

# The Wet Gazette

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

## Registration Trivia

By Lisa Bennett

2009 is in full swing and this year has produced the most teams in our LMSC to date. We have 25 teams now registered for 2009, whereas in 1990 there were only three! In 1990, VMST had 120 swimmers, Prince William Masters had 34 and Valley Wellness had one! (Unattached carried 79.) That is a far cry from the now 830 swimmers our LMSC currently has. The last few years have shown a steady number of swimmers ranging from 800 to almost 1000. There are over 48,000 registered USMS swimmers in the U.S.

Ten new teams registered in 2008-2009:

Beckley-Raleigh (WV)

Fredericksburg American Family Fitness

Green Bank Turtles (WV)

Patrick Henry Y

Carroll Wellness Center

Shenandoah Marlins

Hampton Y Habaneros

Stafford Piranhas

Sunfish Masters

University of Richmond Masters.

It has been such a great pleasure to see all these new teams and swimmers join such a great organization.

VMST has 318 swimmers and the Unattached group is right up there with 245. The percentage of men and women is almost the same (50/50) and the majority of teams have a fairly balanced proportion of men to women. The 45-49 age group is the largest with 18.8% of the swimmers and 50-54 is next with 14%. Our oldest (and she really is a rather fast spring chick!) was born in 1912, and there are four "babies" born in 1990!

LMSC for Virginia also boasts many, many swimmers who have been continually registered with USMS and our LMSC for over 20 years. Chuck Wilmore, Forrest Sullivan, Marie Kelleher, and Johnnie Detrick just to name a few.

As the registrar, I have had the pleasure of learning the names of cities and towns in the state of Virginia. The one that stands out the most to me is Meadows of Dan, Virginia! I had no idea that I was going to get a geography lesson when I took this position!

## What's Happening?

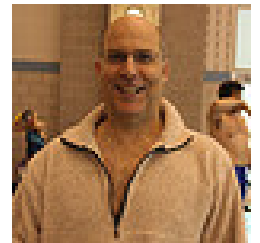
By Betsy Durrant

I have compiled some information of what has been happening in our LMSC or with our LMSC swimmers. Please send me any news about what you have done, what your teammates have done, or what your team or workout group has done.

## Warrenton Masters Host Successful Meet!

Charlie Tupitza, coach and meet director, and the Warrenton team held their first meet in March. It was well attended and lots of fun.

Warrenton is a beautiful town and has a super new pool. Be on the lookout for future meets in Warrenton. I'll be there.



## VMST Group Swims YMCA National Meet

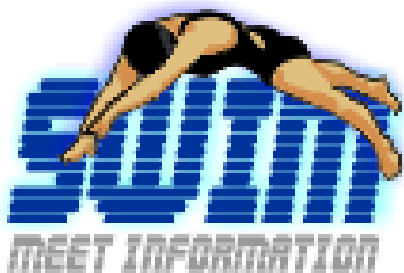
From Kathryn Gregory  
Coach at the Northern Neck YMCA

Nine swimmers from the Northern Neck masters team participated in the YMCA National Championship Swim Meet, held in Ft. Lauderdale April 16-19. The event hosted 651 competitors ages 18 to 85, and saw 282 records broken. Among the records, former Olympian Rowdy Gaines set new United States Masters records for the 50, 100 and 200-yard freestyle in the 50-54 age group. Gaines also provided a freestyle clinic to meet entrants.

The Northern Neck team finished in 16<sup>th</sup> place of 48 combined teams, with 210 points. According to coach, Kathryn Gregory, the group collected a total of 52 medals, including three individual second places, seven third places and 13 fourth places, as well as garnering 24 personal record times.

*See Northern Neck on page 3.*

May 15, 2009



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

June 13-14: LCM, Sarasota, FL  
[www.dixiezone.org](http://www.dixiezone.org)

June 26-29: NE LC Championship  
Middlebury, VT. [www.middleburymuffintops.org](http://www.middleburymuffintops.org)

June 27-28: LCM, Greenville, SC  
[www.dixiezone.org](http://www.dixiezone.org)

July 18: DCRP, LC at Hains Point (in DC)  
See Potomac Valley website.

