THE WET GAZETTE

The LMSC for Virginia-Serving Masters Swimmers in Virginia and West Virginia

Relay All-Americans

The following swimmers have been identified as Relay All-Americans for 2007. This means that each person listed was a member of a relay team that placed first in the USMS Top Ten for Short Course Yards. Short Course Meters. or Long Course Meters.

VMST VIRGINIA MASTERS SWIM TEAM

Marianna Berkley 85 Richard O Cheadle 70 Betsy Durrant 65 Lucille Griffin 69 Ida M Hlavacek 65 Susan E Marens 65 Beth Schreiner 66

Edward H Gaulrapp 65 Susan A Henley 74 Thomas F Lyons 74 Jeanne H Meredith 79 Terry Sokolik 80 Miriam K Tuovila 82

Niel L Sween 72 Laura S Walker 69

A breakdown by course and relay teams:

Women 65+ 200 Free Relay and 200+ Medley Relay: Hlavacek, Marens, Durrant, Schreiner Women 65+ 400 Free Relay: Schreiner, Walker, Henley, Marens Women 65+ 400 Medley Relay: Walker, Durrant,

Marens. Schreiner

SCM

Women 320-359 200 Free Relay: Meredith, Sokolik, Tuovila, Berkley

LCM

Men 280-319 400 Medley Relay: Sween, Lyons, Gaulrapp, Cheadle Women 280-319 200 Free Relay: Schreiner, Griffin,

Walker, Henley

If anyone listed wants to order an All-American certificate and patch, contact me (the editor) and I will send you the correct form.



United States Masters Swimming Swimming for Life

Memories

Harry DeLong has been working his way through a collection of old photographs and has promised to send some to me to share. The photo below was taken in 2000 in Roanoke Rapids, NC, after a North Carolina / Virginia Challenge meet. The photo is the second year of the meet when Virginia won the prize cup. Harry says he doesn't think it was held after that because the aquatics director moved away from the area.

Challenge: Who can identify the most swimmers? Send me a list of those you recognize.



A líttle late...

See page 3 for the results of Virginia swimmers in the One Hour Swim National Championship.

With so many swimmers doing the event, it is hard to scan results and pick out the Virginia swimmers. I waited until the event director, Mel Goldstein, could send me a list of participants from Virginia.



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

July 20: LC Meet at Hains Pt, Washington, DC

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

August 23-24: Colonies Zone LC, U of MD Entry is in this newsletter.

September 6: Lake Montclair, 1 & 2 Mile Entry is in this newsletter.

October 26: GMU Sprint Classic

November 1: Tentative date for Fall Meet (SCM) in Virginia Beach

Newsletter Editor

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

Photo of Alvin Richardson taken at the Nelson Bay Triathlon by TriDuo (www.triduo.com).





Masters Swimming in VA

www.vaswim.org

USMS Website

www.usms.org

Latest info on all levels of swimming

www.SwimmingWorldMagazine.com

Nearby LMSCs

North Carolina: www.NCMasters.org Maryland: www.Maryland@usms.org Potomac Valley: www.PVMasters.org

Colonies Zone

www.ColoniesZone.org

LMSC Officers

Chair: Terry Sue Gault

tsgvmst@aol.com, 804-379-9099

Vice Chair: Chris Stevenson

cstevens@richmond.edu, 804-440-3373

Secretary: Dave Holland HenryDaFif@aol.com

Treasurer: Mike Duignan mikeduignan@cox.net

Registrar: Lisa Bennett

swimlab56@msn.com, 804-379-5324

Sanctions: Judy Martin

jmartin240@cox.net, 757-721-0890

Records and Top Ten: Chris Stevenson cstevens@richmond.edu, 804-440-3373

Graphics from www.swimgraphics.com

USMS Convention

The USMS Annual Convention will be held September 24-28 in Atlanta. Based on the number of swimmers registered, Virginia is entitled to three delegates. LMSC delegates this year will be Chris Stevenson (LMSC Vice Chair and Top Ten/Records Chair), Dave Holland (LMSC Secretary and race director for Chris Greene Lake), and Lisa Bennett (LMSC Registrar).

