



Virginia Masters News

"FROM THE MOUNTAINS TO THE SEA...It's VMST"

Published by the Virginia Masters Swim Team

September 15, 1995/Volume XIII/Number 6

NEWS BRIEFS

* Fall Ball Registration...

Don't let the opportunity to register for the LMSC of Virginia's 1st Annual Fall Ball Weekend pass you by. The registration deadline, October 1st, is quickly approaching, and spaces are limited. Refer to your August 1995 LMSC Newsletter for further details or call Linda McCowan at (804)379-2537.

* New VMST Members...

Please welcome the following new VMST members:

Mary Aton (Montclair), **Michael Foust** (Covington), **James Hart** (Goodview), **Harry Hewson** (Dale City), **Michael Holden** (Virginia Beach), **Kiki Jacobs** (Lexington), **Michael Kernyat** (Richmond) and **David Totty** (Richmond).

We're glad you've joined our team!!!

* Commonwealth Games Results...

Many VMST swimmers competed at the Commonwealth Games of Virginia in Roanoke, VA. See the results included in this newsletter on page 9 (because of space constraints, relay results for the Commonwealth Games are on page 2).

NOTES FROM THE PRESIDENT

by Beth Waters

Elections for VMST officers will be held at our annual fall meet in November. All of the present officers have expressed interest in serving another 2-year term. The current VMST officers are:

Beth Waters - President
Nancy Miller - Vice President
Mike Duignan - Treasurer
Sharon Popson - Secretary

Nominations will be accepted during the meeting or may be submitted in advance to Jeanne Crouse (Jeanne has volunteered to serve as elections chairperson). Nominations for any of the offices may be mailed to Jeanne at: 600 Marcia Lane, Rockville, MD 20851-1510.

CHRIS GREENE LAKE SWIM

by Linda McCowan

Ideal conditions prevailed this year for the Chris Greene Lake Swim held on July 8th. The heat and humidity were moderate, and the water temperature was cooled by the recent rains. Four new national records were set during the day. And even though it was scheduled on the same day as the social event of the season, Jerry Smith's and Robin Hampton's wedding, there were 139 entries representing 18 teams from around the United States. My personal thanks is extended to everyone who volunteered their time and effort to help the meet run smoothly, especially to Betsy Durrant, Ed McCowan, Abby McGee, Jim Miller, John Shrum, Forrest Sullivan, the Albemarle Rescue Squad and Dive Team, and Albemarle Recreation and Parks, who were all instrumental to our success! Results for the swim are included in this newsletter.

Chris Green Lake will be the site of the national event again next year on July 6th. Mark your calendars! Hopefully, we'll see also Jerry, Robin, and friends!

Upcoming Events for Virginia Swimmers

- ◆ September 15 - December 15
1995 POSTAL PENTATHLON
Wayde Mulhern, (612) 783-1282
- ◆ October 1, 1995
4TH ANNUAL MAKE-A-WISH TRIATHLON
Glen Allen, VA
(804) 747-5400
- ◆ October 7
**NORFOLK RECREATION DEPARTMENT -
UNSANCTIONED MEET**
Northside Pool, Norfolk, VA
- ◆ October 14 & 15
MASTERS FALL BALL WEEKEND
Richmond, VA
Linda McCowan (804) 379-2537
- ◆ November 4
VMST 16TH ANNUAL FALL SWIM MEET
Norfolk Academy, Norfolk, VA
Betsy Durrant (804)422-6811
- ◆ December 2
ROANOKE MEET
Tentative meet/date. Meet director: Howard Butz
- ◆ April 18-21, 1996
YMCA MASTERS NATIONAL CHAMPIONSHIPS
Orlando, FL
- ◆ May 9-12, 1996
USMS NATIONAL CHAMPIONSHIPS
De Anza, CA
- ◆ June 22-28, 1996
WORLD MASTERS SWIMMING CHAMPIONSHIPS
Sheffield, England

Camps and Clinics

- ◆ September 2, 9, 17, and October 1
STROKE CLINICS AT BRIARWOOD
Riverside Wellness and Fitness Center - Briarwood,
Richmond, VA - See information in this newsletter.
- ◆ November 10-12: **JACK NELSON SWIM
CAMPS - TRIATHLON AND MASTERS SWIM
CAMP**, Ft. Lauderdale, FL
Nick Baker (305) 423-9724
- ◆ **BILLABONG AQUATICS, INC.**
1995-1996 CAMPS IN CORAL SPRINGS
December 27-30, 1995 and February 1-4, 1996
Judy Bonning (305) 345-5370
- ◆ **BILLABONG AQUATICS, INC.**
TROPICAL VACATION STROKE CLINIC
February 22-25, 1996 Cozumel; March 7-10, 1996
Grand Cayman. Judy Bonning (305) 755-9858

