
VMST NEWSLETTER

Virginia Masters Swim Team

"VMST - from the Mountains to the Sea"

December 15, 1998

England to France in 10 Hours, 24 Minutes

by John Shrum, M.D.

Editor's Note: John Shrum is a 50 year old physician from Charlottesville. He is a long-time VMST member.

On July 31, Shirley Loftus, Bob Lazarro, of the Terrapin Masters, my two older children, Mo, 19, and Joseph, 17, John Post and myself swam a relay across the Mecca of Open Water Swimming. The Straits of Dover, better known as the English channel, confront one with staggering obstacles. In a given season, from late July to late September, the tides prevent at least 20 days from being possible for attempts at crossing. Storms and bad weather may knock out another 15 to 30 days, even when the neap tide is acceptable. The logistics, the cost, the time away from work once conquered, the swimmer(s) then get to face what we did - 21 miles through 57 degrees Fahrenheit water and 8 foot swells, along with a head dizzying, stomach churning boat ride when not in the water.

The idea began during a half-baked conversation between myself and John Post at Sloan's Restaurant during the late Fall of last year. I said I'd be interested, but actually thought it would be several years yet before I gradually got around to organizing such an expedition myself. But John Post is relentless, if nothing else. Shortly after the New Year he called one Sunday afternoon and queried, "What are you doing on July 29th, 1998?" "I have a feeling you are going to tell me," I replied.

"You are going to swim a relay across the English Channel. We have Reg Brickell lined up as our pilot from July 29 through August 2nd."

This sounded pretty serious, but I was still skeptical of luring four other swimmers into this

possible misadventure. Well, my long time training partner, Shirley Loftus, was immediately aboard, and John had no trouble signing on Bob Lazarro, from Maryland, so now we were four. The next four months passed and our numbers did not increase. One day I asked my 19 year old daughter, Mo, if she'd "like to go to Europe." Much to my pleasant surprise she was enthusiastic; one week later, to my utter astonishment, 17 year old Joseph said he'd like to join us!

I still felt one dip in 60 degrees Fahrenheit water would scrap the plan for my children and in early May the moment of truth arrived. Shirley had discovered an excellent training spot near her home in Afton, Lake Sherando, where we could swim without restriction until Memorial Day. The first day out was raw, misty and windy. The air was about 55 degrees and when I read the water temperature at 56 degrees, I turned to return to the car. "We've got to get in," Shirley informed me. I looked to Mo for some support, but she gestured, to my chagrin, sympathetically to Shirl. I would still be standing there on the beach had not the girls plunged in. We went 25 minutes and survived. We returned the next day with Joseph and I was sure he'd balk. Forty-five minutes later the four of us emerged from the bone chilling water and I realized I was in with some pretty tough customers. We were going to England.

I felt like I was in pretty good company. Bob Lazarro had completed the Boston Light Race in the past, a swim I feel is the toughest open water race in the United States. John Post has two Iron Man Triathlons and one Manhattan Swim Marathon to his credit. Shirl, of course, besides winning 12 national Open Water Championships and being named to this year's All American All Star Team, is

See Channel on page 5.

Meet Schedule

January 30-31: Charlotte, NC
NCwebmaster@usms.org

February 7-8: Briarwood, Richmond, VA
Entry is in this newsletter.

February 20-21: UMBC, Catonsville, MD
Contact: Barb Protzman, 7919 Falls Circle, Catonsville, MD
21228-2421, 410-788-2964, swimbarb@erols.com

March 20: Ft Eustis, VA
Virginia State SC Championships
Entry will be in the January VMST newsletter and February
LMSC newsletter.

March 27: Bethesda, MD
Albatross Open, SCM

April 17-18: Raleigh, NC
Contact: Steve Weatherman, PO Box 19845, Raleigh, NC
27619, 919-844-3673

April 22-25: YMCA Nationals
Milwaukee, WI

April 30-May 2: Colonies Zone Championship
U. of Md., College Park, MD

May 13-16: USMS Nationals
Santa Clara, CA
Entry will be in *SWIM*.

