

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
June 15, 2013

VMST Makes a Splash In Indianapolis

By Betsy Durrant

Big News

Patty Miller, our LMSC Chair and VMST member, was awarded the USMS Ransom Arthur Award. Each year, one member of USMS is selected for this award based on service to their LMSC and to USMS. Patty has been extremely active in both areas and was officially recognized for her contributions. Patty was nominated by the LMSC Board of Directors with Chris Stevenson and Charlie



Cockrell taking the lead in writing the nomination. More about Patty and the award on page 3.

VMST Finishes in 3rd Place

With only 17 members making the trip to Indianapolis, VMST was able to finish in 3rd place in the Local Club Division. It was close. Indy Aquatic Masters was first; the Olympic Club was second. VMST was third with 447 points and Sarasota Y was 4th with 439 points.

Relays score double points, and that makes a huge difference in scoring. The VMST 65+ Women won both of their relays. The Free Relay was: **Hlavacek, Walker, Durrant, Schreiner**. The Medley Relay was: **Walker, Martin, Hlavacek, Schreiner**. The Men's 45+ Free Relay placed 10th (**Holland, J Miller, Meyer, Clear**). The Mixed 45+ Relay of **P Miller, Holland, Van Horn Pate, and Clear** placed 7th in the Medley Relay and 9th in the Free Relay.

More results on page 3.

Quest and Warrenton Masters Compete in Nationals

Quest Masters of Richmond had three swimmers at the meet in Indianapolis: **Opal Brink, Amy Howard, and Cleary Maly**.

Warrenton had one swimmer: **Bradley Convis**.

Opal (18-24) placed 3rd in the 1000 Free, 4th in 200 Back, and 8th in the 100 Back. Amy (45-49) placed 7th in the 200 Back and 8th in the 100 Back.

Also, two Unattached swimmers from Virginia entered the meet: **Nicole Gardner and Ralph Hellmann**.



Betsy Durrant and Val Van Horn Pate with the VMST team award.



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

► **June 22-23: Colonies Zone LC Championship Richmond, VA.** Information is in this newsletter.

► **June 23: Jack King 1-mile Ocean Swim**
Online entries available. Information is in this newsletter.

July 6: Commonwealth Games (LC) in Christiansburg, VA

► **July 13: Chris Greene Lake, Charlottesville**
Online entries at www.clubassistant.com.

August 3: LC Meet in Cary, NC

► **August 3: Lake Moomaw 1-Mile Swim**
Entry is in this newsletter.

Aug 7-11: USMS LC Nationals, Mission Viejo, CA

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Va Beach Ocean Swim Series:

3k - June 30th and 5k - July 28th.
<http://www.usms.org/comp/event.php?MeetID=20130630VBLSO>

Sponsored by the Virginia Beach Lifeguards,
USMS sanctioned.

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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

ONLINE Registration for many meets:
www.clubassistant.com

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Records and Top Ten: Chris Stevenson
chrilstevenson@usms.org, 804-282-0124

VMST Results from SC Nationals

The seventeen swimmers at the meet from VMST were: **Karen Kaufmann, Patty Miller, Val Van Horn Pate, Nancy Speer, Kitten Braaten, Karen Mickunas, Judy Martin, Ida Hlavacek, Betsy Durrant, Beth Schreiner, Laura Walker, Kirk Clear, David Vaughn, Dave Holland, Jim Miller, Edgar Meyer, Terry Gernstein.**

Beth Schreiner had 4 first place finishes, Ida Hlavacek and Laura Wlaker had one first.

Those placing in the top ten were:

Patty Miller, 52, 6th 1650, 7th 50 Breast,
5th 100 Breast

Nancy Speer, 50, 7th 100 Breast, 3rd 200 Breast

Val Van Horn Pate, 50, 6th 500, 4th 1000, 4th 100
Back, 5th 200 Back, 5th 100 Fly, 4th 200 Fly

Kitten Braaten, 57, 7th 500, 7th 1000, 8th 100 Fly,
6th 200 Fly

Karen Mickunas, 58, 10th 100 Breast, 9th 200 Breast

Beth Schreiner, 72, 1st 50 Free, 1st 100 Free,
2nd 200 Free, 1st 50 Back, 1st 100 Back,

Betsy Durrant, 71, 4th 200 Free, 2nd 500, 3rd 50 Back
2nd 200 Back

Ida Hlavacek, 71, 2nd 1000, 2nd 100 Back, 1st 200
Back, 2nd 200 Fly, 2nd 200 IM, 4th 400 IM

Judy Martin, 70, 2nd 1650, 4th 50 Back, 3rd 100 Back
3rd 200 Back, 2nd 50 Breast, 2nd 100 Breast

Laura Walker, 75, 1st 100 Free, 3rd 200 Free, 2nd 50
Back, 2nd 100 Back, 3rd 200 Back,
2nd 100 IM

Dave Holland, 45, 5th 500, 3rd 1000, 8th 100 Fly,
3rd 200 Fly, 9th 200 IM, 5th 400 IM

Jim Miller, 62, 9th 1000

Terry Gernstein, 70, 4th 50 breast, 2nd 100 Breast,
2nd 200 Breast

Indianapolis is a great location for nationals. The pool is great, warm-up space is adequate, hotels and restaurants are nearby, and best of all, the meet is always well run

*Nancy
Speer &
Kitten
Braaten*



Patty Miller

(Editor's Note: I have used an article Chris posted at www.vaswim.org as one of the sources for this article.)

