



# Virginia Masters News

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

*Published by the Virginia Masters Swim Team*

*April 15, 1996/Volume XIV/Number 3*

## NEWS BRIEFS

► **SO YOU WANT TO TRY A TRIATHLON?!?** Well, lucky for you there are several such events scheduled this summer around the state (and in nearby states within easy driving distance). A list of "selected" triathlons is provided on page 9. (They are "selected" only because they are the ones that have been brought to your editors' attention!)

► **ENTRY FORMS FOR DISTANCE SWIMS...** The entry for the Jack King 1-Mile Ocean Swim is included in this newsletter. The pre-entry deadline for the Jack King swim is June 8th. If you are interested in swimming in the Chris Greene Lake Swim, look for that entry form in the May LMSC newsletter. The entry deadline for the Chris Greene swim is June 28th.

### ► **FITNESS: 10K-2, FITNESS 500, AND CENTURY SWIMS**

Enclosed in this newsletter you will find entry forms for three fitness swims. Whether you are a competitive swimmer, a fitness swimmer, or a triathlete, these fitness events could be just the thing to liven up your summer swimming.

## NOTES FROM THE PRESIDENT

by Beth Waters



Spring! Will we ever have spring without bursts of winter thrown in? There are several upcoming events that should help us know spring is here and summer is on the way -- Short-Course Nationals, the Jack King ocean swim, and the Chris Greene Lake swim. Dates for these events are listed on page 2 of this newsletter in the calendar of events. Let's hope the winter doldrums will come to an end soon.

## ONE BRAIN, ONE BODY, TWO MINDS

by Manny Klammer

Synchronization of body and mind reigned when I was seventeen. My brain would enter me in athletic events and my body obliged with no complaints. Not so, as the ripened age of 45. The calibration between my cranial organ and my physical self has gone awry.

My brain still thinks it is housed in a 17-year-old body and it expects me to respond accordingly. Recently, it entered me in four events in a swim meet, including the dreaded 200 IM. And when my coached urged me to swim a relay, my youthful mind took the plunge, while my body screamed out, "Are you nuts?!"

Bushed, I checked with a few swimming friends, while waiting for my relay. The consensus of men's brains in my biological age group believed that they are 17, while the women's minds believed themselves to be 27. I guess this is what is meant by the statement, women mature faster than men.

Ah, but my body prevails, the day after the meet, as it insists that I stay home from work. My brain listened. Surely, there must be a way to reach a compromise medium age. Perhaps 35. When I was seventeen, I didn't think that 35 was old. And my 45-year-old body does still remember 35. So while I lay here recuperating, I sent my brain e-mail, suggesting the same. Good news, is that I do not have many aches and pains. Just one giant body ache.

But my brain and my body had a good time. In fact, we had a blast, because we swam with the greatest people in the world, **the Masters.**

## Upcoming Events for Virginia Swimmers

- ◆ April 13-27, 1996  
**INTERNATIONAL SENIOR GAMES**  
Bermuda  
(800) 867-5935 or (203) 352-0532
- ◆ April 18-21, 1996  
**YMCA MASTERS NATIONAL CHAMPIONSHIPS**  
Orlando, FL
- ◆ April 20-21, 1996  
**DIXIE ZONE SHORT COURSE CHAMPIONSHIPS**  
Raleigh, NC  
Steve Weatherman (919) 850-0420
- ◆ April 27, 1996  
**1ST ANNUAL STAR CITY MASTERS MEET**  
Vinton, VA  
Bill Pharis (540) 890-2867 or Susan Kessler (540) 343-1383
- ◆ May 3-5, 1996  
**COLONIES ZONE SHORT COURSE CHAMPIONSHIPS**  
Wilton, CT  
Aileen Zaffaroni (203) 834-9968
- ◆ May 9-12, 1996  
**USMS NATIONAL CHAMPIONSHIPS**  
De Anza, CA
- ◆ May 15 - October 15, 1996  
**10K2 1000 METER 2-PERSON POSTAL MEET RELAY**  
Mike Stott (804) 288-8808
- ◆ May 26, 1996  
**RESTON MASTERS 2-MILE LAKE SWIM**  
Reston, VA  
Lynne Hook & Helene Burden (703) 845-SWIM
- ◆ June 1, 1996  
**POTOMAC RIVER SWIM FOR THE ENVIRONMENT**  
Joe Stewart (410) 243-4418
- ◆ June 15, 1996  
**5TH ANNUAL MARYLAND SWIM FOR LIFE**  
Gunpowder Falls State Park, Chase, MD  
More information: (410)243-4418
- ◆ June 16, 1996  
**JACK KING 1-MILE OCEAN SWIM**  
Virginia Beach, VA  
Betsy Durrant (804) 422-6811
- ◆ June 22-28, 1996  
**WORLD MASTERS SWIMMING CHAMPIONSHIPS**  
Sheffield, England
- ◆ July 6, 1996  
**CHRIS GREENE LAKE 2-MILE CABLE SWIM**  
Charlottesville, VA  
Linda McCowan (804) 389-2537
- ◆ July 20 or 21  
**DCAC/DCRP LONG COURSE INVITATIONAL**  
Washington, D.C.  
Neill Williams (202) 588-0958
- ◆ August 9-22, 1998  
**WORLD MASTERS GAMES**  
Portland, OR

