

LMSC for VA Newsletter

MASTERS SWIMMERS: "THE UNCOMMONWEALTH of Virginia"

Published Quarterly by the Local Masters Swim Committee for Virginia

May 15, 1996/Volume XIV/Number 2

Nominations for LMSC Officers

by Linda McCowan

USMS Convention

The representatives for the LMSC of VA at the USMS 1996 Convention will be:

Forrest Sullivan
Craig Campesi

Spring was slow in coming, and since summer is not far behind, we can count on the Fall LMSC meeting and election of officers being here before we know it! So **NOW** is the time to start thinking about becoming involved in your LMSC.

Nominations are currently being sought for the positions of **secretary** and **treasurer**. Neither officer will be seeking re-election, so the field is wide open, and all teams and/or members within the LMSC are encouraged to participate.

If you or someone you know would be interested in holding either office, please contact me at

13613 Prince William Dr.
Midlothian, VA 23113
(804) 379-2537.

Water World: Facts about the Big Drip

by Alice Phillips

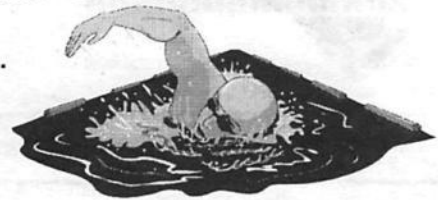


Water is a unique substance, and last month we listed a few interesting facts about our favorite medium. Here are some more:

- Water is **the** most important nutrient, comprising 55-65% of the adult body by weight (infants are up to 70%). If a 160 pound person removed all of the water from the body, it would weigh only 64 pounds. A 10% loss of body water is a significant health risk, while a 20% loss can result in death.
- You could survive about 30 days without eating, but no more than 3 days without drinking water.
- The average person loses 2000 mL (or about 8 cups) of water each day through normal perspiration, urination and respiration. Hot and humid days increase the amount lost to perspiration, while cold, dry days increase the amount lost in respiration.
- Just for interest sake, weigh yourself before and after a workout this summer. For every pound you lose during your workout, you need to drink 16 ounces of water. Marathon runners can lose ten pounds or more during a grueling, high humidity race.
- Most people have two major complaints when they begin trying to drink 8 cups (or 64 ounces) of water per day: "I'm not thirsty," and "I'm spending too much time in the bathroom!" Thirst is the *second* sign of dehydration – *fatigue* is the first. Waiting until you're thirsty is waiting too long in some cases. Secondly, those trips to the bathroom begin to taper off as your body adjusts to the increased intake. Consistently clear or pale urine is a sign of a "clean" urinary system and proper hydration.

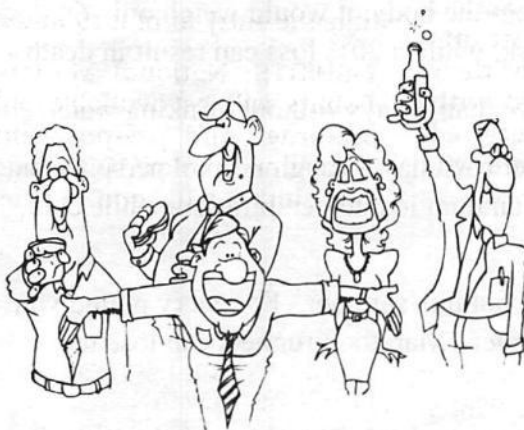
Upcoming Events for Virginia Swimmers

Mark Your Calenders...



