

LMSC FOR VIRGINIA

Serving Masters Swimmers in Virginia and West Virginia - August 15, 1997

Thanks to Joyce Mullins Another Successful Lake Swim!

When Linda McCowan moved to Indiana, Joyce Mullins agreed to step in as race director. This was a particularly tough job to assume because this year's race had already been designated as a national championship. National championship events usually have more entries, more requirements, and more paperwork. Joyce proved to be a fast learner; she directed a very successful national championship event.

Once again, in the tradition of VMST, many members volunteered to help. Some volunteers swam one heat and worked during the other heat; some volunteers traveled to Charlottesville just to help. In addition to VMST members, Mark Braiman and several Academic Village Masters team members were there to work also.

Approximately 172 swimmers were entered in the race. Although the temperature on the beach was very warm, the water temperature was fairly moderate. Swimmers took advantage of the good water conditions - seven new national records were set.

When asked to take on responsibility for a race or for a meet, follow Joyce's example and say "YES". You can count on participants, team members and previous directors to help you learn what to do. When you see Joyce, say "Thank you. Good job!"

Results of the lake swim are on pages 13-15.

*See page 6 for a participant's perspective
on the lake swim by Ann Berquist*

Mind Games with the Pace Clock *by Perry Lange*

Is it just me, or are we all becoming more and more pressed for time? With everyone going in 10 different directions, it is a rare treat when we have the opportunity to enjoy the camaraderie of doing a workout with someone else or in a group setting. Many of you are probably like me and do a vast majority of your training on a solo basis. But, finding the motivation to work hard and push yourself when alone is key to improving your race times. Making this mental effort once a week is difficult, but nearly impossible on a daily basis. However, learning to play "mind games" with the clock will greatly increase your ability to stay focused and get the most out of those solo sessions.

I often ask people what type of set they are doing and their dreary response is usually "20 x 50s, 5 x 200s, 10 x 100s, etc." or some other monotonous ritual. No wonder it's so hard to get consistently motivated! There are many more imaginative ways to get the same distance covered, but it is crucial that you learn to use the pace clock. By taking each repeat as it comes, focusing on the clock, anticipating the next send-off time, and trying to do the repeat at a very specific predetermined pace, you'll find that the set goes by much much faster. Over the past 10 years I doubt that I have done one main set which did not incorporate one of the following gimmicks or "mind games". As an example, I will use 1000-1200 yards as the base set distance, but the same principles would apply to a 500 or 3000 yard set:

See Mind Games on page 3.

Meet Schedule

September 14

SCY at Chin Aquatic Center, Woodbridge
Entry is on pages 9-10.

Postal Event - complete by October 15

10K x 2 Relay

Contact Mike Stott, (804) 288-8808

November 1 or 8 (date not definite at this time)

SCY in Virginia Beach/Norfolk

November ?

SCM Zone Championship, Rutgers Univ (NJ)

Fall Festival

September 20 - 21

Clinics, Recreation, Picnic

See pages 11-12 for details

Camps and Clinics

USMS Mentor Clinic

Richmond, VA - September 20-21

See information on pages 11-12.

Total Immersion Adult Swim Camps

Contact Terry Laughlin, (914)294-3510.

For calendar of camps (800) 609-SWIM.

<http://www.totalimmersion.pair.com>

totalswimm@aol.com

Premier Stroke Clinic Series

Contact Clay Britt (301) 231-9740

LMSC Officers

Chairman: Forrest Sullivan

1752 N. Woodhouse Road, Va. Beach, VA 23454

(757) 481-1998 (sforrest@erols.com)

Secretary: Joyce Mullins

3104 Waterton Drive, Midlothian, VA 23113

(804) 323-0483 (mullpost@ix.netcom.com)

Treasurer: Bill Martin

7800 Creekside Court, Richmond, VA 23235

(804) 320-1432 (bwoodfin@erols.com)

Committee Chairman

Registrar: Criag Campesi

14134 Walton Drive, Manassas, VA 22111

(703) 791-5567 (craig_campesi@msn.com)

Top Ten/Records: James Wolfle

(540) 574-2919 (wolfle@aol.com)

Sanctions: Judy Martin (757) 340-7475

Fitness: Mark Gill (804) 861-8618

Insurance/Safety: Forrest Sullivan

Long Distance: Joyce Mullins

Newsletter: Betsy Durrant

211 66th Street, Va. Beach, VA 23451

(757) 422-6811 (DurrantB@aol.com)

New Meet in Northern Virginia!

Sunday, September 14

See entry form on pages 9-10

Mind Games (continued from page 1)

1. Smaller sub-sets on descending send-offs: do 4 x 100s on 2:00 min, 3 x 100s on 1:50, 2 x 100's on 1:40, 1 x 100 on 1:30.

*Make sure to watch the clock and know when the send-offs are!

2. Pyramid sets: 1 x each of 50, 100, 150, 200, 200, 150, 100, 50 swims

*Take 20 seconds rest after each effort and go the second half faster than the first.

3. Ladder sets: 1 x each of 25, 50, 75, 100, 125, 150, 175, 200

*Take 10 seconds between each swim.

*You can also reverse the order and go "down the ladder".

4. Descending distance sub-sets: 1 x 300, 2 x 150s, 3 x 100s, 6 x 50s

*Go at a faster pace for each sub-set.

5. Broken swims: go 10 x 100s with 5 seconds rest between each swim

*Subtract 45 seconds from your time - that is your 1000 total time.

*This is a great way to learn pacing during a sustained effort.

6. Quality "tempo" swims: do a 1000 straight swim, but force yourself to go all-out for a 50 and then go super easy for a 50 (I do this a lot when I'm tired in the morning and don't feel like doing much...)

*The key is to make the 50s drastically different (i.e. 35 and 60 seconds for the 50s).

7. Repeat sub-sets: 3 x 100s, (1 x easy 50), 3 x 100s, (1 x easy 50s), 3 x 100s

*Try to make the average repeat time of each sub-set faster.

