

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
July 15, 2013

VMST Relay Smashes World Record!!

At the Colonies Zone LC Championship Meet, the VMST relay team broke the World Record for the 400 Free Relay in the 280+ age group. The meet was held in the beautiful Collegiate School Aquatic Center (CSAC) in Richmond on June 22-23.

The relay team consisted on Marcia Barry, Johnnie Detrick, Laura Walker and Shirley Loftus-Charley. Their time of 5:45.80 broke the existing record by 21.75 seconds. The existing record was held by the VMST relay of Johnnie Detrick, Laura Walker, Beth Schreiner, and Betsy Durrant.

See page 5 for some interesting aspects of this record breaking swim and the history of the record.



**Laura Walker, Johnnie Detrick, Marcia Barry,
Shirley Loftus Charley**

*See page 6 for reports on The Zone Meet,
the Chesapeake Bay Swim, the Jack King
One-Mile Ocean Swim, and Pan Ams.
(Lots going on!!!)*

Glee In Indy!

By Bob Schreiner

Trust me, you don't have to be a Hoosier to enjoy Indianapolis. If I had to define "Hoosier," I would say the nickname for a resident of Indiana refers to someone folksy, unpretentious, and honest who likes the simple things of life. That description appeals to this Kansas-born Virginia urbanite, who loves Indianapolis for the same reasons as any other visitor does who spends more than a day in this heart-of-Indiana capital city. Without any glitz or in-your-face gloating, Indy is what you see: an immaculately clean city blessed by good city management and filled with honest, friendly citizens who clearly take pride in their city. The city is filled with museums, parks, historic sights, a lively downtown area, marvelous restaurants, hotels galore, and an impressive array of sports venues—all connected by broad streets and avenues and even walking trails. One of the sports venues—located right next to the NCAA Hall of Fame, museum, and headquarters complex and less than a mile from the famed Indy 500 racetrack—is the IU Natatorium, a regular host of the USMS nationals. It is now a given that many VMST swimmers share my respect for the city after their performances in this year's USMS Spring National Championships held there on May 9-12.

Seventeen VMST swimmers made their way to Indianapolis for this year's nationals, and those VMST members who could not participate should know that they were well represented by these "special 17." Twenty regional swim clubs competed in the meet, as did 204 local clubs, including VMST. Perhaps drawing from past successes in the IU Natatorium, VMST took third place in the combined results as well as in the women's results—a truly remarkable performance by a short-roster team. As usually is the case, the VMST women carried the team with an impressive display of individual and relay performances. Meet after

See Indy on page 3.



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

.August 3: LC Meet in Cary, NC

► **August 3: Lake Moomaw 1-Mile Swim**
Entry is in this newsletter.

► **August 3-4: Sunfish Masters and Warrenton Masters LCM and SCM, Manassas**
Information sheet is in this newsletter.

**Aug 7-11:USMS LC Nationals,
Mission Viejo, CA**

Newsletter Editor

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

Va Beach Ocean Swim Series:

5k - July 28th.

<http://www.usms.org/comp/event.php?MeetID=20130630VBLSO>

Sponsored by the Virginia Beach Lifeguards, not USMS sanctioned.

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

LMSC Officers

Chair: Patty Miller

pmillerswmr@gmail.com

Vice Chair: Charlie Tupitza

ctupitza@warrentonmasters.org

Secretary: Pam Dameron

cpdameron@comcast.net

Treasurer: Charlie Cockrell

Charles.Cockrell@alumni.virginia.edu

Registrar: Shirley Loftus-Charley

VARegistrar@usms.org

Sanctions: Heather Stevenson

hns@usms.org, 804-282-0124

Records and Top Ten: Chris Stevenson

chrisl Stevenson@usms.org, 804-282-0124

meet, it seems to make no difference who among the VMST ladies shows up, they are winners. As Yogi Berra (or Betsy Durrant) would say about them, “We have deep depth.”