Commonwealth Games Relay Results... Women's 200 Free Relay: Webb, Durrant, Jamerson, Bruce (160-199) 2:36.37(1); Wilkins, Sugden, Niles, Nygaard (200-239) 3:28.16(1). Women's 200 Medley Relay: Dawson, Bruce, Jamerson, Webb (160-199) 2:18.78(1); Wilkins, Sugden, Niles, Nygaard (200-239) 3:48.56(1). Men's 200 Free Relay: Webb, Lanzara, Grunewald, Reilly (160-199) 2:06.97(1); Bingley, Chandler, Miller, Strouth (160-199) 2:13.91(2); Butts, Rainer, Pharis, Barnes (200-239) 2:36.28(1). Men's 200 Medley Relay: Webb, Lanzara, Grunewald, Reilly (160-199) 2:26.27(1); Barnes, Pharis, Butts, Rainer (160-199) 2:34.41(2). Mixed Free Relay: Jacobs, Knick, Mierzwa, Foust (120-159) 2:09.79(1); Hart, Hillman, Miller, Kolb (120-159) 2:19.08(2); Nygaard, Niles, Jamerson, Pharis (120-159) 2:39.32(3); Grunewald, Webb, Bruce, Webb (160-199) 2:29.08(1); Hart, Pharis, Levin, Reynolds (240-279) 3:56.43(1). Mixed 200 Medley Relay: Foust, Mierzwa, Jacobs, Knick (120-159) 2:21.43(1); VMST"B" (120-159) 2:41.07(2). **See page 9 for all other Commonwealth Games results.**

VMST Officers

President: Beth Waters, 10604 Pursuit Court, Chesterfield, VA 23832 (804) 744-8225
Vice President: Nancy Miller, 3741 Reed's Landing Circle, Midlothian, VA 23113 (804) 272-2513
Treasurer/Membership: Mike Duignan, 3313 Glen Eden Quay, Virginia Beach, VA 23451 (804) 486-3383
Secretary: Sharon Popson, 1328 Goose Landing, Virginia Beach, VA 23451 (804) 425-6056.

Newsletter Editors: Chris and Heather Stevenson, 15 Bostwick Lane, Richmond, VA 23226 (804) 282-1573

**VIRGINIA MASTERS SWIM TEAM
16TH ANNUAL FALL SWIM MEET
SATURDAY, NOVEMBER 4, 1995**



Location: Norfolk Academy, Norfolk, VA

Facility: Eight lane, 25 yard pool, non-turbulent lane markers. Six lanes will be used for competition; two lanes will be available for continuous warm-up and cool down.

Directions: From I-64, take the Northampton Blvd exit - North. The first stop light is Wesleyan Drive (Lake Wright Motel is on the left). Turn right on Wesleyan Drive. The entrance to Norfolk Academy is the first right. On campus, bear to your right as far as you can go. Park in front of the gymnasium or next to the outdoor pool. The indoor pool (Vaughn Aquatic Center) is a 2 story building behind the gym. Enter from the courtyard.

Sanctioned by: USMS, INC and LMSC for VIRGINIA - Sanction #126-0001.

Meet Directors: Forrest Sullivan and Betsy Durrant

Eligibility: The standard Masters age groups will be used (19-24, 24-29, 30-34, 35-39, etc). **All swimmers must be registered with USMS and include a copy of their registration card with their entry.** USMS registration (through LMSC for VA) is \$21 and will be available at the pool for deck entries. If you pre-enter, you may include the registration form and your check for registration along with your entry. Make separate checks for registration and meet entry. All new registrations will be good for all of 1996.

ORDER OF EVENTS. Warm-up starts at 11:00 am. First heat begins at 12:00 noon.

- | | |
|------------------------------|---|
| (1) 100 yd Butterfly | (10) 50 yd Butterfly |
| (2) 200 yd Freestyle | (11) 100 yd Freestyle |
| (3) 100 yd Individual Medley | (12) 50 yd Backstroke |
| (4) 100 yd Backstroke | (13) 200 yd Individual Medley |
| (5) 50 yd Freestyle | (14) 50 yd Breaststroke |
| (6) 100 yd Breaststroke | (15) 500 yd Freestyle |
| * (7) 200 yd Butterfly | |
| * (8) 200 yd Backstroke | * Events 7, 8, and 9 may be combined and swum |
| * (9) 200 yd Breaststroke | at the same time. |

Entries: \$3.00 per event for pre-entries. **Late entries and deck entries will be accepted at a cost of \$5.00 per event.** Late and deck entries will be accepted to fill heats; if time permits, new heats will be created. Swimmers may enter a total of 5 events.

