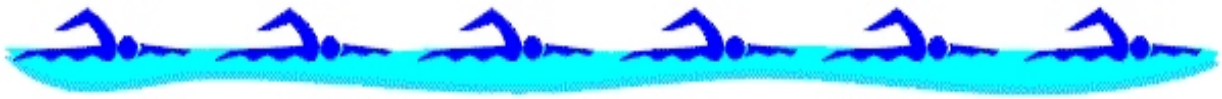


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# ***LMSC FOR VIRGINIA***

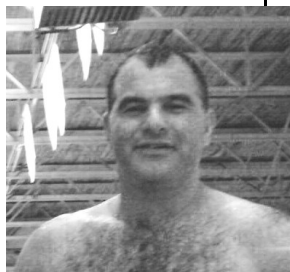
*Serving Masters Swimmers in Virginia and West Virginia - July 15, 2006*

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## ***Website Changes*** ([www.vaswim.org](http://www.vaswim.org))

Many thanks to Mitch Raful for his work on the website for the last few years. Mitch began work as webmaster shortly before changing jobs and moving. His current job has involved a lot of travel. In between his trips and work, he updated the website. Mitch stepped up and took on the responsibility when the website had been dormant for months. Again, thanks to Mitch.



*Mitch*

Harry DeLong has returned as webmaster. Harry originated the LMSC for Virginia website, but had to give it up when work, coaching, and family were keeping him busy. Harry still coaches, but has retired from his “real” job. He has already begun making changes in the website.



*Harry with Nancy Miller*

If you have anything to be posted, send it to Harry at: [harry.delong@comcast.net](mailto:harry.delong@comcast.net).

**What does a college coach who is race director for the lake swim in Charlottesville do for fun?  
See page 3.**

## ***Four Successful Events in Norfolk and Virginia Beach***

### **Saturday, May 6: Clinic**

This is an event that any team or any workout group can do. The LMSC has budgeted money for two clinics. It worked out very successfully in our first attempt. See page 5 for details on how you might make this happen in your area.

### **May 11-12: Virginia Senior Games**

The Virginia Senior Games, for athletes 50 and over, were held in Virginia Beach again this year. The Games will back in Virginia Beach next year. This is a “recognized” meet, meaning that all swimmers do not have to be USMS registered, but that all USMS rules are being followed, including officiating. Times for USMS swimmers count for records and Top Ten. The Aquatic Staff at Bayside Recreation Center and Janis Sweeney do a wonderful job on this event.

### **Sunday, June 11: LC Meet**

Charlie Cockrell was in charge of another well run meet. With help from Kelley Harkins and Suzanne Giersch, the meet went off very well. Charlie added a new twist to this year’s meet, with USA Swimmers conducting a 1500 meter event following the Masters events. See page 4 for more on this meet.

### **Sunday: June 18: Jack King Ocean Swim**

It’s probably not quite correct to refer to June and Ray McDaniels as new directors of the Jack King Ocean Swim. Ray and June have run

*See **Jack King** on page 5.*



**July 22-23: Dixie Zone LC, Raleigh**  
*Check the NC website for entry.*

**July 23: Hains Point, DC**  
*See Potomac Valley website.*

**Aug 4-10: Worlds at Stanford University**

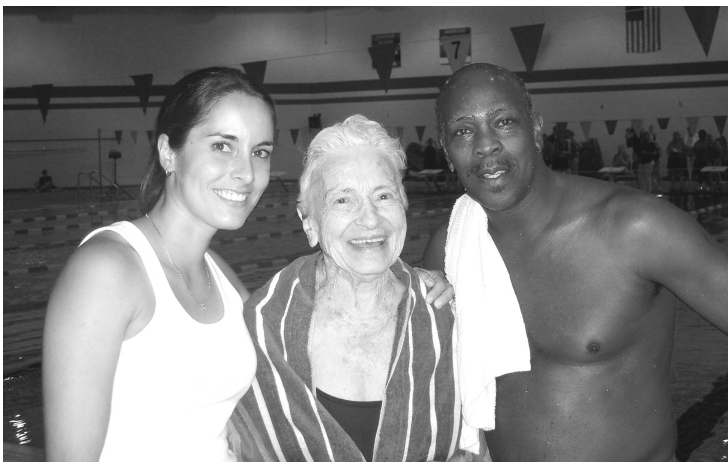
**Aug 26-27: Colonies Zone LC at GMU**  
*Entry is in this newsletter.*

