

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia

June 15, 2015

Virginia Swimmers Were Busy Late April and May

There were numerous opportunities for swimmers from our LMSC to participate in events over the last month.

USMS SC Nationals in San Antonio

Fifteen swimmers, representing four clubs, from our LMSC participated in SC Nationals.

Tribe Alumni-Kyle Ahlgren, Shannon Sullivan, Rich Williams, Jim Griffin

Quest-Opal Brink, Amy Howard, Cleary Maly

SNOW-Stacy Russello

VMST-Ida Hlavacek, Donna Hodgert, Jim Miller, Patty Miller, Ken Novell, Dan Sheehan, and David Vaughn

Results for Virginia swimmers can be found at vaswim.org. Complete results are at usms.org.

YMCA Nationals in Sarasota

I haven't heard much about who went to Y Nationals. Bud Swiger included a quick note about Florida, but that's all. "I hung out with Ray Funkhouser and his wife Donna down at Y nationals this year, talking track and race walking."

Virginia Senior Games in Newport News

I don't have complete results yet for this meet, but I want to mention two noteworthy performances. Marianna Berkley, 93, had some health issues at the November meet. She has been very cautious about easing into training again. She swam two events and placed 2nd in both. Al Newbury, 80, broke his arm and also has been careful about returning to training. Al won both the 50 and 100 back!

A Note to All Swimmers

Please let me (your editor) know when you swim in an interesting event or practice with a team while you are on vacation. People like to hear about these experiences.

Virginia Swimmers Ranked in the USMS Top Ten for SCM

Thirty swimmers from our LMSC are listed in the national Top Ten for Short Course Meters events. These swimmers represent the following clubs: 1693, BAM1, CPYM, POWM, SHYM, STON, VMST. Two swimmers are unattached, not a member of a team.

Five of our members were FIRST in at least one event: **Denise Letendre**, VMST, 200 breast; **Kelly Parker Palace**, VMST 200 free, **Shirley Loftus-Charley**, VMST 1500 free and 400 IM, **Beth Schreiner**, VMST, 50 and 100 free, **Johnnie Detrick**, VMST, 50 and 100 free.

The listing for the Virginia LMSC starts on page 2. Congratulations to all.

John Shrum

A message on May 24 from Shirley Loftus Charley: "John Shrum passed away yesterday morning of a massive heart attack. He was jogging and collapsed. I had just swum a week ago with him in the quarry and it was a beautiful day; the water was perfect. His last words to me were "That was great!" and I agreed with him. So I'm glad I have a fond memory of our last time and swim together. We had been swimming partners for 30 years."

A note from John Post:

"Betsy - John and I were talking about the England swim last week. He reminded me of his great novel http://www.vaswim.org/newsletters/2012/Feb12_Final.pdf and that he should quit medicine and write."

I wanted to do something to remember John and decided that re-printing his article on the channel swim was perfect. To me, it represents John's life – always ready to accept a challenge and always capable of seeing the humor in a situation.

The article starts on page 5.



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

July 11: Chris Greene Lake, Charlottesville. One and two mile swim. Online entry at ClubAssistant.com.

Entry was in last newsletter. Information at www.VaSwim.org.

July 10-12: Zone LC at U of MD. Entry will be on Potomac Valley website.

July 25: LC meet in Goldsboro, NC

August 1: Lake Moomaw One Mile Swim. Entry is online and is in this newsletter.

August 6-9: USMS LC Championship. Spire Institute, Ohio (near Cleveland)

Newsletter Editor: Betsy Durrant, 211 66th Street, Virginia Beach, VA 23451
757-422-6811 (fax or phone, before 9:30 pm); durrant6@cox.net



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

Graphics from www.swimgraphics.com

Due to a space problem, the LMSC officers are not listed this month . A list can be found at vaswim.org.

