
LMSC FOR VIRGINIA

Serving Masters Swimmers in Virginia and West Virginia - September 15, 2007



USMS Annual Convention

The annual USMS Convention will be held this year in Anaheim, CA, from September 26-30. Again, Virginia will be well represented. Our LMSC is entitled to 3 delegates. This year our delegates will be: LMSC Chair **Terry Sue Gault**, LMSC Vice Chair and Records/Top Ten Chair **Chris Stevenson**, and Registrar **Mary Beth Hanifer**. In addition, **Jim Miller** (Immediate Past President), **Patty Miller** (Legal Counsel), **Betsy Durrant** (Member of the Board of Directors), and **Charlie Cockrell** (Officials Chair) will also be attending.

If you have any concerns that you would like to be addressed, contact one of the seven listed above. One person has already expressed dissatisfaction with the way team scores are kept at national championships. I think that will be a topic of debate this year. For many years, awards were given to the top three teams in the Small, Medium, and Large Team categories. The problem was that it was difficult to decide how many entries made a team Small, Medium, or Large. Sometimes only one more entry moved a team up a category. Several years ago team scoring was changed to awards for the Top Ten scoring teams, regardless of size.

Another topic for this year will be a dues increase. It was discussed last year, but was delayed for a year. Be prepared for an increase in your registration fee for 2008. The amount has not been finalized, but \$5 was the amount proposed at last year's convention.

The November LMSC newsletter will have a summary of actions taken at the convention

Virginia Swimmers at Lake Placid

Lake Placid, NY, was the site of the **USMS National Championship 2-Mile Cable Swim**. Eight swimmers from Virginia participated, and all did quite well. Swimmers from Virginia: Chris and Heather Stevenson, Tracy Hernlen and Lisa Bennett, Dave Holland, John Shrum, Shirley Loftus-Charley, and Howard Craddock. *See **Lake Placid** on page 5 for results.*



Chris and Heather Stevenson, Tracy Hernlen, Lisa Bennett, and Dave Holland (front).



John Shrum and Shirley Loftus-Charley



If you do not have internet access, call or write to me (editor address below), and I will send you an entry.

October 27: SCM, Hillsborough, NC

October 28: Sprint Classic at George Mason U.

December 2: U of MD, 1000/1650

December 8: SCM, Virginia Beach
Entry will be in the October VMST newsletter and the November LMSC newsletter.

January 27: Alexandria

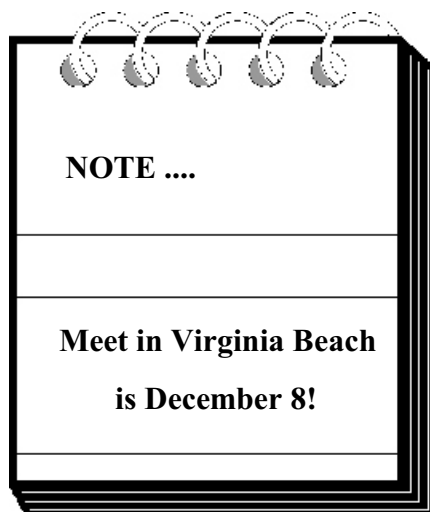
February: Richmond

May 1-4: USMS SC Nationals, U of TX, Austin

August 14-17: USMS LC Nationals
Mount Hood Community College, Oregon

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LMSC Records

from Chris Stevenson

You may have noticed that our Webmaster Jason Salmanoff has added a “year set” column to all the LMSC records. And for new records, I keep track of the date and the meet. Using the USMS database and a few other sources, I have determined the dates for many of the records...but there are a number of blank spots.

If you can supply any information that is missing (as well as correct mistakes, as always), please contact me at: **cstevens@richmond.edu**

Also, a reminder... other than major meets like Zones and Nationals and the like – I do NOT routinely check the results from meets outside our LMSC. If you have set a record, then it is up to you to let me know about it: give me the date and name of the meet, and preferably also the name of the meet director (or a link to a web site with the results). Or, you can send a copy of the meet results. Sure, I check the Top 10 lists, but there is a possibility that a new record may be set without the time being in the Top 10, in which case I would miss it.