8. Include other strokes. Most of my workouts focus on freestyle, but the monotony can be broken, by including other strokes during a base freestyle set

of 9 x 100s: 3 x 100s free, (then 2 x 25s fly), 3 x 100s free, (then 2 x 25s back), 3 x 100s free, (then 2 x 25s breast)

*I usually try to descend each set of freestyle repeats, and sprint the 25s.

I find that many beginning swimmers look at the pace clock as an "evil slave master", but just the opposite is true. Learning to use the clock will not only teach you a greater sense of pace, but will help you focus on the immediate task at hand. Staying focused on each swim of a larger set will keep your mind in the hear and now, and not wandering off and thinking of how much more of the set there is to do! Learn to use the clock - it can be a lonely swimmer's best friend.

Editor's Note: Perry Lange was team captain and a school record holder while swimming at the University of California at Berkeley. He coached ODAC (a USS team) from 1980-1984. Perry competes in Masters meets and open water swims occasionally, but has spent much of his time lately competing in triathlons and bike races. Perry was a member of the US National Triathlon Team and placed fourth nationally in his age group. Last year he was state champion in the Masters Time Trials (Biking).

Pan Pacific Championships

Five swimmers from our LMSC participated in the Pan Pac meet in Maui, Hawaii. The meet was well run and finished early enough each day to give swimmers time to enjoy the location.

These results came from the USMS web site. (Check the web site for times and other championship results <http://www.usms.org>).

Nancy Miller (45-49): 6- 200 Free, 6-50 Breast, 6-100 Breast

Terry Sue Gault (45-49): 3-400 Free, 3-800 Free, 5-50 Fly, 2-200 Fly

Kitten Braaten (40-44): 4-200 Free, 7-800 Free, 8-200 Back, 3-100 Fly, 3-200 Fly

Mary Aton (65-69): 8-50 Free, 15-100 Free

Jim Miller (45-49): 12-50 Free, 11-100 Free, 9-50 Back, 5-200 Back

LMCS Membership Is Over 500!

As of April 27, 1997, the Local Masters Swim Committee for VA, for the first time in its history has over 500 registered swimmers. Swimmers are registered with six clubs or unattached. This growth demonstrates a positive pattern in adult fitness for life through Masters Swimming. Not only is Masters Swimming on the increase in Virginia but also throughout the United States. USMS boasts of a membership of over 36,000 swimmers.

The increase in Virginia can be attributed to the attention to details shown by so many individuals on the team, LMSC, and national level. There have been more swim meets throughout the state this year. Beth Waters, VMST president, has been there to help when VMST has been the host team. Judy Martin's watchful eye in sanctioning the meet has aided the meet directors over the rough spots and assured a properly run meet. Craig Campesi, our LMSC Registrar, has been available during most meets to assure registrations are in proper order. Craig is doing an outstanding job as registrar. The newsletter, edited by Betsy Durrant, has been refreshing, informative, and of interest to swimmers, consequently contributing to membership success.

There are many more individuals that I have failed to mention who have greatly contributed to the success of our LMSC membership. I give all of you an "Atta Boy" and my thanks and apologize in advance for not mentioning you by name.

Check out the Schedule of Events for the Fall Festival, September 20-21. There will be a clinic for coaches, a clinic for swimmers, golfing, and a picnic at the Millers'. See Terry Sue Gault for all the details.

Forrest Sullivan
Chairman, LMSC for Virginia

Fall Festival information and application can be found on pages 11-12.

TEAM/CLUB NEWS

Team Contacts

Academical Village Masters Swimmers (at UVA)

Mark Braiman, (804) 296-2387

<http://scs.student.virginia.edu/~swimclub>

Blacksburg Masters

Laurel Davis, (540) 953-25115

Concord (WV) C-Lions

Tim Mainland, (304) 384-7475

Old Dominion Masters (Norfolk)

(757) 683-6135

Valley Blues Masters (Staunton)

Diane Kent, (540) 885-6069

Virginia Masters Swim Team

Beth Waters, (804) 744-8225

A Note from the VMST President *by Beth Waters*

Many thanks to Robert Hatcher and Mary Rebarchak for hosting the recent meets. Roanoke held the long course meet on June 21-22. Fort Eustis held a short course meters meet on June 28. Both meets had approximately 30 swimmers. Thanks also to all of you who participated!

VMST had six swimmers at Short Course Nationals in Federal Way, Washington. They were: Molly Dean, Stanislav Filatov, Karen Kaufman, David Malsbury, Jim Miller, and Nancy Miller. We also had five members attend Pan Pacific in Maui, Hawaii (see page 3 for those results).

See VMST on page 5.

Results from Short Course Nationals

Molly Dean (30-34): 8-200 Free, 5-500 Free, 3-100 Free,

11-100 Fly, 12-200 Fly

Karen Kaufman (30-34): 25-200 Free, 21-500 Free, 11-1000 Free

Nancy Miller (45-49): 5-1000 Free, 4-50 Breast, 3-100 Breast, 15-50 Fly

David Malsbury (35-39): 8-50 Back, 10-100 Back, 14-50 Fly, 8-100 IM

Jim Miller (45-49): 17-100 Back, 12-200 Back

Stanislav Filatov (45-49): 12-100 Fly, 10-200 Fly

August VMST Birthdays

*denotes "aging up"

Craig Bauer	Richmond	8/01/52	45*
Mike Duignan	Va Beach	8/27/46	51
Christopher Flood	Burke	8/21/62	35*
John Gordon	Bon Air	8/01/25	72
Tray Halverson	Dumfries	8/11/55	42
Randy Hanson	Salem	8/27/56	41
Nancy Hawkes	Richmond	8/26/56	41
Edwin Hower	Midlothian	8/27/42	55*
Tory Kiley	Midlothian	8/21/60	37
John Kin	Midlothian	8/21/49	48
Amy McCowan	Harrisonburg	8/13/76	21
Jay McLaughlin	Richmond	8/23/61	36
Jim Miller	Midlothian	8/19/50	47
Nancy Miller	Midlothian	8/29/49	48
Edward Milner	Midlothian	8/05/52	45*
Staci Pattie	Christiansburg	8/10/70	27
Terry Schreech	Dahlgren	8/13/20	77
Matthew Smith	Roanoke	8/17/54	42
W.Robb Sultzer	Midlothian	8/26/51	46
Nancy Vogt	Woodbridge	8/24/49	48
Gerald Wyngaard	Midlothian	8/13/46	51

U.S. National Senior Sport Classic

This event is more commonly called "Senior Olympics", but the official title is Senior Sport Classic. It is held every two years. This year's competition, held in Tucson, Arizona, was the sixth time the national event has been held. Participants

must qualify through state competition. The qualifying meet in Virginia, called the Virginia Senior Games, is held in Williamsburg during the last week in May.