## Camps and Clinics

### TOTAL IMMERSION ADULT SWIM CAMPS

Workshop Schedule:  
Apr 13-14: Boston, MA  
Apr 20-21: Albuquerque, NM  
Apr 20-21: Orlando, FL

May 4-5: Washington, DC

May 11-12: Seattle, WA

May 18-19: Oakland, CA

May 18-19: Austin, TX

Contact **Terry Laughlin** at 1-800-609-SWIM

## 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

**13TH Annual  
JACK KING 1-MILE OCEAN SWIM  
SUNDAY, JUNE 16, 1996  
VIRGINIA BEACH, VIRGINIA**



**HOST:** Virginia Masters Swim Team, Inc.

**SANCTIONED BY:** Local Masters Swim Committee for Virginia (LMSC for VA) for USMS, Inc. #126-0007.

**SPONSOR:** This event is sponsored by the law firm Vandeventer, Black, Meredith & Martin to honor the memory of Jack King, former partner and friend. The net proceeds from this event will benefit the Virginia Beach YMCA, where Jack served as a director and legal counsel.

**MEET DIRECTORS:** Forrest Sullivan and Betsy Durrant

**LOCATION:** Check-in at the park at 24th Street, between Atlantic Avenue and the boardwalk.

**DIRECTIONS:** Take the Virginia Beach/Norfolk Expressway (Rt 44) from I-64. When the expressway ends, you are on 21st Street. Stay on 21st Street until it dead ends into Atlantic Avenue. Turn left. Check-in is at the park on 24th Street, between Atlantic Avenue and the boardwalk.

**PARKING:** All parking on Atlantic Avenue and Pacific Avenue is controlled by meters with a 2 hour limit (75 cents per hour). There are city parking lots at 19th Street and Pacific and at 25th Street and Pacific Avenue (1 block north and 1 block west of start/check-in). The charge is \$5 for the whole day. The lot may be unattended when you arrive, but the attendant will be there to collect when you leave.

**COURSE:** There will be an in the water start at 24th Street. The swim is parallel to the beach, with the current, in a northerly direction. The finish is on the beach at 38th Street (Howard Johnson Hotel). Buoys mark the start and finish. Detailed directions with landmarks and any changes will be available at the check-in.

**DATE/TIME:** Sunday, June 16, 1996. Check-in will be from 8:45-9:30 am. A safety briefing will be held at 9:50 am, a USS heat will begin at 10:00 and the Masters heat will begin at approximately 10:15 am.

**ELIGIBILITY:** All swimmers must be 19 years old or older and registered with USMS to participate. All swimmers must enclose a copy of their USMS registration card with their entry. USMS registration applications are available at the Virginia Beach YMCA, from the meet directors, and from Craig Campesi (Registrar), 14134 Walton Dr, Manassas, VA 22111. Registration for 1996 is \$21.

**ENTRY FEE:** \$15.00 for entries received by June 8, 1996 (includes a t-shirt). \$20.00 for late entries (does not include a t-shirt). T-shirts will be on sale the day of the race for \$8.00 while they last.

**ENTRY DEADLINE:** June 8, 1996, for pre-entries (\$15 including t-shirt). Hand delivered late entries (\$20 with no t-shirt) will be accepted until 9:00 pm Friday, June 14. **THERE WILL BE NO RACE DAY ENTRIES! DO NOT COME TO THE RACE ON SUNDAY MORNING AND ASK TO ENTER. THERE WILL BE NO ENTRY INFORMATION AT THE STARTING LINE. THIS IS A POINT-TO-POINT RACE AND ALL SWIMMER INFORMATION WILL BE AT THE FINISH LINE.** Absolutely no entries will be accepted after 9:00 pm Friday, June 14.

**GENERAL INFORMATION::** (1) Swim caps will be provided for all entrants. These caps must be worn by all who participate. (2) Rest rooms are available at 24th Street. (3) Water temperature will be 72 degrees or less. (4) Wetsuits are not permitted. (5) Cancellation due to weather is always possible. No refunds. (6) A truck will be available to take swimmers' bags to the finish line.