Patty is well deserving of USMS' most prestigious award. Patty's work at the national level, particularly as USMS Legal Counsel, has had a significant positive impact on Masters swimming. As Legal Counsel since 2002, she led the adoption of the USMS Code of Conduct and established the National Board of Review. She was instrumental in laying the groundwork and hiring the first two Executive Directors in USMS history. Previously, she served as Chair of the Safety Education committee and as a member of the Legislation Committee.

Patty has also been a strong leader in the Virginia LMSC for many years. She has served as LMSC Long Distance Chair and was co race-director of the Chris Greene Lake Cable Swim. She was president of VMST and is currently serving as our LMSC Chair.

In the Day 3 Video for Nationals on the USMS website, Patty is interviewed. I have tried to capture her comments about the award and her work for Masters Swimming ...

"This makes me feel so good about what I've been able to contribute. It's a nice opportunity to take things you do, like in real life I am a lawyer, but I get to be the lawyer for Masters Swimming. I can apply something I love to do to something I love. I love swimming and I love Masters swimmers. To have the opportunity to apply my legal work and organizational work to Masters is a dream come true."



Patty (on the right) being interviewed

See Background for Patty on page 4.

Background for Patty

By Betsy Durrant

BD: When and where did you start swimming competitively?

Patty: I started swimming competitively on a summer league team when I was 7 or 8. I stayed at that level while growing up in California and didn't start swimming year-round until I was in high school.

BD: I remember that you swam at William Mary while an undergraduate. Where did you go to law school?

Patty: Yes, I swam at William and Mary. I went to law school at UVA.

BD: How did you get started with Masters Swimming and when was your first meet?

Patty: Hmm, my first Masters meet was probably in Richmond at what was then Riverside Wellness & Firness. That was around 1994. I got into running after college but missed swimming and was constantly injured from running. So a former college teammate of mine suggested I try the Masters swimming program at Riverside. I went once or twice in the summer of 1991-ish, but we had to leave the pool for thunderstorms both times. Plus, Coach Jim Miller was a little scary as he shouted at the swimmers. I came back about a year later after swimming on my own at Riverside and observing Coach Miller wasn't as intimidating as he seemed at first.

BD: Anything else?

Patty: I want to acknowledge what a great spirit of service we have in the Virginia LMSC. It was easy for me to get involved because so many people around me were doing the same and emposing me to take on volunteer roles. I hope we continue to get new generations from Virginia involved as volunteers for Masters swimming. We have to remember that the swimming-related opportunities we have in Virginia – swim practices, newsletters, websites, local membership services, socials, swim meets, open water events – wouldn't happen without volunteers. We have a nationally recognized history of service in the Virginia LMSC and I hope it will continue as new people put their hands up and "I'd like to help."

More from my Mailbox

In the May issue, I listed swimmers at Zones, but missed a few. **Amy Howard** wrote: *Quest Masters swam at Zones too!*

I apologize, especially since **Quest** almost always has swimmers in the meets. Both Amy and **Cleary May** were at Zones.

I wish someone from each team/club would send me just a brief note on who to mention in the newsletter. I try, but ...

From **Barbara Streater**:

We are moving to Ft Knox, Kentucky. I take Battalion Command of the Mission Support Battalion on the 2nd of July. Can you change my address for the mailings?

Barbara has been in charge of the ROTC unit at William and Mary.

From **Kathryn Gregory**:

Stripers Score Well at YMCA National Short Course Championships

(Editor's Note: Most of the members of the Stripers are VMST members. When swimmers enter YMCA meets, they represent their local Y.)

Thirteen swimmers representing the Northern Neck Family YMCA competed in the YMCA National Short Course Masters Championship Meet held April 11-14 in Fort Lauderdale, Florida. The event hosted 469 men and women ages 18-94 at an historic facility adjacent to the International Swimming Hall of Fame. An anticipated closure of the pool and lengthy renovation process is planned to begin late summer.

The group finished ninth overall out of 40 teams with a total of 404 points accumulated, including 4 first places, 13 seconds, and 11 thirds. Twenty-five personal record times were achieved. According to coach Kathryn Gregory, this reflected the team's highest scoring ever from its first national effort in 2004.

Richard (Dick) Scott was top-scorer with three first, three second and two third places to contribute 60 individual points, as well as additional relay points. At age 77, Scott attained personal record swims in the 1650-yard freestyle and 1000-yard freestyle.

See Northern Neck Y on page 5.

Northern Neck Y continued from page 4.

