



Virginia Masters News

"FROM THE MOUNTAINS TO THE SEA...IT'S VMST"

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NOTE FROM THE PRESIDENT

by Beth Waters

I can't believe the summer is almost over and another long-course season is completed. We are beginning to receive information on some of the upcoming events for 1996/1997. For example, the Pan Pacific Meet in Maui, Hawaii, sounds like it will be a spectacular event.

VMST is very interested in having additional meets held throughout the state. If you would like to host a meet, it is not too early to schedule it for 1997. Call Judy Martin, (804) 340-7475, for further information about hosting and scheduling meets.

THE SLEEPY SWIMMER

by Manny Klammer

Once upon a time, there was a morning Masters swimmer. He would rise with the rooster, make his way to the cement pond, and hurl himself off the edge. Awakening on the splash, he'd realize that he was not alone. Only now, he was awake enough to greet his fellow swimmers. He often wondered why he felt so tired each morning as he pried himself out of bed. He hoped for insight.

A few days later, while strolling along a deserted beach, he came upon a magic lantern washed up on the shore. Picking it up, he rubbed it to read the inscription on its side. Before he could read the message, a genie emerged from the lamp, wearing a skin tight turquoise Speedo suit, orange Swedish goggles, and a pink cap.

"Your wish is my command," spoke the genie.

Elated, the swimmer shouted, "I have three wishes. Anything I want is mine?"

"Get real. This is the 90's. Even the genie industry is downsizing. You get only one wish. Make it a good one."

So the swimmer said, "I wish to know why I am so tired each morning? I sleep for eight hours each night."

The great genie swirled about and abruptly halted with the answer, "It is because the number of hours you are sleeping is not equally divisible by 90 minutes. The

sleep cycle of a human creature is 90 minutes long. If you wake up in the middle of a sleep cycle, you will feel tired. If you wake up at the end of a 90 minute cycle, you will feel refreshed." The genie vanished into his lamp.

Excited, the sleepy swimmer thanked the genie and threw the lamp into the sea. Then he raced home to share his knowledge with his friends.

VIRGINIA LONG DISTANCE SWIMMING SERIES

Participants in the Virginia Long Distance Swimming Series swam in all three Open Water swims held in Virginia. These events included the Reston 2-Mile Lake Swim, the Jack King 1-Mile Ocean Swim, and the Chris Green Lake 2-Mile Cable Swim National Championship. Congratulations to the following swimmers for their accomplishments in completing all three events.

Women 19-24:

Katrina Poplawski, Erin Campbell

Women 25-29:

Jen Griffith-Johnson, Andrea Crescioli

Women 30-34:

Michelle Poole, Stacy Dymond, Lisa Heirigs

Women 35-39:

Nancy Hunyady

Women 40-44:

Shirley Loftus

Men 25-29:

Andrew Geisler

Men 30-34:

Robbie Allen, Paul Karstendiek, Jay McLaughlin

Men 35-39:

Jim McFarland, David Jones

Men 40-44:

Gray Edward, John Laggan, Robert Krause, Gene Sorrell

Men 45-49:

Bruce Fisher, Michael Wimsatt, Bob Aitcheson, Ralph Joseph

Men 50-54:

Robert Williams

AUGUST AND SEPTEMBER VMST BIRTHDAYS

Victoria Augustine	Blacksburg	9/30/67	29	Stephen Knott	Virginia Beach	9/14/54	42
Diana Bareis	Midlothian	9/27/63	33	Kaye Kriz	Blacksburg	9/19/48	48
Jennifer Bartlett	Richmond	9/23/68	28	Teresa Leafe	Virginia Beach	9/2/69	27
Craig Bauer	Richmond	8/1/52	44	Jim Manuel	Lexington	8/21/47	49
Richard Boyle	Virginia Beach	9/7/21	75*	Jim Miller	Richmond	8/19/50	46
Sandy Brenner	Norfolk	9/4/53	43	Nancy Miller	Richmond	8/29/49	47
Sean Callender	Yorktown	9/22/69	27	Edward Milner	Midlothian	8/5/52	44
Craig Campesi	Manassas	8/6/54	42	Joyce Mullins	Midlothian	9/28/49	47
Kathryn Cowlbeck	Bedford	8/11/46	50*	Dorothy Niles	Lynchburg	9/19/41	55*
Mike Duignan	Virginia Beach	8/27/46	50*	Kelly Parker	Williamsburg	9/12/61	35*
Betsy Durrant	Virginia Beach	9/18/41	55*	Morgan Pearsall	Chesapeake	9/11/52	44
Nancy Earman	Midlothian	8/15/49	47	Thomas Peck	Lexington	8/23/50	46
Anne Ezzo	Manassas	8/29/56	40*	Don Peschka	Woodbridge	9/12/41	55*
Dave Fleischman	Norfolk	9/28/54	42	Wharton Ramsey	Roanoke	8/22/45	51
Christopher Flood	Burke	8/21/62	34	Anthony Saenz	Norfolk	9/17/68	28
Barbara Furman	Sandston	8/30/31	65*	Terry Schreech	Dahlgren	8/13/20	76
Claire Garrison	Crozet	8/12/47	49	Lisa Sheldahl	Norfolk	9/26/63	33
Darren Gorman	Virginia Beach	8/26/71	25*	Nancy Smith	Virginia Beach	9/9/39	57
Lucille Griffin	Newport	8/4/38	58	Forrest Sullivan	Virginia Beach	9/16/29	67
Kevin Halligan	Richmond	9/7/54	42	Robb Sultzer	Midlothian	8/26/51	45*
Nancy Hawkes	Richmond	8/26/56	40*	Kevin Van Cott	Blacksburg	8/27/69	27
Julie Hicks	Woodbridge	8/31/48	48	Nancy Vogt	Woodbridge	8/24/49	47
Bobbin Hirhak	Midlothian	9/9/54	42	Alfred Walsh	Midlothian	8/24/60	36
Edwin Hower	Midlothian	8/27/42	54	Marshall White	Blacksburg	8/9/47	49
Mathilde Huber	Richmond	9/11/27	69	Chuck Wilmore	Springfield	9/16/34	62
Ann Jones	Midlothian	9/15/54	42	Gerald Wyngaard	Midlothian	8/13/46	50*
Tory Kiley	Midlothian	8/21/60	36	* indicates that swimmer is "aging up"			

