

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
August 15, 2015

Dave Holland Does It Again! *Two successful, well-run events in less than a month!*

Chris Greene Lake One and Two Mile Swims were renamed the John Shrum Memorial Swims.

From **Dave Holland**: This year the event has been re-named for **John Shrum**, a Charlottesville resident and long-time swim enthusiast who passed away earlier this summer. John swam at UVA, competed in this event more than 25 times, and with help from Jack Kegley, helped to get the wooden pylons installed here to establish the quarter-mile straightaway in the 1970's. We are fortunate to have many members of the Shrum family competing in the race this year, and a large contingent of current UVA swimmers.

Despite the rain, it was the largest group ever to attend this event: 205 athletes gathered on July 11 to participate in one or more cable swims at Chris Greene Lake in Charlottesville, VA. 103 of these swimmers were from our LMSC, with **Peluso Open Water Masters** leading the way with 30 of its members participating. As usual, the meet was very well run and spectators were treated to some fast swimming. The complete results have been [uploaded to the website](#).

As usual, thanks go to race director Dave Holland and his crew of volunteers for putting on another successful event. Congratulations to all who participated!

See page 3 for more on results.

Lake Moomaw – a beautiful setting for a great race.

From Dave Holland: Moomaw was a lot of fun this year. Shirley Loftus-Charley won on the female side with a new course record, and Todd Bassett won on the male side. The date for next year is tentatively August 6.

See page 3 for more on results.

In this issue...

Several articles and pictures from members. Thank you!

David Bently competed in the World Police & Fire Games.

Bud Swiger sent photos of Commonwealth Games and NC LC Meet in Goldsboro.

Our very own Special Olympian **Megan Shepherd**, VMST member from Virginia Beach, won 2 Gold Medals at the Special Olympics World Championship.



If you need an entry and do not have access to email, call me and I will sent you an entry. *Betsy*

Oct 10: DCAC Columbus Day Classic

Oct 25: GMU Sprint Classic

Nov 7: SCM in Virginia Beach

Date is tentative.

Entry will be on Club Assistant and will be in the September newsletter.

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Photo Caption from July Issue



I asked for names and reason for the photo above. Kitten Braaten responded: I think the picture was taken at long course nationals in Savannah (2004). I don't remember Angela Vergara's married name, but the others are Jim Miller, Lang Meem, Beth Waters, Kitten Braaten, Eric Cornell, Angela, Alice Phillips, Mark Gill, Dudley Duncan, Terry Sue Gault, Lisa Bennett, Tracy Hernlen, Nancy Miller and bottom row Becky Miller, Stacy Cornell, Patty Powis Miller.



LMSC for Virginia Website:

www.vaswim.org

USMS Website: www.usms.org

Nearby LMSCs

North Carolina: www.ncmasters.org

Maryland: www.maryland@usms.org

Potomac Valley: www.PVMasters.org

Colonies Zone: www.ColoniesZone.org

Dixie Zone: www.DixieZone.org

ONLINE Meet Registrations:

www.clubassistant.com

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Graphics from www.swimgraphics.com

More on JSM

The John Shrum Memorial Race

Dave Holland

Congratulations to the following swimmers who set new course records yesterday:

Kate Stephensen (1-mile, women 25-29, 21:43.19)

Mark Loftis (1-mile, men 55-59, 21:35.33)

Willis "Bill" Braswell (1-mile, men 70-74, 28:08.48)

Carl Russ (1-mile, men 80-84, 42:09.27)

Kate Stephensen and Mark Loftis were the overall winners in the 1-mile event, while **Cece Williams and Sarik Tara** took home the top spots in the 2-mile event. Unfortunately, Sarik's phenomenal 39:03.87 yesterday does not count as a USMS national record (nor does **Bradley Phillips** course record of 38:25.18 from 2013) because USMS requires you to be a registered USMS swimmer to qualify for their records. The One Event Registration does not qualify. Sarik's time will stand as the fifth fastest all-time for the 2-mile cable at Chris Greene. On the women's side, UVA swimmer **Cece Williams** posted the second fastest all-time swim with her 40:49.91, while her teammate **Jenn Markkand** earns the fifth-fastest all-time with her 41:33.73.