LMSC for Virginia Top Ten -SCY

Place	Event	Name	Age	Club	Time
W18-24					
9	50 Free	Meghan E Brosch	23	UNAT	25.19Y
4	100 Free	Meghan E Brosch	23	UNAT	55.71Y
7	200 Free	Meghan E Brosch	23	UNAT	2:01.47Y
3	200 Breast	Sarah Hunt	22	UNAT	2:30.16Y
10	50 Fly	Rebecca Harper	24	UNAT	28.02Y
8	100 Fly	Rebecca Harper	24	UNAT	1:01.62Y
10	200 IM	Akemi C Parker	23	VMST	2:20.09Y
W40-44					
9	100 Breast	Alice Phillips	41	VMST	1:15.53Y
5	50 Free	Lisa Bennett	51	SQST	27.12Y
3	200 Free	Lisa A Bennett	51	SQST	2:09.93Y
6	500 Free	Lisa A Bennett	51	SQST	5:53.97Y
6	1650 Free	Lisa Bennett	50	SQST	20:26.08Y
3	50 Breast	Lisa A Bennett	51	SQST	33.95Y
5	100 Breast	Lisa A Bennett	51	SQST	1:16.55Y
6	200 Breast	Lisa A Bennett	51	SQST	2:50.65Y
7	100 IM	Lisa A Bennett	50	SQST	1:09.53Y
8	200 IM	Lisa A Bennett	50	SQST	2:33.62Y
7	400 IM	Lisa Bennett	50	SQST	5:41.70Y
W55-59					
9	200 Free	Marcia L Barry	58	VMST	2:29.32Y
5	500 Free	Shirley Loftus-Charley	55	VMST	6:19.15Y
6	500 Free	Marcia L Barry	58	VMST	6:31.76Y
6	1000 Free	Shirley Loftus-Charley	55	VMST	12:52.90Y
8	1000 Free	Marcia Barry	57	VMST	13:18.87Y
4	1650 Free	Marcia L Barry	58	VMST	22:13.35Y
10	100 IM	Shirley Loftus-Charley	55	VMST	1:17.36Y
5	200 IM	Shirley Loftus-Charley	55	VMST	2:42.59Y
5	400 IM	Shirley Loftus-Charley	55	VMST	5:50.98Y