In addition, the following Virginia swimmers are automatic delegates due to their positions within USMS:

Jim Miller (Past President), Betsy Durrant (BOD member), Patty Miller (Legal Counsel), Charlie Cockrell (Officials Committee Chair).

Since the convention is in Atlanta, transportation costs are less this year. If you are interested in attending to learn more about USMS and how things get done, contact LMSC Chair Terry Sue Gault. The LMSC will pay the convention registration fee (but not expenses) for any member of the LMSC who attends.

25th Jack King One Mile Ocean Swim

by Betsy Dunnant

It was a beautiful day for the swim - good weather, a calm ocean - if only the current had been going in the same direction as the swimmers! It was a challenging swim and the participants deservedly had a real feeling of accomplishment when they finished.

Race directors Ray and June McDaniels do a great job with the swim. They always have plenty of help from friends, family, and the families of their friends.

Chris Stevenson led the way with a time of 26:57. Second place was Matthew Baxter in 28:03. Third place overall was Katie Arris-Wilson in 28:54! The top 5 Men and Women were:

Chris Stevenson, 43 Katie Arris-Wilson, 37 Matthew Baxter, 29 Ryan Smith, 24 Matthew Bickley, 46 Val Van Horn Pate, 45 Perry Lange 53 Lisa Bennett, 52

Perry Lange,53 Lisa Bennett, 52 Jay Leach, 41 Jennifer O'Reilly, 28

Complete results can be found at: www.vaswim.org

One Hour Swim National Championship

In January each year, USMS sponsors a national championship postal event, The One Hour Swim. The purpose of this event is to swim one hour, with a counter getting splits, to see how far you can go. It's a great activity for any workout group and a great way to measure your conditioning. Twenty-five swimmers from Virginia entered, but there were many more who participated and didn't submit an official entry. In Virginia Beach, we had 18 do the swim (three heats of 6 each), but only 9 officially entered.

Another challenge: Organize your workout group to do the Hour Swim next January!

Swimmers from our LMSC who participated and entered the event:

| W40-44 | Alice Phillips, 4720, 9 th |
|----------|---|
| | Charlotte Hollings, 4715, 10 th |
| | Donna Armento, 3590 |
| | Susan McKerns, 3255 |
| | Vanda Kennedy, 2475 |
| W45-49 | Susan Gordon, 4235 |
| VV 40 40 | Betsy Goode, 3405 |
| W 55-59 | Shirley Loftus-Charley, 4585, 1 st |
| W 33-38 | |
| 14405.00 | Catherine Rotch, 2905 |
| W 65-60 | Betsy Durrant, 3425, 9 th |
| | Kathleen Broderick, 2835 |
| W75-79 | Jeanne Meredith, 2580, 7 th |
| W80-84 | Terry Sokolik, 2340, 4 th |
| W85-89 | Marianna Berkley, 2095, 2 nd |
| M18-24 | Craig Charley, 4504, 10 th |
| M40-44 | Dave Holland, 4015 |
| | Anders Jakobsson, 3155 |
| M50-54 | Ed Schiavoni, 3475 |
| | Bob Ericson, 3375 |
| M55-59 | John Shrum, 4380 |
| | Dave Eckes, 3150 |
| | Raymond Funkhouser, 2940 |
| | • |
| MCO C4 | Stanley Mushaw, 2500 |
| M60-64 | James Evans, 3490 |
| M70-74 | Alfred Newbury, 2955 |

Shirley Loftus-Charley and Craig Charley represent Shenandoah Marlins (SMAM). The other swimmers represent Virginia Masters (VMST).

LMSC Registration Update by Lisa Bennett

As the new Registrar (since March of this year) for the LMSC for Virginia, I would like to say how much fun it has been so far. I might not be saying that come November and December, but for now I have had a wonderful time getting to know so many swimmers within our LMSC. I would like to extend a big welcome to two new teams that have joined our ranks: **GREEN BANK TURTLES**, from Green Bank, WV and **SUNFISH MASTERS**, who will be hailing from Manassas, Virginia.