I would like to thank the Shrum family, the Charlottesville community/ Team Shrum, UVA swimming, Tri Girls, and all of you who braved the rain to make this inaugural event in John's honor such a special event this year. The support, camaraderie, laughter, and passion were in full force yesterday, and we did it despite some challenging weather.



I also wish to thank Charlottesville-Albemarle and Lake Monticello water rescue teams (**Pete Davidson, Noah Madden, Jim Miller**, and a mostly volunteer team effort), **Matt Smith, David Dollins**, and the staff of Albemarle County Parks and Recreation, and VMST volunteers for making this event possible. The following people who gave up their weekend to make this race possible deserve special recognition: **Elizabeth and Sandy Cohen, Tomas Perez, David Fellowes, Tom Leonard, Robin and Lily Claiborne, Michelle and Sheila Kitt, Jim and Patty Miller, Shirley and Craig Charley, Heather Mackey, Elizabeth Holland, and Hank Holland.**

More on Lake Moomaw

Age group winners were: Kristin Courtney, Karen Meyers (POWM), Michelle Kitt (POWM), Rebecca Franklin (Crozet), Amy Robbins, Mary Pearce (NCMS), Shirley Loftus-Charley (VMST), Barbara Warren (WVM), Susan Marens (VMST), Adam Dodson, Jason Somensatto (Machine Aquatics), Juan Bolivar, Colin Martin, Todd Bassett (VMST), Richard Hahn (VMST), Howard Craddock (VMST), John Pendleton, Chris Frogley (VMST).

David Bentley *World Police & Fire Games*

The World Police & Fire Games were held recently in Fairfax County. David Bentley, who swims at Lifetime Fitness in Centreville, participated. He is also a Captain with Fairfax County Fire and Rescue. This is international competition for professional firefighters and law-enforcement officers. The meet was held at George Mason University from June 30 through July 2.

David swam five individual events in the 45 - 49 age group, the 400, 200 and 100 freestyle, the 100 backstroke and the 100 breaststroke along with two relays. He finished top five in all his events and took the bronze medal in the 100 freestyle.

The next WPFPG will be held in 2017 in Montreal Canada.

David (bottom) on the backstroke start.



VMST Members at LC meet in Goldsboro, NC.

Dick Scott, Bud Swiger, Johnnie Detrick, Johnnie's husband Dick.



Commonwealth Games

Bud Swiger

The Masters Swimming meet of the 2015 Virginia Commonwealth Games was held Saturday, June 20th at the beautiful Christiansburg Aquatic Center. This large, new complex next to Blacksburg, is home of the Virginia Tech varsity swim teams. The meet was in long course meters and meet directors were Howard Butts and John Pero. This was the 26th edition of the Master's meet for the Commonwealth Games. **Howard Butts** has been the driving force for this meet for over twenty years. This is the longest, continually run adult swim meet in the south western section of Virginia.

Forty three swimmers participated this year in the USMS recognized meet. "Recognized" meaning top ten times and national times and records are definitely recognized by USMS while FINA world records are not. FINA world records are not recognized because non USMS swimmers are allowed to compete in this meet which is in keeping with the ideals of the Commonwealth Games of welcoming everyone to participate in all competitions hosted.

There were many fast times and probable USMS top ten swims by the likes of Calvin Barnes (91), Dick Scott (80), Lucille Griffin (77), James Ryan (63), Greg Harris (52) and Mike Bitzenhofer (51). There were relay competitions, and VMST had several possible top ten relay postings. I consider this one of the most "fun" and friendliest meets I participate in every year (my other favorite meets are the fall VMST Virginia Beach meet and the VMST Richmond Winter meet). I highly recommend attending this meet every summer for all USMS swimmers to get long course times for the year while swimming in a beautiful and very fast pool!

In addition to the VMST swimmers shown in the photo, Bud reports that **Susan Bricken** from Christiansburg VA was also at the meet.

Megan Shepherd Wins Gold!

Megan Shepherd, a VMST member who swims with the workouts at Great Neck Rec Center in Virginia Beach, competed in the Special Olympics World Championship in Los Angeles. Only 8 swimmers from Virginia were selected for the meet. Megan was the only female.