2014 USMS Top Ten SCM for Virginia LMSC

	Age Grp	Event	Name	Age	Club	Time	
	2	W25-29	200 Free	Denise M Letendre	26	VMST	2:16.42M
	3	W25-29	400 Free	Denise M Letendre	26	VMST	4:50.29M
	2	W25-29	800 Free	Denise M Letendre	26	VMST	9:51.34M
	7	W25-29	100 Breast	Denise M Letendre	26	VMST	1:22.55M
	1	W25-29	200 Breast	Denise M Letendre	26	VMST	2:48.10M
	4	W25-29	200 Fly	Denise M Letendre	26	VMST	2:30.03M
	2	W25-29	200 IM	Denise M Letendre	26	VMST	2:32.60M
	2	W25-29	400 IM	Denise M Letendre	26	VMST	5:23.44M
	10	W30-34	50 Breast	Claire C Russo	31	VMST	37.37M
	5	W30-34	100 Breast	Claire C Russo	31	VMST	1:22.21M
	6	W30-34	200 Breast	Claire C Russo	31	VMST	2:56.61M
	10	W30-34	200 IM	Claire C Russo	31	VMST	2:42.64M
	10	W35-39	800 Free	Kelsey A Trom	36	POWM	11:32.00M
	6	W35-39	50 Breast	Kristen S Harris	38	1693	38.45M
	10	W35-39	50 Breast	Rebecca A Deaton	39	CPYM	40.02M
	8	W35-39	200 Breast	Kristen S Harris	38	1693	3:10.25M
	9	W35-39	200 Breast	Rebecca A Deaton	39	CPYM	3:12.34M
	10	W50-54	50 Free	Kelly Parker Palace	53	VMST	30.32M
	6	W50-54	100 Free	Kelly Parker Palace	53	VMST	1:05.13M

1	W50-54	200 Free	Kelly Parker Palace	53	VMST	2:19.66M
3	W50-54	400 Free	Kelly Parker Palace	53	VMST	4:53.27M
3	W50-54	800 Free	Kelly Parker Palace	53	VMST	10:03.94M
6	W50-54	200 Back	Kelly Parker Palace	53	VMST	2:47.07M
4	W50-54	400 IM	Kelly Parker Palace	53	VMST	5:57.12M
3	W60-64	100 Free	Shirley A Loftus-Charley	63	VMST	1:13.81M
2	W60-64	200 Free	Shirley A Loftus-Charley	63	VMST	2:36.40M
3	W60-64	400 Free	Shirley A Loftus-Charley	63	VMST	5:25.69M
2	W60-64	800 Free	Shirley A Loftus-Charley	63	VMST	10:57.96M
1	W60-64	1500 Free	Shirley A Loftus-Charley	63	VMST	20:50.46M
8	W60-64	100 Back	Shirley A Loftus-Charley	63	VMST	1:29.47M
4	W60-64	200 Back	Shirley A Loftus-Charley	63	VMST	3:04.83M
8	W60-64	100 Breast	Shirley A Loftus-Charley	63	VMST	1:39.68M
3	W60-64	200 Breast	Shirley A Loftus-Charley	63	VMST	3:29.25M
8	W60-64	200 Breast	Barbara E Boslego	63	VMST	3:41.79M
8	W60-64	50 Fly	Shirley A Loftus-Charley	63	VMST	38.11M
3	W60-64	100 Fly	Shirley A Loftus-Charley	63	VMST	1:25.94M
3	W60-64	200 Fly	Shirley A Loftus-Charley	63	VMST	3:12.13M
5	W60-64	100 IM	Shirley A Loftus-Charley	63	VMST	1:26.37M
4	W60-64	200 IM	Shirley A Loftus-Charley	63	VMST	3:01.42M
1	W60-64	400 IM	Shirley A Loftus-Charley	63	VMST	6:16.99M
5	W65-69	200 Free	Marcia L Barry	66	VMST	2:52.62M
4	W65-69	400 Free	Marcia L Barry	66	VMST	6:04.96M
2	W65-69	800 Free	Marcia L Barry	66	VMST	12:12.94M
2	W65-69	1500 Free	Marcia L Barry	66	VMST	22:58.32M
3	W65-69	50 Back	Marcia L Barry	66	VMST	41.85M
2	W65-69	100 Back	Marcia L Barry	66	VMST	1:32.59M
2	W65-69	200 Back	Marcia L Barry	66	VMST	3:17.88M
1	W70-74	50 Free	Beth Schreiner	73	VMST	37.81M
1	W70-74	100 Free	Beth Schreiner	73	VMST	1:28.30M
4	W70-74	200 Free	Beth Schreiner	73	VMST	3:18.18M
9	W70-74	200 Free	Ida M Hlavacek	72	VMST	3:47.71M
6	W70-74	400 Free	Betsy Durrant	73	VMST	7:52.04M
7	W70-74	400 Free	Ida M Hlavacek	72	VMST	7:56.60M
3	W70-74	800 Free	Betsy Durrant	73	VMST	16:11.00M
4	W70-74	800 Free	Ida M Hlavacek	72	VMST	16:16.50M
8	W70-74	800 Free	Judy Martin	72	VMST	17:35.79M
6	W70-74	1500 Free	Ida M Hlavacek	72	VMST	33:31.39M
3	W70-74	50 Back	Beth Schreiner	73	VMST	46.95M
8	W70-74	100 Back	Ida M Hlavacek	72	VMST	1:54.79M
8	W70-74	200 Back	Ida M Hlavacek	72	VMST	4:18.10M
10	W70-74	50 Breast	Betsy Durrant	73	VMST	58.14M
8	W70-74	100 Breast	Susan E Marens	72	VMST	2:09.34M
4	W70-74	200 Breast	Susan E Marens	72	VMST	4:35.95M
8	W70-74	200 Breast	Ida M Hlavacek	72	VMST	5:11.32M
7	W70-74	50 Fly	Ida M Hlavacek	72	VMST	57.94M