The Spring nationals actually got off to a rough start for the VMST ladies. On Thursday, for example, in the meet’s first event, Karen Kaufmann injured a knee severely enough during her 1,000-yard freestyle heat that she was forced to scratch her remaining events. Though disappointed that her meet was over, Karen gamely stayed through the competition and supported her team by counting for other long-distance swimming teammates, capturing split times, cheering on her teammates, and (most importantly) volunteering to be my “field reporter.” That last duty gave me virtual access to places and conversations that no male reporter (ahem, even if he is suave, debonair, from Kansas, and totally harmless) could go without risking arrest and short-term residency in a Hoosier hoosegow. So, if you don’t believe or like some of the quotes used in this literary opus, blame Karen, not me. Karen—as commonsensical as was her dearly missed mother—had a practical perspective of her injury: “I’ve done my best 1,000 (in 2000) and my worst 1,000 (in 2013) in Indy.” As good teammates should, Ida Hlavacek and Val Van Horn Pate “picked up” Karen with 2nd- and 4th-place finishes, respectively, in their age groups of the 1,000 freestyle.

In addition, VMST’s beloved matriarch Betsy Durrant also got off to a rough start when she had to withdraw from Thursday’s 1,650-yard freestyle—an event in which she was seeded #1—owing to a heart hiccup. (I apologize if my professional medical terminology is too sophisticated for you readers.) Betsy’s medical issue did not prevent her from soldiering on during the meet, however. On Friday, for example, after taking a very respectable 3rd place in the 50-yard backstroke, she was heard to say, “I swam the 50 back and my heart is still beating like it’s supposed to. Yesterday, I couldn’t feel it.” Later in the meet, in a discussion about the judging, Betsy was heard to say, “I think they are watching me for my health, not because I’m fast.” (Let’s see, who elicits more attention, healthy women or fast women?)

Better fortune greeted the VMST team on Friday, and nothing surpassed the public announcement that Patty Miller had been selected

by USMS as the 2013 winner of the distinguished Ransom Arthur Award. She follows her husband, Jim, and Betsy as previous honorees for their multiple contributions to USMS. How neat that both Jim and Betsy were there to congratulate Patty and welcome her into their exclusive club. On Saturday, Patty helped VMST’s growing point total by finishing 5th in the 100-yard breaststroke.

Right after the 100 breast, three other VMST women swept the 200-yard backstroke. Ida won the event, followed by Betsy and Judy Martin. In a post-race review, Betsy commented to Karen, “I saw Ida was several seconds ahead of me and that Judy was even with me at the 100.” In a logical reply, Karen said, “Betsy, if you knew all that, how could you even focus on you race?” Betsy’s self-deprecating answer: “I could see all that because of my bad turns.” Before her heat in that same event, Kitten Braaten offered up a comment that could have been attributed to some non-French speaking former Kansan who knows next to zilch about swimming: “I don’t know how to start.” That is a rather surprising comment from a veteran swimmer, but I trust that some helpful teammate suggested Kitten simply hop into the pool.

The women’s 200 back wasn’t the only time the VMST broom was used. Another sweep took place on Sunday in the 100-yard backstroke, when Beth Schreiner led Ida and Judy to a 1-2-3 finish. Another sweep nearly took place in the women’s 50-yard backstroke, when Beth won the event and Betsy and Judy took 3rd and 4th, respectively.

Let me add here that in addition to the results already noted, Ida added to her successes by taking 2nd place in both the 200 fly and the 200 IM and 3rd in the 400 IM. As for Betsy, she also added to her medal stash with a strong 2nd-place finish in the 500 freestyle and a 4th place in the 200 freestyle—“heartwarming” performances for sure. After climbing out of the pool following her 500 free, Betsy said, “That hurt!” Karen, ever on the spot, replied, “It always hurts; it just hurts less if you are feeling good.” I assume that bit of wisdom eased some of Betsy’s pain.

Judy Martin’s impressive meet included three 2nd-place finishes in the 1,650 freestyle, the 50 breast, and the 100 breast. As for Val, she picked up valuable points for VMST with additional 4th-place finishes in the 100 backstroke and 200 fly, as well as 5th-place medals in the 200 backstroke and the 100 fly.

