

# The Wet Gazette



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## Cable Swimming... What's that?!?!

by Kate Andrup Stephensen

Open water swimming can be unpredictable in that you can swim the same body of water dozens of times with an equal number of different outcomes. Water conditions – current, temperature, chop, presence of wildlife, etc. – play a major factor in race outcomes. While that inconsistency is a thrill, even a lure for many swimmers, for others the comfort of the black line and consistency of pool swimming is preferable to the tumult of the open water. But, for those looking to combine the turmoil of open water with the predictability of a lane line, there is no need to compromise! Cable Swimming offers the perfect meshing of open water and pool swimming.

Both the novice and the experienced open water swimmer have something to benefit from in a cable swim. For the novice, cable swims provide the comfort of a guide (the cable, essentially a lane line across the course) that helps with both sighting and pacing. By swimming around a cable you have a constant sense of direction that keeps you on course. In addition to providing a constant off which to sight, it is a gauge giving you a sense of how far you have swum. For the expert, the cable provides a level of consistency in race speed that offers the opportunity to set a time goal or track your personal best time over the years in a way that most open water swims do not. For those with high aspirations, cable swims have national records. So, if you are looking for cross country acclaim, cable swimming is for you!

Whether you are a weathered open water swimmer or fair weather pool swimmer, cable swimming can be a

good fit for your summer race plans! Cable swims are offered at a lower rate than traditional open water swims and, fortunately for swimmers of the mid-Atlantic/Virginia region, there is a race close to home! Visit: <https://www.clubassistant.com/cableswim> to sign up for the John Shrum Memorial Cable Swim located at Chris Greene Lake in Charlottesville, Va.

The John Shrum race includes both one- and two-mile distances and swimmers of all abilities are encouraged to sign up for the race, which will be held on June 1st. The race started in 1971 and has been run by Virginia Masters Swim Team consistently since 1981. In 2015 it was re-named for local masters legend and open water swimming veteran, John Shrum.

By participating, you too can join the storied history of U.S. Masters Swimming in Virginia. Check out the race website: [www.vaswim.org/chris-greene-lake-cable-swim](http://www.vaswim.org/chris-greene-lake-cable-swim) or email race director, Kate Andrup Stephensen ([kands606@gmail.com](mailto:kands606@gmail.com)) for more information.

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The cable at the John Shrum races



## General Information

LMSC for Virginia Website:

[www.vaswim.org](http://www.vaswim.org)

USMS Website: [www.usms.org](http://www.usms.org)

Nearby LMSCs

North Carolina: [www.ncmasters.org](http://www.ncmasters.org)

Maryland:

[www.teamunify.com](http://www.teamunify.com)

Potomac Valley: [www.PVMasters.org](http://www.PVMasters.org)

Nearby Zones

Colonies Zone:

[www.ColoniesZone.org](http://www.ColoniesZone.org)

Dixie Zone:

[www.DixieZone.org](http://www.DixieZone.org)

Online Meet Registrations:

[www.clubassistant.com](http://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: Vacant

Long Distance: Kate Stephensen

Newsletter: Heather and Chris Stevenson

Officials: Charlie Cockrell

Records & Top Ten: Chris Stevenson

Review: Heather Stevenson

Safety: Jim Miller

Sanctions: Kyle Ahlgren

Webmaster: Chris Stevenson

## Upcoming Swim Meets, Events and Clinics

Date	Meet	Location	Registration Deadline
May 15-Sept. 15, 2019	5K/10K ePostal Nationals (LCM)	Any LCM pool	tbd
May 16-17, 2019	Virginia Senior Games (recognized event) (SCY)	Henrico, VA	April 15, 2019 (online)
May 26, 2019	Jim McDonnell Lake Swims	Reston, VA	May 19, 2019 (online)
June 1, 2019	John Shrum Memorial Cable Swim	Charlottesville, VA	May 27, 2019 (online)
June 23, 2019	Talbot Masters SCM Invitational	Easton, MD	June 20, 2019 (online)
July 20, 2019	Fontana Lake Races	Almond, NC	July 14, 2019 (online)
Aug. 3, 2019	Lake Moomaw Open Water Swim	Hot Springs, VA	Aug. 1, 2019 (online); July 27, 2019 (paper)
Aug. 7-11, 2019	USMS Summer Nationals (LCM)	Mission Viejo, CA	tbd
Aug. 9-18, 2019	18th FINA World Masters Championships	Gwangju, South Korea	June 24, 2019 (online)
Sept. 15-Nov. 15, 2019	3000/6000 ePostal Nationals (SCM/SCY)	Any SC Pool	tbd
Sept. 22, 2019	Marathon Open Water National Championships	Knoxville, TN	tbd



# Meet Recaps

## Colonies Zone SCY 2019 Championships

The Patriot Masters hosted the Colonies Zone SCY 2019 Championships on April 5-7 at George Mason University in Fairfax, Virginia. A total of 125 swimmers from our LMSC entered the meet, representing 10 different clubs! And our clubs DOMINATED, taking the top two overall positions: **Club Tribe** won the meet with 1756 points and **Virginia Masters Swim Team** came in second with 1227 points.

Records got slashed at this meet! There were 51 new LMSC records (42 individual and 9 relay records). **Greg Harris** set eight new records, while **Denise Letendre**, **Katie Grier**, and **Shirley Loftus-Charley** set four apiece in their age groups. There were also 9 new relay records at the meet - including 7 set by **Club Tribe**. All new LMSC records are shown in the table at [www.vaswim.org](http://www.vaswim.org).

Ninety-one new Zone Championship Records were set at the meet, including several from Virginia LMSC swimmers: four apiece by **Greg** and **Shirley** and three by **Katie**. Check the [results](#) for the full list. **Club Tribe** (8) and **VMST** (6) also set new Zone Championship relay records.

