

# The Wet Gazette

The LMSC for Virginia - Serving Swimmers in Virginia And West Virginia  
April 15, 2010

## Outstanding Achievements

Last month I listed four swimmers from out LMSC who attained All American for Long Distance events. This month the list for pool All Americans and All Stars was released. Eight swimmers from Virginia were named to the All American list.

**All American** status is earned by finishing first in any event either long course, short course meters or short course yards. This is not the same as finishing first at nationals because not everyone can attend a national championship. When the Top Ten list is published, the list reflects results of all sanctioned meets. The top swimmer in each event in each age group is named to the All American list.

From Virginia for 2009:

**Lisa Bennett**, 53, SQST, 50 breast SCM and 100 breast SCY  
**Beth Schreiner**, 68, VMST, 50 free SCM, 50 and 100 free LCM, and 50 free SCY.

**Lucille Griffin**, 70, VMST, 100 and 200 fly SCY.

**Barbara Zaremski**, 72, VMST, 50 free, 50 and 100 back LCM.

**Jeanne Meredith**, 81, VMST, 800 free LC

**Marianna Berkley**, 86, VMST, 200 breast LC and 200 IM SCY.

**Marie Kelleher**, 95, VMST, 50, 100 free, 50 back, 50 breast, 100 IM.

**Michael Picotte**, 37, VMST, 100 free SCM.

**Chris Stevenson**, VMST, was listed as All American in two age groups. He was 44 for the SCY season, but 45 for SCM and LCM.

50, 100, 200 back, 100, 200 fly, 400 IM SCM, 50, 100, 200 back, 100 fly LCM, 200 back SCY.

A swimmer is declared an All Star if he/she has the most 1<sup>st</sup> place finishes in the age group.

Two VMST swimmers were named All Stars:

**Marie Kelleher** and **Chris Stevenson**.



## Gazette Vignette - April 2010

### Bud Swiger

By Dave Holland

#### Where do you swim and how often?

Ida Lee Recreation Center in Leesburg, 4x per week for 2 hours. I usually swim about 5,000 yards per workout.

#### Tell us about your coach.

I don't have one. I do a timed 500 backstroke kick every workout. I'll tell you my best time but don't print it, ok? I'd be really embarrassed if Chris Stevenson found out. I also do vertical kicking. I learned that from the kids and I like the feedback: you sink if you don't do it right.

#### What is your background as a swimmer and athlete?

I was a runner for 30 years until asthma attacks got too severe. Ran cross country and track (5 and 10k) at UVA. Swimming has been great for my asthma- no attacks while swimming.

#### What motivates you to participate in Master's swimming?

Improve my asthma, I'm competitive, I like being athletic.

See **Bud** on page 3.

#### In this issue...

- Flyer for clinic with Jim Montgomery!
- World Record Relay team
- USMS SCM Top 10
- One Hour Swim Results
- FINA World Top 10



If you do not have internet access, contact me (Editor's information below), and I will send you an entry.

**April 22-24:** Zone Meet, George Mason U. Entry will be in the newsletter when available. I believe online entries will be used also.

**May 1:** Jim Montgomery Adult Swim Clinic, Richmond. Details in this newsletter.

**May 20-23:** USMS SCY Nationals, Atlanta Entry is in the current *Swimmer* Magazine and will be available online (usms.org).

**May 30:** Lake Audubon, Reston.

**June 27:** Jack King One Mile Ocean, Virginia Beach, Entry is in this newsletter.

July 10: Chris Greene Lake, Charlottesville. USMS National Championship. Entry is in this newsletter. Online entries are preferred.

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*Bud continued from page 1.*

**Two months ago at NOVA's David Gregg III meet, you swam 5 events (200 fly-1000 free- 1650 free- 400IM- 500 free), all in the space of 2 ½ hours. Is there a story there?**

Well, a few years ago Alvin Richardson and I were joking and he was giving me a hard time about doing so many events at one of the meets, so we started to out-do each other. I'm just trying to stay ahead of him. He does all the freestyle events so I had to add the IM's and 200 fly. We have a great time trying to be the best ironman, but he is the true iron man. Alvin and I have a fun rivalry.

**Outside of the pool, who are you?**

I'm a dentist with a dentistry/ oral surgery practice. I graduated UVA in 1978, went to MCV Dental School, and Univ. of Maryland Hospital for a residency in dentistry and oral surgery. I have two daughters, each attending Rhodes College. They both swam age group and competed at Rhodes for a couple years. My wife swims occasionally.

**People might be surprised to know that...**

I'm pretty boring. One of my goals growing up was to run a marathon in every state. Now my goal is to swim at a meet or open water race in every state. Last year I added Connecticut and Massachusetts to my list.

