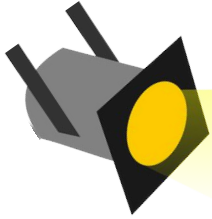


The Wet Gazette



Published by The LMSC of Virginia - Serving Masters Swimmers in Virginia and West Virginia



Masters Spotlight: Kate Stephenson

When did you join USMS? Where and how often do you swim?

I joined USMS when I was eighteen and still a collegiate swimmer so that I could participate in Masters Open Water events during the summer months. Since that time I've been both swimmer and coach on Masters teams from coast to coast including: the Davis Aquatic Masters "DAM Fast" (Davis, CA), the Northwestern Aquatic Masters (Evanston, IL), the Glenview Pirates (Glenview, IL), the Cambridge Masters Swim Team (Cambridge, MA), and now Virginia Masters Swimming.

I swim five to six days per week, at both the UVA pools and the Brooks Family YMCA (Charlottesville, VA).

When I am "home" in NorCal, I always try to swim in San Francisco Bay out of the Dolphin Swim Club located on San Francisco Bay. My favorite open water swim was a 10 kilometer race between San Fran's golden gate and bay bridges. It was unique in that you use the San Fran skyline to sight. Historic landmarks such as the Transamerica building, Alcatraz, Angel Island, cruise ships, Pier 39, and both bridges provide mileage markers and course indicators along the way.

What is your background as a swimmer and athlete?

I've been swimming competitively for twenty years. I've progressed from summer recreational swimming, through a four year career as a collegiate swimmer at Northwestern University into open water marathon swimming after graduation.

In addition to distance swimming, I also have a history of distance running. I cross trained with the cross coun-

try team at Northwestern and completed several trail marathons including a 50 kilometer race in 2015. However, since hip surgery in 2016, I've decided to stick with swimming.

What motivates you to swim?

After twenty years of chasing the black line, swimming has become part of my normal daily existence. Personally, I find that swimming is both meditative and mentally stimulating. It also helps me keep my competitive nature in check so it doesn't spill over into other areas of my life. Socially, swimming provides a network of support and friendship. Through masters I have developed a peer network across the country.

I completed my first marathon swim - crossing Lake Tahoe - in the summer of 2015. That swim sparked my current competitive motivator: to complete the Triple Crown of Open Water Swimming (swimming the English Channel, the Catalina Channel, and the Marathon Swim around Manhattan Island).

But truly, I'm just trying to keep up with Shirley Loftus Charley.

What kind of volunteer work do you do for the LMSC?

I currently serve as the open water and long distance chair for VMST. Additionally, I took over as race director of the Chris Greene Lake Cable Swim (now the John Shrum Memorial Cable Swim) this past summer. Collaborating with former race directors Dave Holland and Jim Miller this year helped me gain a greater appreciation for both the history and community support behind the swim.

In the coming years I hope to add to the already robust distance and open water swimming opportunities in Virginia. For example, some of my goals include adding a VMST social after the John Shrum swim, increasing participation in the postal swims, and coordinating a

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General Information

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

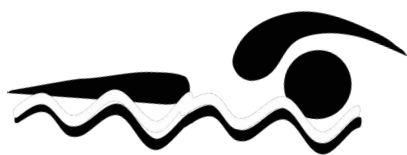
Nearby Zones

Colonies Zone: www.Colonies-Zone.org

Dixie Zone: www.DixieZone.org

Online Meet Registrations:

www.clubassistant.com



LMSC Officers

Chair: Kirk Clear

Vice-Chair: Denise Letendre

Secretary: Alice Phillips

Treasurer: Becca Latimer

Registrar: Shirley Loftus-Charley

Coaches: Rich Williams

Fitness: Brianna Lovell

Long Distance: Kate Stephenson

Newsletter: Heather and Chris Stevenson

Officials: Charlie Cockrell

Records & Top Ten: Chris Stevenson

Review: Heather Stevenson

Safety: Jim Miller

Sanctions: Steve Hennessy

Webmaster: Chris Stevenson

Upcoming Swim Meets and Clinics

| Date | Meet | Location | Registration Deadline |
|------------------|---------------------------------------------------|------------------|------------------------|
| Nov. 11, 2017 | Maryland Swim Series Meet #2 | Easton, MD | Nov. 9, 2017 (online) |
| Nov. 19, 2017 | Short Course Eastern Invitational | Greensboro, NC | Nov. 9, 2017 (online) |
| Dec. 2, 2017 | GERM Annual Solstice SCM Swim Meet | Boyd's, MD | Nov. 27, 2017 (online) |
| Dec. 8-10, 2017 | Colonies Zone SCM Championships | Worcester, MA | Nov. 24, 2017 (online) |
| Dec. 9, 2017 | VA Commonwealth Games (SCM) | Lynchburg, VA | Dec. 5, 2017 (online) |
| Dec. 10, 2017 | VA Commonwealth Games (LCM) | Lynchburg, VA | Dec. 5, 2017 (online) |
| Dec. 10, 2017 | Maryland Swim Series Meet #3 | Chestertown, MD | Dec. 7, 2017 (online) |
| Jan. 20-21, 2018 | Charlotte Swim Masters Sunbelt Meet | Charlotte, NC | Jan. 14, 2018 (online) |
| Jan. 21, 2018 | Maryland swim Series Meet #4 | Annapolis, MD | tbd |
| Feb. 3-4, 2018 | VMST David Gregg III Memorial Meet | Richmond, VA | tbd |
| Feb. 24, 2018 | USMS Coach Certification (levels 1-3) | Washington, DC | tbd |
| Feb. 25, 2018 | USMS Stroke Development Clinic | Washington, DC | tbd |
| Feb. 25, 2018 | USMS Adult Learn-to-Swim Instructor Certification | Washington, DC | tbd |
| Mar. 4, 2018 | Frank Clark Memorial Meet | Greensboro, NC | tbd |
| Mar. 17, 2018 | Club Tribe Masters Classic | Williamsburg, VA | tbd |
| Apr. 13-15, 2018 | Colonies Zone SCY Championship | Fairfax, VA | tbd |
| May 10-13, 2018 | USMS Spring National Championships | Indianapolis, IN | tbd |

Spotlight (cont'd from page 1)

destination swim for Virginia open water swimmers. So, stay tuned!

Outside of the pool, what occupies your time?

Away from swimming, I am a full time academic advisor within the University of Virginia Athletics Department. I work with the coaching staffs and athletes of the baseball, rowing and women's lacrosse teams. In addition to my academic support role, I am the advisor to the Student Athlete Mentors and coordinator of our alumni mentoring program.

When I'm not in the water, on the pool deck, or meeting with student-athletes I enjoy cooking, hiking and reading.

Some people might be surprised to know that...

In 2015 I drove from California to Virginia by myself and listened to the entire Bruce Springsteen discography on repeat. If remembering correctly, I made it through Nebraska without repeating a song. That's the state, not the album!



*Kate at the Dolphin Swim Club,
San Francisco Bay*

37th Annual Fall Swim Meet

By Betsy Durrant

VMST's Fall Meet was held on November 4 at the Bayside Recreation Center in Virginia Beach. We had 91 entries which is a few less than last year. Once again, the meet ran smoothly. Mitch Saks and Cindy Hamilton are in their second year as meet directors and did a great job. There were plenty of officials and plenty of workers. Once again the Ocean Lakes High School Swim and Dive Team were the timers.

There was one World and USMS record. The team of Barbara Boslego, Johnnie Detrick, Terry Sue Gault, and Shirley Loftus Charley set a new record in the 800 Free Relay.

Barbara Boslego did an outstanding job of creating relays for VMST. She went through the entries and put together relays before the meet. As swimmers arrived, she checked with them to see if they were available. In addition, she put together more relays at the meet as people indicated interest.

The social was at the Commonwealth Brewery again. This year we had a larger room and no problems with parking. The local swimmers provided lots and lots of food.

Many thanks to all who volunteered to work at the meet. Some did double duty - swimming and working. Full results are available at www.vaswim.org.



*VMST Record Breaking 800 Free Relay:
Terry Sue Gault, Johnnie Detrick, Barbara
Boslego, Shirley Loftus Charley*

It's Time To Register!

It's that time of year again! USMS swimmer registration for 2018 began on November 1.

The membership fees for 2018 are:

VMST (Virginia Masters Swim Team): \$66

VMST 18-24 year olds and 85+ year olds: \$55

All other teams (and unattached): \$54

All other teams (and unattached) for 18-24 and 85+ year olds: \$43

The listed fees include USMS, LMSC and Club fees. The LMSC fee this year is \$11, which is the same as last year.