Newsletter Editor

Betsy Durrant
211 66th Street, Virginia Beach, VA 23451
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DurrantB@aol.com

Camps and Clinics

Total Immersion Adult Swim Camps.
Contact: Terry Laughlin (914) 294-9770. For calendar of camps
800-609-7946.
info@totalimmersion.net

Premier Stroke Clinic Series.
Contact: Clay Britt, 301-231-9740.

Web Sites

LMSC for VA
serve.com/LMSC_for_VA
(LMSC Records are listed here)

USMS
usms.org
(Information, Discussions, Links to Top Ten and other sites)

NEW!!!
VaSwim.org
All about Masters Swimming in Virginia
Links to other sites.

Open Water Events

June 6: Reston 2 Mile Lake Swim
Contact: Lynn Hazlewood, 11714 Decade Ct, Reston, VA
20191-2942, 703-845-SWIM, lynhzlwd@usms.org

June 20: 1-Mile Ocean Swim, Virginia Beach
Entry will be in newsletter.

July 10: 2-Mile Lake Swim, Charlottesville, VA
USMS National Championship. Entry will be in newsletter.

Not USMS Sanctioned Events

May 22: 12-Mile Eastern Shore Marathon Swim

June 5: 7.5 Mile Potomac River Swim

June 19 and July 10: 1.5-4 Mile Events

Contact: Joe Stewart, 3212 Avon Ave, Baltimore, MD 21218,
410-243-4418

VMST OFFICERS

President: Nancy Miller
NancyMillr@aol.com
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PPowis@aol.com
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hdelong@ix.netcom.com
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gr82swim2@email.msn.com

Note from the President

by Nancy Miller

The holidays seem to be arriving with unprecedented speed, and before we know it, 1999 will be here. That means that, it's time to renew your USMS/VMST registrations with our Registrar, Craig Campesi. It also means that our February meet is just around the corner, and we're hoping for a great turnout. The meet entry appeared in last month's LMSC newsletter and is also in this edition. USMS/VMST renewal forms were mailed to everyone.

Congratulations to all those VMST members who made Top Ten for SCY. Our list of stars gets larger each year, and we are very proud of them indeed.

Congratulations, too, to Harry DeLong and Craig Campesi for taking on the task of establishing a Virginia Masters Swimming website. They discovered that it was a bit more complicated than they had anticipated, but they persevered and have volunteered to keep it updated. Please contact them with any information which you would like to have posted. Our February meet form is already up. The address is www.vaswim.org.

I hope that all of you will have a very happy holiday season and a terrific new year both in and out of the water.

What Do You Like Best About Masters Swimming

*from The Fast Lane
(newsletter of the NJ LMSC)*

- * I think it's the fitness and the camaraderie with other swimmers.
- * Being around people who like to stay in shape and the challenge of trying to do similar or better times every year.
- * The relaxation and exercise all rolled into a single activity that you can do for the rest of your life

Warm-Down / Recovery Protocol

by Ed Nessel (1998 Coach of the Year)

To Reduce Lactic Acid Build-up:

1. Start warm-down recovery no more than 3 minutes after your race.
2. 200 free swim at about 60% effort ... relaxed; rest for 30 seconds.
3. 4 x 50 stroke/free using stroke just raced (on 50 - 60 seconds) again at 60% effort; rest for a minute (heart rate 130-140).
4. 4 x 50 free/stroke same as above; rest 1 minute (HR 130-140).
5. 200 straight swim.

8 minutes of this type of swimming should drop blood lactate to 75 percent or less!! 60% effort utilizes lactate as fuel to eliminate it.

Editor's note: This article was in the Nov/Dec issue of the Water Power Gazette, the newsletter of Niagara LMSC.

Favorite Sets

by Betsy Durrant

This should be titled "Helpful Sets" because it is not my "favorite" but seems to help my 200s.

4 x 200 to work on 200 pace. The interval for the 200s is not important - rest 20-30 seconds between each 200. Before you start, set a goal time for a 200 that you want to achieve by your big meet of the season. Each target 50 in this set should be an attempt to hit that time (goal time divided by 4).

1st 200: 1st 50 is the target; time first 50 (stop long enough to read the clock). Then easy 150 - any stroke.

