

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
July 15, 2012

Forrest Sullivan

1929-2012

By Betsy Durrant

One of the leaders in our LMSC and in VMST passed away June 27. Forrest began Masters swimming in 1978 or 1979. In the summer of 1979, Forrest and his wife Phyllis entertained Masters swimmers from throughout Virginia at a picnic at their home in Virginia Beach. Virginia Masters had been around a few years (probably since mid-1970's) but was loosely organized. At this picnic the nature of the team was discussed and officers were elected.

Swimmers were there from Virginia Beach and Norfolk, Newport News and Hampton, Richmond, and Charlottesville. The team was growing and there was discussion about whether to maintain one team or divide up into smaller teams by locality. It was decided that since we had a good time together and because it was more fun to have teammates and relays at meets that we would maintain one team. Forrest was elected President; Mike Stott (Richmond) was elected Vice President; Judy (Decker) Martin (Virginia Beach) was Secretary and Will Ossa (Hampton) was Treasurer.

Those of us who were close to Forrest referred to him as the "ultimate volunteer." He served in leadership positions in VMST, in our LMSC, was co-meet director of the fall meet (which began in 1980) and co-race director of the Jack King Ocean Swim (which began in 1984). For the first few years of the Sandman Triathlon, Forrest was involved with helping Mike Hechtkopf, the first race director. He coached Special Olympics and a team at the YMCA. He was active in officiating at high school meets in Virginia Beach. He also attended the USMS national convention and served on several national committees.

Our group in Virginia Beach trained together and traveled together for many years. It was always fun with Forrest as part of the group! ***Karen Mickunas, Judy Martin, Francis Hall, Forrest, and Betsy Durrant at a meet in Raleigh► in 1984.***



***Mike Duignan and Forrest Sullivan
November, 2009***



***Forrest at Senior Games at U of Richmond
2001***





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

July 22: LC at Hains Point in DC

August 18-19: NC LC meet, Cary, NC

August 25: USMS 1-Mile Open Water Champ., Lake Lure, NC

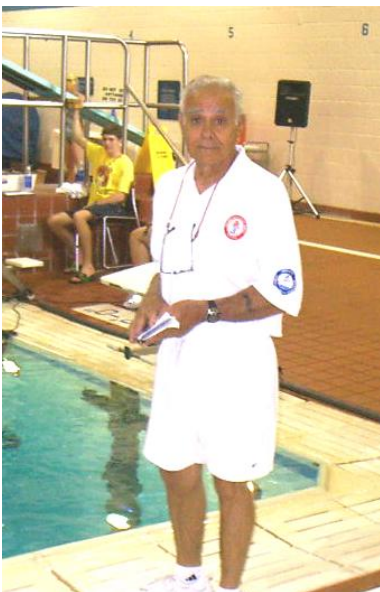
September 29: Randolph Macon College in Ashland, VA.

September 30: Pelusa Open Water Series

October 28: Sprint Classic at GMU

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*Forrest Sullivan
officiating at
a high school meet.*

Graphics from www.swimgraphics.com



Virginia LMSC Website

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

ONLINE Registration for many meets:

www.clubassistant.com

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NEWS

■ New Meet on September 29!

Mark your calendars to participate in a meet at Randolph Macon College in Ashland. Entry information should be in the August newsletter. Let's support this meet run by the college team at Randolph Macon. This meets gives us another chance to compete in a central location and a chance to help the college team.

■ **Swimmer magazine cover.** The swimmer in the awesome shot of the relay start is VMST member **Danielle Myers** of the NOVA group in Richmond. If you remove the mailing label, you will see **Claire Russo** in her VMST cap.

■ **FINA World Championship in Riccione, Italy.** VMST members **Ida Hlavacek**, **Susan Marens** and **Betsy Durrant** participated in the meet. In addition, **Chris Stevenson** participated; he represented NC Masters because there was not time to switch back between SC Nationals and this meet. **Sandy Galletly** also participated as a member of his Scottish team.

Medals were awarded through 10th place. All of our swimmers placed in the top ten in at least one event.
 Ida – 7th 200 back; 9th 400 IM, 100 fly and 200 fly
 Susan – 9th 3000 Open Water Swim
 Betsy – 9th 50 back; 8th 400 free
 Chris – 4th 200 free; 2nd 100 fly, 200 fly, 100 back, and 200 back,
 Sandy – 2nd 800 free, 7th 200 back, 400 free

■ Wytheville Masters (from Larry Hutton).