Entry Deadline: Pre-entries must be received by Saturday, October 28.

Rules: Current USMS rules for Masters Swimming will apply. No one will swim alone. Swimmers will be seeded according to times; heats will run slowest to fastest. Events 7, 8, and 9 may be combined, depending on the number of swimmers in each of these events. **Swimmers will be expected to cooperate with the Safety Marshall who will monitor warmup. No diving during warm-up except in designated lanes.**

Awards: Medals for 1st through 3rd places in each event for each age group. Ribbons for fourth through sixth places.

Social: A social for all swimmers, families, and friends will be held immediately after the meet (\$5 per person). Directions will be available at check-in.

***** ENTRIES ARE DUE BY OCTOBER 28! *****

Age (on Nov 4): _____ Phone: _____

Attach copy of your registration card here. If your card is attached, it is not necessary to complete the following information, but be sure to sign the waiver.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

USMS #: _____ Team: _____ Sex: _____

I, the undersigned participant, intending to be legally bound, do hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Swimmer's signature: _____ Date: _____

Evt #	Seed Time	Event	Evt#	Seed Time	Event
(1)	_____	100 yd Fly	(10)	_____	50 yd Fly
(2)	_____	200 yd Free	(11)	_____	100 yd Free
(3)	_____	100 yd IM	(12)	_____	50 yd Back
(4)	_____	100 yd Back	(13)	_____	200 yd IM
(5)	_____	50 yd Free	(14)	_____	50 yd Breast
(6)	_____	100 yd Breast	(15)	_____	500 yd Free
*(7)	_____	200 yd Fly			
*(8)	_____	200 yd Back			
*(9)	_____	200 yd Breast			

*Events 7, 8 and 9 may be combined and swum together.

Number of Events _____ x \$ _____ (\$3 for Pre, \$5 for Late or Deck) = \$ _____
 Number attending social _____ x \$5 = \$ _____
 Total Amount Enclosed = \$ _____

Make checks payable to: VMST. Attach a copy of your registration card. Be sure you have signed the waiver. Mail to: Betsy Durrant, 211 - 66th Street, Virginia Beach, VA 23451. For questions, phone Betsy at 804-422-6811. No calls after 9:30 pm, please.

The Fruits of Fitness

by Ken McAlpine

Fruit is the closest you can get to making your workouts magic.

In 10 years of passionate fruit consumption, athlete Liz Downing has done her share of experimenting. An unabashed fruithead, she even eats banana-and-prune sandwiches. "I first started eating a lot of fresh fruit because I thought it might be healthier for me," says Downing. "Soon I noticed I was feeling a lot better. Now I think: If I'm being good to my body, my body will be good to me and perform like I want it to."

Though fruit alone can't be held responsible for Downing's five national and two world duathlon championships (run-bike-run), it's not a stretch to say it helped. So take a tip from medical experts and professional athletes, like Downing, and think of fruit as a tool for fitness. Used properly, fruit will supply energy before a workout, keep you up and running during exercise, and help you recover faster afterward. Loaded with fiber, vitamins, minerals, and fluid—as well as energy-rich carbohydrates—fruit may be the athlete's consummate nutritional aid.

"No food will give you a magical edge," says Barry Swanson, professor of food science and human nutrition at Washington State University. "But fruit comes close."

Why is fruit such a power source? Glucose is part of the answer; water is the rest of it. "What athletes need most is energy, and glucose provides energy quickly," Swanson says. "The second

biggest problem for athletes is dehydration. Fruit is filled with water. By eating fruit you're consuming the two things you really need."

Fruit as a sporting supplement is easy. Swanson recommends eating an apple or orange at least 30 minutes before exercising. If the thought of gobbling something solid before a workout makes you queasy, it may help to know that the fiber in fruit can actually be an ally, retaining moisture your body will need. If you still can't bear the thought, drink a glass of orange juice instead.

Fruit on the move is a dicier affair. Most workouts are too short to require food breaks; fluid is what's important, which is why you find athletes swigging sports drinks that look like—and often taste like—radiator gunk. They're fine physiologically, but fruit is just as good. With the exception of its low salt content, fruit juice is comparable to many commercial sports drinks. But you do need to dilute juice with water; most fruit juices are about 10% carbohydrates—too much for your body to absorb without compromising its absorption of water. Swanson recommends half juice-half water combos.