2nd 200: 2nd 50 is the target. Swim 50 easy, time the 2nd 50, easy 100.

3rd 200: Target 50 is the 3rd 50.

4th 200: Target 50 is the 4th 50.

NC - VA Challenge Swim Meet

November 7 & 8, 1998

by Harry DeLong

A good first start to what should become an annual event for VMST swimmers. I recommend that this be put on calendars now. Roanoke Rapids is located just off Interstate 95 a few minutes south of the NC-VA state line. The recommended hotel was immediately off the interstate, not too close, well run, staffed with pleasant people and clean.

The pool is part of a community pool complex and is well run by a swimmer who actually participated in the meet during the relays! Physically, the pool is a six-lane 25-yard pool with high starting blocks. You can really clear some water with these blocks. The water was at an excellent temperature and clear. Good conditions all around.

The meet consisted of a 50 of each stroke and the 100 IM. Yes, everyone had to do every event. If you did not register for an event, you were automatically entered into the event with a no time. A surprise for some swimmers. No way to miss a less than favorite stroke here.

Well, Virginia showed up with more women than men and North Carolina showed up with more men than women. Sounds like they should have walked away with the meet on the first day. Not so!! North Carolina led by only 1.5 seconds after the first day's events were over.

At the end of the first day, we left the meet for a great get together in the motel with Pizza, lasagna, salad, iced tea, soda, beer, plenty of war stories and laughter - all supplied by the North Carolina team. During the celebration, we learned that Patty Powis took the women's first place (No kidding, even her worst stroke looked good), Jenny Kellinger out of Roanoke took Women's third place (another great swimmer) and Kitten Braaten took 4th. (Wow!). These ladies gave no quarter. The guys were also represented well by Todd Russell who took 3rd overall. The combined times of men and women were used to determine final standing. These awards are from my memory so I hope I got them correct. I will not mention everyone that was there

but I saw a lot of very good swimming from Virginia. On a personal note, Forrest didn't destroy me on the backstroke, so I give my thanks to him.

The second day was all relays. We swam the corkscrew, Sweatshirt, the Turkey push, and then the favorite, the push me-pull me. After a slow start, with losing the first two relays, Virginia won the last two for a relay tie.

The final results went to North Carolina. They received a very nice cup that I believe is to be awarded to the winner each year. They beat Virginia by an accumulation of 1.5 seconds. We definitely need to plan to get it next year especially since during the sweatshirt relay their UNC jersey beat the Virginia Tech Jersey. This injury must be avenged next year!

All in all, those that attended had great fun. A list of attendees is given below. A good meet, outstanding people and a nice facility.

VMST swimmers

Joan Averette	Marinna Berkley
Kitten Braaten	John Burns
Mary Coffee	Matt Creelman
Michelle Creelman	Dee DeLong
Harry DeLong	Karen Kaufmann
Jenny Kellinger	Jewell Grigsby-Martin
Eric Miller	Alfred Newbury
Patty Powis	Todd Russell
Terry Sokolik	Forrest Sullivan
Karen Wallace	

From Northern Virginia, Karen Wallace used this meet for her first ever swim competition. Way to go Karen! She also showed she needed to be moved up a training lane.

Let's Make a Team Effort for Zone Championship Meet

The Colonies Zone Championship Meet is April 30 - May 2 at the University of Maryland in College Park, MD. It's close and it's a new, fast pool. More to come in future newsletters.

Channel continued from page 1.

no less than a past World Open Water Champion. Mo had swum for the University of Virginia Women's Team this past year, surviving my former teammate, Mark Bernardino's, body crushing workouts for seven months. Joseph, who swam for CYAC and CHS, was the least experienced of our group, but he had one huge advantage. He is a seventeen year old male, and definitely the fastest pool swimmer of our group. We were a strong team, I felt, in spite of our wide range of ages.

We arrived in London on the morning of July 27th after a six hour flight that seemed to race by for me. We drove to Dover and got settled at our quarters. Within several hours we were training in Dover Harbor, that alone an experience that was like a dream come true. I was actually in Dover, training to swim the English Channel with my family and friends. The water was around 59 degrees which we all seemed to cope with. Shirley's discovery of Lake Sherando and her insistence that we get in, even at 56 degrees, was paying huge dividends.