- ◆ 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, 1996
DCAC/DCRP LONG COURSE INVITATIONAL
Washington, D.C.
Neill Williams (202) 588-0958
- ◆ August 22-25, 1996
USMS NATIONAL LONG COURSE CHAMPIONSHIPS
Ann Arbor, MI
- ◆ August 9-22, 1998
WORLD MASTERS GAMES
Portland, OR

LMSC Officers



Chairman: Forrest Sullivan
1752 N. Woodhouse Rd., Virginia Beach, VA 23454 (804) 481-1998

Registrar: Craig Campesi
14134 Walton Dr., Manassas, VA 22111 (703) 791-5567

Secretary: Linda McCowan
13613 Prince William Dr., Midlothian, VA 23113 (804) 379-2537

Treasurer: Carl Russ
2442 Starfish Rd., Virginia Beach, VA 23451 (804) 496-9177

Top Ten: James Wolfle
509 E. Rock St., Harrisonburg, VA 22801 (540) 574-2919

Fitness Committee: Rhea Wilkins
1607 Darrell Dr., Midlothian, VA 23113 (804) 794-3659

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

NATIONAL MASTERS 2-MILE

Cable Swim - Quarter-mile Straightaway

**CHRIS GREENE LAKE -
CHARLOTTESVILLE, VIRGINIA
SATURDAY, JULY 6, 1996**

Sponsored By:
Virginia Masters Swim Team
"Sanctioned / Approved by LMSC for Virginia
for USMS, Inc."

LMSC for Virginia
535 Biltmore Drive
Virginia Beach, Virginia 23454
Sanction No. 126-0004

EVENT: The first heat will be swum counter clockwise and will start at 9 a.m. Check-in for the first heat will close promptly at 8:45. The second heat will be required to check in by 10:45 for an anticipated start immediately upon completion of the first heat. The second heat will be swum clockwise.

For safety reasons, swimmers who cannot complete the 2 miles in 2 hrs. are advised not to enter. Swimmers still on course after 2 hrs. will be stopped. From the standpoint of results, these swimmers will be indicated as not having completed the swim.

INDIVIDUAL AGE GROUPS: 19-24, 25-29, 30-34, and so on, in five year increments as high as necessary for both men and women.

TEAMS: A team shall consist of 3 swimmers. Men's, women's and mixed sex teams will be permitted. Age groups will be 19+, 25+, 35+, and so on, in ten year increments as high as necessary. The age of the youngest team member shall determine the age group. All team members must also be registered as individual entrants and registered with the same Masters - affiliated club; i.e. Virginia Masters, Triad Masters, etc.

TEAM ENTRIES: Team Entries must be submitted on a 3 x 5 card providing the following information: the type of

team (men's, women's or mixed), the age group, USMS Club, and the name, age, & sex of each team member.

AWARDS: Medals will be awarded to the top 3 individual finishers and to the 1st, 2nd and 3rd place teams in each age group. National Masters Championship patches will be awarded to all individual first place finishers.

ENTRY FEES: Payable to Virginia Masters. Individual: \$12 per individual. Team: \$15 per team. Team members must also register as individual entrants. Late and deck entries will not be accepted. "No Time" entries will be seeded last in the appropriate heat.

REGISTRATION: All swimmers must be registered with their Local Masters Swim Committee (LMSC). **Entrants must include a photo copy of their 1996 USMS registration card with their entry form.** Entries received without a copy of the 1996 card will be returned. Please do not show up at Chris Greene Lake planning to register or enter. Advance entry and registration are required to swim.

ENTRIES: Official form, entry fees, and 3x5 card for team entries must be received no later than June 28, 1996. If you wish to purchase a commemorative T-shirt, your entry and prepaid shirt order must be received no later

than June 17, 1996. Shirt orders will not be accepted after that date. **Send entries to:** Abbie McGee 1160 Warner Hall Drive, Virginia Beach, VA 23454, (804) 427-3947. Please no calls after 7 p.m.

ENTRANCE TO LAKE: Swimmers and meet workers will be admitted free. For all others, Chris Greene Lake requires the following entrance fees prior to admittance: Albemarle County residents: adults, \$2; children (4-12), \$1. Non-residents: adults, \$3; children (4-12), \$2.

SOCIAL: Fresh fruit, snacks, and beverages will be available immediately following the meet. Tickets at \$3 per individual must be purchased at the time the entry form is submitted.