Solid fruit while you're training is fine, too. Very ripe peaches, nectarines, grapes, and melons are all good when you're on the move (the riper the fruit, the higher the sugar content). Those fruits are fairly low in fiber, which is good for people who can't stomach much fiber during exercise. If you're one of those who can,

carbohydrate-packed dried fruits—apricots, prunes, dates, and figs—are a great energy source (as well as a good source of iron). "They give you a lot of energy very quickly," says triathlete Dave Scott, who won six Hawaii Ironman Triathlons while gobbling dried figs. "Plus they're easy to carry."

Because exercise drains you of sugars and fluids, fruit is also the ideal post-workout replenisher, providing a big dose of carbohydrates and water at a time when your starved body readily absorbs them. Any fruit is fine, but potassium-rich bananas and cantaloupe are particularly good because they help replace potassium lost in sweat. Again, if solid food sounds unappetizing, go to liquid.

"Drink what you need," says Susan Luke, an American Dietetics Association spokesperson. "Fruit juice is a perfect way to get the fluids back into your system and replace the carbohydrates you've burned up during training."

Luke tells her clients to satisfy their post-workout needs—and, to a large extent, their daily fruit requirement—by downing up to 32 ounces of orange juice after a hard workout. The average female athlete needs eight to 10 fruit servings a day, Luke says; the average male athlete, 12 to 15. With 32 ounces of orange juice, you're getting about six servings.

(continued on page 4)

Ken McAlpine is a California-based free-lancer whose work has appeared in Sports Illustrated, Outside, and Cooking Light.

SEPTEMBER VMST BIRTHDAYS

Jennifer Bartlett	Amherst	9/23/68	27	Kevin Kearns	Newport News	9/8/69	26
Betty Belknap	Virginia Beach	9/11/62	33	Rick Koch	Virginia Beach	9/6/65	30
Clai Brown	Midlothian	9/27/63	32	Teresa Leate	Virginia Beach	9/2/69	26
Ernest Bradley	Brooknew	9/10/50	*45	Kimberly Marks	Colonial Heights	9/17/64	31
Sean Callender	Yorktown	9/22/69	26	Dorothy Niles	Lynchburg	9/19/41	54
James Coleman	Poquoson	9/6/45	*50	Jerry Smith	Chattanooga, TN	9/22/65	30
Betsy Durrant	Virginia Beach	9/18/41	54	Doniella Tripp-Leino	Richmond	9/17/61	34
Dave Fleischman	Norfolk	9/28/54	41	Robin Wallmeyer	Richmond	9/1/53	42
Joan Furbish	Roanoke	9/12/52	43	Chuck Wilmore	Springfield	9/16/34	61
Glenn Grunewald	Roanoke	9/30/48	47	Michael Wimsatt	Midlothian	9/18/50	*45
Andrea Jansen Jones	New Canton	9/22/60	31	David Totty	Richmond	9/1/62	33
Ann Jones	Midlothian	9/15/54	41	*indicates that the swimmer is "aging up"			

STROKE CLINICS AT BRIARWOOD

by Jim Miller

Stroke clinics will begin on Saturday, September 2, at Riverside Wellness and Fitness Center - Briarwood in Richmond, Virginia. The clinics will include on-deck coaching emphasizing drill and stroke techniques as well as a brief on-deck lecture including videotape instruction.

The clinic schedule will be different than in the past with a single, two-hour block given to an individual stroke. Videotaping with commentary will be performed on the same day, so please remember to bring your videotape.

An advanced stroke group will also be offered at the clinics for those individuals desiring more challenging drills and techniques to improve upon their already sound base.

There will be no charge for your involvement in clinics, but your membership in United States Masters Swimming must be current for 1995. The dates and times for the clinics are as follows:

Backstroke: September 2 (Saturday), 2-4 PM
 Breaststroke: September 9 (Saturday), 2-4 PM
 Butterfly: September 17 (Sunday), 4-6 PM
 Freestyle: October 1 (Sunday), 4-6 PM

See you at the Clinics!

(Fruits - continued from page 3)

Eating fruit before, during, and after training also helps you avoid a common trap: fat. "A lot of traditional carbohydrate sources contain a fair amount of fat, so instead of just carbohydrate loading, most people end up carbohydrate- and fat-loading," says Portland-based dietitian Annie Prince. "Fruit is one of the few carbohydrate sources that doesn't require added fat for it to appeal to most people."

Though some fruits may work better than others in certain situations—a starchy banana might be harder to eat on the run than a handful of grapes—truth is, when it comes to sports, anything goes. Bananas, oranges, strawberries, cantaloupe, and kiwis are all good, supplying heavy doses of potassium and vitamin C, the two nutrients fruits are most famous for. There are also a few unconventional offerings you might not have considered: Guava is loaded with vitamin C; the unjustly maligned avocado contains 60% more potassium than a banana, and the fat it contains is mostly monounsaturated—the type that's been shown to lower blood cholesterol.