The next day we trained again and explored Dover and Folkstone, just five miles away. The big event of the day was the rendezvous with our boat pilot, the incomparable Reg Brickell, Jr. Reggie's dad, who passed away seven years ago, had escorted Channel swimmers across the Straits for forty years. His swimmers included such notables as Abou Heif, the great Egyptian legend, Penny Lee Dean and Doc Councilman. Reg, Jr, who has now performed the same service for 28 years, and younger brother, Ray, have their own fishing business, so basically, the Channel is Reg's backyard, front yard and living room. He is a Robin Williams look alike with a pirate's ring through his right ear lobe. He has a quick laugh and an impish grin, but even in briefing us about our routine, demonstrated a very serious, experienced manner. We could not help but notice that on a day that we Virginians were bundled up in thick sweaters, overcoats and heavy sweatpants, he and Ray got off their boat, *The Viking Princess*, wearing blue jeans and tank tops.

Reg was very clear. Call him at 6:15 p.m. each night and he'd tell us whether we were a "go" or not. "Yes, it was possible," he explained, "five days could come and go during our neap tide and bad weather in the Channel would prohibit an attempt." That day was so lousy he speculated that the next day, Wednesday, would be no good. Several hours later, he confirmed his prediction, so we were one down and four days to go. The weather remained grey, cold and windy, but we entertained ourselves with a training swim and more exploration of the town. The English were fun, great conversationalists, and I believe we all felt more and more comfortable with everything except driving on the left side of the road in vehicles that had the steering wheel on the right side. It was always a hellish experience to drive anywhere. It was great to get to know Bob Lazarro and his wife Roberta. Bob was a wonderful traveling companion. He's funny, amiable and a killer in workouts. I didn't even try to keep up with him and Shirley as they plowed the frigid Dover Beach water at a blazing pace every morning we trained. Bob was a tremendously confidence-inspiring teammate.

Wednesday night, Reg gave John Post the word, another poor day coming up; two down, three to go. The previous evening we met a Japanese team, two women and four men from Tokyo that had succeeded in their swim in 12 1/2 hours. They said it was very cold and very rough.

We were now resigned to the possibility that our opportunity to swim may come down to our last day. On Thursday, the 30th, we thought we'd take the Hovercraft across the Channel and visit Calais for several hours. The weather was so horrendous, white caps blanketing the water as far as we would see, that all boat traffic across the Straits was canceled. So there was little doubt in our thoughts that Friday, too, would prove to be unacceptable for a chance to cross, but our mood at dinner underwent an abrupt transformation when Dr. Post returned

See Channel on page 6.

Channel continued from page 5.

from the phone booth and informed us, "Reg says he'll meet us at Folkstone harbor at 4:30 a.m." Suddenly, things became very quiet.

Everyone's appetite suddenly diminished. My own mouth went dry, my heart rate skyrocketed. Having got all my gear ready back at our B&B, I slept like a rock ... for about 90 minutes. The rest of the night, I lay in my bed in a cold sweat.

We boarded *The Viking Princess* at 4:30 a.m. in Folkstone Harbor and began a 45 minute trip back to Dover, where we would actually start at Shakespeare Beach. The sun rises earlier in England and as we made our way down the coast a beautiful, orange sun illuminated the sky. It was 45 minutes that will forever remain in my memory, as I was apprehensive, exhilarated, joyous and terrified all at once

When *The Viking Princess* got as far as she could near Shakespeare Beach, our lead off swimmer, Shirley, was instructed to get on her cap and goggles and swim to the beach, walk "clear of water," and await the takeoff signal from Brian, our official observer from the Channel Swim Association.