Since I don't enjoy being barred from the bedroom and I don't sleep well on couches that are undersized for me, I better note that my spouse Beth, or "Grandma Evinrude," had quite a meet. ("You're welcome, dear!") In addition to the two wins noted above, she also took 1st place in the 50- and 100 -yard freestyle races and 2nd in the 200 free. She also anchored two relays that VMST dominated, the 200 freestyle and the 200 medley relays. Her winning teammates in the medley relay were Judy, Ida, and Laura Walker; in the freestyle relay, they were Ida, Laura, and Betsy. My only role in Beth's accomplishments in Indy was the important one of beverage manager. That always is relatively easy in this city, where the restaurants have first-rate wine lists—Hoosier high life?

Laura did more than swim relays. First, she dominated the 100 freestyle with an easy victory in her age group. Before she left Indy for her home on the eastern shore of Virginia, Laura had garnered another four medals with 2nd-place finishes in the 50 and the 100 backstroke and 3rd-place finishes in the 200 freestyle and 200 backstroke. Now you know why Laura was smiling throughout the meet! Her focus during the Indy meet was so intense that after I wished her a happy Mother's Day on Sunday, she replied with a stunned reply, "Oh yeah, it is Mother's Day." (Now, that is concentration!) Laura's innocent reply reminded this old third baseman of a not-as-innocent comment infamously made one Sunday years ago by renowned former Pittsburgh Pirate slugger Ralph Kiner during his not-so-glorious days as a baseball announcer: "Today is Father's Day, so to everyone out there: Happy Birthday!" (That is absurd inattention!)

One other VMST lady deserves recognition, Nancy Speer. To her surprise—so she claims—Nancy swam one of her best races ever by taking 3rd place in the 200 breast. She didn't disappoint a large contingent of Midwest family members cheering her on, and her smile after being congratulated by them and her teammates was as broad as Laura's. Nancy no doubt is too young to remember malaprop-prone former baseball manager Casey Stengel say, "There comes a time in every man's life, and I've had plenty of them." I propose that at that race in Indy, Nancy enjoyed one of probably many such times in her life.

VMST's undermanned men's team also fared well at the IU Natatorium. Spurred on by everyone's favorite teammate, Kirk Clear—who

seems to be as much cheerleader and assistant coach as he is swimmer—the men earned valuable points in several individual races. Terry Gernstein, for example, took 2nd place in both the 100 and 200, breast, as well as fourth in the 50 breast. We all would like to see more of Terry in upcoming meets.

Dave Holland, one of VMST's most reliable and consistent swimmers, had a fine meet as well. More a distance swimmer than a sprinter, Dave placed 3rd in the 1,000 freestyle, 3rd in the 200 butterfly, 5th in the 400 IM, and 5th in the 500 freestyle. In the latter event, Dave just missed swimming under 5 minutes, a stated goal of his. He told me the next day, "I checked the video of my swim. It was clear what I had to do: swim faster!" That is about as clear an analysis as one could expect from any swimmer. Dave's comment was as succinct and straightforward as one made by Betsy after one of her races: "Training makes a difference, and you can quote me on that." (I just did.)

"All work and no play" is not a VMST motto. One evening, for example, I accompanied seven female swimmers—one of whom was Beth—to a fine dinner at Palomino in downtown Indy. Everyone had a good time, but those of us who sampled the restaurant's eclectic wine list had the most fun. Another evening was spent at Victory Field where a hotdog, burger, and beer fest preceded a cold and blustery baseball game won by the host Indianapolis Indians. Humphrey Bogart was quoted as once saying that "A hot dog at a game beats roast beef at the Ritz." That night at the game, I think I heard—but am not certain—Dave Holland say something nearly as cerebral, like "A beer at the game beats two beers watching myself swim."

While some of us went for the beer and baseball, other more sophisticated VMST members attended a country music and comedy show in the Eiteljorg Museum of American Indians and Western Art entitled "Riders in the Sky." Anything that sounds like a Hoosier hootenanny to me is way out of my league. (Did I type that or did I hear Dave say it?) Regardless on one's artistic preferences (or lack thereof), it is fair to say that we all enjoyed our time in Indianapolis. Well done, VMST!