Competition was held in eighteen sports. Approximately 1,000 swimmers were entered. LMSC for Virginia participants are listed below.

Joan Averett (60-64): 7-400 Free, 10-200 Free

Ruth Good (75-79): 5-200 IM, 6-50 Fly, 7-400 Free

Jeanne Meredith (65-69): 12-200 Free, 12-400 Free, 14-50 Free, 15-100 Free

Ron and Charlene Magee participated in the triathlon rather than the swimming. Both Ron and Charlene placed second in their age group.

Alec Thomson, a VMST member living in Delaware, also competed.

The next national competition will be held in Orlando, Florida, October 20-29, 1999.

Stroke Drills

by Betsy Durrant

I would like to hear from coaches and swimmers of all levels, from all over the state, about your use of stroke drills. Do you incorporate drills in your practices? How do you use the drills as part of your workout? What are your favorite or most helpful drills? I am using more drills in my workouts because one of the better coaches I have worked with used a lot of drills and because I have heard a lot of very fast Masters swimmers discuss workouts that always seem to include stroke drills.

The reasoning behind stroke drills seems to be to teach your body the correct form and forget the bad habits. My favorite drill for backstroke is: 6 kicks on one side, 3 strokes (emphasize roll) which will put you on your other side, then 6 kicks, 3 strokes, etc. I like the way I begin to feel my hips rolling as I stroke. I find it helpful to alternate drills and swims, trying to remember how the drill felt while I do the swims. I vary the distances to alternate - sometimes I alternate 25s, sometimes 50s, sometimes 100s.

THE TWO-MILE CABLE SWIM - "OLDER AND SLOWER"

Ann Berquist - July 4, 1997

This will be my fourth or fifth "Chris Greene," as it's noted in my Day Book. I swam the dress rehearsal yesterday and paid only enough attention to the time clock to have a sense of my hundreds split times because I can't swim and count a 500, let alone a 3600! Thus my mind was free to wander and play with such ideas as "I'm at 2400, so I've turned the buoy at the finish line end and am on my last lap." I remembered the starter (Jim Miller?) saying the first year I swam the race "Just think of it as 8 lengths of the pool. (pause) It's just a very long pool!" I did the dress rehearsal in 77:30. Hmmm....

It helps me now to visualize the park, the lake, the course. I can fairly accurately picture the prestart and the start; familiar is good. I can almost feel physically the conflict between "Go!" and "Slow down and relax!" Since I start near if not at the back of the pack, the first lap is not too complicated. I use the first eighth-mile (to the mid-cable buoy) as warm-up since I never warm up appropriately before the race. Am I afraid to spend too many calories before the start? Probably. Concentrate on "slow and steady" and "relax and roll" and "as long a stroke as possible" (yuh). The rhythm comes by the first turn which then of course, because it's NOT a flip turn, destroys the rhythm. So the next quarter-mile is "get the rhythm back" and try not to lose it at the second turn. During this first half mile, I also try to figure out how to swim relatively straight, since I'm totally dependent on a black line for "the shortest distance between two points." Should I swim near the buoy line "cable" so I can see it on every other breath? (I breathe alternate side.) Should I swim further out and look ahead to try to see and aim toward a destination? You know, I still haven't mastered that, so I do some of each and swim crooked anyway.

After that second turn, anxiety begins to build. My swimming feels O.K. I'm confident that I can complete the race. But I know there's a surging, churning horde of Very Fast Swimmers rapidly catching up to me. Again, what's the best strategy? Swim really close to the cable and just stop and let them race on by? This may result in several bruises on the inside arm from swimming too close to the cable (because I don't swim straight). Swim further out since they mostly swim close to the cable? I tried this once and was nearly run over by a big strong fast male who also chose to swim further out. And I think it may make the Safety Patrol folks a little nervous to see me too far away from the buoy line! I guess the most important thing I can do is try hard to swim straight so faster swimmers can pick a side to pass me on, and I won't cause them trouble. The fast packs pass me twice, of course, so I get several chances in each race to solve this problem. Maybe this year....

Each year I have done this race the weather has been good-to-great and the water temperature "reasonable." (I work out in a pool kept at 84-86°, so the warmer lake water isn't a problem.) The swim has not yet been boring for me. Even without the challenge of the race and trying not to get run over, I enjoy the view of water, trees and sky. The Safety Patrol offers variety and an occasional wave. Cold springs and warm water patches dot the length of the course - a definite change from the home pool. My favorite part of the two miles is the last half-mile when in spite of fatigue and maybe a passing cramp or two, I find the course quite peaceful and the swimming more pleasant. The speedy swimmers have passed me twice and finished, most of the other competitors have passed me once (with less trauma), and there may be a few (well, one or two) swimmers behind me that I'm not too worried about. If I can still reach and roll and relax and think about whether I have anything left to pick it up a little after the mid-cable (eighth-mile) buoy, I savor the experience. Then, the finish. Remember where to go (with the finish line officials reminding and encouraging me), "sprint" across the line (YUHI), take the finish place stick, and then talk to the legs about standing up and walking. Swim down and THEN get the banana and magic diluted sport drink and enjoy that special feeling of "tired but triumphant" regardless of how I placed. Some year I know I'll be the "caboose." I hope I'll have the courage (and stamina) to keep swimming this race then, and appreciate the patience and support of those on the beach, even though I know they all want to pack up and head out.

THANKS, EVERYONE INVOLVED IN RUNNING THIS EVENT. I hope you can tell that I really like it!

I Survived The Jack King Ocean Swim

by Mag Bowen

Editor's Note: Mag currently lives in Norfolk, but swims for Greater Columbus (Ohio) Masters. This article was sent to me by Linda McCowan, who saw it in the Greater Columbus newsletter.