**AWARDS AND SOCIAL:** Medals will be given for 1st-3rd in each age group. Ribbons will be given for 4th-6th in each age group. The standard Masters age groups will be used (19-24, 25-29, 30-34, etc). Awards will be presented at the social, immediately after the finish of the last swimmer. Family and friends of all swimmers are invited to the social.

**HOTEL ACCOMMODATIONS:** Howard Johnson Hotel (3705 Atlantic Ave, Virginia Beach, VA 23451, 804-428-7220) is offering special rates for a very limited number of rooms. Identify yourself as involved in the Virginia Masters Swim Team event. Other hotel information: Holiday Inn Surfside Hotel and Suites, 26th St on the beach, \$79 (2 night minimum), reserve by May 30, 491-6900; SeaShire Motel, 1040 Laskin Road (6 blocks from beach on 31st St), \$49.95, 428-5511.

**RELEASE:** The following waiver must be signed and in the hands of the meet director before a swimmer may compete.

I the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all 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 DAMAGE 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. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_ Sex: ☐ M ☐ F

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age (on 6/16/96): \_\_\_\_\_ Team: \_\_\_\_\_

USMS #: \_\_\_\_\_ Phone: \_\_\_\_\_

**ENTRY FEE:** \$15 ADVANCE REGISTRATION / \$20 LATE ENTRY: \$ \_\_\_\_\_

**T-SHIRT:** Circle one (ADVANCE REGISTRATIONS ONLY!): Large or X-Large

**ENCLOSE A COPY OF YOUR USMS REGISTRATION CARD.**

**Make check payable to VMST. Entries must be received by June 8, 1996. Mail RELEASE, copy of your USMS CARD, and CHECK to:**

**Betsy Durrant**  
211 66th Street  
Virginia Beach, VA 23451

**804-422-6811**  
**No calls after 9:30 pm, please.**

**VIRGINIA CHAMPIONSHIP SERIES**

Swim the Three Virginia Open Water Swims  
Special Award for All Finishers to be Presented After the Charlottesville Race

Reston 2-Mile Lake Swim - May 26  
VA Beach 1-Mile Ocean Swim - June 16  
Charlottesville 2-Mile Cable Swim - July 6\*\*

For Information Contact:

Reston 2-Mile - Lynn Hazlewood, 11714 Decade Ct., Reston, VA 22901, 703-845-SWIM  
Charlottesville 2-Mile Cable - Linda McCowan, 13613 Prince William Dr., Midlothian, VA 23113, 804-389-2537

**\*\*2-Mile Cable Swim is a USMS National Championship Event**





# 10K•2 10,000 METER 2 PERSON POSTAL MEET RELAY

# 1996

**Sanctioned by** The LMSC for Virginia for USMS, Inc. Sanction # 126-0006.

**Eligibility:** Open to all USMS and USS swimmers ages 13 and older.

**Event:** Contestants swim a total of 10,000 meters in the pool of their choice. Team members must swim consecutive lengths of no less than 50 yards per relay leg. Concurrent swimming is not permitted. One swimmer must reach the wall before the second swimmer leaves. Dive starts are permitted.

For example, swimmers may wish to divide the 10,000 meters as follows: Swimmers A and B alternate 200 meter swims until each has completed 15 separate 200 meter swims (of 3,000 meters apiece). Then swimmers A and B alternate 15-100 meters swims each for another 1500 meters; and close with 10-50 meter swims each.

- In a 20 yard pool, \*each contestant swims 274 lengths

- In a 25 yard pool, \*\*each contestant swims 219 lengths
- In a 25 meter pool, each contestant swims 200 lengths
- In a 50 meter pool, each contestant swims 100 lengths

\*For the purposes of this competition, 5480\*, 5475\*\* yards = 5000 meters.

**Age Groups:** Men's, women's, mixed teams in the following age groups: 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+.

Team age determined by youngest swimmer's age on the day of swim.

**Timers and Counters:** Please pay strict attention to the laps swum. We urge you to use a check-off system.

**Awards:** Medal keychains to the top three team finishers (men's, women's, mixed) in each age group.

**Eligibility:** Unlike prior years, all swimmers must be registered and must include a copy of their ~~USMS~~ **USMS** card.

**Entry:** Enter as often as you like (\$18 entry fee required for each new team.)

**Entry fee:** \$18 per team. Event must be swum between May 15 and October 15, 1996. Form must be in the hands of Meet Director by October 31, 1996.