**Sept 9: Lake Montclair**  
*Entry is in this newsletter.*

**Oct 29: GMUP Sprint Classic**  
*See the Potomac Valley website*

### ***Newsletter Editor***

Betsy Durrant  
 211 66th Street  
 Virginia Beach, VA 23451  
 757-422-6811 (fax or phone before 9:30)  
 durrant6@cox.net



*Our favorite photographer, Alvin Richardson, with Marie Kelleher and Marie's granddaughter at the Virginia Senior Games in Virginia Beach.*

## ***Web Sites***

***Masters Swimming in VA***  
 VASwim.org  
 Information, entries, registration forms, and links.

***USMS***  
 usms.org  
 Results from Nationals, Top 10, articles.

***SwimInfo.com***  
 Latest info on all levels of swimming.

***Nearby LMSCs***  
 North Carolina: NCMasters.org  
 Maryland: Maryland@usms.org  
 Potomac Valley: PVMasters.org

***Colonies Zone***  
[www.ColoniesZone.org](http://www.ColoniesZone.org)



## ***Officers***

**Chair: Charlie Cockrell**  
 cockrellsva@cox.net  
**Vice Chair: Harry DeLong**  
 harry.delong@comcast.net

**Secretary: Lisa Bennett**  
 swimlab56@msn.com

**Treasurer: Mike Duignan**  
 mikeduignan@cox.net

**Registrar: Dee DeLong**  
 deedelong@comcast.net

**Sanctions: Judy Martin**  
 jmartin240@cox.net

**Records and Top Ten: Alice Phillips**  
 aphil65@comcast.net



***Graphics from [www.swimgraphics.com](http://www.swimgraphics.com)***

# 16 Miles in the James River

by Dave Holland

I swam 16 miles in the James river last Saturday (June 10) and it was a rewarding privilege. I started near Boshers Dam at 7:25 am, made the turnaround 8 miles upriver at Watkins Landing (with a flipturn of course) and finished where I had begun at 3:45 pm. Mother Nature cooperated and I couldn't have asked for a nicer day. This is not always the case with open water swimming. I always thought it was called "open water" because it's always open, but in the past two years I've been to a couple of events that were cancelled by the Coast Guard because of treacherous chop, wind, etc.

I don't think the Coast Guard patrols the James river. There is a sign at Robious Landing that says "No Swimming" but I've learned that sometimes it is just best to not ask permission. Get in and pretend like you belong there. For the first hour, my kayaker and I had the river all to ourselves. I was fortunate to have a very experienced kayaker in Dr. Craig Anderson (Director of the Career and Counseling Center at Randolph-Macon) and he went the duration, surviving some long hours of immobility without

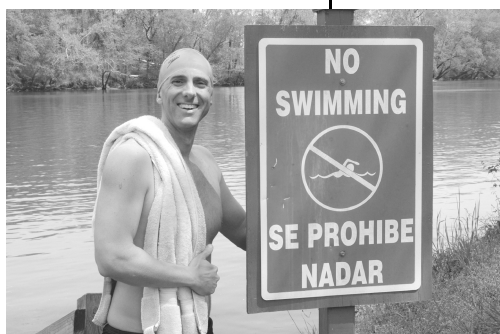


complaint. The boat traffic got busier later, especially in the afternoon, but I didn't get in anybody's way and they weren't in mine.