August 6-10: USMS LC Nationals  
Indianapolis, IN

### Newsletter Editor

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May 23-24: Reston, VA (see PV website)

June 21: Jack King Ocean Swim  
Entry is in this newsletter.

July 11: Charlottesville Lake Swim  
Entry is in this newsletter.



Masters Swimming in Virginia  
[www.vaswim.org](http://www.vaswim.org)

USMS Website  
[www.usms.org](http://www.usms.org)

Latest info on all levels of swimming  
[www.SwimmingWorldMagazine.com](http://www.SwimmingWorldMagazine.com)

Nearby LMSCs  
North Carolina: [www.ncmasters.org](http://www.ncmasters.org)  
Maryland: [www.maryland@usms.org](mailto:www.maryland@usms.org)  
Potomac Valley: [www.PVMasters.org](http://www.PVMasters.org)

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

### LMSC Officers

Chair: Chris Stevenson  
[chrisl Stevenson@usms.org](mailto:chrisl Stevenson@usms.org), 804-282-0124

Vice Chair: Alison Moore  
[swimbot@comcast.net](mailto:swimbot@comcast.net)

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

## Northern Neck continued from page 1.

Overall meet winner, Sarasota, fielded 177 swimmers, followed by Broward County, with 82 members, in second place.



Northern Neck Family YMCA Swimmers at the Ft Lauderdale Aquatics Center, adjacent to the International Swimming Hall of Fame. (Left to right) Ray Funkhouser, Donna Funkhouser, Andrea Latell, Kathy Broderick, Dick Scott, Kathryn Gregory, Pauli Dillard, Betsy Chambers, Karen Jackson.

### Correction/Apology

Dave Holland pointed out to me that I have been spelling **Bill Winters** name wrong in the newsletter. My apology to Bill. See photo below.



VMST Relay from Richmond at the SCM Zone Meet in December. Left to right: **Evan Davis, Bill Winters, Chris Stevenson, Dave Holland.**

## Other Virginia Swimmers at Y Nationals

Dave Malsbury, Ida Hlavacek, and Barbara Zaremski also swam at Y Nationals this year. Barbara competed two weekends in a row, swimming in the Y meet then in the Zone meet at George Mason University.

Did anyone else swim in Fort Lauderdale?



## Alison Moore Swims February Fitness Challenge

**Alison Moore**, our LMSC Vice Chair, lives in Gainesville, VA (west of Manassas). She moved to Virginia in 2006, after swimming with Oregon Masters for seven years.

Alison did the February Fitness Challenge, hosted by the Tualatin Hills Barracudas and came in 3rd place in her age group with 67,000 yards. See results at

<http://www.barracudas.org/pool/febfitness/2009/web2009booklet.pdf>.

Did anyone else from Virginia or West Virginia do the challenge?



**Alison Moore** is in front, in the dark shirt. The others, left to right, are **Alison Meehan, Allison Czapracki** (both VMST members), and Allyson Adams of Terrapin Masters.



## USMS Nationals in Clovis, CA

1500+ swimmers have entered the meet. Most swimmers are from the west coast. The largest east coast teams are from New England (18) and North Carolina (19). Virginia has two teams entered: SwimQuest and Virginia Masters both have 8 swimmers entered in the meet.

Check results at [www.usms.org](http://www.usms.org). Results are on the website as soon as a heat is completed – faster than they are posted at the meet.



## SCY Zone Championship

Seven teams from our LMSC participated in the Zone Meet at George Mason: Virginia Masters, SwimQuest, Warrenton, Winchester, Stafford Piranhas, and the University of Richmond. There were 514 total entries in the meet.

Chris Stevenson, our diligent Top Ten and Records Chair, reports that 18 new LMSC individual records were set, as well as one new relay record.