More on the Relay WR

By Betsy Durrant

At the Zone Meet, several people asked me why the USMS record for the 400 Free Relay was faster than the World record. Until the fall of 2010, FINA recognized world records in the 200 meter relays only. USMS maintained records for the 400 and 800 meter relays. In August of 2010, LC Nationals was in Indianapolis and offered a Relay Day when all relays (200,400,800) were held. VMST was fortunate to have the right people of the right age at the meet. Beth Schreiner, Betsy Durrant, Laura Walker and Barbara Ziremski established USMS records in the 400m and 800m Freestyle Relays. No 400 and 800 relays were recognized by FINA then. But in August of 2011, we were fortunate again to have Beth, Betsy, Laura, and Johnnie Detrick at the LC Zone Meet at College Park, MD. At that meet, we broke the existing world records.

The record at the Richmond pool broke both the USMS and World record for the 400 Free Relay. Next up, the 800 Free Relay, but that will have to be next summer. A team from Great Britain broke the VMST record in February, 2013. We need to take it back!

Relays for meter meets are lots of fun to put together because they are “sum of the ages.” This record was in the 280+ age group. When I was putting together relays, I knew that the relay members had to average 70 years old. I noticed that Johnnie is now 78. That meant that she and Shirley (age 62) averaged 70. Laura is 76 and Marcia 65, so again it worked. These records require obvious swimming skills but also some luck in getting team members at the few meets that offer the relays.

Zone Photos by Dave Holland



***Co-Director
of the meet
Heather
Stevenson
with friends
and helpers.***



VMST 120+ Relay Team of Danielle Myers (on left), Kate Hibbard (back), Maura Smith (right), Claire Russo (front).

Johnnie Detrick, Val Van Horn Pate, Doniella Tripp



VMST ladies from NOVA look like they have been at the meet too long. Elizabeth Cohen, Kate Hibbard, Claire Russo, Peggy Feldmann



LC Zone Report

Chris Stevenson has a full report on the website (vaswim.org). A brief summary:
2 World Records: VMST relay already mentioned and Leslie Livingston of Patriot Masters in W50-54 age group 50 backstroke. 4 USMS records: The two world records mentioned and Leslie Livingston in the 50 fly and Erika Braun of NCMS in the W40-44 50 backstroke.

Also, there were 95 Zone Records and 58 LMSC records. Quite a weekend! The LMSC records were:

Marcia Barry, W65-69, 200 and 400 Free, 50, 100, and 200 back

Marianna Berkley, W90-94, 50 free, 100 back, 50 breast

Warner Brundage, M70-74, 100 back, 50 breast
Johnnie Detrick, W75-79, 50 free

Ed Gaulrapp, M70-74, 100 and 200 breast, 100 and 200 fly, 400 IM

Len Gushe, M50-54, 100 and 200 free, 100 back, 50, 100, 200 fly

John Hogan, M25-29, 800 and 1500 free

Scott Kauffman, M60-64, 50 free

Shirley Loftus-Charley, W60-64, 100 and 200 Free, 200 back, 50, 100, and 200 breast, 200 fly

Brianna Lovell, W18-24, 1500 free

Ken Novell, M70-74, 50, 100 and 200 free, 200 IM

Norman Rainer, M85-89, 50, 100, 200 breast

Chris Stevenson, M45-49, 800 and 1500 free

Christopher Stickle, M18-24, 200 back

Val Van Horn Pate, W50-54, 100, 200 back, 50 fly

Laura Walker, W75-79, 100, 200 back

William Woodward, M55-59, 800 and 1500 free

W120+ 400 FR, Moore, Cohen, Russo, Lovell

W120+ 400 MR, Hibbard, Russo, Smith, Myers

W200+ 400 FR, Feldmann, Jaeger, Speer, Boslego

W280+ 400 FR, Barry, Detrick, Walker, Loftus-Charley

Mix120+ 200 MR, Stevenson, Russo, Hogan, Hibbard

Mix 320+ 200 MR Berkley, Rainer, Scott, Gregory

M240+ 400 FR, Richardson, Nelson, Miller, Brundage

Note that the 320+ relay meant that the ages averaged 80! Berkley at 91, Rainer at 85, Scott at 78 and Gregory at 67. Also, thanks to **Claire Russo** for agreeing to do so many relays!