Wakeboarders, skiers, canoes, kayaks, and boats went around us quickly and easily. The motorboats make an awful noise underwater, and it really gave me a new empathy for what dolphins and whales and other sea life have to endure. Everyone was courteous, and the traffic going over on 288 was oblivious. Two

trains went by and that was a nice diversion for a swimmer. In 8 hours and 20 minutes of swimming, I grazed against only one rock and it too had forgotten to ask permission to be in the middle of the river on a nice June day. I'm sure Edgar Allan Poe didn't ask permission either when he swam 6 miles upriver in the James in June, 1824 at the rebellious age of fifteen.

The first hour went by slowly because of normal adjustments to the elements, nervous anxieties, and a tendency for one to be constantly analyzing and thinking and questioning oneself (i.e. "why the hell am I doing this ? followed by "why the hell am I doing this?" about a half second later). After that it was "cruise control" and the songs and



stroke rate came naturally and automatically. The water and air temperature were ideal (about 77 water and 80 air) and there was no pain really. Six advil during the swim took care of that fairly well. During the swim I also consumed 5 gatorades, 1 V8, 1 ice tea, 2 Cliff bars, and 3 power bars. The iced tea helped the most. I finished with some mild chaffing in my right armpit (my dominant breathing side) and a funny

looking tan line on my forehead from the cap. Craig and I did take a 10 minute break at the halfway point and I used some sunscreen to relieve the chaffing-- next time I'll bring the bag balm along for the ride. My wife calculated that I took about 33,000 strokes, so it's hard to avoid skin rubbing on skin.

I can compare a 16 mile swim to a typical 16 mile day of hiking on the Appalachian Trail. The average pace is identical (2 mph) and the scenery is constantly changing and yet always the same (there are brown leaves or "blur" beneath and a reassuring green above). Both lend themselves to music, and I did find myself singing out loud at times. Songs naturally come into your head and it doesn't really matter if you know the words or not, you just keep singing them. I discovered that "Mac the Knife" has a nice beat that matched my cadence of 68 strokes per minute perfectly. So did "Two Step" by Dave Matthews. You can actually hear the music very well when you get in the right zone. Forget the ipod.

See *James River* on page 4.

*James River continued from page 3.*

You can find one buried in your cranium if you dig long enough.

Other songs that came and went inexplicably included "16 tons" (Merle Travis), "Southern Cross" (Crosby, Stills, Nash, & Young) , "The Weight" ("take a load off Fanny take a load for free"... by the Band), "Folsom Prison Blues" and "Ring of Fire" (Johnny Cash), and a couple by the Beatles ("No reply" and "Rocky Raccoon"). I am not much of a drinker, but I also thoroughly enjoyed several rounds of "One bourbon, one scotch, and one beer" (George Thoragood ?). I also was stuck with the commercial jingle from Almond Joy for a couple minutes ("Sometimes you feel like a nut, sometimes you don't, Almond Joy's got nuts, Mounds don't...").

I know of several people who could have done it faster and some others who can swim farther. One day somebody like Steven Nape will swim to Columbia and then 16 miles will seem like child's play. Consider what Abdel Abo-Heif did in August 1963. Nobody has ever heard of him, but he is the greatest marathon swimmer who ever lived.

( <http://ishof.org/98aaboutheif.html> ) On August 17, 1963, he won the 15 mile Canadian National Exhibition swim in Lake Ontario in 7 h 37 m. The water temperature was 55 degrees, and that takes a toll. Even more amazingly, a mere 3 days later on Aug. 20, he began a 60 mile "race" across Lake Michigan from Chicago to Benton Harbor, Michigan. He completed the 60 mile swim in 34h 45m. Ted Erikson finished behind him a few hours later, and it remains the longest documented open water swim ever completed.

It is no good to compare. There is always someone faster or better. I just enjoyed being out there and challenging myself. Chase the dream, not the competition !!