**Dave Holland**, VMST, M40-44, 1650 17:49.53

**Kelly Cleary**, SQST, W45-49, 100 free, 1:02.10  
and 100 back, 1:13.04

**Lisa Bennett**, SQST, W50-54, 200 free, 2:09.76  
and 500 free, 5:49.53

**Jim McFarland**, VMST, M50-54, 1000 fr, 11:23.54

**Dave Oates**, VMST, M55-59, 500 free, 5:25.51  
and 200 fly, 2:32.11

**Beth Schreiner**, VMST, W65-69, 7:21.03

**Warner Brundage**, VMST, M65-69, 500 fr, 6:39.07  
1000 fr, 13:34.90; 100 breast, 1:18.36  
200 breast, 2:52.59

**Lucille Griffin**, VMST, W70-74, 50 fly, 43.76  
100 fly, 1:39.43; 200 fly 3:38.62

**Barbara Zaremski**, VMST, W70-74, 400 IM, 8:03.68

**Lesley Francis**, VMST, W75-79, 100 free 1:40.66  
200 free, 3:37.85; 500 free, 9:39.50

**Thomas Lyons**, VMST, M75-79, 50 breast, 48.91

25+ Men's 800 free Relay: VMST, **Scott Rhodes**,  
**Jeremy Gustafson**, **Paul McGraw**, **Cary Severt**



Kelly Cleary  
cheering at  
Zones.



Jim  
McFarland ▼



Dave Oates



◀ Relay team ▶

Lucille Griffin  
and  
Judy Martin



Chuck Wilmore



▲ Pictures from Zones taken by Mark Daniels



Marie Kelleher, 1<sup>st</sup> in World Rankings in 3 events,  
with Nancy Miller  
(Picture from Dave Holland)

## FINA World Top Ten

Each year FINA, the international organization for swimming, tabulates a list of Top Ten times similar to the USMS list. This tabulation includes times from all sanctioned Masters meets worldwide.

The LMSC for Virginia has numerous swimmers who made this prestigious list.



### FINA World Top 10 – SCM

W 50-54, Lisa Bennett, SQST, 7<sup>th</sup> 1500 free

W 55-59, Shirley Loftus-Charley, SMM, 8<sup>th</sup> 400 free, 4<sup>th</sup> 800 free

W 60-64, Marcia Barry, VMST, 4<sup>th</sup> 400 free, 2<sup>nd</sup> 800 free, 2<sup>nd</sup> 1500 free

W 65-69, Beth Schreiner, VMST, 10<sup>th</sup> 50 free

W 80-84, Jeanne Meredith, VMST, 6<sup>th</sup> 400 free

W 80-84, Terry Sokolik, VMST, 10<sup>th</sup> 400 free, 7<sup>th</sup> 50 fly

W 80-84, Miriam Tuovila, VMST, 10<sup>th</sup> 100 breast, 7<sup>th</sup> 200 breast

W 85-89, Marianna Berkley, VMST, 8<sup>th</sup> 50 free, 4<sup>th</sup> 50 back, 5<sup>th</sup> 100 back, 3<sup>rd</sup> 200 back, 5<sup>th</sup> 50 breast, 5<sup>th</sup> 100 breast, 2<sup>nd</sup> 200 breast, 3<sup>rd</sup> 50 fly, 2<sup>nd</sup> 100 IM, **1<sup>st</sup> 200 IM**

W 95-99, Marie Kelleher, VMST, **1<sup>st</sup> 100 free, 1<sup>st</sup> 200 free, 1<sup>st</sup> 100 IM**

M 40-44, Chris Stevenson, VMST, 2<sup>nd</sup> 50 back, 2<sup>nd</sup> 100 back, 2<sup>nd</sup> 200 back, 2<sup>nd</sup> 100 fly, 3<sup>rd</sup> 200 fly;

Dave Holland, VMST, 10<sup>th</sup> 1500 free, 7<sup>th</sup> 200 fly

### FINA World Top 10 – LCM

W 60-64, Marcia Barry, VMST, 8<sup>th</sup> 200 free, 3<sup>rd</sup> 400 free, 3<sup>rd</sup> 800 free, **1<sup>st</sup> 1500 free**, 9<sup>th</sup> 200 back