As we all stood on the deck awaiting Shirley to get off her sweats, she suddenly realized that besides Mo, seven men were standing in a circle staring at her while she stripped down. She started to laugh and giggled that she had never had so much attention getting undressed. Her remark made us all more relaxed and then she even went so far as to twirl her shorts in the air. There were several encouraging yells of "Shake it, Shirl," and with that, she donned her cap and goggles. She quickly entered the water and with her powerful, flawless stroke, quickly reached Shakespeare Beach. She kicked off an old shoe John had given her for good luck and waved at us that she was ready for Brian's signal. At that moment, 5:28 a.m., July 31st, my heart was in my throat. The sunrise by now was gorgeous, I was on a boat with two of my children

watching Shirl getting ready to begin our odyssey to France. It was a great moment.

On Brian's signal, she gave us another wave, and better yet, a smile. She jogged into the water and quickly began the swim. The waves were already very choppy and within minutes Bob was seasick. Reg assured us that as the ocean literally bounces off the Cliffs of Dover at that location; it would become smoother further out.

Shirl continued to plow through the water but she bounced off very high swells. Brian, our observer, informed me the water temperature was 14 degrees Celsius, or about 57 degrees Fahrenheit, and I knew it would get colder in mid-channel. At 30 minutes we held up a chart signifying the time for Shirl and as she swam on, the sky grew lighter yet. It was going to be sunny; Reg was right, as always.

Joseph was our number two swimmer and as he stripped down, with virtually no attention compared to Shirley's disrobing ceremony, my heart rate approached levels unparalleled. He has virtually no body fat, and in spite of his youth and testosterone levels, I was frightened for him. The swells which had subsided somewhat during Shirley's second 30 minutes now seemed to be gaining again in height. On Brian's signal, Joseph climbed down the ladder a step or two, then jumped in behind Shirley, as the rules demand. Within moments Shirl was out, our first hour behind us. She joked about not getting very far, but already, England was several miles behind us. She had done remarkably well.

Joseph looked smooth and strong the whole hour while the rest of us were tossed about like rag dolls on the deck. By now Bob was flat on his back, the misery of seasickness overcoming him. After Joseph got out, shivering uncontrollably, he tried to choke down some heated water. He immediately leaned over the edge of our craft and "blew chunks," as he put it in a postcard he sent to a friend.

So as I looked around and saw Shirl bundled up, trying to keep from being thrown overboard, Bob lying flat out, turning green, my son, Joseph spewing

over the bow, my daughter, Mo, fighting swells in 57 degree water and John Post waiting nervously for his turn still 3 hours away, I couldn't help but needle Joseph, "Are we having fun, yet?" He laughed and acknowledged the fix we had gotten ourselves into.

Joseph was still shivering so violently after he was dressed, under blankets and a sleeping bag, that I finally just lay on top of him and tried to rub his arms and legs. I wondered if he'd ever warm up. I worried that Bob wouldn't even be able to get into the water. Mo churned through her hour and as her final minutes zoomed by, Bob Lazarro arose from the dead. He simply willed himself from his queasiness and into the water where he took off with a fury. It was as courageous as anything I've ever seen in sports. Mo looked positively beatific when she climbed aboard with Brian and Reg's help. "Good swim. Ow wuz it, luv?" Reg asked.

"Better than being on the boat!" she laughed, drawing guffaws from the three Englishmen.

As Bob blasted onward, my wooziness began to dissipate and my nerves began to roar. Shirl and I had been exchanging Dramamine (hers) for Anti-Vert (mine) for four hours, so I was having much less trouble with seasickness.

Finally, my moment arrived. The water sucked the breath out of me, but my adrenalin was so high. I could have swum through an iceberg. (Well, at least I would have tried.) Reg wanted us to stay on the left side of *The Viking Princess*, so the boat would break the power of the wind sweeping over us. I am so poor at breathing on my right side, however, I took Tarzan-head out of the water-strokes when I tried to swivel my head towards the boat. Thirty minutes seemed slow in arriving, but after that, my 55 minutes signal came quickly. It was at times like any other swim, just colder and rougher, but I did think to myself several times, "Come on France, please get closer."

At one hour I was out, grateful for my hand warmers and my heavy "dork sweater," the kids called it. Shirl said Reg informed us we were at the halfway point while I was in the water. I suddenly

realized that the coast of France was as visible as England, which was slowly shrinking out of sight.

