

The Wet Gazette

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

VMST Scores at Zones - Again!

With only 38 swimmers, VMST managed to win the team championship at SC Zones at George Mason. Relays are the key to win a championship, and once again VMST had numerous swimmers who were willing and eager to be on relays.

Team president Denise Letendre assumed the responsibility of getting the relays entered. As usual, she had help from others. It is almost impossible for one person to know the team well enough to put together relays for all age groups. Denise and team members from her workout put together the younger relays. Ed Gaulrapp and Bud Swiger worked on older relays. *(Forgive me for not mentioning everyone who helped. I am on vacation and cannot access wifi from where we are staying. I have to go somewhere every day to check email.)*



***Mens's 65+ Relay: Ken Novell, Ed Gaulrapp,
Warner Brundage, Harry Sober***

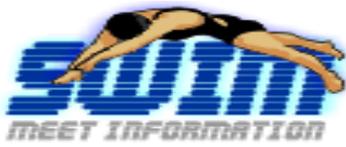
Nancy Speer at U. of Richmond Reunion

I attended the University of Richmond alumni swim and dive meet on Saturday, April 11th. There were approximately 30 alumni swimmers there. I was sure I would be the oldest alumni swimmer since I graduated in 1984 and this meet was open to all alumni, including the recent graduates. However, I ended up not winning that "honor." There was one swimmer older than me, Mike Guest, who graduated in 1977. He also was a member of the water polo team and brought with him the original blue robe worn by all the water polo members. Mike became a quick friend and told me a story of when the pool was drained during the off season and he and his fellow swimmers decided it would be fun to drink beer in the bottom of the empty pool one night. He said it wasn't so funny when they were caught!

My husband, Dave, came with me to the event, and when we arrived, coffee and bagels were provided. The event started at 9:00 where swimmers could sign up for any race. There was the 200 free, 100 free, 100 I.M. and the 25 and 50 yard events in all 4 strokes. At the end, there was a 400 yard mixed medley relay to cap off the event. I signed up for the 50 breast, the 100 free, and the 25 yard breaststroke leg on the medley relay, thinking I shouldn't be lapped by the 22 year old alumni there in those short events. My husband, however, also signed me up for the 200 free, which was the first event. Lucky for me, only 2 other swimmers signed up for that, but they were young. I didn't get lapped, but it wasn't pretty.

It was a quick and fun meet, only lasted an hour, and the current swimmers were the timers. My coach, Warren Hammer, was there and I got to meet the current swim coach, Matt Barany. One alumni wore his U of R full men's suit (the kind that are illegal now, but weren't when he was at U of R),

See U of R on page 3.



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

May 23-24: Reston Lake Swims

June 20: LC in Christiansburg
Complete information and entry were in last month's newsletter.

July 11: Chris Greene Lake, Charlottesville
One and two mile swim. Entry is in this newsletter.

July 25: LC meet in Goldsboro, NC

August 1: Lake Moomaw One Mile Swim
Entry is online and will be in the June newsletter.

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

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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

LMSC Officers

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dml2jd@virginia.edu

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Graphics from www.swimgraphics.com

*Robert Romo, Bud Swiger, Kirk Clear with sign.
Sign says "We miss you Betsy and Kitten."*

←

U of R continued from page 1.

and he exclaimed before his swim, “I hope it doesn’t split down the middle when I dive in.” It was a relaxed meet with a lot of laughter.

After the meet, the alumni swimmers were invited to eat brunch with the current swimmers in the dining hall. I met another swimmer, Craig Menninger, who graduated in 1990. He was there with his family and he told me a story of when he was swimming under Coach Hammer at the CAA championships and they announced the scores close to the end of the meet. The score had the Naval Academy as being in first place, but Craig went up to Coach Hammer and said that he had been adding up the scores and they had it wrong. East Carolina had more points and would win the championship if they got at least a 2nd place in the last event, the relay. Coach Hammer went to the scoring table, a coach’s meeting was held, a new tally was done, and sure enough Craig was right. East Carolina got a second place in the last relay and they were named the champions. The ECU coach proceeded to give Craig an ECU t shirt as a big thank you! Craig went into the perfect field: he is an accountant now.

After the brunch, Coach Hammer had a reception at his house with light refreshments and drinks. There I got to see 2 women that I swam with that I hadn’t seen since graduation. It was nice to see they hadn’t changed a bit! We reminisced and laughed about old times and tried to think of names of other swimmers. We exchanged phone numbers and promised we would swim in a relay next year at the event, wear swim caps with flowers on them and a chin strap and be proud we are the “old” alumni!