W 70-74, Barbara Zaremski, VMST, 3<sup>rd</sup> 50 free, 6<sup>th</sup> 100 free

W 70-74, Johnnie Detrick, VMST, 6<sup>th</sup> 50 free

W 70-74, Lucille Griffin, VMST, 4<sup>th</sup> 200 fly, 6<sup>th</sup> 400 IM

M 40-44, Chris Stevenson, VMST, 8<sup>th</sup> 200 free, 6<sup>th</sup> 400 free, 2<sup>nd</sup> 50 back, 2<sup>nd</sup> 100 back, **1<sup>st</sup> 200 back**, 3<sup>rd</sup> 100 fly, 6<sup>th</sup> 200 fly

M 65-69, Sandy Galletly, VMST, 6<sup>th</sup> 1500 free

Special congratulations to **Marianna Berkley** (Virginia Beach), **Marie Kelleher** (Richmond), **Marcia Barry** (Roanoke), and **Chris Stevenson** (Richmond) for their #1 rankings!



# Why We Swim...

From the USMS website ([www.usms.org](http://www.usms.org)),  
written by Ashley Gangloff, USMS  
Marketing Coordinator

Last month many of you received the U.S. Masters Swimming monthly e-newsletter, *Member News from Behind the Blocks*. Typically this newsletter provides you with swimming news, information and other resources. April's issue continued the tradition and offered you a variety of articles, but this month we asked you for something in return. A seemingly simple question was asked discretely on the left side of the e-newsletter. This question, plainly stated in 10-point font and a basic black text, was not intended to stump its readers; however, this question proved to not only be more poignant than expected, but it generated nearly 100 responses and became one of our most successful market research efforts.

Why do you swim? Simple. Plain. Easy. Right?

Most of us know why we swim, but when asked to communicate these reasons, many of us struggle. To some, the question begged an answer larger than "to stay fit" or "because I do triathlons." Why do you swim? Some responses were short, sweet and to the point, others were nothing less than labors of love. Whether your response was four words or 400, your motivation will continue to affect the way that we think and act. We read every response and moved by the thoughtfulness of some, U.S. Masters Swimming wants to share some of its favorite responses.

"I swim because I feel more connected to who I am and awake for the day."

"I swim because in this technological age, the pool is one spot where the phone doesn't ring, email ding, nor children SING my name at the top of their lungs!! It is one of the last bastions of quiet in a crazy, hectic world ... (the longer the distance, the better!)."

"Hi, my name is Christine and I am a swimaholic. I tell myself it is a good addiction. However, my hair is wrecked, my skin is dry, I get too much sun, I'm tired by 4:00 in the afternoon, and I itch. I smell like chlorine when I sweat and my shoulders hurt if I lay

on my side at night. I look forward to my workout before I get there and I think about how great it was when I am done. It is my time. I swim because I can and I will keep swimming until I can't. I do it because I love it."

"I swim because it's the 'sanity' in my stressful life. When I am in the water I am in the present moment. Swimming is the thing I love doing the best in my life. I am safe and at peace in the water.

"I swim because it challenges my mind, body and spirit, at age 49. I'm amazingly at my second athletic prime, first being around 30, but at 49!

"I also swim because it is something I can do to actively help nonprofits raise money for their cause, such as the Massachusetts Breast Cancer Coalition.

"I swim as long as I am able to. Hopefully, well into my elderly years! Thank you."

"WHY I SWIM: To stay alive for my kids. I got married very late, have three young children and would love to see them all graduate at least from high school. My youngest is Sedona (14 months) and I will be 60 on May 5. Yipes!"

"You ask why I swim? It began when a friend invited me. I went because I have always loved the water. It continued because it calms me and helps me to sleep at night. It's my meditation time just for me and I love it!! I love the opportunity to improve with the help of coaches. One serendipity is that I have lost three sizes due to the swimming."

"When you dive into the pool and the water washes over you it washes away everything else that is going on in your life. That first rush invigorates your body, mind and soul. The water offers you the quiet solitude that keeps you sane. Masters is the place where you make friends with people you would otherwise have never met. You become a network of support for each other. You will form bonds that go way beyond the pool. Your coach will push you to go farther and faster than you ever thought you could, simply because he believes in you."