4	W70-74	100 Fly	Ida M Hlavacek	72	VMST	2:09.49M
5	W70-74	200 Fly	Ida M Hlavacek	72	VMST	5:13.37M
6	W70-74	200 IM	Ida M Hlavacek	72	VMST	4:16.49M
5	W70-74	400 IM	Ida M Hlavacek	72	VMST	9:25.98M
1	W75-79	50 Free	Johnnie Detrick	79	VMST	39.99M
1	W75-79	100 Free	Johnnie Detrick	79	VMST	1:30.09M
3	W75-79	200 Free	Johnnie Detrick	79	VMST	3:35.21M
3	W75-79	100 Back	Laura S Walker	77	VMST	1:58.95M
4	W75-79	200 Back	Laura S Walker	77	VMST	4:17.65M
5	W75-79	100 Breast	Johnnie Detrick	79	VMST	2:05.66M
3	W75-79	200 Breast	Johnnie Detrick	79	VMST	4:34.78M
10	W75-79	200 Breast	Joan Averette	78	VMST	6:58.42M
3	W75-79	100 IM	Johnnie Detrick	79	VMST	1:53.05M
3	W75-79	200 IM	Johnnie Detrick	79	VMST	4:20.41M
7	W85-89	50 Free	Terry Sokolik	87	VMST	1:07.18M
9	W85-89	50 Free	Miriam K Tuovila	89	VMST	1:23.27M
6	W85-89	50 Back	Terry Sokolik	87	VMST	1:27.33M
6	W85-89	100 Back	Terry Sokolik	87	VMST	3:11.45M
5	W85-89	50 Breast	Miriam K Tuovila	89	VMST	1:29.03M
6	W85-89	50 Breast	Terry Sokolik	87	VMST	1:36.66M
4	M18-24	50 Back	Sidney L Glass	23	BAM1	27.12M
2	M18-24	100 Back	Sidney L Glass	23	BAM1	58.49M
4	M18-24	200 Back	Sidney L Glass	23	BAM1	2:11.48M
10	M18-24	50 Breast	Sidney L Glass	23	BAM1	31.32M
4	M18-24	100 IM	Sidney L Glass	23	BAM1	59.80M
4	M18-24	200 IM	Sidney L Glass	23	BAM1	2:14.46M
7	M25-29	800 Free	Brady Thomas	25	UC12	11:23.49M
8	M25-29	400 IM	Christopher L Hepp	26	SHYM	5:26.56M
3	M30-34	400 Free	Adam S Barley	33	VMST	4:20.47M
7	M30-34	50 Back	Adam S Barley	33	VMST	29.29M
9	M30-34	50 Fly	Adam S Barley	33	VMST	27.06M
4	M30-34	200 IM	Adam S Barley	33	VMST	2:14.53M
10	M35-39	100 Free	Pieter A De Hart	36	STON	56.74M
6	M35-39	200 Free	Pieter A De Hart	36	STON	2:07.01M
6	M35-39	200 Back	Pieter A De Hart	36	STON	2:21.12M
9	M35-39	200 IM	Shaun P Timothy	36	UC12	2:31.22M
10	M45-49	50 Breast	Dave Holland	47	VMST	33.71M
6	M45-49	100 Breast	Dave Holland	47	VMST	1:13.69M
6	M45-49	200 Breast	Dave Holland	47	VMST	2:40.68M
3	M45-49	200 Fly	Dave Holland	47	VMST	2:18.10M
9	M45-49	200 IM	Dave Holland	47	VMST	2:28.33M
2	M45-49	400 IM	Dave Holland	47	VMST	4:55.75M
5	M50-54	50 Free	Gregory Harris	51	VMST	25.85M
5	M50-54	100 Free	Gregory Harris	51	VMST	57.40M
7	M50-54	200 Free	Gregory Harris	51	VMST	2:08.89M
9	M50-54	50 Breast	Gregory Harris	51	VMST	33.12M