The Turtles were herded by Dr. Jules Harnett. He gathered about 15 or so new members for this team, and from what I understand, they are off and "swimming" and having a great time. The Sunfish are being formed by "Cy" Cyganiewicz and his wife, Ginger, who come from Kentucky. They were instrumental in the success of the USMS Nationals held in KY in 1991. The Sunfish swimmers will have over 45 years of coaching experience on their deck. They will be beginning practices on September 3, 2008 at the Freedom Center, GMU, Manassas, VA.

All of the teams can be viewed from the LMSC website: www.vaswim.org. The LMSC now has 19 teams! And as of June there are 850 registered Masters swimmers!

So, if any team wants to host a meet, you'll have a ton of swimmers who might show up for it! Welcome new teams, and welcome to all the new swimmers too.

MIGHTY MERMAIDS TO COMPETE

by Lisa Bennett

On July 19, 2008, six women, all over the age of 50, will be competing in the Trans-Tahoe Relay. This is an 11.4 mile swim across the lake starting in NV and ending in CA. The water temperature will hopefully be at least 62 degrees! No wetsuits are allowed. We have called ourselves THE MIGHT MERMAIDS! The concept started in May of 2007 by a west coast swimmer, Christie Ciraulo, who thought it was a great idea to have a team of "seniors" do this race. She hooked two

others, Tracy Grilli and Nancy Steadman-Martin, and they in-turn hooked two others, myself and Karen Einsilder. Christie asked one of her swimming buddies from LA, Jenny Cook, to be a part of the team as well, hence the Mighty Mermaids! We originally thought of ourselves as the Mighty Menopausal Mermaids, but after reading our bios and learning each others' achievements, we thought Menopausal was irrelevant (plus we thought the name might scare off too many other swimmers!!)

Since May of 2007, this group has



generated over 3,000 emails and two conference calls to make sure that we will be ready for the swim. A host of Mermaid attire and memorabilia has criscrossed the United States (including Mermaid ball caps, Mermaid sweatshirts and towels; wind chimes and necklaces) to keep the group motivated. Of course

the Mermaids' color is PINK!!!! So if you see a Mermaid sweatshirt as a local meet, you'll know who it is!

The Mermaids just finished a warm-up swim completing 2,340 miles on a "virtual" swim UP the Mississippi. Our next virtual swim has begun; heading to Sweden for the 2010 Worlds Swimming Championships! (I didn't even ask how many miles that one is!)

The main purpose of this relay however, (besides having a blast getting to know one another) is to gain awareness and support for breast cancer. One of our Mermaids, Karen, is a breast cancer survivor. This Mermaid has shown the swimming world that the disease will not interfere with life. As THE MIGHTY MERMAIDS we would like to dedicate our race to all of those who have survived breast cancer and all of those who have not. With each stroke we will be honoring everyone who has been affected by breast cancer, and with each stroke we are hoping to be closer to a cure.

I am attaching here a link. Please do not feel any obligation, but if you are so inclined, please go to the link and help the Mighty Mermaids do their part in fighting breast cancer. And on July 19, at 10:30am (EST) please be thinking of the six Mighty Mermaids who will begin the journey across Lake Tahoe!

http://www.challiance.org/howyoucangive/tahoe.shtml

What in the World is She Talking About?

(or, understanding the coach's jargon)

Editor's Note: This is part of some information I wrote for new swimmers in the groups that I coach.

Pace Clock

On the wall, or on the pool deck, you will see a large clock. This is the pace clock. Get used to looking at it, because the pace clock keeps the workout organized and will help you learn a sense of pace. To be a good swimmer, you must develop a sense of pace, and to learn a sense of pace, you must look at the pace clock.

The clock is marked off to show 60 seconds. You only need to pay attention to the second hand, the one that you notice is moving. Forget the other hand. The coach will tell you when to start the next set: "Start on the 30" or "Start on 45." That means the first person in the lane starts when the second hand gets to that number. Unless the coach tells you otherwise, each person starts 5 seconds apart.

Sometimes the coach will use a short cut and say "Start on the Top." That means start on the 60 (the number on the top of the clock). Likewise, "start on the bottom" means to start when the second hand is on the 30 (the number at the bottom of the clock).