Great Chesapeake Bay Swim Results

By Chris Steveson, from vaswim.org

On June 9 more than 500 swimmers



participated in one of the most storied open water events, the 4.4-mi **Great Chesapeake Bay Swim**, while almost as many completed the shorter version, One-Mile Chesapeake Challenge.

Eighteen members of our LMSC competed, 12 of them in the longer race; their complete results are shown on the website. Five swimmers finished in the top 10 of their age group: **Lauren Aepli, Paul Breza, Mariah Dudley, Shirley Loftus-Charley, and Amy Moreno**. Shirley brought home the bacon, winning her age group and was the overall 20th fastest female...even though, unlike the majority of her competition, she competed without a wetsuit.

Complete results for the **4.4-mile** and the **1-mile** races are available.

This is one of the more challenging open water events out there; great job to all these swimmers! If I missed anyone, please **let me know**.

Jack King One-Mile Ocean Swim

The 30th Annual Jack King One Mile Ocean Swim was held June 23, 2013 at the Virginia Beach oceanfront under blue skies, with a friendly southerly wind and northerly current. The



water temperature was a chilly 70 degrees. William Clendenin, 19, from Ashburn, Virginia was the first place overall finisher with a time of 18:37. Melissa Davis, 19, of Mechanicsville, was the first female finisher and finished 3rd overall. 147 swimmers started and finished the race. All of the swimmers finished within an hour. VMST was well represented with 31 swimmers."

See **Age Group Winners** on page 7.

Age Group Winners for Jack King Swim

Age Group winners (with overall finishing place) were:

M18-24 William Clendenin (1)
M 25-29 John Keefe, (107)
M30-34 Dan Shuman (13)
M35-39 Chris Sharver (12)
M40-44 Ted Lynch (24)
M45-49 George Shushoff (4)
M50-54 Matt Bickley (9)
M55-59 Perry Lange (18)
M60-64 Hank Mierzwa (40)
M65-69 James Wise (101)
M70-74 Randy Wise (99)
M75-59 George Michael (146)
M18-24 Melissa Davis (3)
W25-29 Sarah Clair (17)
W30-34 Kristine Klammer (8)
W35-39 Deanne Moosman (7)
W40-44 Holly Northup (34)
W45-49 Anne McLindon (37)
W50-54 Carole Bowman (15)
W55-59 Gail Kelly (52)
W60-64 Laurel Davis (75)
W65-69 Jennifer Johnston (145)
W70-74 Susan Marens (114)

Jack King Photos

Photos from Cheryl Myran...

The Start



The Swim



Amos Peterson marking the finish



Coach Karen Mickunas receiving award from Race Director June McDaniels





*Some of the Virginia Beach Award Winners:
Chris Sharver, Susan Marens, Cathy Rotch, Karen
Mickunas, Mitch Saks, Nancy Speer
(photo from Betsy Goode)*



*Swimmers who swim at Great Neck Rec Center in
Virginia Beach:*

*Allison Benn, Cheryl Benn, Nancy Speer, Karen
Mickunas, Christine Morris, Susan Marens, Betsy
Goode, Mary Ann Peterson, Vic Mickunas, Cathy
Rotch (photo from Betsy Goode)*

Pan American Championship June 5-13

The Pan American Masters Swimming Championship was held in Sarasota, Florida, June 5-13. This was the first time this event was held in the U.S.

Five swimmers from Virginia participated. **Jorge Cortina**, swimming Unattached in the 50-54 age group placed 5th in 100 backstroke. **Adam Barley**, from VMST, had two second place finishes (400 free, 200 IM) and **three first place finishes** (100 and 200 fly, 400 IM) in the 30-34 age group.

