
FOR EVENT(S) YOU ARE ENTERING**

	<p>US MASTERS SWIMMING PLEASE STAPLE A LEGIBLE COPY OF YOUR 2012 CARD HERE. TRIM YOUR CARD AND COMPLETE THE FOLLOWING:</p> <p>Emergency Contact Name: _____</p> <p>Emergency Contact Phone: _____</p> <p>Significant medical conditions to be shared with Albemarle Rescue (i.e. seizures, diabetes, asthma, etc.): _____</p>
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2- MILE 8:30 am	<<<< Counter-Clockwise >>>>	1650 yd time: ____ : ____
1- MILE 10:30 am	>>>> Clockwise <<<<	1650 yd time: ____ : ____

		<input checked="" type="checkbox"/>	CHECKLIST
\$ _____	\$ 25.00 1-Mile Cable Entry Fee	<input type="checkbox"/>	Completed entry form
\$ _____	\$ 40.00 2-Mile Cable Entry Fee	<input type="checkbox"/>	Copy of USMS card
\$ _____	T-Shirt: included free with entry; \$ 3.00 charge for XXL or XXXL	<input type="checkbox"/>	Check or money order payable to VMST
\$ _____	Additional T-Shirt: \$12.00 each XS-XL, \$15.00 for XXL or XXXL	<input type="checkbox"/>	Signed Release Below
\$ _____	Total Enclosed (Check or money order payable to VMST)	<input type="checkbox"/>	T-Shirt Size Below

T-Shirt Size: (please circle) XS S M L XL XXL XXXL
 Additional T-Shirts: indicate quantity and size: _____

Please use the checklist above to ensure that your entry is complete!!
Mail this completed form with check or money order payable to VMST, postmarked by July 6, 2012 to:
Dave Holland, 504 West Drive Circle, Henrico, VA 23229-6832

RELEASE BY PARTICIPANT FROM LIABILITY

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 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, ALBEMARLE COUNTY AND ITS OFFICERS, AGENTS, AND EMPLOYEES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

SIGNATURE: _____ **DATE:** _____ **AGE ON 7/14/12:** _____

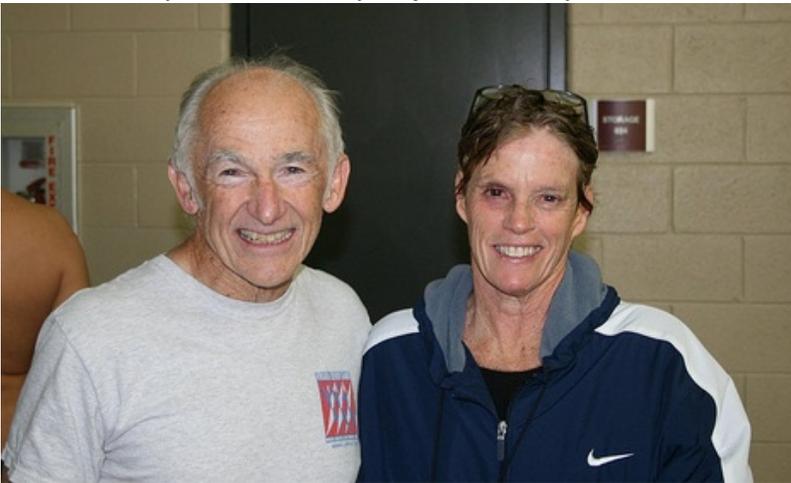
Phone (H): _____ **Phone (W):** _____ **E-Mail:** _____

PLEASE PRINT CLEARLY

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

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Richmond, VA
Permit #3022

Owen Mayer and Shirley Loftus-Charley



From Alice Phillips (in Richmond):

CSAC Opens for LCM Training

The Greater Richmond Aquatic Partnership has opened the doors of the Collegiate School Aquatic Center to masters and adult fitness swimmers, providing a central Virginia location for triathletes, open water swimmers and long course competitors who need a place to train. Director Adam Kennedy, an experienced NCAA college coach, is running the twice weekly morning workouts, adapting the regimen to all levels and abilities.

Workouts are available Tuesday and Thursday

mornings from 6 to 7:15. The cost is \$6 per workout for adults, \$4 for seniors. Interested swimmers can also purchase an annual membership or a ten visit temporary membership, bringing the cost down even more.

CSAC, one of the only dedicated long course facilities in Virginia, is the former Olympic Trials pool from the 2008 event in Omaha, Nebraska. For more information, go to <http://greaterrichmondaquaticpartnership.org/>.

Jay Peluso (our LMSC Coaches Chair), who runs a local triathlete and masters group called Peluso Open Water, is also training his crew off and on there this summer.