**Looking back on all your years as a Master's swimmer, is there a particular race or meet that sticks out?**

My first zone meet with VMST. That's when I got to know everyone and learned to appreciate the "team concept". I thought, boy, this is a lot of fun. I think that was around 2001. I was on a relay with Dave Frisch, Alvin Richardson, and Tracy Hernlen. Our relay made the USMS Top Ten, and that made me realize how much I love relays, and how much fun it is to be a part of a team.

**Do you have a memorable master's experience or "vignette" to share?**

The ultimate in VMST team cooperation occurred a few years ago at the George Mason zones. I was walking over for a relay when the event in front of mine was finishing. Marcia Barry, Chris Frogley, and Shirley Loftus-Charley were swimming but their fourth hadn't shown up. They had already swam two legs and were pretty panicked! I volunteered, we erased his name, put mine in, and I swam the fourth leg as well as the following event's relay. I had about a minute's notice before I swam that leg and thanks to the first three fast legs (not my slow one!), we won that age group and made national top ten (800free mixed relay). It was amazing how smoothly it went since we knew each other and had a common team goal!

**SWIM ACROSS AMERICA**

**BALTIMORE  
2010**



Editor's Note: I am including this information about the swim because it was sent to me by one of our members, Wendy Weil.

Betsy:

I thought this would be a great event to be included in the next newsletter. I trained at Hopkins for 7 years with the Men's team when I was in High School, thus the honorary status.

Wendy Weil, PT

**PLEASE JOIN US FOR THE INAGURAL SWIM ACROSS AMERICA BALTIMORE. IT IS A ONE OR THREE MILE OPEN WATER SWIM IN THE CHESAPEAKE BAY, NEAR THE GIBSON ISLAND YACHT CLUB ON SUNDAY,**

SEPTEMBER 19<sup>TH</sup> TO RAISE FUNDS FOR  
CANCER RESEARCH AT THE SIDNEY KIMMEL  
CANCER CENTER @ JOHNS HOPKINS  
HOSPITAL.

FORM A TEAM IN HONOR OF SOMEONE  
WHO HAS DIED FROM CANCER OR WHO IS  
BATTLING ONE OF MORE THAN 130  
CANCERS. EACH SWIMMER IS EXPECTED TO  
RAISE \$500 IN ADVANCE OF THE EVENT.

WE EXPECT MORE THAN A DOZEN OLYMPIC  
SWIMMERS TO JOIN US INCLUDING  
WENDY WEINBERG WEIL (AN HONORARY  
BLUE JAY AND 1976 OLYMPIAN) AND  
MICHAEL PHELPS AS WELL AS THIS YEAR'S  
NOBEL PRIZE WINNER IN MEDICINE, CAROL  
GREIDER.

PLEASE SEE  
[WWW.SWIMACROSSAMERICA.ORG](http://WWW.SWIMACROSSAMERICA.ORG) TO  
LEARN MORE. REGISTRATION STARTS  
MARCH 1<sup>ST</sup> AND WE EXPECT TO CLOSE OUT  
AT 500 SWIMMERS.

John Dierkes, Co-Chair, Swim Across America  
Baltimore 2010  
[john@swimacrossamerica.org](mailto:john@swimacrossamerica.org)  
(CAPTAIN OF JHU'S FIRST NCAA  
CHAMPIONSHIP TEAM '77)

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## ***FINA World Top Ten***

Just as USMS publishes a list of the top ten  
swims in each event for all USMS meets, FINA  
publishes a similar list for all swims in sanctioned  
meets worldwide. Yard events are only held in the  
United States, so FINA publishes a list for short  
course meters (SCM) and long course course meters  
(LCM). Swimmers who attained these rankings are:

### Marianna Berkley, 85-89

8 <sup>th</sup> 100 back, SCM	5 <sup>th</sup> 100 breast, LCM
9 <sup>th</sup> 100 breast, SCM	2 <sup>nd</sup> 200 breast, LCM
8 <sup>th</sup> 50 breast, LCM	4 <sup>th</sup> 200 IM, LCM

### Lisa Bennett, 50-54

2 <sup>nd</sup> 50 breast, SCM	7 <sup>th</sup> 50 free, SCM
6 <sup>th</sup> 100 breast, SCM	10 <sup>th</sup> 50 fly, SCM
10 <sup>th</sup> 50 fly, SCM	7 <sup>th</sup> 100 IM, SCM

### Shirley Loftus-Charley, 55-59

3 <sup>rd</sup> 1000 free, SCM	9 <sup>th</sup> 400 IM, SCM
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### Beth Schreiner, 65-69

5 <sup>th</sup> 50 free, SCM	2 <sup>nd</sup> 400 free, SCM
9 <sup>th</sup> 100 free, SCM	8 <sup>th</sup> 100 free, LCM
7 <sup>th</sup> 200 free, SCM	10 <sup>th</sup> 200 free, LCM