After 40 minutes, I had begun to warm us as Joseph and Bob had said I would, but I then noticed John Post was having a tough time of it. I don't know what the water temperature was at that point, but I'm sure it was the coldest section we'd encounter. John struggled for about five minutes and suddenly got cranking again as we all shouted encouragement from the side. While he ground toward our destination during his last 10 minutes, I began to realize, "we are going to do it!"

We cheered when he came aboard and Shirley, indomitable as usual, really poured it on toward France. As the coast became larger, the swells grew to 8 - 10 feet, tipping *The Viking Princess* over as far as it seemed she could without capsizing.

We were all thrown about on deck more violently, at times sliding from one side to the other. Attempts to move about were clumsy and lurching. One didn't descend the steps to the room below, but rather, one was simply thrown downstairs. Attempts to empty one's bladder were ludicrous. There was so much rocking, I could not even stand up when trying to relieve myself. I would have apologized to the girls for peeing on the rim of the toilet, but my aim was so errant I don't think I hit anything, except the walls, floor and my own shoes. The loads of food we unwisely brought went uneaten, washed overboard, spilled out of cups and crushed by sliding swimmers. Appetites vanished for the day. John ate some gingersnaps and Shirl got down one Power Bar, I think. The Shrums and Bob ate a total of two chocolate chip cookies.

Shirl, Joseph and Mo churned through their rotations once again and with 3 miles to go, Bob Lazarro again overcame his discomfort to pull us to within 1 mile of France.

The swells remained formidable but the water was warming up, possibly to a muggy 60 degrees

Channel concluded on page 8.

Conclusion of Channel.

Fahrenheit! When I hit the water, the adrenalin again swept me along. I don't know if anyone noticed, but it was hard to not swim and smile at the same time. As I got closer, *The Viking Princess* stopped and Reg Brickell got into a skiff, *The Amy*, and rowed along side me until I could stand up. I was still 100 yards offshore and learned later my teammates were snickering at my awkward, clumsy attempts to walk rapidly in thigh deep water. I got from Ray an empty tennis can that I could fill with rocks and sand from the beach at Cape Cris Nez. Finally, on getting "clear of water" as Shirley had been required to do 10 hours, 24 minutes earlier at Shakespeare Beach, I kissed the sand and then asked some French picnic-ers on the beach, "Ou est la France?" They laughed and said, "You must be an American." We had done it. I couldn't wait to get back to the boat.

The trip back was wet and rough, but nothing could dampen our spirits over those three hours. I just floated three feet above the deck. We all just kept reliving the day, smiling and joking in spite of our fatigue. I was so proud of all of us.

We chatted some more with Reg, Ray and Brian at their favorite pub in Folkstone when we got back, but soon we departed for a hot shower and dinner.

The last words I heard from Reg were his congratulations to Mo, "Good swim, Luv."

We spent one more day in Dover, reviewing our swim over and over and sending postcards. We made a trip out into the English countryside to the Channel Swim Association Secretary-Treasurer's house to pick up some booty and do some paperwork. We then had one full day in London to sightsee and finally headed home. I had mixed feelings, not wanting the trip to end, but looking forward to returning to Virginia.

Of course, we've talked about little else since getting home. It's interesting how the English Channel lures swimmers like the *Odyssey's* sirens. Since returning, both Mo and Joseph have said to me, "you know, we need to do that again, we can break 10 hours." Definitely.

Shirley and Bob have mentioned the thought of trying solo to me.

I learned the other day that the water in the Channel was up to 64 degrees. It would sure be an adventure.

John McGill Honored by Syracuse University

Editor's Note: This information was sent to me by Charles Kohnken, a former Syracuse swimmer and active Masters swimmer in Florida.