Mail entry form and \$18 entry fee with check made payable to Virginia Masters 10K•2 Relay to:

**10K•2**  
**Mike Stott**  
**403 Lakewood Drive**  
**Richmond, VA 23229**  
**(804) 288-8808**

**Shirts:** 10K•2, colorful 100% cotton T-shirt available for separate purchase for \$10 each. Check intent to purchase and adult size on the entry blank.

**Verification:** I certify that the information above is correct, the time accurate and the distance swum was 10,000 meters. Please sign in the appropriate place.

Timers/Counters \_\_\_\_\_

**Total Time** \_\_\_\_\_

## RELEASE

The following release must be dated and signed.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risk 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 PARTICI-

PATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS AND DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY 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.

NAME \_\_\_\_\_ Date \_\_\_\_\_

NAME \_\_\_\_\_ Date \_\_\_\_\_

## OFFICIAL ENTRY - 1996 10K•2 RELAY

Name _____		
Address _____		
Zip Code _____ USMS Reg. No. _____		
Phone _____ Age _____		
Sex _____		
I want a T-Shirt at \$10 each: _____		
My size is circled:	medium (36-38)	large (40-42)
	extra large (44-46)	

Name _____		
Address _____		
Zip Code _____ USMS Reg. No. _____		
Phone _____ Age _____		
Sex _____		
I want a T-Shirt at \$10 each: _____		
My size is circled:	medium (36-38)	large (40-42)
	extra large (44-46)	

Note: All swimmers must be registered and include copies of their LMSC cards

# 10K\*2 ALL TIMES BESTS AND AVERAGE WINNING TIMES (1984 - Present)

## Men's Teams

Age Group	Name (Age)	City, State	Total Time	Year
13-19	David Stott (17)	Richmond, VA		
	Bill Kloppe (38)	Richmond, VA	1:54.35	1990
	Average Winning Time		2:14.13	
20-24	Scott Erba (21)	Davis, CA		
	Michael Collins (24)	Davis, CA	1:39.59.28	1990
	Average Winning Time		2:25.03	
25-29	Sean Murphy (30)	Palo Alto, CA	1:35.04.55	1
	David Lundberg (32)	Palo Alto, CA	ALL TIME 10K*2 BEST	9
	Average Winning Time		1:59.55	1
30-34	Stephen Stahl (33)	Walnut Creek, CA		
	Greg Remmert (36)	Walnut Creek, CA	1:36.43	1995
	Average Winning Time		1:55.44	
35-39	Kerry O'Brien (38)	Walnut Creek, CA		
	Steve Breiter (38)	Citrus Heights, CA	1:44.14	1994
	Average Winning Time		1:58.16	
40-44	James Montagne (40)	Boca Raton, FL		
	Jim Manchester (41)	Plantation, FL	1:48.16.69	1988
	Average Winning Time		2:08.57	
45-49	Mark W. Lyon (48)	San Rafael, CA		
	Hugh Owen Winn (49)	San Anselmo, CA	1:53.39.67	1991
	Average Winning Time		2:18.07	
50-54	Bill Mulliken (50)	Chicago, IL		
	Sam Kooistra (55)	Chicago, IL	2:04.28	1990
	Average Winning Time		2:26.27	
55-59	Forrest Sullivan (59)	Virginia Beach, VA		
	Francis Hall (62)	Virginia Beach, VA	2:26.40.95	1988
	Average Winning Time		2:28.01	
60-64	Buddy Belshe (60)	Aliso Viejo, CA		
	Frank Reynolds (63)	Santa Ana, CA	2:12.13.36	1995
	Average Winning Time		2:37.19	
65-69	Kenneth R. Kimball (65)	Poway, CA		
	William H. Phillios (67)	Le Mesa, CA	2:16.27.73	1995
	Average Winning Time		3:10.28	
70-74	George W. Etsell (70)	Anchorage, AK		1993
	George E. Hale (76)	Anchorage, AK	3:59.35	
	Average Winning Time			
75-79	John Burnside (79)	Palos Verdes Estates, CA		
	Alfred Guth (80)	San Pedro, CA	4:00.28	1989
	Average Winning Time		4:15.26.50	
80-89	Leonard Chapin (80)	Long Beach, CA		
	Alfred Guth (80)	San Pedro, CA	4:04.00	1988
	Average Winning Time		4:13.30.14	