<p>Top Ten listing for SCM is continued on the back page.</p>

England to France in 10 Hours 24 Minutes

by John Shrum, M.D.

On July 31, **Shirley Loftus, Bob Lazzaro**, of the Terrapin Masters, **my two older children, Mo, 19, and Joseph, 17, John Post and myself** swam a relay across the Mecca of Open Water Swimming. The Straits of Dover, better known as the English Channel, confront one with staggering obstacles. In a given season, from late July to late September, the tides prevent at least 20 days from being possible for attempts at crossing. Storms and bad weather may knock out another 15 to 30 days, even when the neap tide is acceptable. The logistics, the cost, the time away from work once conquered, the swimmer(s) then get to face what we did – 21 miles through 57 degrees Fahrenheit water and 8 foot swells, along with a head dizzying stomach churning boat ride when not in the water.

The idea began during a half-baked conversation between myself and John Post at Sloan's Restaurant during the late Fall of last year. I said I'd be interested, but actually thought it would be several years yet before I gradually got around to organizing such an expedition myself. But John Post is relentless, if nothing else. Shortly after the New Year he called one Sunday afternoon and queried, "What are you doing on July 29th, 1998? "I have a feeling you are going to tell me," I replied.

"You are going to swim a relay across the English Channel. We have Reg Brickell lined up as our pilot from July 29 through August 2nd."

This sounded pretty serious, but I was still skeptical of luring four other swimmers into this possible misadventure. Well, my long time training partner, Shirley Loftus, was immediately aboard, and John had no trouble signing on Bob Lazzaro, from Maryland, so now we were four. The four months passed and our numbers did not increase. One day I asked my 19 year old daughter, Mo, if she'd "like to go Europe." Much to my pleasant surprise she was enthusiastic; one week later, to my utter astonishment, 17 year old Joseph said he'd like to join us!

I still felt one dip in 60 degree Fahrenheit water would scrap the plan for my children and in early May the moment of truth arrived. Shirley had discovered an excellent training spot near her home in Afton, Lake Sherando, where we could swim

without restriction until Memorial Day. The first day out was raw, misty and windy. The air was about 55 degrees and when I read the water temperature at 56 degrees, I turned to return to the car. "We've got to get in," Shirley informed me. I looked to Mo for some support, but she gestured, to my chagrin, sympathetically to Shirl. I would still be standing there on the beach had not the girls plunged in. We went 25 minutes and survived. We returned the next day with Joseph and I was sure he'd balk. Forty-five minutes later the four of us emerged from the bone chilling water and I realized I was in with some pretty tough customers. We were going to England.

I felt like I was in pretty good company. Bob Lazzaro had completed the Boston Light Race in the past, a swim I feel is the toughest open water race in the United States. John Post had two Iron Man Triathlons and one Manhattan Swim Marathon to his credit. Shirl, of course, besides winning 12 national Open Water Championships and being named to this year's All American All Star Team, is no less than a past World Open Water Champion. Mo had swam for the University of Virginia Women's Team this past year, surviving my former teammate Mark Bernardion's body crushing workouts for seven months. Joseph, who swam for CYAC and CHS, was the least experienced of our group, but he had one huge advantage. He is a seventeen year old male, and definitely the fastest pool swimmer of our group. We were a strong team, I felt, in spite of our wide range of ages.

We arrived in London on the morning of July 27th after a six hour flight that seemed to race by for me. We drove to Dover and got settled at our quarters. Within several hours we were training in Dover Harbor, that alone an experience that was like a dream come true. I was actually in Dover, training to swim the English Channel with my family and friends. The water was around 59 degrees which we all seemed to cope with. Shirley's discovery of Lake Sherando and her insistence that we get in, even at 56 degrees, was paying huge dividends.