### Johnnie Detrick, 70-74 Barbara Zaremski, 70-74

9 <sup>th</sup> 50 free, SCM	6 <sup>th</sup> 50 free, LCM
	3 <sup>rd</sup> 100 free, LCM

### Betsy Durrant, 65-59 Jeanne Meredith, 80-84

10 <sup>th</sup> 400 free, SCM	7 <sup>th</sup> 400 free, SCM
5 <sup>th</sup> 800 free, SCM	2 <sup>nd</sup> 800 free, SCM
7 <sup>th</sup> 1500 free, LCM	7 <sup>th</sup> 800 free, LCM

### Michael Picotte, 35-39

2 <sup>nd</sup> 100 free, SCM	6 <sup>th</sup> 100 fly, SCM
8 <sup>th</sup> 50 fly, SCM	

### Chris Stevenson, 45-49

1 <sup>st</sup> 50 back, SCM	3 <sup>rd</sup> 200 free, LCM
1 <sup>st</sup> 100 back, SCM	6 <sup>th</sup> 400 free, LCM
1 <sup>st</sup> 200 back, SCM	1 <sup>st</sup> 50 back, LCM
1 <sup>st</sup> 100 fly, SCM	1 <sup>st</sup> 100 back, LCM
2 <sup>nd</sup> 50 fly, SCM	2 <sup>nd</sup> 200 back, LCM
1 <sup>st</sup> 200 fly, SCM	2 <sup>nd</sup> 100 fly, LCM
3 <sup>rd</sup> 400 IM, SCM	

Please correct me if I have overlooked someone!

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## **Dave Holland** **The Relay Maestro**

*By Chris Stevenson*

In the week prior to the 2010 Albatross  
Open (SCM) meet, I was looking at the psych  
sheets and I noticed that VMST had a four young,  
fast swimmers: two men (Adam Barley, Boyd Orr)  
and two women (Kate Hibbard, Claire Russo). I  
practice with Kate and Clair, but I didn't know  
Adam and Boyd by sight. But one of them was  
warming down and overhead me talking (loudly)



about the relay, and he quickly located the other swimmer. Ascertaining their willingness to do a relay, I entered them in a Mixed 200 Medley Relay...about 2 minutes before the entry deadline. And they did very well, setting a new LMSC record with a time – without the benefit of the fancier tech suits! – would have placed 2<sup>nd</sup> in the country last year. A very impressive performance, to be sure, but this example illustrates how Masters' relays are generally put together: on the fly, with the swimmers on hand.

But like a chess grandmaster, Dave Holland is thinking about twelve moves ahead. His USMS Top Ten achievements and the LMSC records he has achieved since swimming at Indiana University under Doc Cousilman are impressive enough, but Dave also has extensive coaching experience. He was the head coach of the Randolph Macon College swim team, and he is currently an assistant swim coach at the University of Richmond as well as the head coach of the Ridgetop Riptides summer league team.

FINA recently decided to allow world records in 400 free/medley relays, and the 800 free relays. Like a lion scenting easy prey, Dave was all over that action. He contacted the three of us – I think last December! – and told us to reserve March 20 for a swim meet. It took a little while but we were quickly convinced. Look at the photo above...would you say “no” to this guy?



Once we were all on-board, Dave kept our eyes on the ball, as well. Don't enter too many individual events, remember that tech suits are not allowed, all that kind of stuff. I emailed him just before the

meet, to ask if he really thought we had a shot at the World Records. His response – complete with a breakdown of probable splits – “yes, good shot at the 400 for sure; the 200 is more of a reach.” The 200 medley relay was first, and in fact we were right next to the relay of youngsters that I so hastily cobbled together. We all swam well: our time would have been only a 0.5 sec slower than the #1 time in the world last year, and we used slower suits. But we were still a few seconds slower than the World Record.

The 400 medley relay, about 15 minutes later, did not start off very promising: I was almost 2 seconds slower than the split that Dave had predicted for me. Mighty Mermaid Lisa Bennett kept up her end of the deal, nailing Dave's predicted split exactly, as did the Maestro himself in the butterfly leg. It all came down to Shirley Loftus-Charley, an open water and long distance phenom. Nevertheless, Shirley managed to channel her inner sprinter and showed some heat while surging home: our time of 4:35.02 was over one second faster than both the World and National Records!

It also happened to be exactly the time that Dave predicted in that email to me in the days leading up to the meet. Many high fives, hugs and chest-bumpings ensued. In the photo below are the new world record-holders (from the left): Dave, Shirley, Lisa and me.



As Shirley put it afterwards, “what a magical night. I'll never forget touching the wall after the 400 MR expecting the same quiet as after the 200 MR and was shocked to hear everyone yelling and celebrating because we had broken the record! It was such a great feeling!”

# ***Requiem for a Masters Swimmer***

*By Mike Stott*

The following obituary ran in The Richmond Times-Dispatch on Monday, February 15, 2010.