Ida Hlavacek (VMST) finished second in the 100 back and 100 IM. She also placed third in the 200 back, 100 and 200 fly in the 70-74 age group. **Jim Miller**, VMST, swimming in the 60-64 age group, placed 8th in the 50 back and 9th in the 50 free and 200 back. **Dan Sheahan**, VMST, finished 9th in 200 free in the 55-59 age group.

Becoming A ‘Real Swimmer’

An inspirational and passionate coach changed my life

Jen Baron / July 1, 2013

In 2009, my boys were swimming with Fort Worth Area Swim Team and I was logging a lot of bleacher time, as any swim parent does. I watched the Masters group with fear and envy thinking that it was something I could never do. The coach, Ric Nesbit, was a seven-time NCAA swimming champion and in the Texas Swimming Hall of Fame, so that was a little intimidating as well. I was a slow-swimming triathlete and had never had a lesson in my life. I could only swim “some version of freestyle,” as Ric would later call it.

As I made up my mind to complete a half-Ironman triathlon, I realized I needed help because really, I hated swimming. I remember my first conversation with Ric. I told him I wanted to swim the Olympic distance .9-mile swim in 25 minutes and the half-Ironman’s 1.2 miles in under 35 minutes. All he said to me was, “just come to practice and we’ll make it happen.”

I really didn’t know what I needed in a coach until I went to practice.

Ric was real old school and rough around the edges. He barked out sets and sometimes yelled. Then in the same moment, he was kind and complimentary with a fellow swimmer who had been working on some tiny detail and had finally accomplished it. This man was more than a little passionate—so much so that a part of me was afraid to come to practice, but at the same time afraid to miss practice.

Swimming with Coach Ric was like nothing I’d ever done before. Time and again, just as I’d begin to think we’d be finished with the workout, he would announce another set that I had no idea how to do. Every practice was filled with me learning a new stroke or fixing one I had tried to learn, or doing crazy drills that were completely new to me.

Some of the drills and sets puzzled me. Why would a swimmer not breathe for 25 yards? The idea seemed more than a little insane. Then there were the almost-daily emails from Coach Ric on a swimming-related topic or links to a new YouTube video he wanted us to watch.

More times than I care to recall, he would yell my name to get me to come to the end of the lane because everyone else had already finished the set. On more than one occasion, I threw up in the car on the way home because I’d kept my heart rate too high just trying to keep up with the other swimmers, and had dashed off after workout without properly cooling down. And, yes, there were the practices when I went home and cried. This was the hardest thing I had ever done.

For more than a year, Coach Ric was hard on me and the practices were tough. But then, suddenly, something clicked for me. Coach Ric moved me over to a faster lane. I was no longer in the dreaded slow lane. I was able to complete sets and I could do all four strokes and do two of them really well. I went to my Olympic distance triathlon and completed my .9-mile swim in 25 minutes just as I’d hoped. I couldn’t believe it, and Coach Ric was so proud of me. Words cannot describe how excited he was, and for what seemed like weeks he told everyone about my accomplishment.

Having met my first goal, I kept coming to practice and working on the next goal: completing the 1.2-mile Ironman swim in less than 35 minutes. I was able to make the intervals most of the time and I even went to a few swim meets. I was shocked to not be in last place in any of the events I entered. I even got a few first places. The whole time Coach Ric cheered just as hard for me as he did for our national champion and ex-collegiate swimmers. I went to my half-Ironman and swam my 1.2 miles in under 38 minutes. I was amazed. I was in the top 10 percent of swimmers for the whole race, a fact I found to be simply unbelievable. Coach Ric told me I was ready for the full Ironman swim distance, 2.4 miles.

After working with Coach Ric, I can call myself a real swimmer and not “just a triathlete.” And last October, after four years with Coach Ric, I decided to sign up for that full ironman. The day I went to tell him that I was finally going to do that full Ironman I’d dreamed about was the day he passed away.