If you remember where the hand was when you started, you can figure out your time by looking at the clock when you finish and doing a little arithmetic. This gets easier when you learn approximately how long it should take you to swim a 50 or a 100.

Lane Assignment and Lane Etiquette

In a workout group, you will rarely have a lane to yourself. Occasionally, you may have only two in a lane. In that case you can SPLIT the lane. That means that one person stays to the right of the center line, and one person stays to the left. Swim straight.

In most workouts, you will CIRCLE SWIM. Circle swimming means that you go down the right side of the lane and return on the left side. With circle swimming and cooperation among the swimmers, you can easily swim 4-5 (or more) in a lane. Circle swimming works best when the swimmers are close to the same speed. You may

be shifted from lane to lane to get the most compatible swimmers together. Depending on who else is present at a given workout, you could be asked to shift to an adjacent lane.

Getting the order right is essential. The fastest person should go first and the slowest should go last. If you are swimming a 200, the first person should be the person who can swim a 200 the fastest, not the person who can swim a 25 the fastest. This is not the time to be polite and let someone go ahead of you if you know they are slower. Each person has an obligation in circle swimming. If you go ahead of someone, it is your obligation to swim faster than they do. If you can't hold the pace, drop back a place or two. On the other hand, if you tell someone to go ahead of you, it is your obligation not to run over them. If you are faster, switch places at the end of that swim. Do not keep asking to switch places. Whenever you switch, someone loses rest time.

Passing is possible, but should be done with care. If you lap someone, you will need to pass them. There are two ways to pass, depending on the situation. One way is move to the left (the center of the lane) and pass. You have to have enough room to get by them before the turn. The second way is touch the person's feet. That is a signal to them to stop at the next turn and let you pass.

Sometimes it is necessary to stop and rest. If this happens, try to stop at the starting end of the pool, move over to the lane line, and wait for that swim to be over. For instance, if the lane is going 200, you might stop at 150. That's fine, just move out of the way and wait to start the next swim. DO NOT stop and rest 10-15 seconds and then resume the swim. That messes up the others in your lane because you are getting further and further behind. It's okay to skip one of the swims or to cut it short, but stay out of the way and join in at the appropriate time.

Intervals

A significant portion of most workouts is done as intervals. An interval is the total time from when you start the first swim to when you start the second swim – the actual swim time plus the rest time. If you are swimming on a 2 minute interval and the swim takes you 1:45, you will get 15 seconds rest and go again. If you do the swim in **See Jangon on page 6.**

Jangon continued from page 5.

1:30, you will get 30 seconds rest and then start again. If you are swimming on a 2 minutes interval and start when the hand is on the 10, you will leave again when the hand is on the 10. If you are swimming on an interval of 2:15 and start on the 60, the next time you start on the 15 (2:15 seconds later), then on the 30, the 45, etc. Interval training helps you learn a sense of pace, trains your cardiovascular system, and keeps the lane organized.

Descending Sets

The coach says "3 x 50 on 1:30, descending." That means to swim three 50s on an interval of 1:30, with each 50 faster than the one before. The first one would be easy, the second one moderate, and the third one fast. It is called "descending" because your time descends – your time is less on each 50.

Pulling

Pulling means to use your arms only - no kicking. To hold your feet up, use a pull buoy. I think pulling is important because it gives you an opportunity to work on your arm technique. The pull is the most powerful part of the stroke. Kicking is important for propulsion in sprints, but in distance events the kick is more important for maintaining body position than for propulsion.

Using paddles is good for diagnosing and correcting your stroke. Used incorrectly, paddles can cause injury to your shoulders. Many years ago, my coach had everyone in the workout remove the wrist strap on their paddles. We could only use the finger strap to keep them on. This is hard at first, but it makes you aware of your stroke pattern. In order to keep the paddles from slipping, you have to keep your elbow up and angle your hand so that you are constantly exerting pressure on the water with your hand. Many new swimmers do not like to use paddles because they keep slipping off. That is a clue that the stroke needs some work. Don't give up. Also, don't strap the paddles on tightly. Shoulder problems come from doing the stroke incorrectly. Doing the stroke incorrectly with paddles will bring on shoulder problems even faster. Slow down and learn to do the stroke correctly!