Place	Event	Name	Age	Club	Time	
W60-64						
10	50 Breast	Pam D Dameron	61	SQST	42.33Y	
8	100 Breast	Pam D Dameron	61	SQST	1:32.62Y	
5	200 Breast	Pam D Dameron	61	SQST	3:17.44Y	
W65-69						
10	50 Free	Barbara Zaremski	69	VMST	34.22Y	
10	100 Free	Barbara Zaremski	69	VMST	1:21.24Y	
1	50 Free	Beth Schreiner	66	VMST	30.42Y	#1 Finish!!
2	100 Free	Beth Schreiner	66	VMST	1:09.77Y	
2	200 Free	Beth Schreiner	66	VMST	2:39.58Y	
3	50 Back	Beth Schreiner	66	VMST	39.61Y	
10	100 Back	Beth Schreiner	66	VMST	1:35.45Y	
4	50 Fly	Beth Schreiner	66	VMST	39.22Y	
W70-74						
3	50 Free	Johnnie Detrick	71	VMST	35.53Y	
4	100 Free	Johnnie Detrick	71	VMST	1:19.78Y	
4	50 Breast	Johnnie Detrick	71	VMST	48.08Y	
5	200 Breast	Johnnie Detrick	71	VMST	3:55.39Y	
W80-84						
8	100 Free	Marianna Berkley	84	VMST	1:54.50Y	
6	200 Free	Marianna Berkley	84	VMST	4:17.60Y	
9	50 Back	Marianna Berkley	84	VMST	1:01.80Y	
4	100 IM	Marianna Berkley	84	VMST	2:10.70Y	
2	200 IM	Marianna Berkley	84	VMST	5:03.80Y	
3	200 Breast	Miriam Tuovila	81	VMST	4:58.00Y	
7	100 IM	Miriam Tuovila	81	VMST	2:24.62Y	
W90-94						
3	100 Free	Marie Kelleher	94	VMST	2:50.24Y	
3	200 Free	Marie Kelleher	94	VMST	5:56.23Y	
1	50 Fly	Marie Kelleher	94	VMST	1:40.67Y	#1 Finish!!
2	100 IM	Marie Kelleher	94	VMST	3:14.10Y	
M35-39						
5	1000 Free	Leonardo Salinas	26	UNAT	10:35.02Y	
2	100 Back	William Jewell	28	VMST	51.99Y	
7	200 Back	William Jewell	28	VMST	2:00.04Y	
M30-34						
3	50 Free	Ryan Bradley	32	VMST	21.30Y	
1	100 Back	Ryan Bradley	32	VMST	50.49Y	#1 Finish!!
1	200 Fly	Ryan Bradley	32	VMST	1:54.34Y	#1 Finish!!
1	50 Free	Dan Summerlin	34	VMST	20.93Y	#1 Finish!!
1	100 Free	Dan Summerlin	34	VMST	46.43Y	#1 Finish!!
1	50 Fly	Dan Summerlin	34	VMST	23.44Y	#1 Finish!!
2	100 IM	Dan Summerlin	34	VMST	53.09Y	
3	200 IM	Dan Summerlin	34	VMST	1:57.59Y	
10	1000 Free	Daniel Summerlin	33	VMST	10:43.06Y	
9	100 Fly	Daniel Summerlin	33	VMST	54.27Y	

Place	Event	Name	Age	Club	Time	
M35-39						
10	200 Back	Kurt Sprenger	37	VMST	2:05.65Y	
M40-44						
1	200 Free	Chris L Stevenson	42	VMST	1:45.47Y	#1 Finish!!
6	500 Free	Chris Stevenson	42	VMST	4:54.32Y	
1	50 Back	Chris Stevenson	42	VMST	24.73Y	#1 Finish!!
1	100 Back	Chris L Stevenson	42	VMST	51.41Y	#1 Finish!!
1	200 Back	Chris Stevenson	42	VMST	1:53.99Y	#1 Finish!!
5	50 Fly	Chris Stevenson	42	VMST	24.27Y	
1	100 Fly	Chris Stevenson	42	VMST	51.35Y	#1 Finish!!
1	200 Fly	Chris Stevenson	42	VMST	1:56.90Y	#1 Finish!!
6	200 IM	Chris Stevenson	42	VMST	2:04.42Y	
6	400 IM	Chris Stevenson	42	VMST	4:26.91Y	
M45-49						
4	50 Free	David B Malsbury	45	VMST	22.91Y	
5	50 Back	David B Malsbury	45	VMST	26.46Y	
9	100 Back	David B Malsbury	45	VMST	58.51Y	
5	50 Breast	David B Malsbury	45	VMST	28.60Y	
10	100 IM	David B Malsbury	45	VMST	58.44Y	
4	50 Back	Todd Cooke	45	VMST	26.43Y	
5	100 Back	Todd Cooke	45	VMST	57.83Y	
M60-64						
10	100 Back	William Bacon	60	VMST	1:09.84Y	
10	200 Breast	Warner Brundage	64	VMST	2:47.42Y	

Lake Placid continued from page 1.

Lisa Bennett, of Midlothian (Swim Quest Masters), won the Women's 50-54 age group in a time of 47:25.78.

Shirley Loftus-Charley, of Afton (VMST), won the Women's 55-59 age group in a time of 49:10.24.

Heather Stevenson, from Richmond (VMST), was 5th in the Women's 45-49 age group with a time of 54:35.65.