I think of Coach Ric often in my training and to say I miss him, his friendship, and his practices would be a huge understatement. Coach Ric was irreplaceable. It still doesn’t feel right when he isn’t on deck when I go to the pool. I cannot put

*See **Real Swimmer** on back page.*



Lake Moomaw 1- Mile Open Water Swim Alleghany County, Virginia, Saturday, August 3, 2013

Sponsored by: The Virginia Masters Swim Team, The Alleghany Highlands YMCA, The Alleghany Highlands Chamber of Commerce and The Alleghany Foundation.

Sanctioned by: LMSC of Virginia for USMS Inc. Sanction #123-W003

SAVE PAPER, SAVE TIME, AND AVOID ERRORS: REGISTER ONLINE at WWW.VASWIM.ORG

Your credit card will be charged to “ ClubAssistant.com Event Billing “

EVENT: There will be a one-mile race at 9:00am. The start and finish is on the beach at Cole’s Point, clearly visible to the spectators and race personnel. The course runs along the shore to the south, approximately 50 yards out and continues east and north around buoys that will be clearly visible. The swimmers will reach the turn-around point inside the “no wake zone” in the inlet and turn counter-clockwise around a buoy and swim back to the beach via the same route. Buoys will remain to the swimmer’s left. A 2x 3 foot poster of the course diagram will be posted at the lake, and the current water and air temperature will be posted at 8am. Swimmers will depart from the beach in waves of 10 people or fewer, 30 seconds apart, to prevent congestion.

Warm-up begins at: 7:45am **Check-in Closes at:** 8:45am **Race begins at:** 9:00am

Eligibility: Open to all swimmers 18 years & older. Paper entries must include a copy of your 2013 USMS card. Online entries will be verified automatically. To renew or join USMS online, visit usms.org/reg.

Rules: Current 2013 USMS rules will govern the race.

Entries: All snail mail entries must be postmarked by July 25, 2013. Online entries will close at 11:59pm Eastern Time on July 30, 2013. Late or race day entries will NOT be accepted. Online entry is strongly encouraged. Entry fee is \$30.00. To be guaranteed a free t-shirt, enter online by July 15, 2013.

Safety: For safety reasons, swimmers who cannot complete 1 mile in one hour should NOT enter. Swimmers still on the course after the time limit will be stopped and listed 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 WestVaco water rescue team will be on site with boats, rescue boards, and 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: 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 race. Drinks and snacks will be provided. A special award will be presented to any swimmer who participates in all three of the “**Virginia Open Water Series**”:

- Jack King 1-Mile Ocean Swim in Va. Beach- June 23, 2013
- Chris Greene Lake 1 or 2-Mile Cable Swim in Charlottesville- July 13, 2013
- Lake Moomaw 1-Mile Swim north of Covington- August 3, 2013

Accommodations: Please call Sandra Denius at the Alleghany-Highlands Chamber of Commerce at 540-962-2178 for information.

Directions: Mapquest “Perkins Point, VA” (the beach is ½ mile south on Cole’s Point Drive)

Race Directors Contact: Dave Holland 804-467-2425; Sandra Denius 540-962-2178

TWO-FOR-ONE (LONG COURSE AND SHORT COURSE METERS) INVITATIONAL

LOCATION: PRINCE WILLIAM CAMPUS of George Mason University, 10900 University Boulevard, Manassas, Virginia 20110-2203; (703) 993-8444.

CO-SPONSORED BY: Sunfish Masters Swim Team and Warrenton Masters Swim Team

SANCTIONED BY: Virginia LMSC for USMS, INC. # 123-S004 & 123-S005

FACILITY: The Freedom Aquatic & Fitness Center facility is one of the finest facilities in the area with non-turbulent lane lines and movable bulkheads which allow us to offer short- and long-course meter events. On Saturday, August 3rd, the pool will be configured as an 8-lane 50-meter competition course. On Sunday, August 4th, the pool will be configured as an 8-lane 25-meter competition course. An area will be available for continuous warm-up/cool-down throughout the meet. The pool is certified for USMS records and Top Ten. The pool will also be measured each day to comply with USMS certification requirements.