The next day we trained again and explored Dover and Folkstone, just five miles away. The big event of the day was the rendezvous with our boat pilot, the incomparable Reg Brickell, Jr. Reggie's dad, who passed away seven years ago, had escorted Channel swimmers across the Strait's for forty years. His swimmers included such notable as Abou Heif, the great Egyptian legend, Penny Lee

Dean and Doc Councilman. Reg, Jr, who has now performed the same service for 28 years, and younger brother, Ray, have their own fishing business, so basically, the Channel is Reg's backyard, front yard and living room. He is a Robin Williams look alike with a pirate's ring through his right ear lobe. He has a quick laugh and an impish grin, but even in briefing us about our routine, demonstrated a very serious, experienced manner. We could not help but notice that on a day that we Virginians were bundled up in thick sweaters, overcoats and heavy sweatpants, he and Ray got off their boat, *The Viking Princess*, wearing blue jeans and tank tops.

Reg was very clear. Call him at 6:15 p.m. each night and he's tell us whether we were a "go" or not. "Yes, it was possible," he explained, "five days could and go during our neap tide and bad weather in the Channel would prohibit an attempt." That day was so lousy he speculated that the next day, Wednesday, would be no good. Several hours later, he confirmed his prediction, so we were one down and four days to go. The weather remained grey, cold and windy, but we entertained ourselves with a training swim and more exploration of the town. The English were fun, great conversationalists, and I believe we all felt more and more comfortable with everything except driving on the left side of the road in vehicles that had the steering wheel on the right side. It was always a hellish experience to drive anywhere. It was great to get to know Bob Lazarro and his wife Roberta. Bob was a wonderful traveling companion. He's funny, amiable and a killer in workouts. I didn't even try to keep up with him and Shirley as they plowed the frigid Dover Beach water at a blazing pace every morning we trained. Bob was a tremendously confidence-inspiring teammate.

Wednesday night, Reg gave John Post the word, another poor day coming up; two down, three to go. The previous evening we met a Japanese team, two women and four men from Tokyo that had succeeded in their swim in 12 ½ hours. They said it was very cold and very rough.

We were now resigned to the possibility that our opportunity to swim may come down to our last day. On Thursday, the 30th, we thought we'd take the Hovercraft across the Channel and visit Calais for several hours. The weather was so horrendous, white caps blanketing the water as far as we would see, that all boat traffic across the Straits was canceled. So there was little doubt in our thoughts

that Friday, too, would prove to be unacceptable for a chance to cross, but our mood at dinner underwent an abrupt transformation when Dr. Post returned from the phone booth and informed us, "Reg says he'll meet us at Folkstone harbor at 4:30 a.m." Suddenly, things became very quiet.

Everyone's appetite suddenly diminished. My own mouth went dry, my heart rate skyrocketed. Having got all my gear back at our B&B, I slept like a rock...for about 90 minutes. The rest of the night, I lay in my bed in a cold sweat.

We boarded *The Viking Princess* at 4:30 a.m. in Folkstone Harbor and began a 45 minute trip back to Dover, where we would actually start at Shakespeare Beach. The sun rises earlier in England and as we made our way down the coast a beautiful, orange sun illuminated the sky. It was 45 minutes that will forever remain in my memory, as I was apprehensive, exhilarated, joyous and terrified all at once.

When *The Viking Princess* got as far as she could near Shakespeare Beach, our lead off swimmer, Shirley, was instructed to get on her cap and goggles and swim to the beach, walk "clear of water," and await the takeoff signal from Brian, our official observer from the Channel Swim Association.

As we all stood on the deck awaiting Shirley to get off her sweats, she suddenly realized that besides Mo, seven men were standing in a circle staring at her while she stripped down. She started to laugh and giggled that she had never had so much attention getting undressed. Her remark made us all more relaxed and then she even went so far as to twirl her shorts in the air. There were several encouraging yells of "Shake it, Shirl," and with that, she donned her cap and goggles. She quickly entered the water and her powerful, flawless stroke, quickly reached Shakespeare Beach. She kicked off an old shoe John had given her for good luck and waved at us that she was ready for Brian's signal. At that moment, 5:28 a.m., July 31st (1998), my heart was in my throat. The sunrise by now was gorgeous, I was on a boat with two of my children watching Shirl getting ready to begin our odyssey to France. It was a great moment.