I finally conquered my apprehension about open water swimming and what an initiation it was! Sunday, June 16th, Father's Day, was the annual Jack King Ocean Swim in Virginia Beach, Virginia. After living here three years, I managed to enter and actually swim the thing.

Jack King was a local attorney and avid Masters swimmer who died in the 80's of liver cancer. The race is held in his honor and proceeds go to the Virginia Beach YMCA, where yours truly trains all by herself nearly every morning. The swim is just a mile, but it was the ride of my life, with only 68 degrees water temperature and four to six foot surf in the Atlantic. Actually, the frigid cold water didn't bother me much, it was the relentless, endless waves. Imagine swimming on a roller coaster. Half the time I think I was flailing in mid-air. Either that, or gulping salt water, or getting smashed by a wave I didn't see coming. Forget concentrating on stroke mechanics: I was just trying to finish with my contacts still in my eyes and my swimsuit on.

To be honest, it was thoroughly enjoyable, considering the rough conditions. I knew I was in for a ride when I saw the "dangerous surf" flags on the lifeguard stands that morning. We all (about 200 swimmers) looked at each other and took deep breaths in anticipation, but no one packed it in. Everyone made it - although the last swimmer came in just shy of two hours after the start. I finished in about 40 minutes, and I swim a 1650 in a little over 20 minutes, so basically it took me twice as long to do one mile in the ocean that day. I finished second in my age group, 31st overall. Plus, I've got a pretty decent summer tan started.

Two days later, I'm sore as hell, but I'd do it again in a heartbeat. In fact, I'm looking forward to my next open water race: a 2-mile cable swim in a lake over in Charlottesville next month.

You should give open water swimming a try. They say once you do it, you're hooked. I didn't believe it until last Sunday, but it's true. I'll be moving to Ohio in the next few months, but I'm definitely going to make the trip to Virginia Beach next June. Any takers?

Mag swam the USMS National Championship 2-Mile Cable Swim in Charlottesville on July 12. She won her age group with a time of 49:32.37 - not much longer to complete than her ocean swim!

Top Ten Health Tips

Handy but not nearly as funny as Letterman
by Alice Phillips

Top Ten Ways to Take Care of Your Back

1. Keep your abdominals in shape with crunches, sit-ups and other ab strengthening exercises. You use your abs to flex your back when you bend forward and to support the back during normal standing posture.
2. If you have extra weight around your middle, try to lose some of it. An extra ten pounds of weight exerts 100 pounds of pressure on the back and contributes to poor posture (this is why pregnant women walk the way they do!)
3. Try to lighten the load of your briefcase or purse. Many back injuries are caused not by major exertion like lifting a sofa, but the accumulation of micro-trauma caused by things we do everyday. If you cannot lighten your load, at least switch shoulders often or invest in a back pack (which distributes the weight more evenly).
4. If you sit or drive a lot during the day, do not sit on your wallet. It doesn't seem like much, but even an inch or two of extra padding on one side can disrupt your balance enough to contribute to an eventual injury.

See Health Tips on page 8.

Health Tips from page 7.

5. Get 30 minutes of activity each day, especially activity that exercises the large muscle groups of your legs. Many of us sit the better part of the day and need regular exercise to break the muscle tension that results from continuous sitting.
6. Consider wearing lower heeled shoes if you walk or stand a lot in higher heels. A one to one and a half inch heel is actually preferable to a flat shoe.
7. Whenever reaching for something at ground level (i.e. gardening, picking up children, working on the floor, etc.), bend at the knees not at the waist and use your legs to stand again, not the back muscles.
8. If you drive or sit for extended periods of time, take a break every hour. Stand up, walk around, deliver a message, talk on the phone while standing, anything to get you on your feet and moving. Sitting actually stresses the back much more than standing.
9. Try to incorporate regular stretching exercises into each day. There are some 400 muscles directly or indirectly affected by the back bones - keep your body flexible.
10. Again, if you sit for a long periods of time, try to make that space as comfortable and safe as possible. Ideally your feet are resting flat on the floor and your lower back is supported. Your knees and elbows should be bent at 90 degrees and your wrists straight.

Top Ten Vegetables for Disease Prevention

(according to the Center for Science in the Public Interest)

- | | |
|----------------|---------------------|
| 1. Collards | 6. Sweet Potato |
| 2. Spinach | 7. Pumpkin |
| 3. Kale | 8. Carrots |
| 4. Swiss Chard | 9. Broccoli |
| 5. Red Pepper | 10. Brussel Sprouts |

These vegetables are ranked according to nutritional quality in preventing heart disease, cancer and stroke. The average adult needs five servings of a

fruit or vegetable daily, but most get between two and three. Fruits and vegetables offer high fiber, low fat sources of the vitamins and "phytochemical" that may help prevent chronic disease. A serving is one cup raw and one half cup-cooked in most cases. although the less cooking, the better in terms of nutrient preservation, often slightly steaming vegetables actually makes the nutrients more available as it helps to make them slightly more digestible.

Editor's Note: Top Ten Health Tips will be continued.

In and Out of the Water

News about Masters Swimmers

Ann Berquist gave me the article on page 6 at this year's lake swim. She was on vacation when I tried to contact her for some personal information. I'll include more in a future issue, and I hope to have more articles from Ann. Ann is 63 years old, a member of VMST, and lives in Ordinary, VA.

Perry Lange told me he got the idea for his article after he swam with some triathletes who were repeating boring workouts. I hope this is just the first in many coaching tips from Perry.

Phil Gates, of Charlottesville, and I have exchanged some e-mail. Phil swims for AVMS. He reports that **Mark Braiman** had a good 2-mile swim at the lake, bettering his time from last year. Although the campus at UVA is quieter in the summer, there is a core group of swimmers who continue to practice.

The USMS Convention will be held in Burlingame, CA, September 24-28. LMSC for Virginia will be represented by **Forrest Sullivan**, **Craig Campesi**, **Jim Miller** (USMS Vice President), **Nancy Miller**, **Jeanne Crouse** (USMS Legal Counsel), **Rhea Wilkins**, and **Betsy Durrant**. USMS elections will be held at this convention. Jim is running for President and Betsy is running for Secretary.