Kicking and Drilling

Kicking during practice is important. It increases your heart rate, enhances conditioning, and builds strength in your legs. Drilling also enhances your leg strength while you are practicing some specific part of your stroke. I like to mix up the kicking: sometimes it is done with a kickboard, sometime on your side, sometimes on your back. I do most of my kicking and drilling with fins, but it is important to do some without fins also.

Using Fins

What about using fins? Fins are a help if used correctly. They make most drills easier so you can concentrate on body position and the specifics of the drill. I prefer short fins because they allow you to do the stroke the way you do without fins. I think long fins slow down your kick and distort the stroke.

Sometimes you are in a situation of swimming with others who are a little faster. In this situation, using fins will help you make the interval. If I use fins for a set, I believe I should be 5 seconds faster on each 100.

Going Fast, Going Slow, Pacing

It is important to be able to swim at different speeds. Some workouts stress speed; some workouts are at a slower pace (longer swims); a large portion of workouts stress pacing. Why is pacing important?

•If you swim in open water, you have to have a sense of pace so that you don't go out too fast and die or go out too slowly and never catch up.

•If you race in meets, 50s are the only race where you can go all out for the entire race. For other distances you have to have a plan and you have to know what pace is appropriate for that distance.

•If your goal is to get in shape and stay in shape by swimming, you will be able to do a longer, harder workout if you can pace yourself during the workout. You can't do everything at 100% effort.

See What in the World? on back page.

VMST Logo Items by Betsy Durrant

For anyone interested, the team has the following items available:

- •Yellow swim cap with VMST logo in purple \$3
- •Purple swim cap with VMST logo in white \$3
- •Purple t-shirt with embroidered logo \$14 (S, M, L, XL)

I have the above items and can deliver them to you at a meet or I can mail them to you with a charge for postage.

•New Item!

Black hooded windbreaker with embroidered VMST logo \$29.50 plus postage. Order directly from Kast-a-way: 800-543-2763. I have one and it sizing seems to run big. It is very nice with good pockets.

VMST and LC Zones

Long Course Zones will be at the University of Maryland, College Park, August 23-24. This was the only weekend that a pool was available for the meet. It is a great pool and should be a good meet.

As usual, relays will be offered at 200 and 400 (both medley and freestyle) and 800 freestyle. I urge you to give thoughtful consideration to entering this meet to get LC times and to participate on relays. If you are going to go to the meet, let one of the following know:

Dick Cheadle, dbcheadle@verizon.net, 703-425-1699
Bud Swiger, mssswim@aol.com, 703-777-6149
Judy Martin, jmartin240@cox.net, 757-721-0890

We have to enter Saturday's relays during warm-up, so need to have those relays ready to go before getting to the pool. On Saturday, the meet is Warm-up at 12:00, Meet at 1:00. On Sunday, starting times are Warm-up at 7:30, Meet at 8:30. The meet must be concluded by 12:30 pm.

New VMST Banner

If you have been at any meets lately, you may have noticed that the VMST banner is looking pretty old and tired. We definitely need a new one. Harry Sober has volunteered to work on a new design, but we need some input from team members.

1. Do you want the new banner to use the same logo or would you like a new team logo?



- 2. What about colors? The current banner is purple with pink trim and white in the logo. Would you like the banner to have a purple background? Another color? What color combination?
- 3. Any other comments/suggestions?

Email me with your comments and suggestions: durrant6@cox.net or send me something by mail: Betsy Durrant, 211 66th St, Virginia Beach, VA 23451. Don't delay. Get comments to me by the end of August.

Roberta Sugden

Roberta Sugden of Lynchburg had a stroke many months ago and passed away recently. **Jim McFarland** sent the following.

Roberta was a dedicated Masters Swimmer, whose achievements made her worthy to be inducted into the Lynchburg Sports Classic Hall of Fame. She was also honored by the Academy of Women (in Lynchburg) in the field of athletics. Roberta participated in many Masters events, including Masters Nationals, and won at least one event at nationals several years ago.