On Brian's signal, she gave us another wave, and better yet, a smile. She jogged into the water and quickly began the swim. The waves were already very choppy and within minutes Bob was seasick. Reg assured us that as the ocean literally

bounces off the Cliffs of Dover at that location, it would become smoother further out.

Shirl continued to plow through the water but she bounced off very high swells. Brian, our observer, informed me the water temperature was 14 degrees Celsius, or about 57 degrees Fahrenheit, and I knew it would get colder in mid-channel. At 30 minutes we help up a chart signifying the time for Shirl and as she swam on, the sky grew lighter yet. It was going to be sunny; Reg was right, as always.

Joseph was our number two swimmer and as he stripped down, with virtually no attention compared to Shirley's disrobing ceremony, my heart rate approached levels unparalleled. He has virtually no body fat, and in spite of his youth and testosterone levels, I was frightened for him. The swells which had subsided somewhat during Shirley's second 30 minutes now seemed to be gaining again in height. On Brian's signal, Joseph climbed down the ladder as the rules demand. Within moments Shirl was out, our first hour behind us. She joked about not getting very far, but already, England was several miles behind us. She had done remarkably well.

Joseph looked smooth and strong the whole hour while the rest of us were tossed about like rag dolls on the deck. By now, Bob was flat on his back, the misery of seasickness overcoming him. After Joseph got out, shivering uncontrollably, he tried to choke down some heated water. He immediately leaned over the edge of our craft and "blew chunks," as he put it in a postcard he sent to a friend.

So as I looked around and saw Shirl bundled up, trying to keep from being thrown overboard, Bob lying flat out, turning green, my son, Joseph spewing over the bow, my daughter, Mo, fighting swells in 57 degree water and John Post waiting nervously for his turn still 3 hours away, I couldn't help but needle Joseph, "Are we having fun, yet?" He laughed and acknowledged the fix we had gotten ourselves into.

Joseph was still shivering so violently after he was dressed, under blankets and a sleeping bag, that I finally just lay on top of him and tried to rub his arms and legs. I wondered if he'd ever warm up. I worried that Bob wouldn't even be able to get into the water. Mo churned through her hour and as her final minutes zoomed by, Bob Lazarro arose from the dead. He simply willed himself from his queasiness and into the water where he took off

with a fury. It was as courageous as anything I've ever seen in sports. Mo looked positively beatific when she climbed aboard with Brian and Reg's help. "Good swim. Ow wuz it, luv?" Reg asked.

"Better than being on the boat!" she laughed, drawing guffaws from the three Englishmen.

As Bob blasted onward, my wooziness began to dissipate and my nerves began to roar. Shirl and I had been exchanging Dramamine (hers) for AntiVert (mine) for four hours, so I was having much less trouble with seasickness.

Finally, my moment arrived. The water sucked the breath out of me, but my adrenalin was so high I could have swum through an iceberg. (Well, at least I would have tried.) Reg wanted us to stay on the left side of *The Viking Princess*, so the boat would break the power of the wind sweeping over us. I am so poor at breathing on my right side, however, I took Tarzan - head out of the water strokes - when I tried to swivel my head towards the boat. Thirty minutes seemed slow in arriving, but after that, my 55 minutes signal came quickly. It was at times like any other swim, just colder and rougher, but I did think to myself several times, "Come on France, please get closer."

At one hour I was out, grateful for my hand warmers and my heavy "dork sweater," the kids called it. Shirl and Reg informed us we were at the halfway point while I was in the water. I suddenly realized that the coast of France was as visible as England, which was slowly shrinking out of sight.

After 40 minutes, I had begun to warm up as Joseph and Bob had said I would, but I then noticed John Post was having a tough time of it. I don't know what the water temperature was at that point, but I'm sure it was the coldest section we'd encounter. John struggled for about five minutes and suddenly got cranking again as we all shouted encouragement from the side. While he ground toward our destination during his last 10 minutes, I began to realize, "we are going to do it!"

We cheered when he came aboard and Shirley, indomitable as usual, really poured it on toward France. As the coast became larger, the swells grew to 8-10 feet, tipping *The Viking Princess* over as far as it seemed she could without capsizing.