Participating were **Kathy Broderick, Betsy Chambers, Donna Funkhouser, Ray Funkhouser, Esther Glover, Stephanie Hurd, Karen Jackson, Andrea Latell, Frank Miller, Will Stallings, Bud Swiger, Scott and Gregory.**

Coach Gregory extends thanks on behalf on the Striper Team for support from the Northern Neck Family YMCA, and especially branch executive Mark Favazza. Also thanks to Charles and Sue Spriggett, Susan Stallings, Janice Walker, Stacy Shomento, Bill Glover, Jarett Platsis, Ray Funkhouser, Rita Scott, and Tom Gregory, who assisted by counting distance swims, cheering, staging relays, award collection and presentation, team reception, and photo-taking. Esther Glover facilitated room reservations. She and Donna Funkhouser contributed team spirit gifts (pom poms and temporary fish tattoos) for the swimmers, and Kathy Broderick served as communication assistant. "Our helpers make this meet the best possible experience and we are so blessed to have great ones," adds Gregory.

From **Alvin Richardson**: Photos from Virginia Senior Games in Newport News.



Alvin Richardson, Charlie Erwin, Bud Swiger and Al Newbury.



Marianna Berkley, Mitt Tuovila, Jeanne Meredith, and Jonna Walker. This was Jonna's first meet since she was a teen!

Butterflyers at Nationals (taken by Kirk Clear)



*Left: Patty Miller
Above: Dave Holland and Ida Hlavacek*



Chris Greene Lake 1- & 2-Mile Cable Swims

Charlottesville, Virginia, Saturday, July 13, 2013

Sponsored by: Virginia Masters Swim Team and Albemarle County Parks and Recreation
Sanctioned by: LMSC of Virginia Inc. for USMS Inc. Sanction #: 122-
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 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 counter-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 13, 2013. **Paper entries must include a copy of your 2013 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 2013 USMS rules will govern both races.

Entries: All snail mail entries must be postmarked by July 5, 2013. Online entries will close at 11:59pm Eastern Time on July 8, 2013. 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





Lake Moomaw 1- Mile Open Water Swim Alleghany County, Virginia, Saturday, August 3, 2013

Sponsored by: The Virginia Masters Swim Team, The Alleghany Highlands YMCA, The Alleghany Highlands Chamber of Commerce and The Alleghany Foundation.

Sanctioned by: LMSC of Virginia for USMS Inc. Sanction #123-W003

SAVE PAPER, SAVE TIME, AND AVOID ERRORS: REGISTER ONLINE at WWW.VASWIM.ORG

Your credit card will be charged to " ClubAssistant.com Event Billing "

EVENT: There will be a one-mile race at 9:00am. The start and finish is on the beach at Cole's Point, clearly visible to the spectators and race personnel. The course runs along the shore to the south, approximately 50 yards out and continues east and north around buoys that will be clearly visible. The swimmers will reach the turn-around point inside the "no wake zone" in the inlet and turn counter-clockwise around a buoy and swim back to the beach via the same route. Buoys will remain to the swimmer's left. A 2x 3 foot poster of the course diagram will be posted at the lake, and the current water and air temperature will be posted at 8am. Swimmers will depart from the beach in waves of 10 people or fewer, 30 seconds apart, to prevent congestion.

Warm-up begins at: 7:45am **Check-in Closes at:** 8:45am **Race begins at:** 9:00am

Eligibility: Open to all swimmers 18 years & older. Paper entries must include a copy of your 2013 USMS card. Online entries will be verified automatically. To renew or join USMS online, visit usms.org/reg.

Rules: Current 2013 USMS rules will govern the race.

Entries: All snail mail entries must be postmarked by July 25, 2013. Online entries will close at 11:59pm Eastern Time on July 30, 2013. Late or race day entries will NOT be accepted. Online entry is strongly encouraged. Entry fee is \$30.00. To be guaranteed a free t-shirt, enter online by July 15, 2013.

Safety: For safety reasons, swimmers who cannot complete 1 mile in one hour should NOT enter. Swimmers still on the course after the time limit will be stopped and listed 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 WestVaco water rescue team will be on site with boats, rescue boards, and 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: 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 race. Drinks and snacks will be provided. A special award will be presented to any swimmer who participates in all three of the "Virginia Open Water Series":

- Jack King 1-Mile Ocean Swim in Va. Beach- June 23, 2013
- Chris Greene Lake 1 or 2-Mile Cable Swim in Charlottesville- July 13, 2013
- Lake Moomaw 1-Mile Swim north of Covington- August 3, 2013

Accommodations: Please call Sandra Denius at the Alleghany-Highlands Chamber of Commerce at 540-962-2178 for information.

Directions: Mapquest "Perkins Point, VA" (the beach is ½ mile south on Cole's Point Drive)

Race Directors Contact: Dave Holland 804-467-2425; Sandra Denius 540-962-2178

Local Masters Swim Committee Newsletter
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Don't forget the "Virginia Open Water Series"

Jack King 1-Mile Ocean Swim, Virginia Beach, June 23

Chris Greene Lake 1 and 2 Mile Cable Swims, Charlottesville, July 13

Lake Moomaw 1-Mile Lake Swim, north of Covington, August 3

Special Awards will be presented at the Lake Moomaw Swim to all swimmers who participated in all three of the open water events in the series.



Graphic from
swimgraphics.com