In the Men's 40-44 age group, VMST members took first and second. **Chris Stevenson** (Richmond) was first in 41:33.99, followed by **Dave Holland** (also of Richmond) in 44:10.24.

Dave is the race director for the lake swim in Charlottesville.

Tracy Hernlen of Midlothian (Swim Quest) was 3rd in the Men's 50-54 age group. His time was 53:06.62. **Howard Craddock**, of Charlottesville (VMST), was 6th in 1:02.00.7.

John Shrum, of Charlottesville (VMST), was 3rd in the Men's 55-59 age group. His time was 51:48.93.

It was nice to see that **Beth Baker**, former VMST member, is competing again. She was third in the Women 45-49 age group with a time of 54:35.65. Beth is now representing Arlington Ageless Masters.

SwimQuest News

from Lisa Bennett

Swimquest Goes to Second Nationals

SQST swimmers didn't think they could have any more fun than they did at their first Nationals together...but they did at the USMS SC Nats in Federal Way, Washington, this past May. SQST brought seven swimmers, six women (Xandi Frisch, Pam Dameron, Kelly Cleary, Dee Hunter, Becky Franklin, and Lisa Bennett) and the lone man, Dave Frish. Coach Dudley Duncan was there to make sure that we all ate well, swam well, turned well, finished well, and of course behaved!

Highlights of the trip, besides swimming, were getting to know Seattle and the locals via public transportation; the ladies looking like Jennifer Lopez while trying to put on their new TYR suits; Dudley getting reunited with an old coaching friend, Jim Montrella, after ten years; and placing 48th out of 142 teams with only seven swimmers! Our ladies placed 25th out of 99 women's teams, and Dave finished 104th out of 115 men's teams! One nationally ranked swimmer even came up to Dudley and said that even though SQST was a very small contingency, we had a very large presence....not sure that was meant as a complement or not...but we had a great time! We hope that Austin is ready for us next year...we're bringing rafts for the Rio Grande.

2007 Navy Seal Reunion Swim

The annual Chuck LaMoyne Navy SEAL Reunion Swim took place at the Amphibious Naval Base, Virginia Beach, VA, on July 21, 2007. There were about forty current /former Navy SEALs, and friends and family of those members who participated in the event. The distance was a "Navy SEAL Mile" of about 1300 yards, with divisions of age- groups, gender, and fin and non-fin.

Pictured are **Casey Bennett**, (daughter of Lisa Bennett), who had never swum anything over a 100 yds, and placed second in her division; Randy Wise, VMST swimmer and former Navy SEAL, who placed in the top three in his division; **Lisa Bennett**, SQST swimmer, who was the first woman ever to win the event overall (two years in a row); and **Phil King**, former Navy SEAL, who won his division.



Note: In catching up with **Randy Wise**, he has informed us that he is sky-diving, hiking, and actually thinking about getting back into the pool to compete!

VMST Pictures from LC Nationals

Patty Miller, getting ready to swim. →



Jenny Spencer and Jim Miller →



VMST News



Charlie Erwin and Bud Swiger at meet in West Virginia.

You Never Know Who You Will Meet at a Meet

Example #1 - A Note from Charlie Erwin

On August 11, I competed in the West Virginia Senior Sports Classic at the West Virginia Natatorium in Morgantown. It was an event that created a min-reunion of my wife's relatives from the Charleston area and Ohio. They gathered to watch "Ole Charlie" swim (as well as to party)!

I figured I'd have some fun in a venue that would be different. As I entered the deck area...lo and behold...the first swimmer I met was our very own VMST Vice President Bud Swiger! It seems that Bud was also in West Virginia visiting relatives, and of course, partying.

We both sucked it up and swam competitively in our events. It really hit me how tight our swimming community is. One never knows who we'll find at a meet.

Editor's Note: Charlie has been doing a lot of traveling and swimming. I saw the latest copy of Geezer Jock Magazine, and it mentions Charlie swimming in a meet in Florida.