I swam by Robious Landing at 2 pm and looked for my parents. I had missed them on the way up and thought I might catch them on the way back. I looked up on the shore and thought I caught sight of my Dad in his wheelchair with my mother and sister standing beside him. It's what I saw through my goggles. I was sure it was them. I waved and someone waved back. I yelled "almost done !" in my loudest voice and then got back into the stroking with a renewed enthusiasm. It was an uplifting

moment that spurred me on and kept me moving for another 4 miles. People are the greatest source of inspiration and motivation when one is swimming long distances.

It wasn't until later that I realized that I had missed my parents by 15 minutes. I had waved at strangers and they had returned the wave. When I finished I told Craig: "That was my family at Robious !" He said: "No, I don't think that was your family, but it was entertaining".

To the three people on the shore at Robious: Thanks for waving back.

To the Youngs: Thank you for the river access.

To Craig: Thank you for giving up all those weekends to paddle with me.



## *Long Course Meet*

Charlie Cockrell was meet director for a long course meet June 11 at a Navy pool in Norfolk. There were 50 entries, with a good representation from teams in Virginia. The following teams had swimmers at the meet: Virginia Masters Swim Team (state-wide), Swim Quest Swim Team (Richmond), South Hampton YMCA (Chesapeake), Winchester Masters, Atlantic Coast Athletic Club (Charlottesville), There were also entries from Reston Masters (northern VA) and Niagara (NY).

Charlie coordinated the meet with the Tide Swim Team, a USA-Swimming team. Matt Livsey, one of the Tide parents and a Masters swimmer was in charge of the timing system. Other Tide parents worked as officials. When the Masters events were over, Tide conducted four heats of 1500. These swimmers do not often get an opportunity to compete in the 1500 and rarely swim it without having to worry about other events.

Results of the meet are posted on the website, [www.vaswim.org](http://www.vaswim.org). If you do not have access to a computer and want results mailed to you, let me or Charlie Cockrell know.



## Meet Results

At the February meeting of the LMSC BOD, it was decided that meet results would not be included in the newsletters. The reasons are that the 4-6 pages adds expense to the newsletter and most people have access to the internet. All results will be posted at [www.vaswim.org](http://www.vaswim.org). The challenge now is to get meet directors to include a space to request results to be mailed. It is important that those who do not use the internet can still get results. If you need a paper copy of any results, let me know.

Betsy Durrant, 757-422-6811.



## Putting on a Clinic

by Betsy Durrant

My first suggestion is to think small. Don't try to run your clinic as a major event. Just think about serving local swimmers.

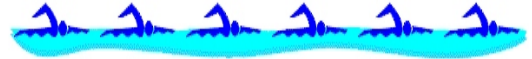
At the February meeting of the LMSC Board of Directors, it was decided to budget \$500 for clinics. I requested \$250 to try a clinic in Virginia Beach. There is another \$250 still available.

I talked with the Aquatic Director at one of the local YMCA's and offered to use a Masters clinic as a fundraiser for the Y's "We Build People" campaign. All YMCA's have some type of fundraising to offer scholarships for families who need assistance. The Y allowed us to use a conference room and the pool at no cost. The \$250 grant was used to pay the coach. I charged \$30 for the clinic (9:30-4:00). \$5 was used for lunch. We had 21 participants, so I was able to make a donation of \$525 to the Y. The reaction from the Y was "when can we do this again?"

Since I used the LMSC grant once, when I put on another clinic, I have to figure out the finances differently. With earlier publicity, I think we could increase the number slightly, but we don't want too many. I think I will try for ½ day instead of a full day. Some people didn't want to spend all day Saturday at the clinic. In some areas, regular

clinics are held with each focusing on a different stroke.

If you would like to try a local clinic for your area, let Charlie Cockrell (LMSC Chair) know. If I can offer any help, I will be happy to do so.



**Jack King** continued from page 1.

other events and have participated in the ocean swim many times. They stepped right in and did a great job. Best of all, they are already making plans for next year!