Why do I swim? I swim because I love the water. I was a diver and loved the adrenaline rush associated with falling, flipping and twisting with a

**See *Why?* on page 7.**

**Why?** continued from page 6.

grand finale of slicing through the cool water. It's funny, when you are standing on top of a platform, no matter how many times the announcer says, "Please remain quiet for the competitors," the pool and its surrounding area is composed of a million little sounds and noises, but the minute you enter the water there is an immediate quiet that has the power to separate you from the rest of the world. When I finished my diving career, I never thought I'd experience that feeling again. I was terrified that I'd lose the memory. Well, I did experience the power of the water again and it happened in my first Masters meet. I stood on the block and I could hear everything from the ticking of the clock to the person on the pool deck opening a granola bar wrapper. There was noise all around me, but as soon as the beep went off, I dove in and it was quiet, still. I do like staying in shape, but my love of swimming is the initial plunge into the water. I continue to swim because I long for that feeling of the loud chaos of life mixed with nerves quickly quieted by the cool calmness of the water. Sometimes I find it at practice, other times it takes a race. Swimming, to me, is like living in a memory. Whether it is my memories from diving or being 7 years old at the old country club, I love to dive into the water and "be" wherever and whenever I choose. Swimming takes me out of noisy reality and places me in my most favorite places and times.

So, this seemingly straightforward question is no longer as simple as originally intended. It has forced us all to think, feel and remember why we continue to dive into the cold water, often at times of the day when the earliest of birds are still asleep in their nests, and endure the long workouts and damaged hair. Your responses have reminded us that there is not one single reason that we all swim. We each have our own motivation, reasons and purpose for doing what we do.

Why do you swim?

Email us at [press@usms.org](mailto:press@usms.org) and tell us why you swim.

**Editor's Note:** Ashley Gangloff is a graduate of Auburn University and was the 2006 U.S. Diving National Champion in the 1 meter springboard event.

## Always Something New

**Editor's Note:** Each month Karlyn Pipes-Neilsen has an article in *Swimming World Magazine*. I find these articles very helpful. In the May, 2009, issue, Karlyn discusses changes she has made in her stroke and why. Below are excerpts from this article. For information on subscribing to *Swimming World*, go to [www.SwimmingWorldMagazine.com](http://www.SwimmingWorldMagazine.com).

"...change is difficult. It feels weird and uncomfortable! But I know that if I want to stay competitive – and injury free – change is necessary. So, in the past two years, I have been working on the following modifications to my freestyle. I have:

- Learned to breathe bilaterally;
- Uncrossed my kick;
- Lengthened my 'extend and pause.'

Of course, making these changes took time, plenty of thought and patience. But I slowed down, stayed focused and now I can see – and feel – that my efforts have paid off, as my shoulder issues have diminished, my kick is getting stronger and, at age 47, I am swimming just as fast as ever.

### BILATERAL BREATHING

*Why I changed.* I resisted bilateral breathing...until I started experiencing a dull ache in my right shoulder and neck caused by the constant, repetitive stress from my shoulder always being...in the 'up' position....FYI: when I race, I still use my dominant side.

*Why it is important.* Swimming is all about balance, so if you single-side breathe, you are constantly out of balance. In a 3,000 yard swim, you can take upwards of 400 to 500 breaths...Since breath strokes tend to be asymmetrical, your technique may suffer if your hand/arm overreaches on entry.

### UNCROSSED KICK

... Miraculously, my legs uncrossed once I began to breathe bilaterally, and I now have access to a faster, more powerful kick. To make sure my feet are not kicking too big or splaying out, I constately tap my big toes together.

**See Something New on back page.**



# Chris Greene Lake 1- & 2-Mile Cable Swims

## Charlottesville, Virginia, Saturday, July 11, 2009

Sponsored by: Virginia Masters Swim Team and Albemarle County Parks and Recreation

Sanctioned by: LMSC of Virginia, for U.S. Masters Swimming, Sanction # 129-002

**Paper Entries due by July 1. Online entries due by July 6. REGISTER ONLINE at [www.cableswim.org](http://www.cableswim.org) and your credit card will be charged to "ClubAssistant.com Event Billing"**

**Event:** There will be two races: a 1-mile cable swim at 8:30 am and a 2-mile cable swim beginning at 9:30 am. The 1-mile swim will consist of 2 laps in a clockwise direction around a ¼-mile straightaway cable, with start and finish in the water. The 2-mile race will consist of 4 laps around the ¼-mile cable in a counter-clockwise direction. Both the 1- and 2-mile distances are certified and qualify for national records. No splits or premature finishes will be eligible for records.