She was one of the best representatives of the sport of swimming, conducting herself with grace and poise – the word "lovely" springs to mind as the word that best describes her. As much

See Roberta on page 6.

Roberta continued from page 5.

as she carried herself with grace, Roberta was a peacemaker (lots of people claim to be peacemakers, but most are merely peacekeepers.) Roberta was a peacemaker.

I coached her for nearly 15 years; she was the swimmer I coached longest, from the beginning of my Masters coaching career. She was one of our swimmers who learned to swim fly after 70 years of age. Her performance in the stroke defined the word "butterfly." It really was like that of a butterfly, light and lilting, not that of a struggler. Her arms lifted across the water with the delicate grace of her stroke's namesake.

Roberta was also very competetive. When I mentioned that she was very competitive, she admitted it with a sheepish grin. In her early years, loong ago, young women were not encouraged to be competitive. And still, she was competetive to be the best she could be. She didn't have to be better than anyone else, but the best she could be. She was - and is - the inspiration for many.

Roberta was also an artist, and she loved painting. in a way, swimming was merely another form of art, another way to express herself, and another way to share her wonderful life with her friends, her children (and even with her coach.)

We'll miss you Roberta. 'Til we meet again in Glory.

Editor's Note:

On the USMS website, you can search for Top10 listings for individuals. It shows Roberta with Top10 times from 1993 (W75-79) to 2005 (W85-89). I remember that Roberta liked to travel to Nationals and usually had her daughter or son accompany her. I feel like I got to know her family. In Hawaii, in 2002, Roberta got disqualified in one of the IM races. **Nancy Miller** took Roberta to the warm-up pool and worked with her; Roberta successfully completed the next IM at that meet.

Open Water Swims

In addition to Lake Montclair (entry is in this newsletter), there are several opportunities for open water swims. The swims listed below are not USMS sanctioned, but offer ocean and lake swim experience.

Vinginia Beach life Guand Senies

1 K Swim on July 13 3 K Swim on July 27 5 K Swim on August 27 For more information, contact Ray McDaniles at 757-496-2570 or ray@aquariusengineering.com

Smith Mountain Lake

On September 20-21, there are some open water swims at Smith Mountain Lake (near Roanoke).

September 20: 5 K September 21: 1 mile

For more information, contact Doug Fonder at 540-397-0505 or dougfonder@gmail.com.

The entry is posted on our website: www.vaswim.org

Information for the Zone LC Meet

The entry form is on page 9. Complete information is on the Colonies website.

When: Aug 23,24 Where: U of Maryland, College Park Deadline: Received by Mon, Aug 11

Time: Saturday Warm-up - Noon, Start - 1:00 pm; Sunday Warn-up 7:30 am, Start 8:30 am

The 4th Annual Terrapin Cup & Colonies Zone Long Course Meters Championship University of Maryland Eppley Recreation Center Natatorium • College Park, MD