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

* 1996 POSTAL PENTATHLON SWIM MEET *

Eligibility: Open to all registered masters swimmers for the 1996 or 1997 season.

Conduct of Meet: Participant swims the 5 events, preferably in a 25 yard pool, Butterfly, Backstroke, Breaststroke, Crawlstroke, and Individual Medley. All results will be based on a 25 yard course, swims performed in meter pools must indicate that their entries are from a meter pool so their times are converted to a yard equivalent. The meet results will compare each event of the pentathlon amongst the participants. It is recommended that the pentathlon legs be swum in the order Butterfly, Backstroke, Breaststroke, Crawlstroke, and then Individual Medley. The events must be swum during the same day and it is recommended that all 5 events be swum in a 2 to 3 hour period. Participants may swim the Sprint, Middle Distance, Ironman, or any combination of courses. If you desire to swim more than one course you should swim each course on a separate day. **All times must be recorded to the 1/100th of a second. Times not reporting tenths or hundredths will have 9's inserted for the missing digits.** The pentathlon must be swum from September 15, 1996 to December 15, 1996 and the entries must be postmarked by December 24, 1996, include a copy of your USMS registration card or foreign equivalent. **Incomplete entries will be returned and assessed a \$2.00 (US funds) administration fee. All fees are non-refundable.**

Age Groups: 19-24, 25-29, 95-99, 100+. Age will be determined by the swimmers age on December 15, 1996.

Awards: Winners of each age group will receive a special award. All participants may purchase a participation T-shirt for \$12.00 (US funds), XXL shirts add \$3.00(US).

Entry Fee: \$5.00(US) per course. Make checks payable in US funds to: **Postal Pentathlon Swim Meet.** All fees non-refundable.

Send entries to: **1996 Postal Pentathlon Swim Meet**
570 - 96th Lane
Blaine MN 55434 USA

Questions: Wayde Mulhern Phone-Day: (612) 635-5167 Evenings: (612) 783-1282

PLEASE INDICATE SHIRT SIZE WHETHER YOU ORDER A PARTICIPATION SHIRT OR NOT.

Name: _____ USMS or foreign registration #: _____

Address: _____ Swim Club: _____

City: _____ State: _____ Zip/Postal Code: _____ Country: _____

Sex: M F Phone Days: _____ Evenings: _____

Shirt Size: S M L XL XXL Shirt Type: **Sprint Middle Distance Ironman** Birth Date: ____/____/____

Entry Fee: \$ _____ Participation Shirt: \$ _____ Total Fees: \$ _____ MON /DAY /YEAR

Enter your times for each individual event. Circle pool type: Yards / Meters.

Sprint course 50 Yards/Meters each stroke and 100 IM Date Swum ____/____/____

Fly _____ Back _____ Breast _____ Crawl _____ IM _____

Middle distance 100 Yards/Meters each stroke and 200 IM Date Swum ____/____/____

Fly _____ Back _____ Breast _____ Crawl _____ IM _____

Ironman course 200 Yards/Meters each stroke and 400 IM Date Swum ____/____/____

Fly _____ Back _____ Breast _____ Crawl _____ IM _____

I the undersigned have participated in the Postal Pentathlon having swum the designated events in the recommended time period. I also intend 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 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 THESE ACTIVITIES.

Signature: _____ Witness: _____

IRONMAN

200 FLY, BACK, BREAST, CRAWL, 400 I.M.

SPRINT
50 FLY, BACK, BREAST, CRAWL, 100 I.M.

MIDDLE DISTANCE
100 FLY, BACK, BREAST, CRAWL, 200 I.M.

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

PLACES TO SWIM ACROSS VIRGINIA

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) 847-5597

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) 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; Bay-side (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, or if the listing is incorrect.