Karen Mickunas and Betsy Durrant are her usual coaches, but Betsy has not coached since mid-June. Judy Martin has filled in. Karen and Judy did a wonderful job in getting Megan prepared for the meet and ready to race.

Below is a summary of the trip from her mother, Isabel Shepherd.

Megan is finally home from the Special Olympics World Games in LA. The trip began with training at UC Riverside for three days followed by a parade for the athletes then a cruise out of Newport Beach.

Megan did well in the prelim for the 200 IM, but had goggle problems in the finals and was disqualified for pausing to fix her goggles. However, that did not keep her down for long. The next day her 4x100 medley relay team was behind by 2 lengths, but on the butterfly leg, Megan closed the gap to one length and the freestyle anchor caught up. The fans were all on their feet yelling and screaming. Team USA was out touched by team China, but their team was disqualified because the anchor dove in before the flier touched the wall. So, team USA won the gold.

After a grueling first 75 meters of the butterfly race in which Megan was behind by more than a body length, she powered it up at the final turn, and took the lead at the ten meter mark to win the gold. This entire race was broadcast on ESPN.

Megan won her prelim heat of the 100 breaststroke by 2 lengths, so she was put in the fastest heat for the finals. Unfortunately, all the other fast girls were a foot taller than Megan and much faster than her prelim heat. She swam her personal best, but got 5th place...which is still good considering the first five places' times were from 1:44- 1:58. Megan's Godmother, Monica Reilly, and I picked the exhausted Megan up last night in Richmond. We took her out to eat, and the waitresses wanted their picture taken with Megan, the ESPN celebrity. So, the lone female swimmer from Virginia brought

home two gold medals from the Special Olympics World Games.

Thank you everyone for your great prayers, cheers and support of Megan. She is still smiling in her sleep. Much gratitude and special thanks to the Special Olympics for giving Megan the opportunity to show the world that differently abled people have a lot to contribute. Thanks also to ESPN for their phenomenal broadcasting of the 2015 Special Olympics World Games. We hope to make it to the next World Games in 4 years in either South Africa, Australia, or Germany.

This is a link to Megan's butterfly race. It is amazing that she starts to breathe every other stroke on the last length!

<http://espn.go.com/video/clip?id=13342583>

Gold Medal Relay Team on the Awards Stand. Megan is on the left.



Megan (on the right)





The 2015 Check-Off Challenge is a postal event designed to motivate swimmers to complete 18 pool events and an open water swim during the 2015 calendar year. It challenges all levels of swimmers. Novice swimmers can swim new events. Experienced swimmers can try for their personal best times in as many events as practical.

The events may be swum in practice or in meets, in yards or in meters, any time during 2015. The challenge is to complete all events or try new events. The event is open to all registered Masters swimmers. Enter by filling out the [online entry form](#) or send in a paper entry via U.S. mail using the [paper entry form](#).

Entries this year have come from as far away as Australia and the U.S. Virgin Islands and almost every state in between. Check out the video clip at https://www.youtube.com/embed/pD_utx85We4 then enter today. Your entry may just be the one to complete the 50 state sweep for the 2015 Check-Off Challenge.

The 2015 Check-Off Challenge is hosted by Tennessee Aquatics Masters Swimming and sanctioned by the Southeastern LMSC for USMS, Inc., sanction #155-S002.

USMS Annual Convention

The USMS Annual Convention will be held in conjunction with the United States Aquatic Sports (USAS) Convention on September 29 – October 4. This year the convention is in Kansas City. USAS encompasses United States Swimming, Water Polo, Synchronized Swimming, Diving, as well as Masters Swimming. Each sport has their own meetings, coming together for a social and a banquet.

Representatives from Virginia are: Dave Holland and Betsy Durrant – LMSC representatives, Chris Stevenson – Vice President, Patty Miller – Legal Counsel, Jim Miller – Past President, Heather Stevenson – Legislation Committee, Charlie Cockrell – Rules Committee.

Elections for Officers will be held this year. Chris Stevenson is running for re-election as Vice President of Local Operations. Patty Miller is running (unopposed) for President.

Swimming Workout Variety for Improved Performance

Challenge yourself and mix it up!

Albert Einstein defined insanity as “doing the same thing over and over and expecting different results.” Yet many Masters swimmers repeat the same workout with only minor variety, and then wonder why they don’t improve.