If it sounds like you have a lot of choices, you do—and the wise athlete lets her palate roam from fruit to fruit. "Variety ensures you get all the nutrients you need," Swanson says. "Plus, people get bored if they eat the same fruits all the time." So keep trying new fruits and new combinations—maybe even working up to Downing's banana-and-prune sandwiches.

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EASTERN STATES MASTERS 2-MILE CABLE SWIM

Chris Greene Lake, Charlottesville, Virginia

SANCTION #125-0004

RACE DIRECTOR: LINDA MCCOWAN, 379-2537



MEN 19-24

1 COOK, ANDREW ORM	23	0:42:30.23 *
2 SMITH, IAN VBSC	24	0:57:24.81
3 HART, DEREK VMST	24	1:02:24.94

MEN 25-29

1 ALLEN, ROBBIE RMST	29	0:44:48.93
2 HENDRICKSON, ERIK UNAT	27	0:45:42.89
3 POHNERT, STEVEN NCMS	25	0:46:45.23
4 SIEVE, JAMES DYNA	28	0:47:02.78
5 LEWIS, MONTE VMST	29	0:47:14.02
6 HOLLAND, DAVE VMST	27	0:48:42.59
7 COBA, JOHN DCRP	28	0:50:55.32

MEN 30-34

1 BROWN, DAVID UNAT	33	0:46:19.35
2 GREENE, CHRIS DYNA	33	0:46:57.26
3 ALLEVA, BRIAN VMST	32	0:49:00.48
4 FETTERS, MATTHEW DCRP	34	0:49:14.04
5 BUCHNER, CHRIS RMST	34	0:51:55.87
6 GROSSMAN, STEVE DCRP	32	0:52:35.64
7 LANDERS, RICH UNAT	31	0:56:03.11
8 MCNABB, PATRICK UNAT	34	1:00:12.78
9 JONES, DAVID UNAT	34	1:00:46.47
10 CHANDLER, RICK VMST	34	1:01:57.99
11 MCLAUGHLIN, JAY VMST	33	1:05:13.74
12 COOPER, KEVIN UNAT	30	1:14:30.86

MEN 35-39

1 KEGLEY, JAMES DCRP	37	0:40:52.90 *
2 ASBURY, DOUGLAS NCMS	35	0:42:38.14
3 EATON, GARY ??	38	0:43:44.41
4 MCFARLAND, JAMES VMST	37	0:47:19.22
5 RYAN, PATRICK VMST	36	0:49:20.38
6 KIRCHNER, KEVIN DCRP	39	0:49:51.99
7 PARKER, EVAN ANCM	39	0:51:54.68
8 MARTIN, WILLIAM VMST	35	0:56:38.42
9 MICKUNAS, VICTOR VMST	39	0:57:17.21
10 KIVISTIK, PAUL UMCY	37	0:57:44.83
11 SCHLANK, EUGENE VMST	39	1:00:18.98
12 RUDIN, ANDREW UNAT	37	1:00:21.80
13 DOUGHERTY, TOM UNAT	36	1:02:26.75
14 BERNSTEN, JOHN BAC	36	1:05:52.79
15 LAUGHLIN, CHARLIE VMST	35	1:13:27.00

MEN 40-44

1 MASON, JOHN BAC	44	0:46:24.23
2 EDWARDS, GRAY VMST	41	0:53:28.65
3 STROUTH, JAMES VMST	40	0:58:45.38
4 WHITE, BRINSON UNAT	40	1:06:00.40
5 LUTTERBEIN, TODD UNAT	41	1:08:46.93
6 CONWAY, RALEIGH VMST	43	1:12:42.93
7 REYNOLDS, JIM VMST	42	1:13:17.11
8 SORRELL, GENE VMST	42	1:13:42.59
9 KRAUSE, ROBERT UNAT	42	1:22:49.39

MEN 45-49

1 LAZZARO, ROBERT TERR	45	0:51:19.88
2 POST, JOHN VMST	47	0:54:17.80
3 SHRUM, JOHN VMST	46	0:56:01.82
4 HARMON, DAVID ANCM	45	0:56:58.98
5 WATSON, DENNIS NCMS	45	0:57:57.19
6 CORNELL, THOMAS RMST	47	0:58:19.31
7 PHARIS, WILLIAM VMST	47	1:02:46.39
8 MILLER, ERIC VMST	48	1:03:24.82
9 BURLOVICH, MICHAEL VMST	45	1:03:32.16
10 AITCHESON, BOB VMST	48	1:06:30.37
11 JOSEPH, RALPH UNAT	48	1:10:39.74
12 BLACKFORD, DOUGLAS NCMS	47	1:21:09.65
13 WYNGAARD, GERALD UNAT	48	1:31:20.95