1998 Letterwinners of Distinction



John R. McGill '57
Swimming
Richmond, VA

In 1957, John McGill completed a Baccalaureate degree in Arts and Science with a major in English. In 1965, he earned a law degree from SU where he was a member of Phi Alpha Delta legal fraternity. A legendary member of the varsity swim team, he served as captain and won All-American NCAA honors in 1956-57. John currently serves on SU's national committee for the Student Athlete Fund and is a sustaining member of the Society of Fellows. He has supported the Webster Endowed Swimming Fund, the College of Law Annual Fund and the Fund for Syracuse. He is a lifetime member of the Varsity Club of SU and has been a leader for the swim alumni reunion and the swim program endowment campaign which has raised over \$125,000. John served in the US Navy as a lieutenant (j.g.), and was a trial attorney with the National Labor Relations Board. He has been labor counsel and held other corporate

administrative and personnel positions with Reynolds Metals Company. He was vice president of human resources of this Fortune 500 company until his retirement in 1993. He has devoted much time to the Church of Jesus Christ of Latter-day Saints in various capacities, including that of Bishop; and, with his wife Natalie, served a church mission. He currently serves in a church administrative position in Richmond, Virginia. John and Natalie have four children and nine grandchildren.

VIRGINIA MASTERS WINTER INVITATIONAL
Riverside Wellness and Fitness Center - Briarwood
Richmond, Virginia
February 6 and 7, 1999

Sponsored By: Virginia Masters Swim Team

Sanctioned By: LMSC for Va. for USMS, Inc. - Sanction #129-0002

Meet Directors: Nancy and Jim Miller

Location: Riverside Wellness and Fitness Center at Briarwood, 11621 Robious Rd., Richmond, Va. Telephone number is (804) 378-1600. This is an eight-lane, 50-meter indoor pool with bulkhead, using fully electronic timing system with scoreboard and non-turbulent lane markers.

Eligibility: The standard Masters age groups will be used. All swimmers must be registered and must include a copy of their LMSC card. Virginia registration will be available at the meet. A novice swimmer is defined as anyone who has not placed in the top three for that stroke in Masters competition.

Entries: \$3.00 per individual event plus a \$6.00 surcharge to help defray the costs of data entry, automatic timing, printing, and postage for mailing results. Relays will be deck-entered and deck-seeded at no cost. Deck entries will be accepted up until 30 minutes prior to meet starting time each day at a cost of \$5.00 per deck entry. A swimmer may enter a maximum of 5 events per day, plus relays.

Entry deadline: Entries must be received no later than **January 29, 1999**, or they will be considered deck entries.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone. Sexes and age groups will be combined where necessary. "NT" will be seeded arbitrarily.

Warm-up/Warm-down Procedures: Swimmers must enter the pool feet first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. Lanes 1 and 8 will be maintained as continuous warm-up/warm-down lanes during the entirety of the meet; **ABSOLUTELY NO DIVING** will be permitted in these lanes once the meet has begun. Instructions given by the designated Safety Marshall shall be obeyed at all times.

Awards: Medals, keychains, or pins for first place in each individual event. Medals for second and third places in each individual event.

VMST Annual Meeting: There will be a team meeting at 9:30 AM Saturday, February 6th, at the pool prior to warmups. Breakfast will be provided. Please try to attend.

Social: Join us for our Masters potluck after the meet on Saturday, February 6th. \$5.00 per person covers food and drink. Please enclose payment with your entry. Please indicate the number attending on your entry form. Maps will be available at the meet.

ORDER OF EVENTS

Saturday, February 6
 Warm-ups: 11:30 AM
 Meet starts: 12:30 PM
 Event #
 Women/Men Event

* 1 * 2 * 200 Y Choice
 # 3A # 4A 500 Y Free
 5 6 1000 Y Free
 7 8 1650 Y Free
 9 10 400 Y IM
 # 3B # 4B 500 Y Free

Select only one of the 500 Freestyle slots to enter, and please denote it clearly on your entry form.

Sunday, February 7
 Warm-ups: 8 AM
 Meet starts: 9 AM
 Event #
 Women/Men Event

* 200 Y Choice:
 * 11 * 12 200 Y IM
 * 13 * 14 200 Y Fly
 * 15 * 16 200 Y Breast
 * 17 * 18 200 Y Back

 19 20 100 Y Free
 21 22 Novice 50 Y Fly
 23 24 50 Y Fly
 25 26 100 Y Breast
 27 28 Novice 50 Y Free
 29 30 50 Y Free
 31 32 100 Y IM

BREAK
 33 34 200 Y Free
 35 36 100 Y Back
 37 38 Novice 50 Y Breast
 39 40 50 Y Breast
 41 42 100 Y Fly
 43 44 Novice 50 Y Back
 45 46 50 Y Back
 47 48 200 Y Medley Relay
 49 50 200 Y Free Relay
 51 52 200 Y Mixed Medley Relay
 53 54 200 Y Mixed Free Relay

*200 Y Choice means that you may swim any 200 yard event of your choosing (except the 200 Y Free). Please indicate your choice on your entry form.