## Women's Teams

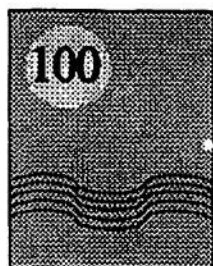
Age Group	Name (Age)	City, State	Total Time	Year
13-19	Stephanie Rosenthal (18)	Boca Raton, FL		
	S. Carlisle-Sellani (27)	Boca Raton, FL	2:16.30.80	1990
	Average Winning Time		2:32.28	
20-24	Mary Ruckstuhl (21)	Boca Raton, FL		
	Jamie Herrington (24)	Hollywood, FL	2:03.11	1990
	Average Winning Time		2:26.56	
25-29	Wendy Pratt (29)	Davis, CA		
	Nancy Corstorphine (29)	Davis, CA	1:57.27.18	1990
	Average Winning Time		2:20.21	
30-34	Lisa Sheepen (30)	Redwood City, CA		
	Susan Porter (32)	Redwood City, CA	1:52.05	1994
	Average Winning Time		2:15.08	
35-39	Tricia Holm (35)	Coral Springs, FL		
	Gail Rice (39)	Miami Shores, FL	1:58.47	1995
	Average Winning Time		2:35.36	

## Woman's Teams (cont')

Age Group	Name (Age)	City, State	Total Time	Year
40-44	Celeste Miller (42)	Incline Village, NV		
	Sally Ann Dillon (46)	Truckee, CA	2:13.45.60	1992
	Average Winning Time		2:44.33	
45-49	Betsy Durrant (45)	Virginia Beach, VA		
	Judy Decker (45)	Virginia Beach, VA	2:27.27	1987
	Average Winning Time		2:50.15	
50-54	Judy Decker (51)	Virginia Beach, VA		
	Betsy Durrant (52)	Virginia Beach, VA	2:26.00	1993
	Average Winning Time		3:18.33	
55-59	Johnnie Detrick (57)	Midlothain, VA		
	Ann Berquist (60)	Ordinary, VA	2:49.36	1993
	Average Winning Time		3:00.35	
60-64	Malchia Olshan (61)	Ojai, CA		
	Grace Altus (68)	Santa Barbara, CA	3:07.05.88	1992
	Average Winning Time		3:50.28	

## Mixed Teams

Age Group	Name (Age)	City, State	Total Time	Year
13-19	Jonathan Ferguson (14)	Winston Salem, NC		
	Suzanne Black (17)	Lewisville, NC	1:59.48.86	1995
	Average Winning Time		2:18.16	
20-24	Karen Heard (24)	Walnut Creek, CA		
	Patrick Duggan (31)	Concord, CA	1:53.50	1994
	Average Winning Time		2:28.24	
25-29	Beth Gardner (28)	Charlottesville, VA		
	Scott Robinson (28)	Eugene, OR	1:46.46.15	1993
	Average Winning Time		2:03.57	
30-34	Steve Breiter (34)	Citrus Heights, CA		
	Carol Lee-Heltzel (35)	Citrus Heights, CA	1:48.17.62	1990
	Average Winning Time		2:12.57	
35-39	Suzanne Heim (36)	Antioch, CA		
	Steve Breiter (38)	Citrus Heights, CA	1:45.17	1994
	Average Winning Time		2:10.28	
40-44	Shirley Loftus (40)	Afton, VA		
	John Shrum (43)	Charlottesville, VA	1:54.57.37	1992
	Average Winning Time		2:10.06	
45-49	Richard Burns (48)	San Anselmo, CA		
	Nancy Ridout (49)	Novato, CA	2:02.02.40	1991
	Average Winning Time		2:35.04	
50-54	Fredericka Rapp (51)	Toledo, OH		
	Donald J. Kroeger (51)	Monroe, MI	2:19.35.00	1995
	Average Winning Time		2:51.10	
55-59	Susan Munn (56)	Davis, CA		
	E.L. Fitzhugh (57)	Dixon, CA	2:13.24.49	1995
	Average Winning Time		2:56.57	
60-64	Eric Youngquist (60)	Nashville, TN		
	Mary Lee Watson (66)	Nashville, TN	2:37.15	1988
	Average Winning Time		3:12.35	
65-69	Babs Carter (65)	Hampton, VA		
	Calvin Barnes (65)	Hampton, VA	3:11.34	1989
	Average Winning Time		3:32.59	
75-79	Kay Schimpf (75)	Clearwater, FL		
	John D. Johnston (76)	St. Petersburg, FL	3:32.50	1992
	Average Winning Time		3:32.50	



# D.A.M.P.

Dunwoody Aquatic Masters Program  
Helping you enjoy swimming

**Are You in  
the top 2%?  
Swim the  
Fitness 500!**

Less than 2% of all Americans are able to swim 500 yards. The *Fitness 500* honors those who can! Register for the *Fitness 500* and get some recognition for your accomplishments.