*"McCULLOCH, David A., passed away Saturday February 13, 2010 after a battle with cancer. He is originally from Highland Park, Illinois, and graduated from Illinois Wesleyan University and the University of Madrid, Spain. After graduating, he became an officer in the United States Marine Corps. He worked in foreign trade and lived for many years abroad in Africa, Europe, Asia and Mexico. He moved to Richmond to join the McDonald Corporation. He was an avid swimmer and competed in open water competitions. He is survived by his wife Brit McCulloch; his brother, William C. McCulloch; and nieces and nephews. Funeral arrangements later. In lieu of flowers, donations may be made to the SPCA."*

With the above obit as a guide and at the urging of Dave's many friends I share with you some of "the rest of the story" about Dave McCulloch, age 78. I met Dave in the early 1990's at the suggestion of Masters swimmer and then golf buddy Allen Howell. All three of us swam at Richmond's Tuckahoe YMCA and shared a passion for open water swimming.

In addition to swimming David and I shared similar roots. Though 11 years apart in age we grew up on Chicago's North Shore, went to rival high schools and swimming powers Highland Park and New Trier. As we recounted our swimming careers each of us could remember with remarkable clarity races won, lost and times swum.

Dave took competition to a comical level. More than once locker room conversation turned on Dave's daily workout. And with good reason. It was impossible for Dave to swim without taking the measure of those in adjacent lanes. As daily lap swimmers if we, his buddies, didn't actually see Dave swim the latest workout we'd hear in the shower how he had passed "the poor guy/gal" next to him every \_\_ (fill in the number here) laps. While those souls may never have known how badly they were beaten the exercise served to drive Dave into a

life of physical fitness. And it goes without saying the appearance (circa 2003) of sometimes clueless and neophyte Masters swimmer Tom Callan greatly prolonged Dave's swimming career and energized his will to win.



Dave in the Marines. I learned long ago that there is no such thing as an "ex marine." Once in the Corps you are a Marine for life. Dave's basic training was done in Quantico. I marveled at how infrequently he mentioned that his boot camp bunkmate was none other than 1948 and 1952 Olympic decathlon champion Bob Mathias.

"Lived abroad..." That's an affirmative. For many years he sold industrial steel strapping. Most of us heard more tales of Dave at play while overseas as opposed to Dave at work. He took great pains to understand and immerse himself in local cultures. That helped him professionally. As a handsome devil and a bon vivant Dave appreciated fine wine, cuisine and attractive women. Oh, the stories he could tell.

But the roving eye of our happy wanderer ultimately fixated on a Norwegian high school teacher whom he met on a ferry ride from Denmark to Norway. He often admitted to being gob smacked by Brit, a blonde beauty whom he married after an extended courtship. He relocated to the United States in the late 1960's and on the advice of his brother Bill, Dave used money earned abroad as

*See **Requiem** on page 7.*

*Requiem continued from page 6.*

a grubstake to become a McDonald's franchisee. Ultimately he owned five restaurants in Richmond before retiring in 1989.

It was with retirement that Dave began to devote more time to the pool. While Dave swam Masters in the 1980's, often dueling with Forrest Sullivan in the backstroke, it was early open water success that came to define Dave's training and competitive calendar.

The 2-mile Jim McDonnell Swim in Reston's Lake Audubon in May was an early season must. Five times Dave swam the Chris Greene Lake swim in Charlottesville (1983, 1985, 2003-2004, 2006) always finishing well (wins in 2003 and 2004). We often chided him that he needed to compete in that event more often, but he was very reticent to leave the quiet respite of his Quidnet home on Nantucket.

Prior to going to Massachusetts for the summer Dave almost always had the Great Chesapeake Bay Swim plugged into his calendar. It was the one event for which he trained year round. Race organizers have been unable to produce a complete archive of results, but Dave acknowledges he had swum the event at least 20 times (in 1989 under an assumed name). In 1990, under unusually calm conditions, he clocked a 2:12.03 to finish third in the 55-59 age group. And at age 75 he traversed the 4.4 miles in 3:03.44.

Dave's friends and acquaintances were legion, each with stories and memories as diverse as the man himself. To me Dave was a character, a literate statesman and sportsman who reminded me of the New England gentry I knew so well from my summers in New Hampshire.

I envied his Nantucket existence and especially his open water swims in "the pond" fed by Atlantic Ocean tides. His exploits mirrored memories of my lengthy Adirondack lake swims.

He appreciated and could afford life's finer things -- the house on Nantucket, annual skiing in Switzerland and extensive international travel. I got to experience them vicariously while drinking ice

tea and gazing into his spacious backyard in the fading autumn light.

I could go on, but the point is I'll miss him. We all will. While we shared his brave struggle against cancer, we were just observers, encouraging the good fight, cheering his return to the pool and marveling at his acceptance of "the damn cancer" that he knew to be merely in hiding.

