

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
May 15, 2016

Odd Numbers, Lubricants, and Half a Banana: The Lowdown on Lido Key

By Alice Phillips

An intrepid crew of six Peluso Open Water swimmers headed to the beautiful Gulf Coast of Florida for the 2nd Annual Swim Without Limits Around Lido Key. Accompanied by three loyal supporters, members of the team arrived in Sarasota at various points ahead of the April 2nd event. “Uncle” Craig Dunbar secured a wonderful, three level Airbnb that looked out over the sound in nearby Bradenton. Having considered another Tampa Bay area swim, Coach Jay Peluso, who knows a few things about hosting open water swims himself, recommended the race. Although it’s still a young event, the Lido swim has a lot going for it: an experienced race director, a unique distance (7 miles), two and three person relay options in which athletes both swim and kayak, and a reasonable entry fee, not to mention a gorgeous locale.

As always with masters, extensive preparations were necessary. A team Facebook page allowed us to share travel arrangements, discuss details and of course make jokes whenever possible. Shortly after we all signed up, Coach Jay realized that we’d have to swim for second place, as he posted that several members of the Hungarian Olympic Open Water team would be in attendance. During rest intervals at practice, we’d try to chat about the various how to’s, as none of us had any real experience with long distance salt water racing. Realizing that ten seconds between 200’s was not conducive to true learning, we organized a special after work “conference” with teammate and guru Courtney Paulk, who has completed the English Channel and Catalina Island among others.

See *Lido Key* on page 3.

The National Championship One-Hour Swim

Each year USMS sponsors a one hour postal event. Swimmers use their home pool and enlist someone to count. The purpose is to see how far you can swim in one hour. This is a huge event; this year there were 1245 women who submitted their distance and 1089 men. For most swimmers this is a measure of fitness – compare your distance each year.

Our LMSC for Virginia had 23 participants who submitted an entry. There were others who swam, but did not actually enter the event. Interestingly, we had 19 women and only 4 men. All of our participants were from VMST or Unattached.

VMST

Women

Amy Charley, 4th in 30-34 age group

Nancy Speer, 50-54

Mary Ann Peterson, 55-59

Betsy Goode, 55-59

Nancy O’Shaughnessy, 55-59

Shirley Loftus-Charley, 2nd in 60-64 age group

Cathy Rotch, 60-64

Harriette Fishbaine, 65-69

Cheryl Ptak, 65-69

Susan Marens, 70-74

Terry Sokolik, 2nd in 85-89 age group

Jeanne Meredith, 3rd in 85-59 age group

Men

Chris Sharver, 11th in 35-39

John O’Shaughnessy, 50-54

Unattached (UC12)

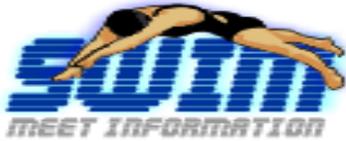
Women

Mary Lavin, 40-44

Denise Landers, 50-55

Laura Jones, 50-54

See *One Hour* 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*

July 9: John Schrum Cable Swim, Chris Greene Lake, One and Two Mile events. Deadline for paper entries is July 1; deadline for online is July 6. Online entries are preferred. No late or race day entries. Full entry is in this newsletter.

June 18: Long Course Meet at Christiansburg. This meet is recognized, but not sanctioned. Complete entry was in an earlier newsletter.

July 21-24: Masters Games, Greensboro Swimming is SCM. Open water on July 25, 1K and 2K, Lake Townsend in Bryant Park (Greensboro)

Aug 6: Lake Moomaw. Information is on page 4. Full entry will be in the June newsletter.

Aug 6-7: Dixie Zone LC, Goldsboro, NC

August 12-13: One Mile and 5K OW Championship, Lake Lure, NC

**August 18-21: Mt Hood, Oregon
USMS LC Nationals**

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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

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Graphics from www.swimgraphics.com

Lido Key continued from page 1.

Our Guru offered many helpful strategies including the use of mouthwash at feeding stops, the best signals and positioning to use with your kayaker, and a handy recommendation to apply lubricant with latex gloves so that you don't ultimately get it on your goggles. Little did we know however where she would tell us to apply her special Vaseline-Desitin combination. Suffice it to say that several teammates almost spit out their beers and editorial standards prevent me from fully disclosing all of the locations. If you are familiar with the anatomy associated with 50% effort on the job, then you know what I am talking about.