Diana Coleman (grad. 1987, a diver), Craig Menninger grad. 1990, a swimmer), Nancy

All Women Should Lift Weights Actually, everybody should be lifting weights. Here’s why.

This article was referenced in the ASCA E-Newsletter, March 25, 2015. I have used just a portion of the article. The full article can be found at: <http://health.usnews.com/>

Most People Just Don’t Resistance Train

“The American College of Sports Medicine recommends weightlifting for all adults at least twice a week, with three times a week being optimal,” says Michele Olson, ACSM fellow and professor of exercise physiology at Auburn University at Montgomery in Alabama. Despite what the ACSM recommends, most Americans fall short of that mark. According to a 2011 survey administered by the Centers for Disease Control and Prevention, only 29 percent of adults meet the minimum recommended weightlifting schedule. Compare that with 52 percent of adults who get the minimum recommended cardio minutes per week, according to the same survey.

That may be because the rush of endorphins that occurs after cardio exercise feels so much better than finishing a good weightlifting set. That doesn’t mean that lifting weights is any less beneficial, though.

“You burn calories lifting weights and are engaged in movement when lifting weights, both of which help forestall cardiovascular disease and help us move better with less chance of strains and joint problems,” Olson says.

Importance for Women

Weightlifting is especially important for women, even though women are less likely to make

*See **Weights** on page 4.*

Weights continued from page 3.

a habit of it. Whether it's due to the tired myth that women can bulk up from weightlifting, or because they're just less comfortable in the weight room, it could be costly.

Because women have less muscle than men to begin with, Olson says, "we need to lift weights to prevent the natural loss that occurs with less activity as we age." So if you've been avoiding lifting weights because you think you'll get mannish or bulky? "That's the last thing you should fret about. Women do not have the levels of anabolic hormones than men have," Olson says, and that's key to building larger muscles.

Fitness expert and personal trainer Joey Thurman of The Lifestyle Renovation agrees. "I do hear that still," he says, but points to female weightlifting in competitions as proof to the contrary. In such competitions, women and teens who weigh less than 100 pounds themselves can lift two to three times their own weight, and they appear no more bulky than other athletic women.

Additionally, studies have provided evidence that weight training has similar effects on blood pressure and cholesterol as aerobic exercise. And especially in older adults, weight training has been shown to improve fitness and mood independent of cardio training.

"Studies link weightlifting to lower anxiety and better overall mental health," says Thurman, who trains both men and women, though his clientele is primarily female.

One of the top reasons women should lift weights is because women are more prone to bone and joint issues as they age. "The muscle tells the bone where to go, not the other way around," Thurman says. "As you increase your muscle strength, you'll improve your posture and support your joints."

Core training is key for balance and joint strength alike. "Balance is highly linked to strong hip and core muscles," Olson says. "Training your core will effectively strengthen those core and

balance muscles to prevent falls and lessen the stress to the knee joints."

Lacie Glover is a writer for [NerdWallet Health](#). You can follow her on Twitter [@LacieJaeGlo](#), connect with her on [LinkedIn](#) or circle her on [Google+](#).



Chris Greene Lake – July 11

One Mile and Two Mile swims are offered. The entry is in this newsletter. Race Director Dave Holland would like to receive entries online. Entries are already open on ClubAssistant.com. Paper entries will be accepted, but if you have computer access, please sign up online – fewer mistakes and less work for the race director.

SPECIAL OFFER this year: **The "21st Century First Timers Award"**, i.e. anyone who is competing at CGL for the first time, or the first time since 1999 or earlier, will receive a special goodie bag.

One Event registration will be accepted at an additional fee.



Ken Novell, Denise Letendre (holding the team trophy), Greg Harris, Kirk Clear, Ed Gaulrapp

2014 SCM Top Ten for LMSC

A list of Top Ten relays for our LMSC is printed on the back page. Note that we had two 1st place relays! The list of individual Top Ten will be in the next newsletter.



Chris Greene Lake 1- & 2-Mile Cable Swims

Charlottesville, Virginia, Saturday, July 11, 2015

Sponsored by: Virginia Masters Swim Team and Albemarle County Parks and Recreation

Sanctioned by: LMSC of Virginia Inc. for USMS Inc. Sanction # 125-W001

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 11, 2015. **Paper entries must include a copy of your 2015 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 2015 USMS rules will govern both races.