- Anticipated water temp: 78° to 82°
- NO WETSUITS ALLOWED

### **Check-in Closes at:**

1-Mile: 8:15 AM

2-Mile: 9:15 AM

**Eligibility:** Open to all swimmers 18 years & older as of July 11, 2009. All swimmers must be registered with U.S. Masters Swimming. **Entries submitted without a copy of your 2009 USMS card will be returned.** To renew or join USMS online, visit [www.usms.org/reg](http://www.usms.org/reg)

**Rules:** Current 2009 USMS rules will govern both races.

**Entries:** All mailed entries must be postmarked by July 1, 2009. Online entries are due by July 6, 2009. Late or race-day entries will NOT be accepted. You may enter both events. For confirmation of entry receipt, enclose a self-addressed, stamped envelope or postcard.

**Safety:** For safety reasons, swimmers who cannot complete 1 mile in 1 hour or 2 miles in 2 hours should NOT enter. Swimmers still on the course after the time limit will be stopped and listed as DNF in the results. In the event of inclement weather, the race director may close the course and thereby prevent swimmers from completing the race. The Charlottesville-Albemarle rescue/dive team will be on site with boats, scuba divers, and a rescue squad.

**Seeding:** Swimmers will be seeded fastest to slowest according to 1650 seed time and will be started in waves of 10 swimmers, staggered at 30-second intervals. "No Time" entries will be seeded in the final wave. Seeding changes and additions will not be allowed on race day.

**Age Groups:** 18-24, 25-29, 30-34, etc. in five year increments, as high as necessary for both men/women.

**Awards/ Social:** For both races, custom awards will be given to the top 3 men & women finishers in each age group. The awards ceremony will take place on the beach following the 2-mile race. Drinks and snacks will be provided.

### **Accommodations:**

Doubletree Hotel  
(6 miles from lake)  
990 Hilton Heights Rd.  
Charlottesville, VA 22901  
(434) 973-2121  
or (800) 222-TREE

Hampton Inn  
(9 miles from lake)  
2035 India Rd.  
Charlottesville, VA 22901  
434-978-7888  
or (800) 426-7866

**Directions:** (mapquest "Chris Greene Lake")

#### **from Washington, D.C:**

**(Distance: 115 miles, Drive Time: ~ 2 to 2.5 hours)**

Take Rt. 29 toward Charlottesville, VA. In Earlysville, turn right onto Airport Rd. (Rt. 649). Travel 7/10 mile toward airport. At roundabout, bear right onto 606. Go 1.2 miles and turn left onto Chris Greene Lake Rd. Proceed past guardhouse and follow the road downhill and around the lake to the parking lot at the end of the road.

#### **from Richmond, VA:**

**(Distance: 75 miles, Drive Time: ~ 90 minutes)**

Take I-64 West to exit 124, Charlottesville/Shadwell, (U.S. 250 West), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd., go 7/10 mile toward airport and follow the underlined directions above.

#### **from Waynesboro, VA:**

**(Distance: 34 miles, Drive Time: ~45 minutes)**

Take I-64 East to exit 118B, Charlottesville/Culpeper, (U.S. 29 North Bypass), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd., go 7/10 mile toward airport and follow the underlined directions above.