Now completely alarmed about lubricants a week before the race, we all began daily, then hourly, then continuous obsession with weather. Despite early indications otherwise, the weather actually turned gorgeous in the days leading up to the race. All teammates had sunning time on the beach and easy access to a little face time with the ocean in order to try out goggles, suits and nutrition. Of course as with any large group vacationing, there was lots of concern with what to eat, where to eat it, and how to stop from eating too much. As with any household of fun-loving adults, there was also daily interest in hydrating, dehydrating and rehydrating. Let's just admit that we filled up four recycling bins by the end of five days and very little of it was paper or plastic.

Sitting around the large dining table we got to know lots about each other. At least half of us would rather eat half a banana than a whole. Then there's the whole how to peel dilemma – monkey style or man style. Who knew that swimmers were so quirky when it came to numbers as some of us set our alarms only in multiples of 12 while others just need numbers to be odd or add up to something “meaningful.” We kept planning to play cards and games, but mostly ended up just telling tales of other race adventures, such as the time one of “The Girls” who has some trouble with hypoglycemia, ate a day's worth of calories during the first half of a triathlon.

Fortified finally with a pre-race meal of penne ala vodka and mint oreos, and resolved that there was no way to get up at any time other than too damned early, we were ready for race day. Turns out the ocean wasn't ready for us. Two to four foot waves, 20 mph winds, and a truly

alarming region of rip currents at the final turn of the course led the guards to put up the red flags and the race director to proclaim No Go. We were all disappointed for sure, though our pity party paled in comparison to people who had traveled from places like Washington state and Canada. Rumor was that a small group, perhaps including some Hungarians, did swim the course that day. We partook of a few laps between buoys out on the course just to say we had been in. All agreed that while it was pretty unfavorable, we probably could have completed the swim, albeit slowly. However, we also agreed that the kayakers would have had real trouble. From shore we watched four large, adult men try to get one kayaker out on the ocean and all completely face planted with an upside down boat bouncing around in the foam.

It's hard to say exactly what the take away is from this kind of disappointment. Later in the parking lot, using baby wipes to get the lubricant off, we tried to discuss whether there's “something to learn”. Maybe it's that no amount of planning, preparation or weather app obsession can control anything about Mother Nature. Maybe it's remembering that being with friends and family is all that really matters. Maybe it's about honoring that feeling of accomplishment you get at the end of races, the one we didn't get to enjoy this time. Either way, feeling a bit forlorn on the way home in the plane, I decided, heck yeah, I'm signing up to do this thing again next year, lubricant and all.

One Hour continued from page 1.

Unattached Women continued

Laura Evans, 50-54

Ellen Hart, 50-54

Kathleen Christiansen, 55-59

Kimberly Drewry, 55-59

Men

Rob Jones, 4th in 50-54

Mark Shea, 50-4

Congratulations to all who did the swim. Special congrats to those who placed: Amy, Shirley, Terry, and Jeanne. Note that Terry and Jeanne were 2nd and 3rd in the 85-89 age group!

Results from SC Nationals

Team Scores – Women

3rd – VMST

6th – 1693

Team Scores – Men

10th – 1693

16th – VMST

VMST had 48 swimmers
1693 had 21 swimmers

Team Scores – Combined

7th -1693

8th – VMST

Editor's Note: I tried listing all swimmers who placed in the top ten places, but there were too many. I have listed all the first place finishers from Virginia. Complete results are at www.vaswim.org or www.usms.org.

National Champions

1693 (Club Tribe Alumni)

Gabrielle Mizerak, 24, 100 IM

Kristen Harris, 39, 100 Breast

Sidney Glass, 24, 200 Back

Womens 18+ 200 Free Relay

Mizerak, Shaner, Hurtubise, Grier

Mixed 18+ 400 Free Relay

Gallagher, Longbrun, Grier, Mizerak

Mixed 35+ Medley Relay

Grier, Williams, Lovelle, Hurtubise

VMST (Virginia Masters Swim Team)

Beth Schreiner, 75, won 5 out of 6 events that she entered. 50, 100, 200 free, 50, 100 back

Lucille Griffen, 77, 200 fly

Johnnie Detrick, 80, won all 6 of her events!