ELIGIBILITY: The standard Masters age groups will be used (18-24, 25-29, 30-34, etc.) Age is determined as of December 31, 2013 for metric pools. All swimmers must be registered with USMS. You may register online at https://www.ClubAssistant.com/club/meet_information.cfm?c=1605&smid=4841

ENTRIES: \$20 surcharge for pool and equipment, \$5 per individual event, \$10 per relay. Competitors may enter up to 5 individual events per day, plus relays. The meet is open to all Master Swimmers holding a valid 2013 USMS registration card. Events will be seeded slowest to fastest, men and women separate. Online entries are preferred.

☐ **Long Course Meter (LCM)** times should be submitted for Saturday, August 3 events. **Short Course Meter (SCM)** times should be submitted for Sunday, August 4 events.

☐ **The online entry deadline is Friday July 26th.** Online entry will be charged to your credit card (Visa or MasterCard only).

☐ **Paper entries must be received by Wednesday, July 24th. A COPY OF YOUR 2013 USMS REGISTRATION CARD MUST ACCOMPANY YOUR MAILED ENTRY!**

☐ Late entries will be accepted until 2:30 p.m. on Saturday (for Saturday events) and 8:30 a.m. on Sunday (for Sunday events) at \$7.50 per event (check or cash; no credit card) *if lanes are available*.

WARM-UPS: Warm-up safety rules will be strictly enforced. No diving is permitted in the general warm-up lanes. Swimmers must enter feet first in a cautious manner. Diving or backstroke starts will be permitted only in designated lanes that are reserved for one-way swimming. Instructions from the designated safety marshal must be obeyed at all times. The use of equipment during warm-up is not permitted.

RELAYS: Relay entries will be deck entered at the meet. Saturday relays must be submitted by 2:30 p.m. and Sunday relays must be submitted by 8:30 a.m. Relay forms will be available at the meet.

PSYCH SHEETS: Psych sheets and rosters will be available on our website www.sunfishmasters@gmail.com before the meet.

AWARDS: Specially designed plaques will be awarded to the fastest male and female 49 and under and 50 and over for the fastest combined times for the 50, 100, and 200 for each stroke (freestyle, backstroke, breaststroke and butterfly) combined for the two day event. Ribbons will be awarded to the first three places in each age group, and to each member of a winning relay.

RESULTS: Available on-line at www.sunfishmasters.com. Results will be submitted for Top-Ten recognition.

DIRECTIONS: If you are using a GPS or MapQuest, 10900 University Boulevard, Manassas, Virginia 20110-2203 will get you to the correct parking lot.

HOTELS: Country Inn & Suites by Marriott (5.4 miles to pool) 703) 393-9797

Fairfield Inn by Marriott (5.5 miles to pool) 6950 NOVA Way (703) 393-9966

Hampton Inn (4.8 miles to pool) 7295 Williamson Blvd (703) 369-1100

The Courtyard, Manassas, VA (At I-66 exit # 47) 10701 Battleview Pkwy (703) 335-1300

Marriott's Fairfield Inn, Manassas, VA (At I-66 #47) (703) 393-9966

Springhill Suites by Marriott, Centreville, VA (703) 815-7800.

QUESTIONS: Contact the meet director: Ginger Cyganiewicz (571) 643-6619; e-mail sunfishmasters@gmail.com

Local Masters Swim Committee Newsletter
Betsy Durrant, Editor
211 66th Street
Virginia Beach, VA 23451-2040

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***Real Swimmer** continued from page 9.*

into words how difficult it's been for me to embrace this sport in the same light without him here. I can't say I've ever had someone in my life teach and inspire me the way he did. He brought a passion to swimming that I've never seen before. And that is what makes a great coach.

About the Author—Jen Baron

Jen Baron, 36, is a swim mom, a nurse, and a member of the Fort Worth Area Swim Team Masters in Fort Worth, Texas.

Editor's Note: This article came from the USMS website (usms.org) under the Articles tab.

Breaking News (more about it next month)...

Chris Stevenson just posted this link on the USMS Discussion Forum:

<http://swimswam.com/after-35-years-m...from-virginia/>

The title of the article is: **After 35 years, Mark Bernardino Retires from Virginia**