Virginia Masters Chinn Aquatics Invitational
Chinn Aquatics and Fitness Center
Woodbridge, Virginia 20112
Sunday, September 14, 1997

Location: Chinn Aquatics and Fitness Center, Woodbridge, VA

Facility: 8 land, 25-yard pool, and non-turbulent lane markers. All lanes will be used for competition. The pool has an adjacent noncompetitive 20-yard section, which will be used for warm-up and cool-down during the competition. Elevated spectator seating is available.

Directions: From either the North or the South, Take Interstate 95. From I-95 take the Prince William Parkway exit - west. Follow approximately 5 miles. As you approach the Center, you will pass through a "T" intersection for Hillendale Rd. Within 200 yards of this intersection there will be a sign for the Chinn Aquatics and Fitness Center on the right at Prince William Drive. Turn onto the drive. The Center will be the second large building on the right. There is parking in front of the facility.

Sanctioned by: USMS, Inc. and LMSC for Virginia - Sanction # 127-0011

Meet Director: Harry P. DeLong; 703-368-0309; no calls after 9:30 PM, all entry questions are to be made to Craig S. Campesi, (703) 791-5567.

Eligibility: The standard Masters age groups will be used (19-24, 24-29, 30-34, 35-39, etc). All swimmers must be registered with US Masters Swimming.

Entries: All entries will be \$3.00 per event plus a \$4.00 surcharge to help defray the cost of meet preparation, heat sheet printing and facilities operation. Relays will be deck entered and seeded. No additional fees will be required for relays. All entries must be accompanied with a copy of a current USMS registration card. No one will be accepted without a copy of the USMS card. To ensure all entries please identify a daytime phone number. If there is a problem with your entry, a reasonable attempt will be made to contact you.

Entries Deadline: Entries must be postmarked no later than Friday, September 3, 1997. There will be no deck entries.

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 may be combined, depending on the number of swimmers in the events. Swimmers will be expected to cooperate with the Safety Marshall who will monitor warm-up. No diving will be allowed during warm-up except in designated lanes. Warm-up begins at 7:00 AM and the Meet begins at 8:00 AM. **The meet must conclude by 1:00 PM.**

Awards: Ribbons will be awarded for First through Sixth place for individual and relay events.

Order of Events
Sunday, September 14, 1997

Attach copy of USMS registration here. If a card is attached, it is not necessary to complete the following. In addition, please sign the waiver below.

Name:		Phone #:	
Address:			
Age on September 14, 1997:			
City:	State	Zip	
USMS #	Team & Abbreviation	Sex	

Event #			
Men	Women	Event	Entry Time
1	2	500 FR	
3	4	100 FL	
5	6	50 BK	
7	8	100 FR	
9	10	200 BR	
11	12	50 FR	
13	14	200 IM	
15	16	100 BR	
17	18	200 MED-RELAY	
19	20	100 BK	
21	22	200 FR	
23	24	50 FL	
25	26	100 IM	
27	28	50 BR	
29	30	200 FL	
31	32	200 FR-RELAY	

Cost sheet for fees

Number of Events		\$3.00	=	Total
	X	\$3.00	=	
	Surcharge	\$4.00	=	\$4.00
	Total		=	\$

Make Checks payable to VMST and send to: VMST, c/o Craig S. Campesi
 14134 Walton Dr
 Manassas, Virginia 20112-3701
 (703) 791-5567

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 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. (Rule Book Article 203.1)

Swimmer's Signature: _____ Date: _____

LMSC of Virginia Fall Festival

September 20-21, 1997

This year for the first time, the LMSC of Virginia is combining their fall social with a USMS mentor coach program & swimmer clinic for registered USMS members. We are extending an invitation to include all coaches & swimmers in the Colonies and Dixie Zones and all other interested folks

We are very excited to have Coach/swimmer Kerry O'Brien from Walnut Creek Masters, which is a strong masters program in California, to direct the clinic . Kerry will direct a four hour clinic for interested coaches & a six hour clinic for swimmers. The topics to be covered are stroke development, stroke drills, practice formats & training for competition. The clinic format will be divided over the 2 days.

You may be interested to know that Kerry is enjoying his 17th year as head coach of the 350+ masters, a team that has captured 13 National team titles since 1987. A past recipient of both Pacific Masters and U.S. M.S. "Coach of the Year honors", Kerry has also contributed to local and National Committees, and is a member of the American and Masters Aquatic Coaches Association. Kerry competes in the 40-44 age group.

In conjunction with the clinics , we will be having a catered picnic dinner at the home of Jim & Nancy Miller. The dinner will be a South Western fare. You may also enjoy activities on the James River such as boating , H2O- skiing, canoeing, kayaking and fishing. You will need to bring your own fishing equipment. For the land lover in you there will be other activities to enjoy such as volleyball, badminton, dancing to music supplied by our own Va. Master, D.J. Lang Meem and magic by Stephan the Magician.

During the clinic on Saturday, we are arranging a golf outing for non- swimming spouses at Mill Quarter Golf Club. If golfing is not your cup of tea there are several shopping centers in close proximity (Chesterfield Town Center, the Shops at Belgrade, Stoneypoint Shopping Center and Sycamore Square). Near by Richmond is loaded with museums to explore.

We feel that we are offering an unforgettable weekend of fun, learning & camaraderie for you & your family. We hope to see you there!

Schedule of Events

Saturday: 8-10am coaches clinic*
10-1pm swim clinic*
11-4pm Golfing
2- 4pm meeting of LMSC of Va.
5pm-until Fall Festival Picnic
at the Miller's
Sunday: 8-10am coaches clinic
10-1pm swimmers clinic

*All CLINICS AT RIVERSIDE WELLNESS & FITNESS CENTER

Hotel Accommodations

- 1) Sheraton Park South
9901 Midlothian Tnpk.
Richmond, Va. 23235 ph#804-323-1144
- 2) Days Inn- Chesterfield Town Center
1301 Huguenot Rd.
Midlothian, Va. 23235 ph#804-794- 4999
- 3) Holiday Inn-Select/ Koger Center
1021 Koger Center Blvd.
Richmond, Va. 23235 ph#804-379-3800

All of these hotels have comparable weekend rates.