50, 100, 200 free, 50, 100 breast, 100 IM

Womens 65+ 200 Free Relay

Barry, Schreiner, Detrick, Gault



Information on Lake Moomaw Complete entry will be in the June issue.

One-Mile race at 9:00 am. Warm-up begins at 7:45. Check-in closes at 8:45.

Online registration is recommended and encouraged. Go to www.clubassistant.com.

One Event registration is available online. It is \$31.50 and is an alternate to joining USMS for full membership. This is in addition to the entry fee.

Paper entries must be postmarked by July 29.

Online entries close at 11:59 pm on August 2. Entry fee is \$39 and guarantees a free t-shirt if entered by July 19.

Swimmers must be able to swim the mile in one hour. Swimmers still on the course will be stopped at one hour.

Entries will be seeded fastest to slowest according to 1650 time on your entry. The start has waves of 10 swimmers, leaving 1 minute apart. "No Time" entries will be seeded in the final wave. No changes on race day.

Awards will be presented to the top 3 in each age group. Awards will be presented on the beach following the race.

Call Sandra Denius at the Alleghany-Highlands Chamber of Commerce at 540-962-2178 for information on accommodations.

For Directions, Google Map "Coles Point Drive, Hot Springs, VA 24445".

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

← *Having fun in Greensboro:*

Amina Serir

Mariah Dudley

Denise Letendre

Devon Cota

Thanks to Kirk Clear for the photos. He didn't take all of them, but he assembled them for the website.



John Shrum Memorial Cable Swim

Charlottesville, Virginia, Saturday, July 9, 2016

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

Sanctioned by: LMSC of Virginia Inc. for USMS Inc. Sanction # 126-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 counter-clockwise direction around a ¼-mile straightaway cable, with start and finish in the water. The 1-mile race will consist of 2 laps around the ¼-mile cable in a clockwise direction. Both the 1- and 2-mile distances are certified and qualify for national records. No splits or premature finishes will be eligible for records. **The lake opens at 7am and warm-up on the cable course will be available from 7:15-8:15am.**

- Anticipated water temp: 78° to 83°
- 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 9, 2016. **Paper entries must include a copy of your 2016 USMS card. Online entries will be verified automatically. "One Event" is available through online registration for an additional fee of \$31.30.** To renew or join USMS online, visit www.usms.org/reg

Rules: Current 2016 USMS rules will govern both races.

Entries: All snail mail entries must be postmarked by July 1, 2016. Online entries will close at 4:59pm Eastern Time on July 6, 2016. Late or race-day entries will NOT be accepted. You may enter both events. Online entry is strongly encouraged. The entry fees are \$39 (1-mile race) and \$49 (2-mile race).

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 (8.5 miles from lake) 638 Hillsdale Dr. Ch'ville, VA 22901 (434) 973-7100	Double Tree Hotel (6 miles from lake) 990 Hilton Heights Rd. Ch'ville VA 22901 (434) 973-2121
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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 Earlysville, 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



2016 John Shrum Memorial Cable Swim ENTRY FORM
Avoid this form, avoid errors by registering online at www.cableswim.org

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

 US MASTERS SWIMMING PLEASE STAPLE A LEGIBLE COPY OF YOUR 2016 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	Counter-Clockwise	1650 yd time: ____ : ____
1- MILE 10:30 am	Clockwise	1650 yd time: ____ : ____

		<input checked="" type="checkbox"/>	CHECKLIST
\$_____	\$ 39.00 1-Mile Cable Entry Fee	<input type="checkbox"/>	Completed entry form
\$_____	\$ 49.00 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 1, 2016 to:
Dave Holland, 1773 Robins Nest Ct., Henrico, VA 23238

Name: _____ Email address: _____

Phone Number: _____ Age on July 9, 2016: _____

Albemarle County Waiver: I hereby release Albemarle County and its officers, agents and employees: _____
 (SIGNATURE OF PARTICIPANT)

YOU MUST READ AND SIGN THE WAIVERS (see above and next page below).
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

Local Masters Swim Committee Newsletter
Betsy Durrant, Editor
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Virginia Beach, VA 23451-2040

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VMST members in Greensboro in new team jackets! (Would anyone like to name everyone?)