Example #2 - Jim Pope at LC Nationals

Many of you who are long time participants may remember Jim Pope. Jim was a professor at Old Dominion and swam with VMST for many years. He moved from Norfolk in the summer of 1992. The last meet I remember with Jim was Worlds at Indianapolis. He was back for the Jack King swim one summer when his daughter swam, but he didn't.

Jim is now living and teaching in Akron, Ohio, and swimming for Michigan Masters. He joined with the Michigan swimmers because one of daughters also swims with them.

Jim placed 2nd in the 200 and 400 free, 7th in the 100 free, and 8th in the 50 free. I waited until the distance day to get a picture. Jim was entered in the 800, but was a no show. So... no picture. A number of swimmers skipped the last day due to the heat and humidity.

Results from LC Nationals

Spencer, Jennifer VMST W 37

Free	50	29.77	1
Back	100	1:15.87	1
Back	200	2:48.09	2
Back	50	34.92	1
Fly	50	33.36	2

Braaten, Kitten VMST W 52

Free	200	2:52.59	9
Free	400	5:59.18	8
Free	800	12:17.81	9
Back	200	3:22.22	12
Fly	100	1:31.90	9
Fly	200	3:26.53	7

Miller, Patricia VMST W 46

Free	400	5:38.12	8
Breast	100	1:26.33	2
Breast	200	3:10.78	2
Breast	50	39.47	3
Fly	50	37.69	11
IM	200	3:02.07	5

Hlavacek, Ida VMST W 65

Free	800	14:55.19	4
Back	100	1:50.21	5
Back	200	3:52.55	6
Fly	100	2:00.15	4
Fly	200	4:26.11	2
IM	400	8:48.58	2

Durrant, Betsy VMST W 66

Back	100	1:47.19	4
Back	200	3:48.78	4
Back	50	47.21	3
Breast	100	1:51.62	4
Breast	50	49.80	4

Schreiner, Beth VMST W 66

Free	100	1:22.78L	1
Free	200	3:00.75	2
Free	50	35.04	1
Free	800	13:30.49	1
Back	50	45.30	2

Zaremski, Barbara VMST W 70

Free	100	1:27.41	1
Free	200	3:21.32	2
Free	50	38.01	1
Back	100	1:48.77	2
Back	200	3:59.66	4
Back	50	48.18	2

Miller, Jim VMST M 57

Free	100	1:07.40	12
Free	50	29.56	13
Back	100	1:26.57	9
Back	200	3:09.55	10
Back	50	39.63	11

Woods, Tom VMST M 64

Free	200	2:56.42	12
Free	400	6:22.05	10
Free	800	13:12.82	5
Back	200	3:43.41	8

Mixed 240-279 200 LC Meter Freestyle Relay

6 th	VMST 'A'	2:22.79	
1)	Woods, Tom M	2)	Zaremski, Barbara M
3)	Schreiner, Beth	4)	Miller, Jim W

Women 240-279 200 LC Meter Medley Relay

2 nd	VMST 'A'	2:51.60	
1)	Durrant, Betsy	2)	Miller, Patricia M
3)	Hlavacek, Ida M	4)	Schreiner, Beth

Women 240-279 200 LC Meter Freestyle Relay

2 nd	VMST 'A'	2:28.31	
1)	Zaremski, Barbara M	2)	Hlavacek, Ida M
3)	Braaten, Kitten	4)	Schreiner, Beth

Hot Times in the Woodlands*by Bob Schreiner*

There are very few urban airports in the world that give the passenger an accurate impression of the surrounding area as he or she looks out the window as the plane prepares to land. Take George Bush International Airport in Houston, for example. As members of VMST flew into the airport in early August to participate in the 2007 USMS National Long Course Swimming Championships, they saw housing development after housing development, acres and acres of concrete, traffic-filled roads and motorways, and little else. For certain, there were no shorelines of lakes or ocean to view, nor were there visions of forests, mountains, or even rolling hills. There weren't even woods to be seen, yet the championships were being held in the Houston suburb of The Woodlands, Texas, weren't they?