LMSC for Va. Fall Festival Registration form

Name: _____ H phone#- _____
Address: _____ W phone# _____

Coaches & swimmers clinic-\$20.00/person X _____ = _____
USMS Coaches manual-\$15.00/book X _____ = _____
Picnic \$15.00 per person X _____ = _____
Golf at M.Q. Golf Club. \$40.00 X _____ = _____
YOUR TOTAL = _____

Make check payable to LMSC of Va.

Mail to: Terry Sue Gault
3202 St. Stephens Way
Midlothian, Va. 23113

Phone# 804- 379 - 9099

(send a self addressed envelope & stamped
for conformation and directions)

DUE BY AUG. 31,'97

CHARLOTTESVILLE, VA
 SANCTION #127-0003
 RACE DIRECTOR: JOYCE MULLINS, 804-323-9020



USMS NATIONAL CHAMPIONSHIP

2-MILE CABLE SWIM

JULY 12, 1997

MEN 19-24

1 PETERS,JEFFREY W TRIM	23	0:51:45.06
2 FERRIER,MICHAEL R NCYM	24	0:54:30.04

MEN 25-29

1 COOK,ANDREW UNAT	25	0:41:43.42
2 DEWING,CRAIG E MARY	27	0:45:59.05
3 MCDONOUGH III,GEORGE D EMP	26	0:47:06.99
4 HOLLAND,DAVE UNAT	29	0:47:36.22
5 CLOE,KEVIN UNAT	29	1:01:30.38

MEN 30-34

1 ALLEN,ROBBIE E RMST	31	0:41:46.25
2 FREDERICK,SCOTT M GAJA	30	0:43:01.48
3 SWANLUND,MARK E COLU	33	0:45:06.46
4 HAYNIE,STEVEN G UNAT	32	0:47:45.78
5 DAVIS,MATTHEW M UNAT	30	0:49:29.81
6 COBAU,JOHN F DCRP	30	0:49:49.02
7 ARMSTRONG,MICHAEL VMST	34	0:52:30.03
8 YOUNG,DIRK A COLU	33	0:52:49.99
9 GROSSMAN,STEVE H DCRP	34	0:53:21.78
10 LAMBERT,JAMES H UNAT	31	0:54:46.62
11 ROSE,SCOTT A VMST	32	0:56:03.54
12 HALLINAN,TED DCRP	32	0:58:16.57
13 MEEKER,MARK J VMST	32	0:58:54.24
14 ROMAN,JOSE E UNAT	32	1:00:15.46
5 TAYLOR,BILL L VMST	34	1:06:08.70

MEN 35-39

1 KEGLEY,JAMES H DCRP	39	0:41:23.08 *
2 ASBURY,DOUGLAS A NCMS	37	0:41:43.66 *
3 COLE,DAVID DCRP	38	0:43:41.70
4 ROBERTS,COURTNEY GOST	35	0:43:49.77
5 LEWIS,TROY G VMST	37	0:45:26.89
6 GREENE,CHRIS C GAJA	35	0:46:06.79
7 FETTERS,MATTHEW W DCRP	36	0:46:31.70
8 MCFARLAND,JIM T VMST	39	0:47:36.75
9 RYAN,PATRICK VMST	38	0:49:26.21
10 JOHNSON,FREDERICK M DCAC	37	0:53:47.66
11 RAINER,MIKE UNAT	37	0:57:22.40
12 ADAMS,WILLIAM H VMST	35	0:57:44.18
13 SMITH,GERRY UNAT	35	0:58:09.31
14 RUDIN,ANDREW D UNAT	39	1:02:00.58

MEN 40-44

1 COPELAND,ROBERT RUBA	40	0:41:40.11 *
2 EATON,GARY L GAJA	40	0:43:15.93 *
3 ASTHEIMER,ROBERT J NRLR	43	0:47:36.48
4 PARKER III,EVAN J ANCM	41	0:50:26.28
5 EDWARDS,GRAY L VMST	43	0:52:37.12
6 WEBB,ROBERT B TRIM	42	0:52:58.71
7 ARASE,MARTIN FXCM	43	0:57:17.47
8 BRAIMAN,MARK S AVMS	40	0:57:56.08
9 HAMERS,ALLEN D UNAT	44	0:59:11.80
10 DAVIS,HUDNALL E VMST	42	1:00:11.25
11 MACKENZIE,JAMES M FXCM	43	1:03:48.27

12 CRADDOCK,HOWARD B UNAT	44	1:07:55.79
13 LEAVELL,BYRD VMST	42	1:14:58.92

MEN 45-49

1 BELL,KEITH F TTEX	48	0:43:21.76 *
2 HARRISON,LONNY W DCM	48	0:45:32.34
3 GONZALEZ,JORGE A GOLD	48	0:46:15.40
4 SHRUM,JOHN R VMST	48	0:48:57.98
5 LAZZARO,ROBERT G TERR	47	0:49:27.36
6 POST,JOHN VMST	49	0:54:57.83
7 MUSE,BOB UNAT	46	0:57:42.40
8 CORNELL,TOM RMST	49	0:58:08.98
9 ROSSELL,JOHN E UNAT	49	1:04:56.24

MEN 50-54

1 BRASWELL JR,WILLIS C DCM	52	0:52:50.70
2 OLMO-S-LAU,NICK ANCM	51	0:53:33.76
3 STOTT,MIKE VMST	54	0:56:55.57
4 SLAUGH,JAMES R VMST	52	0:58:04.38
5 KLAFFKY,ROGER W EMP	53	0:58:35.16
6 FARNHAM,STOUGHTON R UNAT	50	0:58:46.92
7 JOSEPH,RALPH K UNAT	50	1:09:47.98
8 LESTER,ALLEN UNAT	50	1:10:47.29
9 DEAN,JOHN J FXCM	52	1:17:58.52
10 GEARIN,DAVID M UNAT	52	1:23:41.86
11 ARPE,JOHN E UNAT	52	1:58:15.07