All you have to do is swim 500 yards or meters, send in your time, and we'll send you a *Fitness 500* swim cap and certificate of accomplishment. Many swimmers of all ages and abilities use the *Fitness 500* to monitor their fitness on an ongoing basis. Repeat the *Fitness 500* in another season to see how your performance compares, and receive a 25% discount on entry fees. Group plans are also available: call (770) 698-8020 for details.

Your time will be entered in the seasonal compilation of results which will be mailed to all participants (and we'll send a press release for your home-town newspaper if you choose). You may purchase a *Fitness 500* T-shirt signifying that you are truly one of the top 2%. The accomplishment levels below have been established based on national results for sex and age groups. Your certificate and published results will reflect the level you reach.

Concerned about swimming 500 yards? Send us a self-addressed, stamped envelope and we'll send you helpful tips on training for and completing the *Fitness 500*.

## Fitness 500 Rules

Swim 500 yards or meters in the pool of your choice, any stroke or combination of strokes. If possible, have a verifier on-deck to count your laps and record your time (unverified swims are acceptable). 500 meter times will be converted to an equivalent yard time to determine the level you reach. All swimmers must be registered with United States Masters Swimming and must sign the waiver on the entry form. Entries are \$7.00, and T-shirts are \$9.00 (repeat entries are only \$5.25).

## Seasons

Entries received by these dates qualify for that season's results:  
Spring: Jun. 15; Summer: Sep. 15; Fall: Dec. 15; Winter: March 15.

## Additional Information

The *Fitness 500* is sponsored by Dunwoody Aquatic Masters Program. Thanks to United States Masters Swimming for their encouragement! Contact Bill or Diane Black at (770) 698-8020 or via E-mail at 76216.2345@compuserve.com for more information, or to register for the *Fitness 500*. *Cyberspace Alert:* D.A.M.P. is on the World Wide Web at <http://ourworld.compuserve.com/homepages/swim>

## Fitness 500 Accomplishment Levels

Age Group	Men Gold	Men Silver	Women Gold	Women Silver
19-24	7:30	10:00	8:00	10:30
25-34	8:00	10:30	8:30	11:00
35-44	8:30	11:00	9:00	11:30
45-54	9:15	11:45	9:45	12:15
55-64	10:00	12:30	10:30	13:00
65-74	11:00	13:30	11:30	14:30
75-84	12:00	14:30	12:30	15:30

## The Fitness 500

### Official Entry Form

Mail entry to: D.A.M.P., PO Box 88863, Atlanta, GA 30356-8863

Name \_\_\_\_\_ Sex ☐ M or ☐ F (CIRCLE ONE) Age \_\_\_\_\_ Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_  
USMS No. \_\_\_\_\_ Are you a repeat entry ☐ Y or ☐ N (CIRCLE ONE) T-shirt (if desired) ☐ M ☐ L ☐ XL (CIRCLE ONE)  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
I certify that on \_\_\_\_/\_\_\_\_/\_\_\_\_ (DATE) I SWAM 500 yards /meters (CIRCLE ONE) in a time of \_\_\_\_.  
Verified by \_\_\_\_\_ (VERIFIER'S SIGNATURE)  
My hometown newspaper is \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

### Release from Liability

I, the undersigned participant, intending to be legally bound, 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.

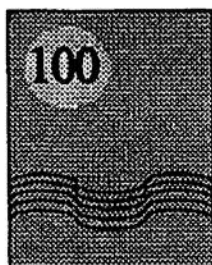
Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

\$7.00 entry fee, payable to D.A.M.P. (\$5.25 for repeat participants). T-shirts are an additional \$9.00. Entry fee is NON-REFUNDABLE. Enclose a copy of your current USMS registration card with your entry.

PO Box 88863 • Atlanta, Georgia 30356-8863

Phone: (770) 698-8020 • Fax: (770) 399-6731 • Internet: 76216.2345@compuserve.com





# D.A.M.P.

Dunwoody Aquatic Masters Program  
*Helping you enjoy swimming*

## Take A Swimming Tour Of the World Swim the *Virtual Century Swim*

Do you ever feel like you swim and swim, but don't get anywhere? Tired of watching the same tiles and discolored spots on the bottom of the pool? How would you like to swim some of the world's most famous waterways and open water races? Now you can . . . with the *Virtual Century Swim*!

Swim where you do now, but keep track of your distance on the *Virtual Century Swim* log sheet. As you accumulate distance, you'll pass famous swimming landmarks. At 12.5 miles, your log sheet will show that you have completed the Swim Around Key West. At 28.5 miles, you've finished the Manhattan Island Swim. And at 90 miles, you'll do what Diana Nyad couldn't . . . cross the Straits of Florida from Havana to Key West. And,

there are many other landmarks in between. Once you have logged 100 miles through North American waterways, send in for the next log sheet in the series, and swim Europe, or Asia, or Australia!