T-SHIRTS: National Masters 2-Mile T-shirts will be available only on a pre-order and pre-payment basis. T-shirts are 3 color, 100% cotton. Price of a shirt is \$10, and payment must accompany your entry. Check the adult size on the entry blank. T-shirt orders will not be accepted after June 17, 1996.

FOR FURTHER INFORMATION:
LINDA MCCOWAN
13613 PRINCE WILLIAM DR.
MIDLOTHIAN, VA 23113
(804) 379-2537



DIRECTIONS TO CHRIS GREENE LAKE: From Washington, D.C., take Rt. 29 toward Charlottesville, Va. Approximately 6.3 miles north of Rt. 29, Charlottesville Bypass, turn right onto Airport Rd. (Rt. 649). Go one mile toward airport. Turn right onto Rt. 606 for 1.2 miles. Turn left through gate & follow the road around the lake to the beach.

From I-64 West, take 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).

From I-64 East, take Exit 118B Charlottesville/Culpepper, U.S. 29 North Bypass, to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649).

ACCOMMODATIONS: The Sheraton Inn on Rt. 29 North has reserved a limited number of rooms and is offering a group rate of \$59 to competitors for Friday, July 5. This is a substantial discount from their regular rate, and the Sheraton is conveniently located to Chris Greene Lake. If you are interested in taking advantage of this opportunity, you must make your reservation by Wednesday, June 5 under the identity of Virginia Masters Swim Team in order to be eligible for the group rate. Rooms are available on a first-come, first-serve basis. The address and phone number for the Sheraton Inn - Charlottesville are as follows: 2350 Seminole Trail • Charlottesville, VA 22901 • (804) 973-2121

VIRGINIA CHAMPIONSHIP SERIES

Swim All Three Virginia Open Water Swims

Special Award for All Finishers to be Presented After the Charlottesville Race

Reston 2-Mile Lake Swim-May 26

Virginia 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 22091, 703-845-SWIM

Virginia Beach 1-Mile-Betsy Durrant, 211 66th St., Virginia Beach, VA 23451, 804-422-6811

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

NATIONAL MASTERS 2-MILES ENTRY FORM

July 6, 1996

Chris Greene Lake, Charlottesville, VA

ATTACH A COPY OF CURRENT USMS CARD HERE.				
Name				
Street				
City			State	Zip Code
Sex	Age	Birth Date	Club Name	
USMS Number			LMSC	
Home Phone #		Work Phone #		

HEAT # (Circle one)	HEAT DESCRIPTION	1650 YD TIME (Indicate Below)
1	Counterclockwise (Left-side breathers)	:
2	Clockwise (Right-side breathers)	:

Heat 1: Starts 9:00 a.m./Check-in by 8:45 a.m.

Heat 2: Starts 11:00 a.m./Check-in by 10:45 a.m.

Entry Fees:

\$12 Per Individual \$ 12.00

\$15 per team \$ _____

After-Meet Social:

\$3 per person X _____ \$ _____

T-shirt:

\$10 each X _____ \$ _____

Indicate size (s):

M _____ L _____ XL _____

Total Payment Enclosed \$ _____

MAIL ENTRY & FEES TO:
Abbie McGee
1160 Warner Hall Drive
Virginia Beach, VA 23454

T-shirt orders must
be received by June 17, 1996

Due by June 28, 1996
Payable to Virginia Masters

ENTRY CONFIRMATION:

Enclose self-addressed, stamped envelope or postcard.

DO NOT STAPLE PAYMENT TO ENTRY FORM

RELEASE BY PARTICIPANT 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 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 INCORPORATED THEREIN, 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Date

Signature

BLIND AMBITION

by Scott Rabalais and Buzz Gray

Have you ever swum a 200 yard freestyle hitting each of your seven flip turns and the finish perfectly, with your eyes closed the entire way? Chances are you have not, for only a rare athlete could perform this feat. Michael Taber is just that athlete. Taber, a Masters swimmer, is totally blind.