August 23 & 24, 2008

| | | | • | |
|--|--|---|--|---|
| USMS # | | | | |
| · | | | Attach a copy of | your USMS card here |
| Address: | | Please note: Entries without cards will be rejected Phone and email contacts will be used for meet communications and to clarify any errors in your entry | | |
| | | | | |
| <u>Saturday Aug</u> Warm-ups: Meet Start: | 12:00 pm | | Warm | <u>August 24, 2008</u> -ups: 7:30 am m • Firm End Time: 12:30 |
| Event S | seed Time (LC Meter | rs) | Event | Seed Time (LC Meters) |
|) 400 Mixed Freestyle Relay 2) 200 Mixed Medley Relay 3) 200 Freestyle 4) 50 Backstroke 5) 200 Breaststroke 6) 400 IM 7) 100 Butterfly 7) 50 Freestyle 7) 200 Backstroke 8) 50 Breaststroke 1/12) 400 Medley Relay 3/14) 200 Freestyle Relay 5) 800 Freestyle ** | (Use Relay Form) (Use Relay Form) | | 16) 400 Mixed Medley Rel 17) 200 Mixed Freestyle Rel 18) 100 Freestyle 19) 200 Butterfly 20) 100 Breaststroke 21) 400 Freestyle ** 22) 200 IM 23) 100 Backstroke 24) 50 Butterfly 25/26) 400 Free Relay 27/28) 200 Medley Relay 29/30/31) 800 Freestyle Relay | Relay (Use Relay Form) |
| Events @ \$5 each Relays @ \$10 each TOTAL ENCLOSED RELEASE BY PARTICIPANT FROM ave not been otherwise informed by ompetition), including possible perm 'HE MASTERS SWIMMING PROGROSS OR DAMAGES, INCLUDING A OLLOWING: UNITED STATES MA MEET SPONSORS, MEET COMMIT | each) ze: S M L XL LIABILITY: "I, the undersig or a physician. I acknowledge nanent disability or death, ar RAM OR ANY ACTIVITIES ALL CLAIMS FOR LOSS OF STERS SWIMMING, INC., TEES, OR ANY INDIVIDUA | e that I am awar nd agree to assi INCIDENT THE R DAMAGES C THE LOCAL MA | Send Entry to: Telegraphic Send Entry to: Results will be posted a service of all the risks inherent in Masterna all of those risks. AS A CON RETO, I HEREBY WAIVE ANY A AUSED BY THE NEGLIGENCE, ASTERS SWIMMING COMMITTI | NDITION OF MY PARTICIPATION IN AND ALL RIGHTS TO CLAIMS FOR |
| agree to abide by and be governed signature | | _ Date | | |



10th Annual Lake Montclair



1 & 2-Mile

Open Water Swims

LAKE MONTCLAIR, DUMFRIES, VA SATURDAY, Sept 6, 2008

Sanctioned by Virginia LMSC for USMS, Inc. Sanction # 128-006

Meet Director: Wayne White who can be contacted by calling 703-491-9987, 703-602-3207 (daytime) or email wwhitefamily@comcast.net

Eligibility: Open to **USMS registered swimmers ONLY**. There will be no on-site registration.

Events: One & Two-mile open-water event, two or four laps around a half-mile course. In-water start and water's edge finish. The one-mile event will be started first. This swim will begin *promptly* at 9:00 a.m. Check in for the one-mile swim must be complete by 8:30 a.m. A course and safety brief will begin at 8:30, and then the swimmers will be assembled at the start area. The Two-mile event will begin at 10:30 a.m. Check in for the Two-mile event must be completed by 10:00 a.m. Another course and safety brief will be provided for this event at 10:00, followed by assembly at the start area.

Deadline: Entries must be received by the meet registrar by **Saturday**, **Aug 30**, **2008**. No incomplete entries; phone entries; late entries or meet-day entries will be accepted.

Fees: \$25 per individual per event. You may swim both events. \$15. charge for the second event. Only one T-Shirt will be given per registered swimmer. Extra T-Shirts must be ordered. Entry fees are not refundable.

Safety: All swimmers will wear their race number on the left arm. A 60-minute time limit is set for completing the One-Mile swim. A 90-minute time limit will be set for completion of the Two-Mile swim. Swimmers still on the course after these time limits will be picked up and their progress marked. Swimmers who cannot complete the course within the prescribed time limits should not enter.

Expected water temperature is 72-74 degrees. During the race, there will be emergency personnel on shore and safety boats spaced throughout the entire swim course.

The swim will be stopped in the event of inclement weather involving lightning.

VMST or Montclair Property Association does not guarantee the water quality.

Rules: Current USMS Long-Distance Rules will apply. Wet suits, or other heat-retaining or buoyancy-producing costumes are not permitted.

All swimmers must be registered with USMS prior to the entry deadline for this meet. A copy of your USMS card *must* accompany your entry.

Seeding: Each event will be seeded fastest to slowest based on the 1650 Yard seed time entered (1500m times will be converted). No-time entries will be seeded last. If you fail to specify an event on your entry form, you will be seeded in the 2 Mile swim. There will be no seeding changes permitted on meet-day.

T-Shirts: T-shirts in medium, large, and extra large with meet logo will be given to each entrant. Additional shirts may be ordered for \$15.00 each. Default size is extra large.

Refreshments: A variety of food and drink will be provided for your enjoyment throughout the meet.