### **Race Director Contact:**

Dave Holland, 804-282-6224 Email: [HenryDaFif@aol.com](mailto:HenryDaFif@aol.com)





# 2009 Chris Greene Lake 1- & 2-Mile Cable Swims ENTRY FORM

www.cablesim.org

PLEASE INSERT SEED TIME  
FOR EVENT(S) YOU ARE ENTERING



**U.S. MASTERS  
SWIMMING**

**PLEASE STAPLE A LEGIBLE  
COPY OF YOUR 2009 CARD HERE. TRIM YOUR  
CARD AND COMPLETE THE FOLLOWING:**

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

Significant medical conditions to be shared with Albemarle Rescue (i.e. seizures, diabetes, asthma, etc.): \_\_\_\_\_

<b>1- MILE</b> 8:30 am	»»»» Clockwise ««««	1650 yd time: ____ : ____
<b>2- MILE</b> 9:30 am	«««« Counter-Clockwise »»»»	1650 yd time: ____ : ____

			CHECKLIST
\$_____	\$ 20.00 1-Mile Cable Entry Fee	<input type="checkbox"/>	Completed entry form
\$_____	\$ 40.00 2-Mile Cable Entry Fee	<input type="checkbox"/>	Copy of USMS card
\$_____	T-Shirt: included with entry \$ 3.00 for XXL or XXXL Additional T-Shirt: \$12.00 each S-XL, \$15.00 for XXL or XXXL	<input type="checkbox"/>	Check or money order payable to VMST
\$_____	Results will be posted at www.cablesim.org by July 15 \$2.00 for official results mailed to the address on your card	<input type="checkbox"/>	Signed Release Below
\$_____	<b>Total Enclosed (Check or money order payable to VMST)</b>	<input type="checkbox"/>	T-Shirt Size Below

T-Shirt Size: (please circle) S M L XL XXL XXXL

Additional T-Shirts: indicate quantity and size: \_\_\_\_\_

**Please re-check the checklist to ensure that your entry is complete!!**

**Mail this completed form with check or money order payable to VMST, postmarked by July 1 to:  
Dave Holland, 504 West Drive Circle, Richmond, VA 23229-6832**

## RELEASE BY PARTICIPANT FROM LIABILITY

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, ALBEMARLE COUNTY, 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 the USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **AGE ON 7/11/09:** \_\_\_\_\_

**Phone (H):** \_\_\_\_\_ **Phone (W):** \_\_\_\_\_ **E-Mail:** \_\_\_\_\_

PLEASE PRINT CLEARLY

# 26th Annual Jack King One Mile Ocean Swim

Sunday, June 21, 2009  
10:00 a.m.  
Virginia Beach, VA

Hosted By:



Sanctioned by the Local Masters Swim Committee  
for Virginia (LMSC for VA) for USMS, Inc.  
Sanction # 129-004

**Eligibility:** Minimum age to participate is 18 as of June 21, 2009. All swimmers must be registered with USMS. Online registration is available on the web at [www.usms.org](http://www.usms.org). or contact:

**Lisa Bennett, Registrar**  
11812 Winfore Drive  
Midlothian, VA 23113  
[swimlab56@msn.com](mailto:swimlab56@msn.com)

**NOTE: ALL ONE EVENT PASSES TO BE SENT WITH RACE APPLICATION TO JUNE MCDANIELS**

**Entry Fee:** \$25 if postmarked by June 5, 2009. \$30 after June 5, 2009.  
**\$50 RACE DAY.**

T-shirts are guaranteed to swimmers who register by June 5, 2009.

**Age Groups/Awards:** Awards will be presented to the 1<sup>st</sup> – 6<sup>th</sup> place swimmers in each age group. Standard Masters age groups will be used (18-24, 25-29, 30-34 and so on in 5 year increments).

Wet suits are allowed. However, no official time will be given and not eligible for awards.

**Course:** There will be an in the water start at 24<sup>th</sup> Street, going north parallel to the beach/boardwalk. The finish is on the beach at 38<sup>th</sup> Street. Buoys mark the start and finish. Restrooms and changing facilities will be available at the 24<sup>th</sup> Park.

**Directions:** From I-64 take Route I-264 East. When the expressway ends, you are on 21<sup>st</sup> Street. Take 21<sup>st</sup> Street to Atlantic Avenue. Turn left on Atlantic Avenue and follow to 24<sup>th</sup> street.

**Parking:** Municipal lots are located at 19<sup>th</sup> and 25<sup>th</sup> Streets. The cost is \$7 for the entire day. Metered spots are located along Atlantic and Pacific Avenues as well as sides streets for \$0.75 per hour.