Given the evidence available through the tiny aircraft windows, the VMST contingent could have been landing in Dallas, Atlanta, Kansas City, or Oklahoma City—and it is surprising that, given the reputation of the U.S. airline industry, they didn't land at any of those destinations instead. (To prove that I know something about the good standing of U.S. airlines, Beth and I arrived in Houston on Thursday, but our luggage arrived on Friday. It was no doubt my fault, since I admit I did not make a formal written request to Delta Airlines that our one suitcase travel on the same plane that we did.) However, after a 30-minute drive north along the I-45 strip of automobile dealerships and fast food restaurants, we suddenly noticed trees! Eureka, the directions didn't lie after all—we had arrived at The Woodlands.

See *Hot* on page 9.

Hot continued from page 8.

Immediately, we became aware of two problems. The first one was the heat—HOT in this part of the world is an acronym for Highly Outrageous Temperatures. Who among us had agreed to attend an outdoor swimming event in temperatures befitting only camels and cacti? It was 100° with high humidity and no wind. (Had Lawrence of Arabia entered the meet, he would have scratched the moment he stepped out of his air-conditioned caravan.) The second problem was that the woods in The Woodlands were so dense and the commercial signs so small that we required a local scout to point out the entrances to such obscure places as the Marriott Courtyard, the Hilton Garden Inn, the Waterway Marriott, The Woodlands Conference Center and Resort, and even The Woodlands Athletic Club, where the swimmer met the water. (Never in 33 years working for the CIA have I seen such clever and effective use of camouflage and concealment.) Panic set in: if we couldn't find our motel, how would we ever find a Coldstone Creamery for sustenance? Somehow, we stumbled onto our motel, the Courtyard Marriott—better, we “drumbled into” it, since we were driving a rental car without GPS. We have no idea how the other VMST members made it to their respective hotels—they probably had connections and were picked up at the airport and delivered by Tom Boak, the gentlemanly meet director and president of the Woodlands Masters Swim Team (WMST).

Despite heat, humidity, and hidden hotels (I thought 4-H clubs only applied to farm children in western Kansas), the championships were extremely well organized and run. Tom and his merry band of volunteers, including former VMST stalwarts and personal friends Joanne and Bob Leilich, were unfazed by heat indexes or by VMST hecklers and conducted an efficient and successful meet—they even thought to cool the water in the competition pool! Believe it or not, the leopard-skinned shuttle service was reliable and comfortable. The meet officials deserve special commendation for being on their feet all those hours in all that heat. (Maybe, there are some leftover medals of valor from Desert Storm that the Pentagon could give WMST.) Should it ever be necessary, these WMST volunteers could pull off

an ice cream social in the Sahara. My only recommendations for improvement? How about hosing down the bleacherites every 15 minutes, or handing out free cold compresses and deodorant sticks to competitors and spectators?

Biased as I am, my attention was focused on events involving the VMST swimmers. That way, I can more easily ignore several large swim teams that I've grown tired of over the years. (I won't mention names, but the teams' initials are Tamalpais Aquatic Masters, San Diego Swim Masters, and Walnut Creek Masters.) Most people think I like VMST because I'm in love with one of their freestylers, but there are reasons beyond Beth. Really, what other team would share its shaded bleachers with a non-swimming third baseman, try to teach him French (thanks, Kitten), provide round-the-meet nonsensical humor (thanks, Tom), and allow him to author nonsensical commentary on the team's performance and behavior (thanks, Betsy)? I also get an ego boost every time I hear Jim Miller critique a swimming performance that echoes my own non-professional observations (thanks, Jim).