Entries: All snail mail entries must be postmarked by July 3, 2015. Online entries will close at 11:59pm Eastern Time on July 7, 2015. Late or race-day entries will NOT be accepted. You may enter both events. Online entry is strongly encouraged. Entry fee is \$34/ \$44.

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 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:

Courtyard Marriott Special Rate: \$169.00 per night
(8.5 miles from lake) Ask for "Masters Swim Team"
638 Hillsdale Dr.

Charlottesville, VA 22901

(434) 973-7100 or 1-800-321-2211

Or check www.cableswim.org for other options

Directions: (mapquest "Chris Greene Lake Park")

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, 804-467-2425

Email: HenryDaFif@aol.com



2015 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

 U.S. MASTERS SWIMMING	PLEASE STAPLE A LEGIBLE COPY OF YOUR 2015 CARD HERE. TRIM YOUR CARD AND COMPLETE THE FOLLOWING:
	Emergency Contact Name: _____
	Emergency Contact Phone: _____
	Significant medical conditions to be shared with Albemarle Rescue (i.e. seizures, diabetes, asthma, etc.): _____

2- MILE 8:30 am	Clockwise	1650 yd time: ____ : ____
1- MILE 10:30 am	Counter-Clockwise	1650 yd time: ____ : ____

		<input checked="" type="checkbox"/>	CHECKLIST
\$_____	\$ 34.00 1-Mile Cable Entry Fee	<input type="checkbox"/>	Completed entry form
\$_____	\$ 44.00 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: \$15.00 each S-XL, \$18.00 for XXL or XXXL	<input type="checkbox"/>	Signed Waiver (next page)
\$_____	Total Enclosed (Check or money order payable to VMST)	<input type="checkbox"/>	T-Shirt Size Below

T-Shirt Size: (please circle) 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 3, 2015 to:
Dave Holland, 1773 Robins Nest Ct., Henrico, VA 23238

21st Century First Timers: Is this is your first time entering this event, or first time since 1999 or earlier? Y / N

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.

Form with fields: 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

Revised 07/01/2014

Local Masters Swim Committee Newsletter
 Betsy Durrant, Editor
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7	M200-239	400 Free	VMST	4:18.73M	Tom W Deppe (56) Gregory Harris (51)	Mitch Saks (56) George J Triepel (47)
9	W120-159	200 Medley	VMST	2:29.18M	S Loftus-Charley (63) Denise Letendre (26)	Claire C Russo (31) Mariah V Dudley (27)
1	W280-319	200 Medley	VMST	2:56.56M	Marcia L Barry (66) S Loftus-Charley (63)	Johnnie Detrick (79) Laura S Walker (77)
3	W280-319	200 Medley	VMST	3:46.35M	Judy Martin (72) Ida M Hlavacek (72)	Susan E Marens (72) Lorene E Blood (72)
1	W320-359	400 Medley	VMST	10:59.06M	Jeanne H Meredith (86) Ida M Hlavacek (72)	Joan Averette (78) Terry Sokolik (87)
7	X120-159	200 Free	VMST	1:58.21M	Kirk W Clear (47) Denise Letendre (26)	Mariah V Dudley (27) Gregory Harris (51)
8	X120-159	200 Medley	VMST	2:04.60M	Adam S Barley (33) Dave Holland (47)	Claire C Russo (31) Denise M Letendre (26)
10	X120-159	400 Free	HRMS	5:12.42M	Ashton K Shiraz (31) Noelle Burgess (26)	Caroline E Borden (36) Patrick E O'Neill (31)
6	X120-159	400 Medley	VMST	4:53.40M	Kirk W Clear (47) Mariah V Dudley (27)	Denise M Letendre (26) Gregory Harris (51)
9	X120-159	400 Medley	FAC	5:23.37M	Chae W Cho (39) Erin B McDonald (34)	Stephen Thoresen (54) Megan M Fontana (29)
4	X200-239	800 Free	VMST	11:15.46M	Denise M Letendre (26) Robert A Romo (56)	Ralph B Swiger (58) S Loftus-Charley (63)
7	X240-279	400 Free	VMST	5:21.66M	Shirley A Loftus-Charley (63) Barbara E Boslego (63)	Ralph B Swiger (58) Robert A Romo (56)
8	X240-279	400 Medley	VMST	6:38.65M	Barbara E Boslego (63) Kitten Braaten (59)	Ralph B Swiger (58) Bill L Nelson (61)