MEN 50-54

1 WILLIAMS, ROBERT DCM	53	0:49:44.94
2 NOVELL, KENNETH VMST	53	0:51:13.34
3 TESCH, ROBERT WILD	54	0:52:35.38
4 STOTT, MIKE VMST	52	0:57:16.97
5 SLAUGH, JAMES VMST	50	1:03:07.25
6 BILENKY, WILLIAM UNAT	50	1:06:29.14
7 STARKEY, ROBERT VMST	51	1:07:33.42
8 MOYLAN, EDWARD VMST	53	1:08:36.91
9 BINGLEY, DON VMST	53	1:10:45.32
10 BUTTS, HOWARD VMST	54	1:17:35.06
11 DEAN, JOHN FXCM	50	1:23:44.50

MEN 55-59

1 BETTIS, LEE DCM	57	0:52:58.89
2 CUMMINGS, WILLIAM DCM	56	1:00:44.55
3 SMITH, ARTHUR DCM	56	1:01:01.75
4 WALTER, DONALD DCM	59	1:03:53.84
5 GRAY, JAMES DCM	59	1:13:42.63

MEN 60-64

1 SIEBOLD, MEL CONN	60	0:56:05.86
2 WILMORE, CHUCK VMST	60	1:01:01.68
3 BANKS, TAZEWEEL DCRP	63	1:40:04.88
4 DILLARD, JAMES RMST	60	1:41:54.17

MEN 65-69

1 ALLEVA, JOHN UNAT	67	0:57:32.93 *
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MEN 70-74

1 BARNES, CALVIN VMST	71	1:06:11.01
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MEN 75-79

1 MURPHY, FRANK DCM	77	1:03:46.79
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MEN 80-84

1 WOODFORD, DEXTER O'H*	81	1:09:32.94 *
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* New National Record

WOMEN 19-24

1 POPLAWSKI, KATRINA DCM	23	0:44:14.35
2 MAY, KARI NCMS	23	0:51:08.83
3 WRIGHT, REBECCA UNAT	23	0:55:54.68
4 HELFRICH, HOLLY UNAT	23	0:56:52.94
5 KOLB, TRACY VMST	23	0:58:19.31
6 MOYLAN, KARA UNAT	22	1:16:43.86

WOMEN 25-29

1 WATTS, EMILY MARY	28	0:47:11.60
2 CORBETT, KRISTEN MARY	29	0:47:16.04
3 GRANT, ELLEN DCRP	27	0:52:23.74
4 DEBIASI, ELIZABETH VMST	27	0:57:57.11
5 NUCKELS, DEBRA UNAT	25	1:01:19.80
6 CALLAHAN, ELIZABETH RMSC	29	1:06:54.92
7 FINER, EILEEN UNAT	29	1:13:55.74

WOMEN 30-34

1 LANDERS, DENISE DCM	33	0:44:35.63
2 WATSON, LAURIE NCMS	32	0:45:48.12
3 MCLOUGHLIN, MINDY RMST	31	0:49:18.77
4 HEISDORFFER, TRISH UNAT	31	0:50:17.00
5 CALLAHAN, MICHELLE RMSC	32	0:52:23.04
6 STEIN, SHELLY TERR	32	1:02:01.66
7 PARTSCH, MONICA VMST	32	1:02:08.33
8 DYMOND, STACY VMST	31	1:02:37.14

WOMEN 35-39

1 PANZIK, SUSAN DCM	35	0:46:29.33
2 SCHURER LAMBERT, LISA NCMS	36	0:51:04.72
3 MATTHEWS, CYNTHIA RMST	35	0:51:45.59
4 LEE, MARY VMST	36	0:53:39.52
5 PETERSON, MARY ANN VMST	35	0:55:37.02
6 POPSON, SHARON VMST	35	0:58:02.74
7 GULDEN, LINDA VMST	37	1:06:15.73
8 MICHALAKIS, MARIANNE DCRP	36	1:08:53.96
9 DOGGETT, SUZANNE UNAT	37	1:08:56.09
10 BLEISTEIN, SUSAN VMST	37	1:15:33.88
11 SOKOLL, SUSAN FXCM	36	1:25:13.79

WOMEN 40-44

1 LOFTUS, SHIRLEY VMST	43	0:49:25.61
2 NICKUNAS, KAREN VMST	40	0:58:57.24
3 WAGNER, CHERLY TERR	42	1:01:06.72
4 CRAMER, KATHLEEN VMST	42	1:08:40.16