Here are some suggestions to help you break out of that rut.

Embrace Disorder

- Swim 100 IMs with the order mixed up. If you do every combination, you’ll get through 18 unique 100s. It’s fun to print the options on strips of paper and let each person in your lane pull one out of a bowl as you go through the set.
- Swim IMs made up of nonstandard strokes. Throw in some sidestroke, corkscrew, dogpaddle, or Tazmanian Hula.
- Swim freestyle with dolphin kick, backstroke with breaststroke kick, or butterfly with flutter kick. You’ll be surprised how much concentration and effort it takes to do it right.

Rolling Thunder

Different levels of intensity train different metabolic systems, which is why we all need to mix in some sprinting, threshold swims, long, slow distance, etc. But a good fusion set can be an interesting way to challenge yourself as well.

- Swim a set of 5 x 200 free, with 100 of each repeat at a significantly higher effort, trying to keep the total 200 time the same throughout the set. Take plenty of rest:
 1. 100 hard, 100 moderate
 2. 25 moderate, 100 hard, 75 moderate
 3. 50 moderate, 100 hard, 50 moderate
 4. 75 moderate, 100 hard, 25 moderate
 5. 100 moderate, 100 hard

You can extend this idea to any distance. For 500s, you might swim 150 of it at the higher intensity. Pay attention to how you feel on each repeat; you’ll likely learn something about how you should pace your races.

Immersion Inversion

Just roll over and do your favorite set on your back.

This is especially good for those swimmers (I’m talking to *you*, triathletes) who rarely practice nonfreestyle strokes. Backstroke not only helps you balance muscular development and open up your chest, but it also forces you to pay attention to your bodyline and drag profile. This focus pays dividends to your freestyle through improved awareness and flexibility. Practicing your butterfly and breaststroke skills on your back also pays off. A two-arm backstroke with dolphin kick (aka inverted fly) works your core while it challenges your rhythm and coordination. Breaststroke kick on your back allows you to really focus on keeping your knees in the correct position (i.e., not lifting them too high up out of the water during recovery) and then accelerating the feet all the way together to finish the kick thrust motion.

Creative Accessorizing

Don’t let your equipment get in a rut, either.

- Swim with your pull buoy as if it were a water polo ball, pushing it in front of you with your bow wave. Or swim with it on top of your head. These drills force you to develop a powerful kick while maintaining awareness of your upper body orientation.
- Or, do an arms-only pull set *without* the buoy! Lock your toes together (or use a stretch band to lock your legs together *sans* flotation). Without a buoy supporting your inactive legs, you’ll be forced to develop a good extension on your *See Variety on back page.*

Local Masters Swim Committee Newsletter
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Variety continued from page 7.

catch and execute a powerful pull. (This is a tough one, so to avoid practicing poor body position, you should do this drill sparingly, and only when you're fresh and strong.)

•Grab a brick or dumbbell (or your water bottle, etc.) and do some vertical kicking in the deep end. Your leg muscles will get a good workout while you gain awareness of your ankle flexibility and core strength.

A Little Insanity is Good

Every set you do should have a specific purpose. But sometimes it's OK if that purpose is merely to alleviate boredom and throw some fun into the workout. If you're paying attention to what you're doing, though, you'll be able to improve your technique and fitness even with silly sets ... and your understanding of your body's relationship with the water will improve from these detours off the beaten path.

At the same time, remember that it's important to hang onto your standard sets, too. You should regularly do certain sets to test your fitness and track your progress. Common standard sets include 10 x 100 on the fastest sendoff you can hold, timed 500s (or 800s), and high-effort 100s on the clock. But in between those checkups, it's OK to mix it up a bit and have some fun!

About the Author—Terry Heggy

Terry "Speed" Heggy has been swimming for more than 50 years. He won his age group in the 2006 USMS 6+ Mile Open Water National Championship, and competed in the USA Triathlon Olympic-Distance National Championship in 2014. He has coached the Foothills Masters Swim Team in Littleton, Colo., since 1986, and is a National Academy of Sports Medicine Certified Personal Trainer. Heggy is also the author of "The Shy Man's Guide to Success with Women."