Awards: Awards will be given to the top three individual finishers in each Masters age groups. Awards will be available at the end of the two mile event.

Directions: Lake Montclair is located off of I-95 about 20 miles south of the Capitol Beltway (I-495), or about 80 miles north of Richmond, VA. From I-95 take Route 234, Dumfries Rd, towards Montclair. (Bear right from I-95 south or turn left from I-95 north). Proceed 1.8 miles to the Montclair entrance. Turn Right onto Country Club Dr for 0.1 miles. Turn Left onto Waterway Dr. for 0.1 miles. Turn at first Right onto Ashgrove Dr. for about 150 yards. Turn at first

Left onto **Dolphin Dr** and proceed to the beach on left (0.2 miles).

<u>Masters Swimmer</u> ENTRY FORM — Montclair Open Water

1 & 2--MILE LAKE SWIM — Sept 6, 2008

Entry Deadline August 30, 2008 — Limited to First 200 Swimmers with Completed Entries — No Meet--Day Entries

| USMS Number: | | |
|-----------------|----------|--------|
| Team: | | |
| NAME & ADDRESS: | | |
| Birth Date: | _ Age: _ | _ Sex: |
| E-Mail: | | |

Place copy of USMS card here

Please MARK which event you are entering

CIRCLE EVENT NUMBER

| EVEN T | Description | 1650 yd Time | 1500 M Time |
|-----------|--|-----------------|----------------|
| 1 | One Mile Lake Swim Starts at 9AM / Check-in by 8:30AM | _: | _:_ |
| 2 | Two Mile Lake Swim Starts at 10:30 AM / Check- in by 10AM | _: | :_ |

Entry Fee \$25 for One Event (includes one T-Shirt). Additional \$15. second event. (Second T-Shirt not included)

| T-Shirt Size: M | L | XL | |
|-------------------------------|---|----|--|
| Extra T-Shirts @ \$15.00 each | | | |
| TOTAL PAYMENT | | | |

Make Check Payable to VMST

By my signature below, I certify that I have read, understand and agree to the following release statements:

USMS RELEASE: "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. In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Furthermore:

MONTCLAIR PROPERTY ASSOCIATION RELEASE: "I hereby release the Montclair Property Association generally from all claims for bodily injury, death or property damage arising from my use of Montclair Property Association facilities. I assume full responsibility or all liability in connection with such claims, and agree to indemnify Montclair Property Association and hold Montclair Property Association harmless against any such claims."

Signature Date

Mail To: Kelly Facciola, 3113 Woods Cove Ln, Woodbridge, VA 22192

ENTRY CHECKLIST:

Attach legible copy of USMS Card

- Select Event (or Events)
- Enter 1650 Seed Time
- Select T-Shirt Size
- Sign USMS Waiver
- Sign Montclair Waiver
- Enclose Correct Entry Fee

Additional entry forms may be downloaded from

www.vaswim.org

Local Masters Swim Committee for Virginia

Lisa Bennett, Registrar 11812 Winfore Drive Midlothian, VA 23113–2455

Prstd Std U.S. POSTAGE PAID Richmond, VA Permit #3022

What in the World? continued from page 6.

Three terms to be familiar with:

Aerobic swims – usually longer and slower, not getting out of breath. Aerobic swims are good for basic conditioning.

Anaerobic swims – usually fast, where you get out of breath and go into oxygen debt. Anaerobic swims are good to practice swimming faster and for your body to learn to handle the stress. To reach your potential, you have to get tired and out of breath sometimes; the sign of conditioning is how long it takes to recover. As your conditioning improves, you will recover more quickly.

Anaerobic threshold swims –a large portion of our intervals are at your anaerobic threshold. Pace workouts, usually intervals, are to help you find and improve your anaerobic threshold. As an example, you may be able to swim 100s at a 2:00 pace for a fairly long time. If you go all out, you can swim 1:30. Your anaerobic threshold is somewhere in between. How much faster than the 2:00 can you swim without going into oxygen debt? It might be 1:50 at first, but after several weeks or a month of practice, you might be able to hold 1:45 without stress. Through practice, you learn how to swim at your optimal speed without getting exhausted. This is why using the pace clock is so important!