"When I'm swimming on my own, I have to count my strokes," says Taber. "I've got my share of cuts and bruises on my head from hitting the wall. It comes with the territory."

Taber has not been blind his whole life. Born with detached retinas, his eyesight grew progressively worse while in college. A former basketball player, Taber took up swimming when he could no longer keep the goal in focus. Now at age 37, he has been totally blind for ten years.

A typical day in the life of Michael Taber is not as unusual as one might think. From his home in Albany, New York, he walks to the bus stop at the end of his street and rides to work. He is employed full-time at the New York State Department of Social Services as a computer systems programmer. Now divorced, he maintains a close relationship with his two daughters, Rachel, 10, and Abigail, 7. If Michael isn't swimming in his free time, he'll likely be found on the treadmill or in the weight room. "I think I live a pretty normal life," he says, nonchalantly.

Taber is a member of the Adirondack District Masters, but mostly trains alone. On an average he swims 3,500 yards per workout, practicing all four competitive strokes. If training with a group of swimmers, he'll enlist their help for send-off times during interval training. "Mike is amazing," says Tom Schmitz, a teammate and friend. "He doesn't hold back on anything. And he's a fun guy to be around."

Competition is important to Taber. "Meets are my report card," he explains. "Buffalo was my first Masters nationals. Fortunately, I had a friend with a 'bopper,' a long pole with a tennis ball on the end. When I approached the end of the pool, he'd tap me on the head. The signal enabled me to make a quick spin turn.

"Right now, I'm looking ahead to the '96 Paralympics in Atlanta," says Taber. The competition will be held two weeks after the Olympics, and Taber hopes to bring home several medals, as he did after the Barcelona Paralympics in '92. In the meantime, he plans to compete in New York Masters meets and in the upcoming Colonies Zone Championships.

When asked what swimming means to him, Taber replies, "Swimming means everything to me. It gives me a great, self-satisfied feeling."

Taber pauses, reflecting for a moment, then continues, "But what is really important to me are the friendships I've made in swimming. They are the best I've ever had. Just the hanging out and talking swimming around the pool -- that's a real positive in my life. I don't feel that connection anywhere else in my life."

Even though Michael Taber leads an ordinary life, he is no ordinary individual. He is, indeed, extraordinary.

Scott Rabalais is USMS Editor for SWIM Magazine. **Buzz Gray** is a staff writer for the Times Union in Albany, New York.

I AM AN A.M.'er

by Manny Klammer

The following conversation occurred at a local bagel shop, with a friend who knows nothing about swimming.

Me: I am an a.m.'er.

Friend: You are an a.m.'er?

Me: I am

Friend: I thought you were a Yankee.

Me: I am, and I am an a.m.'er also.

Friend: You are?

Me: I am.

Friend: Does a.m.'ing have anything to do with your morning swims?

Me: It does.

Friend: What do you like most about swimming?

Me: I.M.

Friend: You are?

Me: No, no, I.M.

Friend: What was the first thing you did in the pool this morning?

Me: Free/breast and free/fly.

Friend: Well, now I understand why you like swimming so much. The women swim with free breasts, and the men swim with free flies.

Me: No! No! You have the wrong idea.

Friend: What do you do most of the time?

Me: I.M.

Frustrated Friend: Who's on first?

Me: I am.

If Undeliverable Return to:

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

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



BLACKSBURG: Contact Lucille Griffin (703)552-5943
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: YMCA (804) 847-6290
NEWPORT NEWS: Riverside Health and Fitness Center - (804)877-8223; Sentara Hampton Fitness Center (804)827-0420
NORFOLK: Fleet Rec. Park - Hampton Blvd (804)622-9622. Lap swimming; YMCA - Some coached workouts. Call for times. Also: the Salvation Army Aquatics Facility: T & Th 6:30-8:30pm, Sat. 10am-12pm.
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)320-3999; 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.