We were all thrown about on deck more violently, at times sliding from one side to the other. Attempts to move about were clumsy and lurching. One didn't descend the steps to the room below, but

rather, one was simply thrown downstairs. Attempts to empty one's bladder were ludicrous. There was so much rocking, I could not even start stand up when trying to relieve myself. I would have apologized to the girls for peeing on the rim of the toilet, but my aim was so errant I don't think I hit anything, except the walls, floor and my own shoes. The loads of food we unwisely brought went uneaten, washed overboard, spilled out of cups and crushed by sliding swimmers. Appetites vanished for the day. John ate some gingersnaps and Shirl got down one Power Bar, I think. The Shrums and Bob ate a total of two chocolate chip cookies.

Shirl, Joseph and Mo churned through rotations once again and with 3 miles to go, Bob Lazarro again overcame his discomfort to pull us to within 1 mile of France.

The swells remained formidable but the water was warming up, possibly to a muggy 60 degrees Fahrenheit! When I hit the water, the adrenalin again swept me along. I don't know if anyone noticed, but was hard to not swim and smile at the same time. As I closed, *The Viking Princess* stopped and Reg Brickell got into a skiff, *The Amy*, and rowed along side me until I could stand up. I was still 100 yards offshore and learned later my teammates were snickering at my awkward, clumsy attempts to walk rapidly in thigh deep water. I got from Ray an empty tennis can that I could fill with rocks and sand from the beach at Cape Cris Nez. Finally, on getting "clear of water" as Shirley had been required to do 10 hours, 24 minutes earlier at Shakespeare Beach, I kissed the sand, and then asked some French picnickers on the beach, "Ou est la France?" They laughed and said, "You must be an American." We had done it. I couldn't wait to get back to the boat.

The trip back was wet and rough, but nothing could dampen our spirits over those three hours. I just floated three feet about the deck. We all just kept reliving the day, smiling and joking in spite of our fatigue. I was so proud of all of us.

We chatted some more with Reg, Ray and Brian at their favorite pub in Folkstone when we got back, but soon we departed for a hot shower and dinner.

The last words I heard from Reg were his congratulations to Mo, "Good swim, Luv."

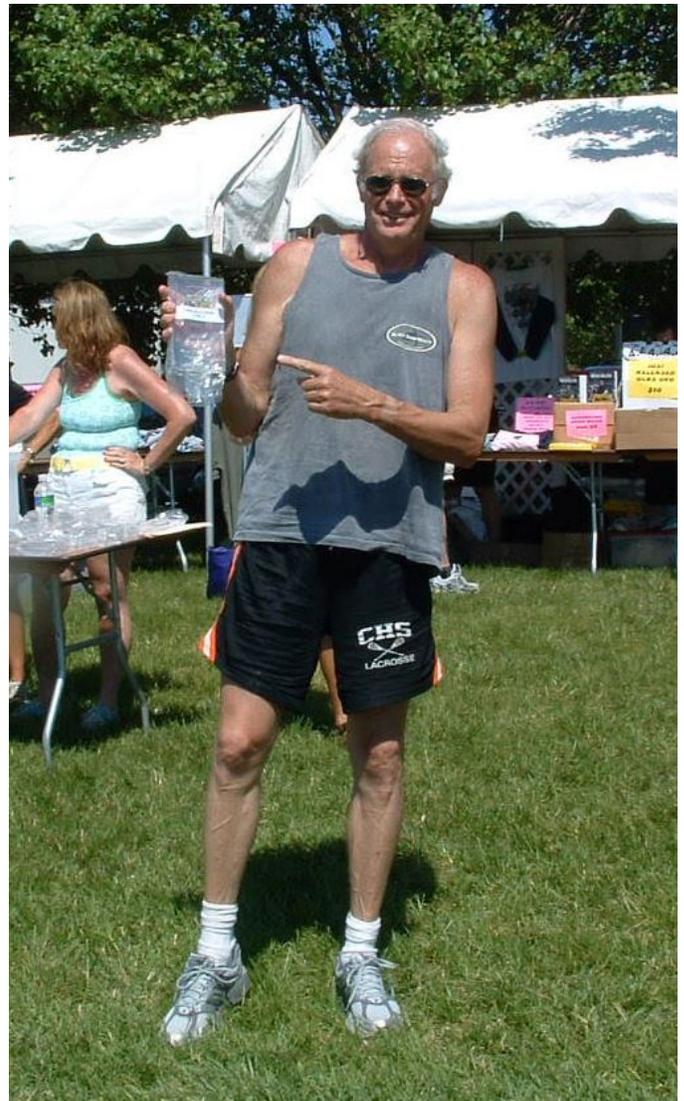
We spent one more day in Dover, reviewing our swim over and over and sending postcards. We made a trip out into the English countryside to the Channel Swim Association Secretary-Treasurer's

house to pick up some booty and do some paperwork. We then had one full day in London to sightsee and finally headed home. I had mixed feelings, not wanting the trip to end, but looking forward to our returning to Virginia.