Kitten, Bob, Tom, and Sandy

As always, the strength of VMST's national teams rested with the ladies. In these national championships, for example, the seven VMST ladies took 5th place in the women's division, although at least a dozen other teams had more women swimmers. Special congratulations go to Jenny Spencer (three 1st and three 2nd place finishes), Beth Schreiner (three 1st and two 2nd), Barb Zaremski (two 1st, three 2nd), and Patty Miller (two 2nd and one 3rd), but Betsy Durrant, Ida Hlavacek, and Kitten Braaten made significant
See LC on page 10.

LC continued from page 9.

contributions to the team's total as well. The women also teamed up to score two 2nd place finishes in the 200 medley and 200 free relays. (I chose to survive on relay days, watching TV in our motel room each afternoon as Tiger Woods put away the field in the PGA.)

Speaking of the Woods boys, VMST's own Tom (whose only relationship with Tiger is that Tom occasionally wears a red shirt on Sundays) kept our bleacher section entertained with his banter with his buddy and meet roommate, Sandy Galletly. (Tom's stories and humor were more effective with the Wisconsin Masters—who sat with us—since they had never heard or witnessed Tom before.) Tom has never been shy about his fanatical devotion to the St. Louis Cardinals, but he was unusually stoked during the week by some inspired play by his favorite baseball team. According to Sandy, Tom wore out the TV clicker in their motel room by switching channels either to catch a Cardinals game or to avoid one (that Tom had recorded at his home for later viewing). While Tom never boasted much about his swimming exploits in The Woodlands—self-effacingly alerting us to “watch the most exciting 5 minutes in sports” just before he began his 200-meter freestyle—he evidently is a world class TV channel changer. As Sandy described Tom's use of the clicker, “I saw 26 different TV shows in only 13 minutes.” Although officially a member of the Southern California Aquatic masters, Sandy is an “honorary member” of VMST through his friendship with Betsy and his ability to speak native Scottish. (Funny, isn't it, that despite all the Scotch I've consumed in my adulthood, the best Scottish I can manage is, “Blimey, my kilt's too short.”)?

Beyond Tom's aforementioned 200-meter freestyle, there were some impressive performances during the meet. Joanne Leilich, for example, had several nip-and-tuck races with her long-time adversary, Bonnie Pronk, but none was more exciting than her come-from-behind victory in the 100-meter breaststroke. My spouse, Beth—aka Grandma Evinrude—met a previously unknown challenger in Edna de Saracho of the Casablanca team from Mexico City. Edna surprised Beth by holding on in the 200-meter freestyle to nip Beth by a half second. The race was made more thrilling

thanks to meet announcer, Mark Gill, who seemed to mention each closing stroke made by Grandma Evinrude before she ran out of pool. Beth got her revenge, however, in the 800-meter freestyle days later—beating the No. 1-seeded De Saracho by more than 7 seconds.

Not to take anything away from the intrepid swimmers, but the most entertaining and consistent performance was that of Mark Gill. Even though considerably younger, Mark could be called the



Mark Gill and Mel Goldstein

Vince Scully of swimming. His knowledge of the sport and of the competitors and his awareness of fine performances come through time and again as Mark calls a race. He keeps the spectators and competitors engaged in what's going on in the pool, not an easy task when more than 40 events are conducted over 4-5 days. Best of all, his quick wit and dry sense of humor add color and fun to even the most boring of races. To keep his ego in check, however, I must mention that occasionally someone like Betsy Durrant has to rein in his enthusiasm and point out the rare gaffe of his. And, who can forget Mark's unique ability to announce the very race he is swimming? Listening to him calmly announce the heat he is participating in and then watching him dash to his starting block from the announcer's tent boggles the sports fan's mind. (No, I can't imagine Tiger announcing that his putt will give him a par just before he runs onto the green to tap it in.) Betsy Durrant is the only other person that I know of in USMS who is Mark's equal: everyone who knows them loves both. (Betsy's a lousy announcer, however, I'm told.)

See LC Wrap-Up on page 11.