Nearby Lodging:

Days Inn - Chesterfield (closest)
 1301 Huquenet Road (804) 794-4999

Sheraton Park South
 9901 Midlothian Turnpike
 (804) 323-1144

Holiday Inn - Koger Center
 1021 Koger Center Boulevard (804) 379-3800

RELEASE

The following release must be dated, signed, and in possession of the Meet Director before the 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 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.

Date: _____ Signature: _____
 Name: _____ Sex: _____ USMS Reg. No.: _____
 Address: _____
 City: _____ State: _____ Zip Code: _____
 Age(as of 2/7/99): _____ Birthdate(Mo/Day/Yr): _____
 LMSC: _____ Club: _____ Phone(Day): _____ (Night): _____

Women	Time	Event	Men	Time
1	_____	200 Y Choice	2	_____
3A/3B	_____	500 Y Free	4A/4B	_____
5	_____	1000 Y Free	6	_____
7	_____	1650 Y Free	8	_____
9	_____	400 Y IM	10	_____
11	_____	200 Y IM	12	_____
13	_____	200 Y Fly	14	_____
15	_____	200 Y Breast	16	_____
17	_____	200 Y Back	18	_____
19	_____	100 Y Free	20	_____
21	_____	Novice 50 Y Fly	22	_____
23	_____	50 Y Fly	24	_____
25	_____	100 Y Breast	26	_____
27	_____	Novice 50 Y Free	28	_____
29	_____	50 Y Free	30	_____
31	_____	100 Y IM	32	_____
33	_____	200 Y Free	34	_____
35	_____	100 Y Back	36	_____
37	_____	Novice 50 Y Breast	38	_____
39	_____	50 Y Breast	40	_____
41	_____	100 Y Fly	42	_____
43	_____	Novice 50 Y Back	44	_____
45	_____	50 Y Back	46	_____

RELAYS	RELAYS	RELAYS	RELAYS
Number attending social: _____	Total Events _____	x \$3.00	_____
	Surcharge		\$6.00
	Social		\$5.00/each
	Total Amount Enclosed		\$ _____

Make checks payable to: Virginia Masters Swim Team

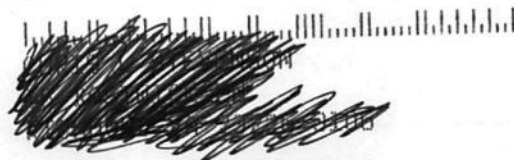
Mail to: James Wolfe
 509 E. Rock Street
 Harrisonburg, Virginia 22802

Questions? Call James (540) 574-2919
 or
 Nancy Miller (804) 320-2143

A COPY OF YOUR USMS REGISTRATION CARD MUST BE ENCLOSED
 FOR YOUR ENTRY TO BE ACCEPTED

Virginia Masters Newsletter
Craig Campesi, Registrar
14134 Walton Drive
Manassas, VA 20112-3701

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: *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.
Kilmarnock: *Oakwood Fitness Center, 804-435-2101, Kathryn Gregory
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; Navy Pool, Donna Farney, 757-482-9154
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 (540) 992-1736 (H) or 981-0205 (W);
Gator Aquatic Center, 1130 Overland Rd, Roanoke, Kathy Shober (540) 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, 460-7540, Kempsville, 474-8492,
Bow Creek 431-3765; Seatack, 437-4858.
Waynesboro: YMCA, 648 Wayne Ave, Bret Figgatt, 540-943-5012
Williamsburg: *James City Co Rec Center, Longhill Rd, 220-4700.
West Virginia: *Concord, Tim Mainland (304)384-7473