MEN 55-59

1 TESCH,ROBERT WILD	56	0:52:36.99
2 FRIED III,CARL DCM	58	0:59:00.78
3 CUMMINGS,WILLIAM B DCM	58	1:02:56.52
4 SMITH,ARTHUR DCM	58	1:04:03.74
5 PILETTE,STERLLING S RMST	55	1:06:25.33
6 SEBBEN,JAMES A WAKE	56	1:08:54.35
7 CHIARTTINI,GIORDANA A UNAT	57	1:13:09.05
8 HANNAM,DONALD C DCM	57	1:20:03.87

MEN 60-64

1 BRUNSTAD,GEORGE E CONN	62	0:54:49.77
2 SIEBOLD,MEL CONN	62	0:58:14.56
3 WILMORE,CHUCK VMST	62	1:02:19.58
4 WALTER,DONALD DCM	61	1:08:10.26
5 GRAY,JAMES J DCM	61	1:15:23.06

MEN 65-69

1 ALLEVA,JOHN J UNAT	69	0:59:26.41
2 AMES,CHRISTOPHER UNAT	65	1:00:15.88
3 BROGAN,DOUG O'H*	65	1:08:09.00
4 RAINER,NORMAN B VMST	69	1:10:22.03

MEN 70-75

1 BARNES,CALVIN W VMST	73	1:06:48.64
------------------------	----	------------

MEN 80-84

1 WOODFORD,DEXTER E O'H*	83	1:18:18.64
--------------------------	----	------------

WOMEN 19-24

1 RICE, ROSE E DCM	23	0:41:36.03 ★
2 ARPE, CAROLINE UNAT	20	0:44:21.26
3 CHESHIRE, MORGEN UNAT	22	0:49:28.27
4 HINES, MEGAN K UNAT	24	0:53:16.56

WOMEN 25-29

1 POPLAWSKI, KATRINA DCM	25	0:41:29.09 ★
2 POPE, MEREDITH J UNAT	27	0:47:34.78
3 FEHRENKAMP, KIRSTEN DCRP	29	0:49:55.06
4 BEYER, KIRAN E UNAT	26	0:50:46.90
5 GRIFFITH-JOHNSON, JENNIFER A U27	0:50:50.39	
6 WOODRUFF, CHRISTIE L GCMT	26	0:51:50.26
7 TRUSCOTT, ALISON P COLU	26	0:51:59.28
8 COX, CHRISTINE E FXCM	28	0:58:54.35
9 MURDZA, MINDY UNAT	26	1:13:38.43

WOMEN 30-34

1 DELOZIER, ANNA RAY AFAM	34	0:46:05.02
2 MACGREGOR, ELLEN FXCM	30	0:46:18.29
3 DEAN, MOLLY VMST	31	0:47:03.48
4 GROVES, JANET L NCMS	34	0:47:41.42
5 POOLE, MICHELE TERR	32	0:48:44.87
6 MCLOUGHLIN, MINDY RMST	33	0:49:14.65
7 CALLAHAN, MICHELE M RMSC	34	0:51:43.03
8 ALLEVA, DIANE F GAJA	32	0:54:11.74
9 HEIRIGS, LISA T VMST	31	0:55:52.78
10 LESTER, ADA M UNAT	33	0:57:59.76
11 DYMOND, STACY K VMST	33	0:58:06.52
12 MACK, MARY J DCM	33	0:59:16.40
13 SNYDER, KATHLEEN A DCRP	34	0:59:19.70
14 MORRIN, DEBORAH J TERR	34	1:00:18.74
15 HOERAUF, LYNN M VMST	31	1:01:53.29
16 CALLAHAN, ELIZABETH K RMSC	31	1:10:32.09
17 LAMBERT, SHERRY A UNAT	32	1:20:30.75

WOMEN 35-39

1 BOWEN, MAG L GCMT	38	0:49:32.37
2 SCHURER LAMBERT, LISA NCMS	38	0:51:08.36
3 LEE, MARY A VMST	38	0:54:23.46
4 MEEK, BRENDA S WAKE	36	0:55:08.47
5 CHASE, TONI UNAT	35	0:56:45.43
6 HUNYADY, NANCY T VMST	38	0:58:45.00
7 CRESIOLI, ANDREA L WAKE	35	1:00:16.90
8 CARAPPELLUCCI, CINDY DCRP	35	1:00:18.35
9 KENNEDY, LINDA P ALEX	36	1:05:08.33
10 WARREN, SANDRA S RMST	36	1:06:30.97
11 PILLARD, NINA DCRP	36	1:07:55.39
12 MICHALAKIS, MARIANNE N DCRP	37	1:11:02.11
13 BLEISTEIN, SUSAN H VMST	39	1:17:41.57

WOMEN 40-44

1 SULLIVAN, KAREN T UNAT	40	0:45:39.07
2 ANICK, BEVERLY O NCMS	42	0:50:32.57
3 MCNABB (WINTERS), DARCY L UNAT	41	0:51:09.74
4 WILKINSON-MEGAN, SUSAN T UNAT	43	0:54:12.25
5 MADDEN, VICKIE A FXCM	40	1:07:47.93

WOMEN 45-49

1 LOFTUS, SHIRLEY A VMST	48	0:48:19.02
2 GAULT, TERRY M VMST	46	0:49:29.63
3 CUTLER, MARTHA A NCMS	48	1:04:02.09

WOMEN 50-54

1 HAZLEWOOD, LYNN D RMST	51	1:00:41.89
2 RAPP, FREDERICKA MICH	53	1:04:06.66
3 KOSS, MAUREEN O*H*	54	1:12:07.63

WOMEN 55-59

1 HANNAM, KAREN I DCM	57	1:19:01.54
2 EASTON, LUISE E O*H*	58	1:25:04.84

WOMEN 60-64

1 ZAREMSKI, BARBARA M DCM	60	0:58:16.15 ★
2 BROGAN, MARIANNE B O*H*	62	1:09:24.29
3 BERGIST, ANN C VMST	64	1:17:14.84

WOMEN 75-79

1 ROSSELL, JANE F MARY	75	1:38:11.30 ★
------------------------	----	--------------

★ Breaks current national records.