The social highlight of the 5 days was a party thrown by Joanne and Bob Leilich in their sumptuous new home in The Woodlands. Their “old” swimming friends from the DC Masters and VMST were special guests, and the Leilichs went all out to make the occasion enjoyable and homey—Bob even served fine wine! They are missed back east as much as they are appreciated in The Woodlands. As is our wont, Beth and I took the opportunity to explore some of the finest restaurants The Woodlands has to offer. We had marvelous dinners at Kirby’s and at Amerigo’s Grill, but the best was at Tom Boak’s recommendation: Perry’s Steakhouse. This time, we restricted our usual sightseeing jaunts to visits to air-conditioned eateries and to drives in our air-conditioned rental car. On one such outing, we saw a dead armadillo on the side of the road. Some may claim it was the victim of a passing vehicle, but Beth and I know the true cause of its demise. A security officer who spotted it trying to break into the local Culligan Water store shot it.

As Beth and I said goodbye to Tom Boak on Monday, he said: “Come back and see us next year in Austin. We’ll try and have some heat for you.” I will close with one recommendation for Tom and for USMS President Rob Copeland (another nice guy): to balance out the scheduling of USMS National Championships, hold the 2009 long course nationals outdoors in Green Bay in January.

VMST Team Meeting

The annual VMST meeting will be held during the February meet in Richmond. I will publish the time and place in the January newsletter. We have had some difficulty with attendance at team meetings lately. This year I’ll try to arrange to meet at the pool either prior to warm-up or at the end of Saturday’s events.

Team business to be conducted:

✓ Budget for the year.

✓ Update By-laws (current by-laws and proposed updates will be published in the October VMST newsletter).

✓ Election of officers. The current officers have served two years. They are eligible for another term, but we’ll need to have a nominating committee to determine who is interested in running for an office.

Betsy Durrant

VMST Wins at LC Zones

Congratulations and many thanks to the 18 swimmers who participated in the LC Zone Championship at the University of Maryland. As usual, the team victory was a result of the many relay teams we were able to put together.

Because we are so spread out geographically, it is always a challenge to determine who will be at the meet and who is willing to swim relays. Most swimmers are getting used to the routine. Emails are sent out the week before to find out who is willing and available for various relays. Dick Cheadle has been going beyond and calling many of our team members who do not use email. At the meet, possible relays are posted in the area where our banner is hung. This gives swimmers an opportunity to see what relays they are scheduled for and to offer suggestions.

For this meet, Bud Swiger was the relay king - finalizing all relays. He had great help from Dick Cheadle, Judy Martin, and Debbie Jaeger. As usual, last minute changes were necessary, but it all worked out. We entered 21 relays and 20 actually made it to the blocks.

A quick (and not necessarily accurate) count of the relay results shows how many relays our swimmers participated in:

Debbie Jaeger 2, Rosanne McMillian 2, Susan Marens 3, Judy Martin 5, Lucille Griffin 5, Marcia Barry 4, Beth Schreiner 1, Laura Walker 3, Susan Henley 5, Owen Maher 4, Bud Swiger 8, Chris Frogley 6, Bill Nelson 3, Neil Sween 5, Ed Gaulrapp 7, Tom Lyons 7, Dick Cheadle 6.

Thanks to all team members who swam in the meet, whether you swam relays or not, whether you swam one day or both – thanks for being a part of team.

Local Masters Swim Committee for Virginia

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In this issue ...

- ☛ *Results for swimmers who swam in the National Championship 2-Mile Cable Swim. Results and pictures from **Chris Stevenson** and **Dave Holland**.*
- ☛ *SC Top Ten.*
- ☛ *News about the SwimQuest team from **Lisa Bennett**.*
- ☛ *Picture and news from **Charlie Erwin**.*
- ☛ *Report from LC Nationals from my favorite correspondent and team supporter, **Bob Schreiner**.*
- ☛ *Brief report on VMST at LC Zones. I hope to hear more from those who competed.*

Editing the newsletter is easy when I get so many contributions!! 😊 😊 😊