Your entry package includes your log sheet, helpful training advice, a Century Swim cap, and post cards you can mail back to us to tell us how your travels are progressing. You set the pace, you determine how far you go each day, and you set your personal goals. We encourage you to set up a regular swimming routine for all the health and fitness benefits it can bring, but we know how life can sometimes get in the way so there are no time limits for completing the *Virtual Century Swim*.

### Additional Information

The *Fitness 500* is sponsored by Dunwoody Aquatic Masters Program. Contact Bill or Diane Black at (770) 698-8020 or via E-mail at 76216.2345@compuserve.com for more information, or to register for the *Virtual Century Swim*.  
*Cyberspace Alert:* D.A.M.P. is on the World Wide Web at <http://ourworld.compuserve.com/homepages/swim>

## The *Virtual Century Swim*

### Official Entry Form

Mail entry to: D.A.M.P., PO Box 88863, Atlanta, GA 30356-8863

Name \_\_\_\_\_ Sex M or F (CIRCLE ONE) Age \_\_\_\_\_ (OPTIONAL)

Are you a repeat entry Y or N (CIRCLE ONE) T-shirt (if desired) M L XL (CIRCLE ONE)

Circle log sheet desired North America Europe Asia Australia Africa

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

\$5.00 entry fee, payable to D.A.M.P. \$7.00 for non-US addresses. (\$4.00/\$6.00 for repeat participants). Optional T-shirts are an additional \$9.00 (\$11.00 for non-US addresses).

How did you hear about the *Virtual Century Swim*?

- ☐ Pool where I swim  
☐ Friend

- ☐ Club Newsletter  
☐ D.A.M.P. mailing

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## VMST April Birthdays

Guy Beaver	Hampton	4/22/61	*35	Jim McFarland	Lynchburg	4/2/58	38
Warner Brundage	Midlothian	4/7/43	53	Karen Mickunas	Virginia Beach	4/13/55	41
Howard Butts	Troutville	4/24/41	*55	Eric Miller	Roanoke	4/12/47	49
David Cicio	Chesapeake	4/25/40	56	William Murray	Lexington	4/20/70	26
Jack Crowder	Vinton	4/18/39	57	Ellen Nygaard	Lynchburg	4/15/52	44
Pat Dileo	Toms River, NJ	4/5/52	44	Ruth Sherman	Roanoke	4/2/61	*35
Janet Dresch	Midlothian	4/30/54	42	Lorraine Sites	Lake Ridge	4/30/62	34
Don Edgell	Newport News	4/18/52	44	Glenn Taylert	Midlothian	4/14/52	44
Gray Edwards	Virginia Beach	4/13/54	42	Mark Terrill	Midlothian	4/18/49	47
Joannie Fariss	Forest	4/7/34	62	John Thoreen	Virginia Beach	4/11/64	32
Edward Green	Blacksburg	4/4/46	*50	Norwood Thornton	Richmond	4/7/64	32
Paige Hedgecoth	Richmond	4/27/54	42	Miriam Tuovila	Yorktown	4/5/25	71
Hank Holswade	Richmond	4/30/46	*50	Susan Wolfle	College Station, TX	4/27/72	24
Ron Magee	Midlothian	4/25/47	49				

\* indicates swimmers who are "aging up"

## SWIM...BIKE...RUN

Here are some summer triathlons/duathlons scheduled around Virginia and nearby states.

- May 4, 1996: **NELSON BAY CHALLENGE**  
(Swim: 750m, Bike: 20K, Run: 5K)  
Sea Level, NC; (919) 247-6092
- May 5, 1996: **PATRICK HENRY ASHLAND YMCA DUATHLON**  
(Run: 5K, Bike: 25K, Run: 5K)  
Ashland, VA; (804) 798-0057
- June 9, 1996: **BREEZY POINT TRIATHLON**  
(Swim: 1K, Bike: 20K, Run: 5K)  
Norfolk, VA; (804) 428-7011
- July 14, 1996: **POHANKA COLONIAL TRIATHLON**  
(Swim: 1K, Bike: 40K, Run: 10K)  
Colonial Beach, VA; (540) 899-3694
- July 20, 1996: **PECAN GROVE DUATHLON**  
(Run: 5K, Bike: 32K, Run: 5K)  
Petersburg, VA; (804) 520-7485
- August 11, 1996: **RWFC-BRIARWOOD TRIATHLON**  
(Swim: 500m, Bike: 10 mile, Run: 3.1 mile)  
Richmond, VA; (804) 378-1610
- September 8, 1996: **YMCA FALL TRIATHLON**  
(Bike: 15K, Swim: 500m, Run: 3.5 mile)  
Fredericksburg, VA; (540) 899-3694

## WATER WORLD:

### Facts About the Big Drip

by Alice Phillips

In honor of Earth Month, here are some fun facts about water!