WVMS brought home 5 medals from Virginia Senior Games in our inaugural meet as a team! We are excited and look forward to representing WVMS at The Commonwealth Games in June!

■ Abby Nunn wins Manhattan Island Swim.

Abigail Nunn, 22, of Richmond was the first place finisher in the 28.5 mile Manhattan Island Swim. Her time was 7:30:26.00.



Abby at CGL in 2010.

■ VMST members **Judy Martin** and **Johnnie Detrick** swam in a LC meet in Goldsboro, NC, on June 9.

■ I heard from **Bud Swiger** that the new LC meet in Christiansburg was great. The meet was run efficiently in a super nice pool. Bud also sent the picture below of him and **Laura Walker**. He gave me several explanations of what the awards were for. You'll have to ask them.



Betsy Durrant, Susan Maren, and Adrienne Pipes in Italy. Adrienne lives in Hawaii and swims for San Diego Masters.



Betsy waiting nervously behind the blocks for the 800.



Swim Meet? Vacation? Both?

By Betsy Durrant

The 4 VMST members who traveled from the U.S. to Italy for the World Championships didn't just attend the meet. Vacations and sight-seeing were an integral part.

After swimming in the meet, **Chris Stevenson** met Heather and Ian in Milan and spent time with friends before spending a week in Greece with his parents.

Ida Hlavacek enjoyed a cruise to Greece after the meet. While in Riccione for the meet, **Susan Marens** enjoyed a day trip to Venice and another to Florence.

My husband Steve, granddaughter Torie, and I spent three weeks in Italy. We flew to Milan, stayed two nights, and then drove to Riccione. We rented an apartment for two weeks. I was pretty anxious about the apartment since I booked online, trusting pictures and descriptions. Much to my relief, it was perfect. We were located about 50 meters from the beach and about 20 meters from Via Dante which has one way traffic (one lane), but usually the pedestrians take over the street. It is lined with shops and restaurants.

Our apartment was on the first floor and had a wrap-around patio with a table and chairs and lounge chairs. Susan Marens stayed with us, sharing a room with Torie. They were a little crowded – a small room, limited storage, and bunk beds. Fortunately no one spent much time in the bedrooms. Our living room included a kitchen at one end. It was great fun to shop at the Italian markets. We generally ate breakfast and lunch at the apartment. Occasionally, we ate out for lunch as well as dinner. We had a hard time adjusting to the later hours for dinner. Restaurants don't open until 7:00. If we went then, we were usually the only ones there.

At the markets, you have to bring your own bags or pay for plastic bags. Another interesting thing was you had to put a Euro coin in a slot on the shopping cart to get it unchained. When you returned the cart and hooked it back up, your Euro popped out. There were no loose carts in the parking lots! In Riccione, we drove the car as little as possible – mostly just to buy groceries. We walked most places and rode a shuttle bus to the pool.

Susan, Torie, Betsy, Steve at dinner



Interestingly, we had no wi-fi in the apartment, but we could get it on the beach with no charge. Torie went over every night about 9:00 and was able to Skype with friends back home.

We took an afternoon to go to Rimini, which is adjacent to Riccione. We also spent one morning in the Republic of San Marino, an independent republic within Italy. It was only a 30 minute drive. San Marino is on top of a mountain. We drove part way up and then took a cable car to the top. The views were spectacular.

View from the cable car back to the docking station on our way up. ►

View from San Marino toward the Adriatic ▼



Susan, the proper English lady, at lunch in San Marino



At the meet, we were quite surprised by some on the vendors. ▼ We bought some wine one day, but Susan left one bottle on the shuttle bus. She noticed right away and waited for the shuttle to make its circle and return. When they opened the door, she spotted the wine by the driver. Some fellow swimmers noticed the bottle and turned it in.

Susan wasn't sure if the bus driver was disappointed or not, but they both laughed when she retrieved it. In addition, draft beer was sold in the concessions. Some swimmers and water polo players enjoyed a glass during and after competition.

Susan and I went to the beach several afternoons. She entered the 3000 meter open water swim and wanted to get used to the cool water. We had great fun acting like kids and screaming as we got in. Once you swam a few strokes, the water temperature combined with the warm sun was perfect.

One of our favorite memories is of watching Italy and Spain play in the opening round of the Euro-Cup. We were at a restaurant with tv sets all around. Across the street, another restaurant had the game on also. People stopped to watch and cheer. In the restaurant, everyone (even waiters carrying food) stopped when anything exciting happened. The atmosphere and cheering were memorable.