Online registration is preferred (at www.vaswim.org), but if you want to pay by check, you will need to print a copy of the Individual Registration form (www.vaswim.org, 2 pages), complete both pages, and send them with a check to our Registrar, Shirley Loftus-Charley. Her address is on the form. If you have any questions or problems trying to register, please feel free to contact Shirley.

More Pictures from the VMST Fall Meet



VMST Women's 200 Medley Relay: Victoria Nichols, Megan Shepherd, Cheryl Benn, Arlien Steiner



VMST Men's 200 & 400 Medley Relay: Al Newbury, Will Grant, Vic Mickunas and Bud Swiger

SwimRunVa: A New Twist on Adventure Racing

By Alice Phillips

Saturday, October 21, 2017, marked the second annual SwimRunVa, a unique 18-mile event that combines swimming and running. The James River provides a perfect venue for this race as it offers challenging swim segments along with intersecting run legs through the James River Park system.

SwimRunVa is modeled after Otillo style races which originated in Sweden more than a decade ago. The first US race was held in Maine – the 2016 Virginia race was actually second. Several other US locations have caught the bug and are offering swim-run style events now as well.

While participants are certainly competitive and fit, this style of racing provides a very different experience than typical open water swim competitions or off road triathlons. Racers compete in pairs and must stay within ten to twenty meters of one another during the event. They must carry some required gear including a map and some basic first aid. One aspect that surprises swimming purists is that racers can use paddles and buoys (as long as they want to carry them). The “props” really help those who aren’t as adept at swimming as all participants are wearing their shoes while they swim.

The Richmond course covers about 3.4 miles in the river and 15 miles on land (unlike triathlons, distances are not fixed – they are dependent of the location). This year the water level was very low, so many competitors ended up walking, rock-hopping, or “commando crawling” through some of the water course. Last year the depth was above normal and the current was stronger, which challenged athletes in a whole different way. Both years saw water temps in the low 60’s, which might sound cold, but ends up feeling really good when the sun comes up and you are running with a cap and mini-wetsuit on. These changeable conditions are what makes race strategy especially fun and challenging in SwimRun.

Led by executive director Adam Kennedy, SwimRVA is the race sponsor. Jay Peluso, whose Peluso Open Water Masters team is part of the Virginia LMSC, directs the complicated logistics of the event itself. Jay is also a race director for REV3 triathlon. In 2016, these capable coordinators hosted about a dozen teams, and with eight teams finishing on race day. In 2017, 50 teams signed up and over 40 competed on race day, including three or more teams in each of the categories: male, female and mixed pairs.

Peluso Open Water coach Eric Limkemann completed this year’s race just one week after doing a full Ironman, and still had a great time: “The SwimRun race was one of the most enjoyable races I have done, and I have done a lot of races! The combination of working with a partner and exploring the James River is really hard to beat. I look forward to doing it again!” Limkemann and his partner were the second place finishers.

The next SwimRunVa will be October 20, 2018. For more information, check out the webpage at <http://www.swimrunva.com>.

Add Some Fun (?) To Your Workout

Are you bored with your workouts? Are you wondering how to keep yourself motivated during the holidays? Then add this lovely little challenge to one of your workouts. I promise that you will no longer be bored . . . Make sure that you have a good warm-up before you do this set.

Main Set

- Swim as many 100’s as you can on 2:00 (or another interval of your choice that gives you 30 seconds rest for the first 100).
- But here is the twist ...
- You must drop your time by one second for every 100, keeping the 2:00 repeat interval. So that means you would swim your first 100 on 1:30 (with 30 sec rest). Your second 100 would be on 1:29 (with 31 sec rest). Your third 100 would be on 1:28 (with 32 sec rest), etc.
- Once you can’t make the intervals, add paddles or fins and keep going until you can’t make the intervals even with the added toys.

Local Masters Swim Committee Newsletter
Chris and Heather Stevenson, Editors
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Henrico, VA 23229

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About U.S. Masters Swimming

U.S. Masters Swimming encourages adults to enjoy the health, fitness, and social benefits of swimming by providing more than 2,000 swimming programs and events across the country, including open water and pool competitions. USMS's nearly 70,000 members range from age 18 to 99 and include swimmers of all ability levels. USMS, a nonprofit, also trains and certifies coaches and provides online workouts, a bimonthly member magazine, monthly eNewsletters, and technique articles and videos at usms.org.



It's that time of year again!
USMS swimmer registration for 2018 began on November 1.

Register now!