The weather was perfect; water temperature was cool at the start but great after about a block; the current cooperated. What more could you ask for? It is very encouraging to note how many 18-29 year olds entered this year. But...you can't count out the 50 year olds – note how well Lisa Bennett and Perry Lange did.

The complete results are posted on the website. I have listed the Top Ten Men and Women below.

Overall			
Name	Age	Place	Time
1. Chris Steven	40	1	19:09
2. Matthew Baxtor	27	2	19:32
3. Brian Craddock	22	3	19:36
4. Andrew Farrell	35	4	20:02
5. Mark Van Deren	25	6	21:21
6. Todd Bassett	41	7	21:21
7. Jim McFarland	48	9	21:27
8. David Brown	44	10	21:28
9. Perry Lange	50	11	21:39
10. Jim Robinson	43	13	22:15

See Women's **Top Finishers** on page 6.

### *Top Finishers from page 5.*

Name	Age	Overall	
		Place	Time
1. Shandra Johnson	26	5	20:18
2. Monica Heinrich	23	8	21:23
3. Lisa Bennett	50	12	22:10
4. Alice Phillips	40	14	22:34
5. Jennifer O'Reilly	26	15	22:47
6. Nicole Walter	23	20	23:31
7. Jessie Painter	22	29	24:01
8. Stephanie Wilson	31	31	24:57
9. Susan Gordon	44	33	24:26
10. Aimee Powell	20	34	24:43



## *Special Olympics*

*from Jim Brinkman*

Some of you may know that I recently retired from the Navy. To commemorate the occasion, the Masters group that I swim with in Virginia Beach (I can't believe that this fall makes 20 years!) decided to make a contribution to Special Olympics in my name. **Pete Virok**, who works for Ameriprise, stepped in and offered to run it all through his company, since they would match the donation. This made for a very large, heartfelt donation to something very near to me, and I am very grateful to everyone (I hesitate to list them because I don't want to leave anyone out).

Pete, however, didn't read the fine print. In addition to matching the donation, his company requires that 50 hours of volunteer time be given to the receiving charity. A double bonus for Special Olympics. Male coaches are always hard to find. Coaches with a solid swimming background, like Pete, are even harder to find. So Pete stepped in and

started coaching.

From the start, Pete did a super job! He really had a good feel for working with the athletes, and he was able to really use his swimming talents to great use. He also went above and beyond the 50 hour requirement. In fact, he equaled that just by agreeing to attend State Games as a coach/chaperone.

I said, male coaches willing to give up a weekend are few and far between. State Games is always a stressful, action-packed, and chaotic event. Coach Debbie, who runs the team, is also the coordinator for the Law Enforcement torch run, so she was busy and away from the team often during the weekend. I had the additional responsibility of all 4 National Games swimmers, and we had several commitments away from the local team. That left Pete in charge of over 20 athletes, and the other teenage coaches. Pete did a great job, handling every curve ball thrown his way.

So, if you see Pete, congratulate him for doing a great job. I know the Area 2 swim team is looking forward to his return next season!

Other VMST sightings at State Games. Because of renovations at the University of Richmond, we used a different pool this year, St. Catherine's. The swim coach there is Terri Sue Gault, who was on deck for most of the meet, despite having to get around on crutches. Also noted, the timing system at St Catherine's was donated by the Lang Meem family.

## *Zones*

The LC Zone meet will be August 26-27 at George Mason University. There were 26 VMST members there last year; we had a good time and lots of relays. The entry is in this newsletter. With a two day meet, you have an opportunity to get times in a lot of events. Make plans to attend.

**On-Deck Coach** - If you would like to be the on-deck coach for VMST and are not swimming in the meet, contact Betsy Durrant (durrant6@cox.net) or Bud Swiger (mssswim@aol.com) to apply.

**Relay Splits** - See page 7 for information.