In his final days Dave professed no fear of dying -- and he meant it. He took the travail to the bitter end. The ambiance in the living room with his hospital bed had a regal air to it. Dave was in waiting -- and at repose.

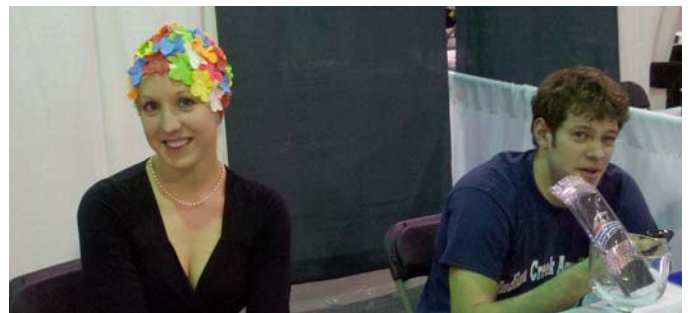
The man I saw in his last hours wasn't physically the man I knew, the one who wanted to thrash annual Bay Swim pretenders or beat Tom Callan on any given day. But he remained to his last breath a man of honor, culture, passion, persuasion and a keen observer of the human condition. I wish he were here now.

Godspeed, David. Rest in peace.

*Mike Stott served as VMST Vice President from 1980-1983. He was the first VMST race director for Chris Greene Lake. At present he is a contributing editor to Swimming World Magazine and serves as swim coach at The Collegiate School in Richmond.*

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## *Expo Booth in Richmond*



Dave Holland arranged for a USMS booth at the Expo during the Richmond 10K. **Allison Czapracki**, above, was one many volunteers to help.

## VMST News

### VMST One Hour Swim Results

*By Betsy Durrant*

Complete results for the One Hour Swim can be found on the USMS website. I went through the list and searched for VMST results. If I left anyone out, please let me know. It is a great accomplishment to complete the swim!

#### Women 35-39

Barbara Streater, 4120      Esther Platsis 3390

#### Women 45-49

5<sup>th</sup> Charlotte Hollings, 4785      Susie Gordon, 4470  
Mary Ann Peterson, 3905      Debbie Jaeger, 3700  
Carolyn Mullaney, 2710  
Christine Worrell, 2600

#### Women 50-54

Betsy Goode, 3685      Women 70-74  
Jessica Servis, 1905

#### Women 55-59

4<sup>th</sup> Shirley Loftus-Charley, 4560  
Barbara Boslego, 3625      Patricia Sikora, 2005  
Michele Lybarger, 1815

#### Women 60-64

Donna Funkhouser, 2145

#### Women 65-59

3<sup>rd</sup> Betsy Durrant, 3565      Susan Marens, 3070

#### Men 25-29

7<sup>th</sup> Adam Barley, 5290      Men 45-49  
Chris Branigan, 2950

#### Men 55-59

Men 65-59  
Stanley Mushaw, 2550      Gerhard Borst, 2445

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### Alvin Richardson

Did everyone see the last issue of SWIMMER Magazine? The feature on Alvin was just great! I hope everyone recognized that he is a long time, loyal VMST member.

## Zones at GMU

I don't have a feel for participation this year. Entries closed April 11. The meet director publishes a list of entrants so we can work on relays the weekend of April 17 and get an email out to members who are going. It really helps if we let you know about relays before the meet. As always, there will be last minute changes.

It's a great meet with so many relay opportunities. I think some swimmers had to choose between Zones and Nationals. With Nationals so close (in Atlanta), it's hard to pass up the chance to go.

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### USMS Nationals in Atlanta

Entries close April 15, probably after you receive this. If you are going, let me know. I'll work on relays with Chris Stevenson, Jim Miller, and anyone else who wants to help. I think we'll have a larger than usual group, so relays will require some thinking.

Relays are:

Friday (last event), Mixed 200 Free Relay  
Saturday (first event), Mixed 200 Medley Relay  
Saturday (last events), 200 Free Relay for M & W  
Sunday (1<sup>st</sup> events after the W 500), Medley Relays

Those who have indicated that they are going are listed below. I know there are others. Let me (Betsy) know.

Lisa Bennett	Alison Moore
Marianna Berkley	Samantha Newhaus
Kitten Braaten	Al Newbury
Betsy Durrant	David Oates
Sandy Galletly	Beth Schreiner
Ida Hlavacek	Chris Stevenson
Karen Kaufmann	Laura Walker
Ariel Lotz	Courtney White
Susan Marens	Tom Woods
Judy Martin	
Jeanne Meredith	
Jim Miller	
Patty Miller	



## **VMST Logo Items**

**Swim Caps with VMST Logo.** During a conference call of the officers, it was decided to give a team cap to all members. At present, I have 33 yellow and 70 purple caps. There are two ways to get these to you:

1. Coaches – send me the number of VMST swimmers in your workout who want a cap and your address. I will send you a package.
2. Individuals – send me a self-addressed envelope.