10 FASTEST MEN:

1 KEGLEY, JAMES H DCRP	39	0:41:23.08
2 COPELAND, ROBERT RUBA	40	0:41:40.11
3 COOK, ANDREW UNAT	25	0:41:43.42
4 ASBURY, DOUGLAS A NCMS	37	0:41:43.66
5 ALLEN, ROBBIE E RMST	31	0:41:46.25
6 FREDERICK, SCOTT M GAJA	30	0:43:01.48
7 EATON, GARY L GAJA	40	0:43:15.93
8 BELL, KEITH F TTEX	48	0:43:21.76
9 COLE, DAVID DCRP	38	0:43:41.70
10 ROBERTS, COURTNEY GOST	35	0:43:49.77

10 FASTEST WOMEN:

1 POPLAWSKI, KATRINA DCM	25	0:41:29.09
2 RICE, ROSE E DCM	23	0:41:36.03
3 ARPE, CAROLINE UNAT	20	0:44:21.26
4 SULLIVAN, KAREN T UNAT	40	0:45:39.07
5 DELOZIER, ANNA RAY AFAM	34	0:46:05.02
6 MACGREGOR, ELLEN FXCM	30	0:46:18.29
7 DEAN, MOLLY VMST	31	0:47:03.48
8 POPE, MEREDITH J UNAT	27	0:47:34.78
9 GROVES, JANET L NCMS	34	0:47:41.42
10 LOFTUS, SHIRLEY A VMST	48	0:48:19.02

RELAY RESULTS

MEN 25+	TOTAL TIME	PLACE

GEORGIA (GAJA)	2:12:24.20	1
110D CHRIS GREENE 35	0:46:06.79	
108E GARY EATON 40	0:43:15.93	
303C SCOTT FREDERICK 30	0:43:01.48	

WOMEN 45+	TOTAL TIME	PLACE

OHIO MASTERS (O*H*)	3:46:36.76	1
188X MARIANNE BROGAN 62	1:09:24.29	
196W LUISE EASTON 58	1:25:04.84	
171V MAUREEN KOSS 54	1:12:07.63	

MIXED 25+	TOTAL TIME	PLACE

COLUMBIA MASTERS (COLU)	2:27:50.73	1
129Q ALISON TRUSCOTT 26	0:51:59.28	
307C DIRK YOUNG 33	0:52:49.99	
302C MARK SWANLUND 33	0:43:01.46	

MIXED 45+	TOTAL TIME	PLACE

VIRGINIA MASTERS (VMST)	2:32:14.83	1
146F JOHN POST 49	0:54:57.83	
310U SHIRLEY LOFTUS 45	0:48:19.02	
318F JOHN SHRUM 48	0:48:57.98	

VIRGINIA CHAMPIONSHIP SERIES		
KIRAN E BEYER	26	UNAT
CHRISTINE E COX	28	FXCM
JENNIFER A GRIFFITH-JOHNSON	27	UNAT
ELLEN MACGREGOR	30	FXCM
DEBORAH MORRIN	34	TERR
MICHELLE POOLE	32	TERR
ANDREA L CRESIOLI	35	WAKE
SUSAN T WILKINSON-MEGAN	43	UNAT
SHIRLEY A LOFTUS	48	VMST
MAUREEN KOSS	54	O*H*
MARIANNE B BROGAN	62	O*H*
JEFFREY W PETERS	23	TRIM
GEORGE D MCDONOUGH III	26	EMP
ROBBIE E ALLEN	31	RMST
MARK J MEEKER	32	VMST
JIN T MCFARLAND	39	VMST
PATRICK RYAN	38	VMST
MARTIN ARASE	43	FXCM
HUDNALL E DAVIS	42	VMST
GRAY L EDWARDS	43	VMST
RALPH K JOSEPH	50	UNAT
JAMES A SEBBEN	56	WAKE
CHUCK WILMORE	62	VMST
DOUG BROGAN	65	O*H*
CALVIN W BARNES	73	VMST

Masters Swimming Newsletter
Betsy Durrant
211 66th Street
Virginia Beach, VA 23451

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



Places To Swim Across Virginia and WVA

** indicates coached workouts*

Blacksburg: Lucille Griffin (540) 552-5943; *Laurel Davis (540) 953-2515.
Charlottesville: Craig C. Clift (804) 293-6657; *Mark Braiman (804) 296-2387.
Chesapeake: YMCA (757) 547-9622
Fredericksburg/Stafford Area: *Rappahannock Area YMCA, 212 Butler Rd, Amy Smith or Paul Wiesner, (540) 371-9622
Ft. Eustis: *Mary Rebarchak, (757) 766-3554.
Harrisonburg: James Wolfe (540) 574-2919; Susan Lees Arnold, (703) 434-6224.
Lynchburg: *YMCA (804) 847-5597
Newport News: *Riverside Health and Fitness Center (757) 877-8223; *Sentara Fitness Center (757) 827-0420.
Norfolk: *YMCA (757) 622-9622; *ODU (757) 683-6135.
Northern Virginia: *Chinn Aquatic Center, Harry DeLong, (703) 368-0309.
Portsmouth: YMCA (757) 399-5511.
Richmond: *Riverside Wellness & Fitness Center (Briarwood), Robious Rd, Midlothian, Jim Miller (804) 330-3335;
*Tuchahoe YMCA, Patterson Avenue, (804) 740-9622
Roanoke: *Lancerlot Fitness Center, 111 Vineyard Rd, Vinton, Howard Butts (703) 992-1736 (H) or 981-0205 (W);
Gator Aquatic Center, 1130 Overland Rd, Roanoke, Kathy Shober (703) 982-7665.
Staunton: *Staunton YMCA, Diane Kent (540) 885-6069.
Virginia Beach: *Mt Trashmore YMCA, (757) 499-2311; Dam Neck Navy Base (757) 433-6264;
VBCRC: *Great Neck, 496-6766; *Princess Anne, 426-0022; *Bayside, 560-7540, Kempsville, 474-8492,
Bow Creek 431-3765.
Williamsburg: *James City Co Rec Center, Longhill Rd, 220-4700.
West Virginia: *Concord, Tim Mainland (304) 384-7473