WOMEN 45-49

1 CUTLER, MARTHA NCMS	46	1:00:41.55
2 CHAMBERS, BETSY MARY	47	1:28:45.38

WOMEN 50-54

1 KIRKENDALL, NANCY DCM	52	0:59:27.12
2 MAGEE, CHARLENE VMST	53	1:09:23.26
3 NEELY, ELSIE DCRP	52	1:45:27.28

WOMEN 60-64

1 BERQUIST, ANN VMST	62	1:17:05.42
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TEN FASTEST MEN

1 KEGLEY, JAMES DCRP	37	0:40:52.90
2 COOK, ANDREW ORM	23	0:42:30.23
3 ASBURY, DOUGLAS NCMS	35	0:42:38.14
4 EATON, GARY ??	38	0:43:44.41
5 ALLEN, ROBBIE RMST	29	0:44:48.93
6 HENDRICKSON, ERIK UNAT	27	0:45:42.89
7 BROWN, DAVID UNAT	33	0:46:19.35
8 MASON, JOHN BAC	44	0:46:24.23
9 POHNERT, STEVEN NCMS	25	0:46:45.23
10 GREENE, CHRIS DYNA	33	0:46:57.26

TEN FASTEST WOMEN

1 POPLAWSKI, KATRINA DCM	23	0:44:14.35
2 LANDERS, DENISE DCM	33	0:44:35.63
3 WATSON, LAURIE NCMS	32	0:45:48.12
4 PANZIK, SUSAN DCM	35	0:46:29.33
5 WATTS, EMILY MARY	28	0:47:11.60
6 CORBETT, KRISTEN MARY	29	0:47:16.04
7 MCLOUGHLIN, MINDY RMST	31	0:49:18.77
8 LOFTUS, SHIRLEY VMST	43	0:49:25.61
9 HEISDORFFER, TRISH UNAT	31	0:50:17.00
10 SCHURER LAMBERT, LISA NCMS	36	0:51:04.72

RELAY RESULTS

MEN 25+

1. DYNAMO MASTERS (DYNA)	2:17:40.45
CHRIS GREENE (33), GARY EATON (38), JAMES SIEVE (28)	

2. DC DEPT OF REC AND PARKS (DCRP)	2:19:58.93
JAMES KEGLEY (37), MATT FETTERS (34), KEVIN KIRCHNER (39)	

WOMEN 25+

1. VIRGINIA MASTERS (VMST)	3:17:04.22
MONICA PARTSCH (32), LINDA GULDEN (37), KATHLEEN CRAMER (42)	

MIXED 35+

1. VIRGINIA MASTERS (VMST)	2:39:45.23
JOHN POST (47), SHIRLEY LOFTUS (43), JOHN SHRUM (46)	

Roanoke, VA (Long Course Meters)