The open water event was the day after the meet was over. Susan stayed on in Riccione for the swim. Steve, Torie and I headed to Verona for one night, then on to Lake Como before returning to Milan for our flight home. Other than swimming better in the meet, I can't think of any way we could have enjoyed the trip more.

This was only the third time I have competed at a World Championship. I don't particularly like the crowded conditions and the long waits for events. I think it is difficult to swim your best. Warm-Up is unbelievable. USMS rules are much stricter about safety than FINA rules.

There could be 20 people in a lane and swimmers were still going off the starting blocks. Also, I didn't realize how dependent I am on a pace clock during warm-up. For distance events, I like to check my pace to make sure I know what it should feel like. With no pace clock and crowded lanes, this was impossible.

On the positive side, it is exciting to be sitting in the Clerk of Course area and have a swimmer from Hungary on one side and a swimmer from Japan on the other side. I also saw some former VMST members that I haven't seen in a while. **Violetta Schlesinger** swims for a German team in Munich. She lived in Richmond for several years and competed with VMST. **Jim Pope** now swims for New England Masters. He



used to teach at Old Dominion University, but left Norfolk in the early 1990's. I had seen him last December at a meet in Boston. We managed to have dinner with Jim and his wife a few times in Riccione. Jim taught in Germany for a few years and although he is retired, he still travels to Europe to lecture and manages to swim wherever he is.

As I mentioned before, my swimming was not so great. I was most disappointed with my first event, the 800. Surprisingly, my last event, the 400 was the best (although not really great either). The next World Championship is in 2014 in Montreal. I've never been to Montreal, so I am thinking about going. Regardless of how you might swim, who can pass up a trip to someplace new?

VMST at Omaha

VMST will have a small group swimming in LC Nationals in Omaha. The meet runs from July 6 – July 9.

Members who will be competing: Adam Barley, Dave Holland, Kirk Clear, Tom Wood, Sandy Galletly, Kitten Braaten, Betsy Durrant, Beth Schreiner, Ida Hlavack.

Several members entered, but are unable to attend: Danielle Myers, Cliff Arnold, Bud Swiger.



Susan and Betsy shopping at street vendor.



Virginia Beach Ocean Swim Series

3K / 1Mi Swim, Sunday, 8, 2012, 9:00a.m.

5K/ 1Mi Swim, Sunday, Aug. 5, 2012, 9:00a.m.

Entry Fee: Entries for 3K or 1Mi must be postmarked by July 2, 2012: \$35.

Entries for 5K or 1Mi must be postmarked by July 25, 2012: \$35.

Entries for Both Races Postmarked by July 2, 2012: \$60.

Day of Race Entries: \$45.

For more information: www.vbls.org

Jack King Ocean Swim

Race Director June McDaniels did a great job with the ocean swim again this year! 131 swimmers started and 131 finished. Conditions were ideal – a calm ocean with the current helping out the swimmers.

Chris Ross, of Virginia Beach, was the overall winner in a time of 17:16. This broke the old course record of 17:31 set by Katy Arris (now Katy Arris Wilson) in 1993. Colleen Moore was the first woman finisher and the second overall swimmer. Her time was 18:08.

Age group winners were:

18-24	Walt Deppe	Colleen Moore
25-29	Dan Shuman	Laura Straw
30-34	Thomas Krajewski	Kristine Klammer
35-39	Chris Ross	Misty Jensen
40-44	Ted Lynch	Jennifer Petyk
45-49	George Sushkoff	Val Van Horn Pate
50-54	Matt Bickley	Susan Gordon
55-59	Scott Balderson	Sarah Jones Dunstan
60-64	Dale Darr	Mimi Ulsaker and Cheryl Ptak
65-69	Sam Blood	-none-
70-74	Randolph Wise	Susan Marens

Walt Deppe and Oliver Goode



Christine Morris, Christine's sister and niece, Mary Ann Peterson, Susie Gordon, Oliver Goode, Betsy Goode



The Great Neck workout group (plus a few others) at Jack King: Susan Marens, Steve (Susan's son-in-law who also swam), Carol McCammon, Mitch Saks, Jon Mark and Liz Serre, Walt Deppe, Mary Ann Peterson, Susie Gordon, Vic Mickunas, Christine Morris, Christine's sister, (I can't tell who is behind them with the big hat), Betsy Goode, Oliver Goode, and Jim Robinson.

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Ida Hlavacek (third from the bottom) at the start of her 800 at Worlds.