**Purple T-Shirts with VMST logo.** I have 3 SM and 1 XL left. They are \$14. Send me your address if you want one. I am going to order more T-shirts in a different color.

**Black Shorts with logo.** I have Sm, Med, Lg. No XL. These are \$17 each. Again, send me your address.

***I will be at Zones and Nationals and can deliver items then also.***

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## ***High-Intensity Interval Training Is Time-Efficient and Effective, Study Suggests***

ScienceDaily (Mar. 12, 2010) — *The usual excuse of "lack of time" for not doing enough exercise is blown away by new research published in The Journal of Physiology.*

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The study, from scientists at Canada's McMaster University, adds to the growing evidence for the benefits of short term high-intensity interval training (HIT) as a time-efficient but safe alternative to traditional types of moderate long term exercise. Astonishingly, it is possible to get more by doing less!

"We have shown that interval training does not have to be 'all out' in order to be effective," says Professor Martin Gibala. "Doing 10 one-minute sprints on a standard stationary bike with about one minute of rest in between, three times a week, works as well in improving muscle as many hours of conventional long-term biking less strenuously."

HIT means doing a number of short bursts of intense exercise with short recovery breaks in between. The authors have already shown with young healthy college students that this produces the same physical benefits as conventional long duration endurance training despite taking much less time (and amazingly, actually doing less exercise!) However, their previous work used a relatively extreme set-up that involved "all out" pedaling on a specialized laboratory bicycle. The new study used a standard stationary bicycle and a workload which was still above most people's comfort zone -about 95% of maximal heart rate -- but only about half of what can be achieved when people sprint at an all-out pace.

This less extreme HIT method may work well for people (the older, less fit, and slightly overweight among us) whose doctors might have worries about them exercising "all-out." We have known for years that repeated moderate long-term exercise tunes up fuel and oxygen delivery to muscles and aids the removal of waste products. Exercise also improves the way muscles use the oxygen to burn the fuel in mitochondria, the microscopic power station of cells.

Running or cycling for hours a week widens the network of vessels supplying muscle cells and also boosts the numbers of mitochondria in them so that a person can carry out activities of daily living more effectively and without strain, and crucially with less risk of a heart attack, stroke or diabetes. But the traditional approach to exercise is time consuming. Martin Gibala and his team have shown that the same results can be obtained in far less time with brief spurts of higher-intensity exercise. To achieve the study's equivalent results by endurance training you'd need to complete over 10 hours of continuous moderate bicycling exercise over a two-week period.

The "secret" to why HIT is so effective is unclear. However, the study by Gibala and co-workers also provides insight into the molecular signals that regulate muscle adaptation to interval training. It

*See **HIT** on page 10.*

appears that HIT stimulates many of the same cellular pathways that are responsible for the beneficial effects we associate with endurance training.

The upside of doing more exercise is well-known, but a big question for most people thinking of getting fit is: "How much time out of my busy life do I need to spend to get the perks?"

Martin Gibala says "no time to exercise" is not an excuse now that HIT can be tailored for the average adult. "While still a demanding form of training," Gibala adds, "the exercise protocol we used should be possible to do by the general public and you don't need more than an average exercise bike." The McMaster team's future research will examine whether HIT can bring health benefits to people who are overweight or who have metabolic diseases like diabetes.

As the evidence for HIT continues to grow, a new frontier in the fitness field emerges.

**Editor's Note:** Chris Stevenson sent me a link to this article: [www.sciencedaily.com](http://www.sciencedaily.com)

### ***Comments from Chris Stevenson***

Although concentrating on cycling/running, the application to swimming seems obvious. I thought this might be a good topic for a "Coaches Corner" article for an upcoming newsletter?

I am continually frustrated with the idea – stubbornly popular amongst many Masters swimmers (and even coaches) – that the best way to train is "get as much yardage in as you can" within your time constraints. I think that aerobic/endurance work is important, yes, but I hate when swimmers take ALL intervals and immediately say "let's increase the yardage" and thereby cram more yards in and decrease the rest.

Here is the thing: EVEN FOR FITNESS SWIMMERS, I think the most effective exercise is the one that gets your HR all over the place (subject to doctor's approval, of course). High intensity training with adequate (ie, longer than most take) recovery between repeats definitely has a place!

For people who compete, race-pace training is a must: you build lactate tolerance, you learn how to pace, you work on stroke mechanics and techniques (eg starts, turns, breakouts) at race speed. But it is also good for those who have no wish to compete and just want to be fit.