**Inclement Weather:** No rain date, No refunds due to weather.

## ENTRY FORM ON BACK

### General Race Information

- Swim caps will be provided to all entrants. Caps must be worn by all who participate. Water Temperature will be approximately 72 degrees or less. Trucks will be available at the start line to transport swimmers' bags to the finish line.
- USA Swimming heat will start at 10:15. For more information on the USA Swimming heat, please contact the Old Dominion Aquatic Club (ODAC) at [swimodac@msn.com](mailto:swimodac@msn.com).
- All swimmers must check-in race day at 24<sup>th</sup> Street on the beach. Restrooms and changing facilities are available at 24<sup>th</sup> Street Park. Check-in begins at 8:30 A.M. and ends at 9:30 A.M. A safety briefing will be held on the beach at 24<sup>th</sup> at 9:50 A.M.

**For more information please contact:**

June McDaniels [june@aquariusengineering.com](mailto:june@aquariusengineering.com) or 757-496-2570

Hotel Information at: [www.vbhotels.com](http://www.vbhotels.com) / [www.vbfun.com](http://www.vbfun.com)

### Upcoming Events

#### Jim McDonnell Lake Swims

Sunday, May 24, 2009  
Reston, Virginia  
Paper Entry Deadline:  
May 1, 2009  
[www.restonmasters.org](http://www.restonmasters.org)

#### Chris Greene Lake 2-mile Cable Swim

Saturday, July 11, 2009  
Charlottesville, Virginia  
Entry Deadline: June 29, 2009  
[www.VASwim.org](http://www.VASwim.org)

# JACK KING 1 MILE OCEAN SWIM ENTRY FORM

\*\*\* Please attach a copy of your USMS card or One Day Application here.\*\*\*

Name: \_\_\_\_\_  
(Last) (First)

Address: \_\_\_\_\_

City : \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Team: \_\_\_\_\_ Sex: M F (Circle One)

Entry Fee: \$ \_\_\_\_\_ T-Shirt: Small Medium Large X-Large (Circle One)  
(\$25 Until June 5 / \$30 June 6 - June 19/ \$50 Race Day) \*Make Check Payable to VMST. Mailed Entries due by JUNE 19, 2009.

E-Mail Address: \_\_\_\_\_

**Include Entry Form, Signed Release, and copy of USMS Registration Card with check and mail to:**

June McDaniels  
ATTN: Jack King Swim  
2400 Ketch Court.  
Virginia Beach, VA 23451

**RELEASE:** The following waiver must be signed and in the hands of the meet director before a 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 DAMAGE 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ USMS # \_\_\_\_\_

**For Use for Jack King Only. For other events, go to [vaswim.org](http://vaswim.org)**

## 2009 ONE EVENT REGISTRATION FORM



### ONE EVENT MEMBERSHIP APPLICATION

USMS Fee: \$10.00

LMSC Fee: \$12.00

**TOTAL FEE: \$22.00**

Register with the same name you will use for competition. Print clearly.							
Last Name		First Name			Init.		
Address							
City		State	Zip	Phone No.			
Email Address							
Date of Birth		Age	Sex	Today's Date			
Mo.	Day	Yr		Mo.	Day	Yr	

### OEVT - One Event Membership Event Date: June 21, 2009

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.

Signature \_\_\_\_\_

**Mail Check to: June McDaniels, 2400 Ketch Court, Virginia Beach, VA 23451**

**Make check payable to: LMSC for Virginia**



*Local Masters Swim Committee  
Lisa Bennett, Registrar  
11812 Winfore Drive  
Midlothian, VA 23113-2455*

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

***Something New continued from page 7.***

#### **EXTEND AND PAUSE**

...*Why I changed.* Most elite-level swimmers now use some form of 'catch-up' stroke with a quick power phase, shorter pull and longer reach. This 'extend and pause' maximizes the momentum created by the previous stroke and allows time for the setup of the catch and for natural body rotation to occur. More importantly, the large muscles being used are given a break before initiating the next pull...

**The full article is in the May 2009 issue of Swimming World Magazine. Karlyn Pipes-Neilse offers swim technique clinics and motivational talks. For more information, visit [www.aquaticedge.org](http://www.aquaticedge.org).**