		Freestyle				Backstroke			Breaststroke			Butterfly			Individual Medley	
Women		50	100	200	400	50	100	200	50	100	200	50	100	200	100	200
19-24	Knick, Wendy	33.10(2)			6:12.93(1)							33.49(1)		3:26.10(1)		
	Kolb, Tracy				6:23.18(2)		1:33.55(2)			1:38.34(1)						3:21.21(2)
25-29	Hillman, Christine	32.42(1)							40.16(1)	1:30.79(1)						3:08.60(2)
	Jacobs, Kiki				5:45.88(1)							33.51(1)	1:19.81(1)			2:53.88(1)
35-39	Cummings, Olivia	43.09(2)					1:53.38(1)		53.65(2)							
	Jamerson, Colette	34.50(1)	1:20.70(1)	3:07.26(1)	6:46.66(1)				49.76(1)							
	Webb, Karen	43.30(3)	1:39.25(2)			51.63(1)	2:00.84(2)									
40-44	Bruce, Sally	36.77(1)				50.49(1)										
	Cronise, Tricia	37.50(2)	1:28.05(2)		6:56.41(2)				48.07(1)	1:44.60(1)						
	Nygaard, Ellen	38.97(3)			7:40.92(3)							46.71(1)				4:00.49(1)
	Reynolds, Betty	44.74(4)				1:00.77(2)			55.67(3)							
45-49	Dawson, R.	48.56(1)							1:00.78(1)	2:14.45(1)						4:47.92(2)
50-54	Durrant, Betsy					45.24(1)	1:38.37(1)		46.35(1)	1:42.15(1)						
	Niles, Dorothy		1:36.89(1)		8:12.77(1)				50.35(2)	1:48.67(2)						4:17.39(2)
	Wilkins, Rhea	51.56(1)							55.54(3)	1:58.66(3)		53.45(1)				4:06.36(1)
55-59	Marshall, Maryan	1:00.47(1)	2:18.71(1)		10:17.32(1)	1:29.88(1)	3:01.96(1)									
60-64	Irons, Anne	1:05.02(4)	2:23.00(1)	5:06.82(1)	10:42.10(1)											
	Pharis, Jane	52.26(1)				59.98(1)										
	Suit, Vera	55.74(2)			11:33.19(2)	1:11.08(3)			1:20.15(1)			1:18.59(1)				
70-74	Creemers, Bep	2:11.20(1)	4:24.85(1)	10:07.09(1)												
	Murphy, Phyllis					1:30.16(1)	3:29.48(1)					1:35.49(1)				7:29.10(1)
75-79	Harris, Victoria	1:11.32(1)					3:05.33(1)									7:18.02(2)
	Sugden, Roberta	1:12.45(2)							1:42.10(1)							7:03.51(1)
Men																
19-24	Hart, Derek						1:27.58(1)					33.84(2)	1:34.13(2)			3:13.45(1)
25-29	Foust, Michael	29.78(2)		2:29.74(2)	5:30.23(1)	34.91(1)										
30-34	Chandler, Rick	35.95(2)	1:14.81(1)									35.97(2)				
	Reilly, Jeff				4:55.46(1)							29.33(1)	1:06.74(1)			2:40.27(1)
35-39	Cummings, David	30.79(2)		2:42.69(2)	5:53.68(2)											
	Lanzara, Gennard						1:23.05(1)	2:59.13(1)		1:28.09(1)	3:15.50(1)					2:52.15(1)
	McClung, Lew	31.19(3)	1:08.88(2)		5:59.376(3)				45.29(1)			32.48(1)				
40-44	McFarland, James	28.56(1)	1:03.15(1)	2:19.93(1)	5:04.48(1)							33.70(2)				
	Olund, David							3:05.77(1)		1:31.63(2)						3:01.20(1)
	Reynolds, Jim	34.87(4)							41.19(2)	1:33.91(3)	3:40.19(2)					3:27.32(3)
	Strouth, James	31.59(2)	1:10.53(2)	2:40.33(1)	6:00.33(1)				42.95(4)							
45-49	Webb, Sean	28.65(1)	1:06.40(1)						36.88(1)	1:26.95(1)	3:17.46(1)					
	Grunewald, Glenn	32.20(3)				.39.16(1)	1:28.16(1)									
	Mierzwa, Hank				5:54.48(1)				37.02(1)	1:22.13(1)						
	Miller, Eric	31.27(2)										34.81(2)	1:33.68(1)			
50-54	Pharis, William					41.06(2)	1:37.03(2)	3:42.87(1)								
	Bingley, Don	34.93(1)	1:24.81(1)	3:10.98(1)	7:01.06(1)							42.80(1)				
	Butts, Howard	36.07(2)	1:30.12(2)						47.12(1)	1:50.19(1)	4:18.77(1)					
60-64	Hart, James	40.33(1)				47.36(1)	1:43.49(1)			2:03.48(1)						
65-69	Rainer, Norman	39.06(1)	1:34.20(1)		7:51.95(1)				49.95(1)	1:53.26(1)						
70-74	Barnes, Calvin			3:25.42(1)		42.22(1)	1:44.99(1)	3:50.53(1)								3:58.37(1)
80-84	Levin, Artie	1:36.26(1)	3:52.31(1)	9:40.47(1)												

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LIFE IN THE SLOW LANE

by Manny Klammer

The lanes in my workout pool are divided according to ability. The swift stroke's sole focus is speed. They rarely have time to chat. Not so in the slow lanes. We make time to complete our conversations by adjusting our intervals according to the length of our sentences. Fast folks fail to notice their surroundings, such as the black guiding lines in our fifty-meter pool, consisting of double rows of 476 four-inch ceramic tiles.

I often wonder if they have time to ponder. I recently heard one of my rapid pals comment that she did not care one *iota* about the line on the bottom of the pool. So I wondered for weeks, while I swam, what an *iota* could be. My imagination ran wild as I wavered through lap after lap. As I thought of an *iota* possibly being a small Japanese car, I chuckled. (It is not wise to laugh while swimming - choking disrupts your breathing pattern.) Concluding that an *iota* is too small to be a car, I looked in my thesaurus. (Do not try this in the pool. The pages get soggy and become difficult to turn). After drying my thesaurus, with three days of sunlight, I learned that an *iota* is a *bit* or *smidgen*. I speculated that an *iota* could be a tiny unit of measure. As my mind raced, so did my stroke. How many *iotas* make a meter, I wondered? I surmised that my 227 miles last year equals two billion *iotas*. Not bad.

To commemorate my achievements in lap learning, I am awarding myself a graduate degree in aquatic education. What degree? A Master's of Swimming, of course. I still don't know what an *iota* is, but I know that I o ta.