- Water covers 70% of the world's surface, yet less than 1% of the world's water is safe for drinking.

- One quart of motor oil can contaminate 2 million gallons of drinking water. Up to 1851 gallons of water are required to refine one barrel of crude oil.



- Running the water while you brush your teeth wastes up to 5 gallons.

- A faucet dripping at the rate of 1 drop per second wastes 2400 gallons of water in a year.

- Washing dishes by hand uses about 20 gallons of water. Washing them in the dishwasher uses 9 to 12 gallons and is definitely more economical as long as you run full loads.

*If Undeliverable Return to:*

**Stevenson  
15 Bostwick Lane  
Richmond, VA 23226**

**Bulk Rate  
U.S. Postage  
PAID  
Permit No. 1630  
Richmond, VA**

.....  
**HEATHER N STEVENSON  
15 BOSTWICK LN  
RICHMOND VA 23226-3106**

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## **PLACES TO SWIM ACROSS VIRGINIA**

**BLACKSBURG:** Contact Alan Davis at (540) 951-3475 or the pool at (540) 231-6916. T & Th 8-9AM, Sat. 4-6PM, Sun. 4-5:30 PM.

**CHARLOTTESVILLE:** Smith Pool - M-Th: 7:30-9PM. Contact Craig C. Clift (804) 293-6657

**CHESAPEAKE:** YMCA (804) 547-9622

**CHESTER:** Chester Family YMCA - 3011 W. Hundred Road. Contact Jay Crawford (804) 748-9622

**HARRISONBURG:** Contact Susan Lees Arnold (703) 434-6224

**LYNCHBURG:** Lynchburg YMCA - Contact Jim McFarland (703) 384-1556

**NEWPORT NEWS:** Riverside Health and Fitness Center - (804) 877-8223; Sentara Hampton Fitness Center (804) 827-0420

**NORFOLK:** Fleet Rec. Park - Hampton Blvd. Lap swimming; YMCA - Some coached workouts. Call for times. (804) 622-9622; The Salvation Army Aquatics Facility - T & Th 6:30-8:30 PM, Sat. 10AM-Noon

**NORTHERN VIRGINIA:** Chinn Aquatic Center - M-Th: 8:30-9:30PM, Sat & Sun: 7-8AM. Contact Harry DeLong (703) 368-0309

**PORTSMOUTH:** YMCA (804) 399-5511

**RICHMOND:** Riverside Wellness & Fitness Center/Briarwood - Robious Rd., Midlothian M-F: 6-7AM, M-Th: 7:15-8:30PM, Sat: 8-9AM, Sun: 4-5PM. Contact Jim Miller (804) 330-3335; Tuckahoe Branch YMCA - Patterson Avenue. Contact Mark Woodard (804) 740-9622

**ROANOKE:** Lancerlot Fitness Center - 1111 Vineyard Rd., Vinton T & Th: 7-8PM, Sat: 10-11AM. Contact Howard Butts (703) 992-1736 (home) (703) 981-0205 (work); Gator Aquatic Center - 1130 Overland Rd., Roanoke M & W: 7:30-9:30PM, T & Th: 6-7AM, Sat: 7-9AM, Sun: 6-8PM. Contact Kathy Shober (703) 982-7665

**STAFFORD:** Fitness University - Aquia Towne Center, Route 1 MWTh: 8:30-9:30PM. Contact Lou-Ann Hadlock (703) 659-6737

**STAUNTON:** Staunton Racquet Club - MWF: 5:30-6:30PM. Contact Diane Kent (703) 885-6069

**VIRGINIA BEACH:** Virginia Beach YMCA - MWF: 6:30-7:30PM, Sat: 8-9AM. Lap swims at various times. (804) 499-2311; Dam Neck Navy Base - Lap swims 11AM-1:30PM and 4-6PM. (804) 433-7183; Virginia Beach Recreation Centers - Lap lanes available. Great Neck (804) 496-6766; Kempsville (804) 474-8492; Bayside (804) 460-7540; Bow Creek (804) 431-3765; Princess Anne (804) 426-0022

**WILLIAMSBURG:** James City Co. Rec. Center - Longhill Road, Williamsburg M-F: 6-7AM (coach), MWF: 6-7PM (no coach). (804) 229-5676

*Please let the editors know if your pool is not listed in this column.*