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### ***At the Albatross Meet, March 20***



***Kitten Braaten, Bud Swiger, Beth Schreiner***

### ***At (or after) the Warrenton Meet, March 14***



***Chinn group having fun again!***

# ***JIM MONTGOMERY'S ADULT SWIM CLINIC***



## **St. Catherine's Kenny Center Pool Richmond, Virginia Saturday, May 1, 2010**

Olympic gold medalist Jim Montgomery is coming to Richmond to share his unique experience working with adult swimmers and triathletes. At the 1976 Olympics in Montreal, Jim won three gold medals and became the first person to break 50 seconds in the 100 meter freestyle. He has been coaching masters in Dallas since 1981, and is currently the co-owner of Dallas Aquatic Masters, one of the top adult fitness programs in the country. He teaches all levels of swimmers, including new swimmers conquering a fear of the water, lap swimmers, triathletes, and pool/open water competitors. Jim will be assisted by local coaches on deck and the anticipated swimmer-to-coach ratio is 5:1.

**Morning Session (9-11am):** This clinic is designed to introduce the novice adult swimmer to the fundamentals of the freestyle or crawl stroke. If you want to gain confidence in swimming for fitness and fun, this session is for you. Clinic will focus on the proper breathing technique, body position, and the beginning of freestyle pull.

**Afternoon Session (1-3pm):** This session is for adults with prior swimming experience, and is designed to help lap swimmers, triathletes, and competitive swimmers refine their strokes and turns. If you want to take your training to the next level, this session is for you!

**Cost:** \$30.00 per person. Jim Montgomery will be signing copies of his new book *Mastering Swimming* after each session. Books may be pre-ordered for \$20.00 when you register online.

**Register:** online at [www.vaswim.org](http://www.vaswim.org) or [www.jimmontgomeryswim.com](http://www.jimmontgomeryswim.com). Your credit card statement will reflect a charge from "ClubAssistant.com Event Billing".

**Eligibility:** You must be 18 years or older as of May 1, 2010. Space is limited. For the morning session, participants should be able to swim one length of freestyle independently, and feel comfortable treading water for several minutes in the deep end of a pool. Participants in this session are asked to bring a pair of swim fins if you own them. The afternoon session will be appropriate if you can swim 100 yards of freestyle without stopping or lifting your head to breathe.

**Questions:** Dave Holland (804) 282-6224 or [HenryDaFiF@aol.com](mailto:HenryDaFiF@aol.com)



# 27<sup>th</sup> Annual Jack King One Mile Ocean Swim



**Sunday, June 27, 2010  
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 # 120-003

**Entry Fee:** \$25 if postmarked by June 7, 2010. \$30 after June 7 to June 25th, 2010. \$50 RACE DAY. T-shirts are guaranteed to swimmers who register by June 7, 2010. No Refunds.

**Eligibility:** Minimum age to participate is 18 as of June 27, 2010. 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 (see back)**

**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).

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

**Course:** The start is in the water at 24<sup>th</sup> Street, swimming north parallel to the beach/boardwalk. The finish is on the beach at 38<sup>th</sup> Street. Buoys mark the start and finish. You must swim around the finish buoy before exiting the water.

**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.

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

## **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). (Tentative)

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 30, 2010  
Reston, Virginia  
Paper Entry Deadline:  
May 1, 2009  
[www.restonmasters.org](http://www.restonmasters.org)

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

Saturday, July 10, 2010  
Charlottesville, Virginia  
Entry Deadline: June 28, 2010  
[www.VASwim.org](http://www.VASwim.org)  
or [cableswim.org](http://cableswim.org)



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

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

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)**

## 2010 ONE EVENT REGISTRATION FORM

<p style="text-align: center; margin: 0;"><b>FOR JACK KING ONLY</b></p> <p style="text-align: center; margin: 0;">MAIL CHECK TO (PAYABLE TO LMSC):</p> <p style="text-align: center; margin: 0;">JUNE MCDANIELS</p> <p style="text-align: center; margin: 0;">2400 KETCH COURT</p> <p style="text-align: center; margin: 0;">VIRGINIA BEACH, VA 23451</p>	<div style="text-align: center;">  <p><b>U.S. MASTERS SWIMMING</b></p> </div> <div style="text-align: center; margin-top: 20px;"> <p><b>ONE EVENT MEMBERSHIP APPLICATION</b></p> </div>	<p><b>Register with the same name you will use for competition. Print clearly.</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">Last Name</td> <td style="width: 33%;">First Name</td> <td style="width: 10%;">Init</td> <td style="width: 24%;">For Office Use</td> </tr> <tr> <td>Street</td> <td colspan="2">Apt</td> <td></td> </tr> <tr> <td>City</td> <td>State</td> <td>Zip</td> <td>Phone No.</td> </tr> <tr> <td colspan="4">Email Address</td> </tr> <tr> <td>Date of Birth Mo. Day Yr</td> <td>Age</td> <td>Sex</td> <td>Today's Date Mo. Day Yr</td> </tr> </table> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center; margin: 0;"><b>O EVT – One Event Membership      Event Date: 6/27/2010</b></p> </div>	Last Name	First Name	Init	For Office Use	Street	Apt			City	State	Zip	Phone No.	Email Address				Date of Birth Mo. Day Yr	Age	Sex	Today's Date Mo. Day Yr
Last Name	First Name	Init	For Office Use																			
Street	Apt																					
City	State	Zip	Phone No.																			
Email Address																						
Date of Birth Mo. Day Yr	Age	Sex	Today's Date Mo. Day Yr																			
<p><b>USMS Fee:    \$12.00</b></p> <p><b>LMSC Fee:    \$12.00</b></p> <p><b>TOTAL FEE:    \$24.00</b></p>	<p>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.</p> <p>Signature _____</p>																					