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## USMS 2019 Spring National Championships

Twenty-five swimmers from our LMSC made the trip to Mesa, Arizona, to compete in the

2019 USMS Spring National Championship! They represented four clubs: Club Tribe (1693), Virginia Masters Swim Team (VMST), E-Team (ETM), and Freedom Aquatic Club (FAC). Complete results can be viewed at [www.usms.org](http://www.usms.org), Events Tab, National Championships.

Although a small group, these swimmers represented our LMSC well! Nine new LMSC records were set, and we had five swimmers who were crowned national champions in one or more events. **Katie Grier** of Club Tribe continued her assault on the 40-44 age group records, breaking two Beth Baker records (50 and 200 free) from 2001 and improving two of her own records (50 back, 100 IM) set earlier this year. **Katie** also won four of her events at nationals. **Doug Bergen**, also of Club Tribe, swept the butterfly records in the 55-59 age group with a trio of nice swims. And **Ann Lyttle** of VMST bettered her own records in the 200 free and 100 IM in the 70-74 age group; **Ann** also won the national championship in the 500 free. Other national champions include **Amanda Sovit-Johnston** (ETM) in the 200 fly, **Shirley Loftus-Charley** (VMST) in the 200 breast, 200 fly, and 200-400 IMs, and **Beth Schreiner** (VMST) in 50-100-200 freestyles.

The photo on the next page shows 200 fly national champions **Shirley** and **Amanda**. Are they celebrating their win, or the fact that they don't have to swim another 200 fly????

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**Congratulations to all who participated in these meets!**

# The LMSC In Pics



Club Tribe swimmers at Nationals



Shirley and Amanda after that 200 fly



E-Team swimmers at Nationals



# John Shrum Memorial Cable Swim

## Charlottesville, Virginia, Saturday, June 1<sup>st</sup> 2019

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

Sanctioned by: LMSC of Virginia Inc. for USMS Inc.

**SAVE PAPER, SAVE TIME, AND AVOID ERRORS: REGISTER ONLINE at [www.cableswim.org](http://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 8, 2019. **Paper entries must include a copy of your 2019 USMS card. Online entries will be verified automatically. "One Event" is available through online registration for an additional fee of \$31.50.** To renew or join USMS online, visit [www.usms.org/reg](http://www.usms.org/reg)

**Rules:** Current 2017 USMS rules will govern both races.

**Entries:** All snail mail entries must be postmarked by **May 20<sup>th</sup> 2019. Online entries will close at 11:59pm Eastern Time on May 27<sup>th</sup> 2019.** Late or race-day entries will NOT be accepted. You may enter both events. Online entry is strongly encouraged. Entry fee is \$39/ \$49.

**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, etc. in 5-year increments, for both men/women. **Your age as of 12/31/19 will be used.**

**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](http://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:**

Kate Stephensen (530) 574-4498  
Email: [kands606@gmail.com](mailto:kands606@gmail.com)



**2019 John Shrum Memorial Cable Swim ENTRY FORM**  
**Avoid this form, avoid errors by registering online at [www.cableswim.org](http://www.cableswim.org)**

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

 <b>U.S. MASTERS SWIMMING</b> <b>PLEASE STAPLE A LEGIBLE COPY OF YOUR 2019 CARD HERE. TRIM YOUR CARD AND COMPLETE THE FOLLOWING:</b>	
	Emergency Contact Name: _____
	Emergency Contact Phone: _____
	Significant medical conditions to be shared with Albemarle Rescue (i.e. seizures, diabetes, asthma, etc.): _____

<b>2- MILE</b> 8:30 am	<b>Clockwise</b>	<b>1650 yd time:</b> ____ : ____
<b>1- MILE</b> 10:30 am	<b>Counter-Clockwise</b>	<b>1650 yd time:</b> ____ : ____

		<input checked="" type="checkbox"/>	<b>CHECKLIST</b>
\$_____	\$ 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)
\$_____	<b>Total Enclosed (Check or money order payable to VMST)</b>	<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 May 20<sup>th</sup> 2019 to:**  
**Kate Stephensen, (306 Huntley Ave, Charlottesville VA 22903)**

Name: \_\_\_\_\_ Email address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Age as of **Dec. 31, 2019:** \_\_\_\_\_

**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*  
*Chris and Heather Stevenson, Editors*  
*7702 Hampshire Road*  
*Henrico, VA 23229*

*Prstd Std*  
*U.S. Postage*  
***PAID***  
*Richmond, VA*  
*Permit #3022*

## **Johnnie Detrick Dedication Ceremony**

As many of you know, Terry Miffleton spearheaded the effort to raise funds for a bench to be installed at the ACAC facility in Midlothian, Virginia, and dedicated to Johnnie Detrick who passed away unexpectedly December 24, 2018. Johnnie was a kind soul, a wonderful friend, and an amazing swimmer, and we all miss her dearly.

The Dedication will take place at 10:00 am on Saturday June 15th, 2019, at ACAC in Midlothian, Virginia. It will follow the 8:00 - 9:00 AM Masters swim practice, giving folks time to shower and change before the Dedication. There will be a brief sharing of memories and swimming accolades from those who would like to share. There will also be a memory book available if anyone would like to write a brief note to Johnnie's husband Dick and their family. Dick is very excited to see people and to talk about Johnnie. Their love story is quite amazing!

After the dedication, everyone is invited to Terry's home at 9831 Cherokee Road, Richmond, Virginia 23235 for light refreshments. Terry says: "I hope many will come to honor Johnnie's memory and her love of the wonderful sport we all love."