Of course, we've talked about little else since getting home. It's interesting how the English Channel lures swimmers like the *Odyssey's* sirens. Since returning, both Mo and Joseph have said to me, "you know, we need to do that again, we can break 10 hours." Definitely.

Shirley and Bob have mentioned the thought of trying solo to me.

I learned the other day that the water in the Channel was up to 64 degrees. It would sure be an adventure.



John Shrum at one of the Chesapeake Bay swims.

Lake Moomaw 1- Mile Open Water Swim

Alleghany County, Virginia, Saturday, August 1, 2015

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 # 125-W002

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, 1 minute apart.

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 2015 USMS card. Online entries will be verified automatically. “One Event” is available through online registration (vaswim.org) for an additional fee of \$25.30. To renew or join USMS online, visit usms.org/reg.

Rules: Current 2015 USMS rules will govern the race.

Entries: All snail mail entries must be postmarked by July 24, 2015. Online entries will close at 11:59pm Eastern Time on July 28, 2015. Late or race day entries will NOT be accepted. **Online entry is strongly encouraged.** Entry fee is \$40.00. To be guaranteed a free t-shirt, enter online by July 14, 2015.

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 1-minute 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, 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.

Accommodations: Please call Sandra Wright 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 Wright 540-962-2178

**PLEASE STAPLE A LEGIBLE COPY OF YOUR 2015 USMS CARD HERE:
TRIM THE COPY AND COMPLETE THE FOLLOWING:**

Emergency Contact Name: _____

Emergency Contact Phone: _____

Significant medical conditions to be shared with Rescue Squad
(i.e. seizures, diabetes, asthma, etc.) _____

**1 Mile Seed
Time →**

**1650 yd Time:
(min) : (sec)**

AVOID THIS FORM: REGISTER ONLINE AT WWW.VASWIM.ORG		PAPER ENTRY CHECKLIST	DID YOU REMEMBER...?
\$ _____	\$40.00 1- Mile Entry Fee		Completed entry form
\$ <u>FREE</u>	T-Shirt Included free if entry postmarked by 7/10 (or online by 7/14). A few shirts will be sold on race day for \$15.00 each.		Copy of USMS card
\$ _____	Additional T-Shirt: \$15.00 each S-XL, \$18 each for XXL or XXXL (if entry postmarked by 7/10, or online by 7/14)		Check or money order payable to VMST
\$ _____	Total Enclosed (check or money order Payable to VMST)		Signed waiver (next page)
T-Shirt Size: (please circle) S M L XL XXL XXL 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 24, 2015 to:
Dave Holland, 1773 Robins Nest Ct., Henrico, VA 23238**

Name: _____ Email address: _____

Phone Number: _____

Age on July 11, 2015: _____

**YOU MUST READ AND SIGN THE WAIVER (NEXT PAGE).
INCLUDE THIS PAGE AND THE NEXT WITH YOUR ENTRY.**



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

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

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2014 USMS Top Ten SCM (continued from page 4)

8	M50-54	100 Breast	Gregory Harris	51	VMST	1:14.60M
4	M50-54	200 Breast	Gregory Harris	51	VMST	2:43.22M
3	M50-54	100 IM	Gregory Harris	51	VMST	1:04.71M
10	M50-54	200 IM	Gregory Harris	51	VMST	2:32.05M
6	M50-54	400 IM	Gregory Harris	51	VMST	5:30.11M
8	M70-74	200 Back	Warner F Brundage	71	VMST	3:20.89M
9	M70-74	200 IM	Warner F Brundage	71	VMST	3:23.96M
6	M80-84	200 Back	Alfred C Newbury	80	VMST	4:17.03M
3	M90-94	1500 Free	Calvin W Barnes	90	VMST	39:52.69M
2	M90-94	200 Back	Calvin W Barnes	90	VMST	5:25.11M