# USMS 2-Mile Cable Open Water National Championship

## Chris Greene Lake, Charlottesville, VA, Saturday, July 10, 2010

Sponsored by Virginia Masters Swim Team and Albemarle County Parks and Recreation  
Sanctioned by LMSC of Virginia for USMS, Inc. Sanction #120-002

**SAVE PAPER, SAVE TIME, AND AVOID ERRORS: REGISTER ONLINE at [www.cableswim.org](http://www.cableswim.org)**  
**Your credit card will be charged to "ClubAssistant.com Event Billing"**

**Event:** This is a 2-mile cable swim, consisting of 4 laps around a quarter-mile straightaway. Start and finish are in the water. There will be two heats. The first heat will be swum counter-clockwise and will start at 8:30 am. The second heat will be swum clockwise and will start at 10:30 am. The distance has been surveyed and will qualify for 2-mile cable 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:**

Heat 1: 8:15 AM  
Heat 2: 10:15 AM

**Eligibility:** Open to all swimmers 18 years & older as of July 10, 2010. All participants must be registered for 2010 with USMS (or the equivalent organization for non-U.S. swimmers). Foreign swimmers are not eligible for USMS records or All-American status. **Paper entries received without a copy of entrant's 2010 USMS card will be returned.** Online entries will be verified automatically. To renew or join USMS online, visit [www.usms.org/reg](http://www.usms.org/reg)

**Rules:** Current 2010 USMS rules will govern the event.

**Entries:** All snail mail entries must be postmarked by **June 30, 2010. Online entries will close at 11:59pm Pacific Standard Time on July 5, 2010.** Late or race-day entries will NOT be accepted. You may not enter both heats. Online entry is strongly encouraged. Entry fee is \$40.00.

**Safety:** For safety reasons, swimmers who cannot complete 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:** USMS Long Distance National Championship medals will be awarded to the top 6 men & women finishers in each age group. First place finishers in each age group will also receive a USMS "National Champion" patch. Medals and "National Champion" patches will be presented at the awards ceremony on the beach, about 15 minutes after the conclusion of the second heat. Drinks and snacks will be provided. Awards will not be mailed.

### **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
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**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 Earlsville, 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)



# 2010 USMS 2-Mile Cable Open Water National Championship ENTRY FORM

Avoid this form, avoid errors by registering online at [www.cableswim.org](http://www.cableswim.org)

PLEASE INSERT SEED TIME  
FOR THE HEAT YOU ARE ENTERING



**U.S. MASTERS  
SWIMMING**

**PLEASE STAPLE A LEGIBLE  
COPY OF YOUR 2010 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>2- MILE</b> Heat 1 8:30 am	Counter-Clockwise <<<<< >>>>>	1650 yd time: ____ : ____
<b>2- MILE</b> Heat 2 10:30 am	Clockwise >>>>> <<<<<	1650 yd time: ____ : ____

			CHECKLIST
\$_____	\$ 40.00 2-Mile Cable Entry Fee	<input type="checkbox"/>	Completed entry form
\$_____	T-Shirt: included free with entry, \$ 3.00 charge for XXL or XXXL	<input type="checkbox"/>	Copy of USMS card
\$_____	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 <a href="http://www.cableswim.org">www.cableswim.org</a> by July 14 \$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 June 30 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 Swimming, Inc.; Virginia Swimming, Inc.; NOVA of Virginia Aquatics, Inc.; United States Masters Swimming; LMSC of Virginia; Virginia Masters Swim Team; each swim club participating in the Event; Event Meet Sponsors, Event Meet Directors; Albemarle County and its officers, agents, and employees; Charlottesville-Albemarle Rescue, Individual Event Officials; or any other person participating in administrating the Event. 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 7/10/10: \_\_\_\_\_

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

PLEASE PRINT CLEARLY

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

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

***Warrenton Meet Director Charlie Tupitza (right) with son Nathan***



Question: How do I get a picture included in the newsletter? Answer: Send pictures to Betsy. It's that easy!  
Thanks to Dave Holland, Bud Swiger, and Mark Daniels for pictures used in this issue.