

# The Wet Gazette

Published by the LMSC of Virginia:  
Serving Masters Swimmers in Virginia and West Virginia

September 2021



## Jessica Hevener Sets Course Record To Win the Lake Moomaw 1-Mile Swim

Covington, VA — August 2021

Jessica Hevener of Richmond, VA, representing Novaquatics Masters and competing for the first time at Lake Moomaw, claimed the overall title and set a new course record in the 8th running of the annual 1-mile open water swim held on August 7, 2021. Last year's event was cancelled due to Covid-19 precautions.

Hevener finished in 19:07.00, breaking the former course record by 38 seconds (Rob St. Jean's 19:45.00 in 2019). Finishing close behind and representing Virginia Masters Swim Team (VMST), Denise Letendre claimed the runner-up position in 20:36.00. Among the men, George Sushkoff was third overall and the first male finisher (21:02.00) and Kevin Franceschini was a few strokes behind, finishing in 21:17.00 to claim runner-up on the men's side. Sushkoff and Franceschini both represent VMST.

The 9 AM race in Alleghany county, Virginia featured a field of 76 competitors (51 female, 25 male) who enjoyed fairly good swim conditions: partly cloudy skies, a water temperature of 79 degrees and an air temperature of 70 degrees. The start procedures were adjusted to allow for more social distancing, as waves were comprised of only 4 swimmers, starting at 30 second intervals.

The event started on the beach at Cole's Point, and participants swam toward Gathright Dam at the southern end of Lake Moomaw in an out-and-back course. The event was made possible by a partnership between the Virginia Masters Swim

Team, the Alleghany-Highlands Chamber of Commerce in Covington (Macie, Pam, Teresa, Rusty, and Jessica), and the West Rock water rescue team. Volunteers from the Falling Spring, Dunlap, and Covington rescue squads were also present in kayaks and boats to keep an eye on the swimmers.

The race director, Dave Holland, wishes to thank all of the volunteers and swimmers for another successful day at Lake Moomaw.

For more information and photos from the swim, please visit: [www.lakemoomawswim.com](http://www.lakemoomawswim.com) or check out Chuck Almaraz's photos from his website, [www.fireandlightgallery.com](http://www.fireandlightgallery.com)



## Current and Upcoming Events

### Jim McDonnell Lake Swims

September 26, 2021; Reston, VA

### 2021 USMS Fall Fitness Challenge 1-Mile Swim

October 1-15

### USMS Long Course Nationals

October 7-10; Geneva, OH

### Carol Chidester Memorial Swim Series

Meet #1: October 24, 2021; Ellicott City, MD

Meet #2: November 13, 2021; Easton, MD

Meet #3: December 12, 2021; Chestertown, MD

### 2021 Go The Distance

December 31, 2021

## General Information

LMSC for Virginia Website: [www.vaswim.org](http://www.vaswim.org)

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

Nearby LMSCs

North Carolina: [www.ncmasters.org](http://www.ncmasters.org)

Maryland: [www.teamunify.com](http://www.teamunify.com)

Potomac Valley: [www.PVMasters.org](http://www.PVMasters.org)

Nearby Zones

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

Dixie Zone: [www.DixieZone.org](http://www.DixieZone.org)

Online Meet Registrations:

[www.clubassistant.com](http://www.clubassistant.com)

## LMSC Officers

Chair: Caycee Buscaglia

Vice-Chair: Ken Gardner

Secretary: Alice Phillips

Treasurer: Becca Latimer

Membership Coordinator: Chris Stevenson

Coaches: Rich Williams

Fitness: Dane Schwartz

Long Distance: Dave Holland

Newsletter: Heather and Chris Stevenson

Officials: Charlie Cockrell

Records & Top Ten: Chris Stevenson

Review: Heather Stevenson

Safety: Jim Miller

Sanctions: Kyle Ahlgren

Webmaster/Social Media: George Sushkoff

## Reminders & Information

### LMSC Annual Meeting:

The annual LMSC of Virginia meeting will be held on November 7, 2021 in Richmond, VA. Although we are trying for an in-person meeting, the exact time and location are still to be determined and we will provide for Zoom or conference call access for those who can't attend or would prefer not to attend in person given Covid. More information is to come in the October newsletter. One of the items that will be discussed at the annual meeting will be changes to LMSC bylaws. Click here to read the current bylaws. Please email any comments and suggested revisions to Caycee Buscaglia not later than October 15, 2021.

### USMS Convention:

The annual Convention is happening September 25-27, 2021. It's a Zoom Convention again this year. Your LMSC representatives this year are Caycee Buscaglia, Kirk Clear, and Heather Stevenson. We will give a Convention update in the October Newsletter.

### New Membership Coordinator:

Chris Stevenson is the new Membership Coordinator. Please do not hesitate to reach out if you have questions or membership issues that he can help you with. A big **THANK YOU** to Jeff Bush for his hard work over the past couple of years as our immediate past Membership Coordinator.

### Do You Know Who Swam In This Relay???

Paul Windrath (USMS Records and Archives Committee) is looking for meet results from the 1985 SCY season that include Virginia swimmers. There was a Men's 55+ Free Relay that year that placed Top Ten (2:02.77), but the committee cannot find any of the swimmer names. Do any of you know who swam on this relay? If so, please email Caycee Buscaglia.

Just thinking . . .

Do you know that the word "swims"

upside down is still

"swims"?



## 2021 Lake Moomaw One-Mile Swim - 8/7/2021

## Results

**Women 18-24 1.65k Open Water**

Comp#	Name	Age	Team	Finals Time
1	11 Hevener, Jessica	24	NOVA-33	19:07.00
2	29 Constantin, Mia	18	OEVT	22:57.00
3	17 Armfield, Anna	23	OEVT	23:12.00
4	21 Boggess, Meredith	18	OEVT	26:16.00
5	43 Lyons, Grace	23	OEVT	27:35.00
6	19 Bisese, Adaline	20	OEVT	30:55.00

**Women 25-29 1.65k Open Water**

1	67 Chen, Jennifer	25	VMST-12	30:57.00
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**Women 30-34 1.65k Open Water**

1	75 Letendre, Denise	33	VMST-12	20:36.00
2	48 O'Shaughnessy, Cori	30	OEVT	24:05.00
3	36 Henkler, Amanda	31	OEVT	24:56.00
4	27 Burgess, Noelle	33	OEVT	27:37.00
5	58 Major, Melanie	32	UC09	28:45.00
6	37 Higginbotham, Rachel	33	OEVT	32:23.00

**Women 35-39 1.65k Open Water**

1	5 Coggshall, Kathleen	39	ETM-12	23:29.00
2	7 Tual, Elizabeth	36	ETM-12	31:15.00
3	68 Cook, Beth	36	VMST-12	31:40.00
4	13 Wells, Patrisha	39	OCCS-12	52:25.00
5	18 Bennett, Elisa	38	OEVT	1:14:30.00

**Women 40-44 1.65k Open Water**

1	52 Steeley, Laura	42	OEVT	30:27.00
2	56 Woodward, Monica	42	OEVT	35:31.00

**Women 45-49 1.65k Open Water**

1	40 Holland, Carla "jonah"	48	OEVT	25:48.00
2	4 Williams, Nicole	45	BAMI-12	27:54.00
3	26 Brede, Melanie	47	OEVT	27:58.00
4	22 Boggess, Wendi	49	OEVT	28:28.00
5	74 Kassens, Alice	47	VMST-12	29:07.00
6	42 Ligday, Geni	46	OEVT	33:15.00
7	9 Constantin, Anca	49	HRBM-12	33:25.00
8	51 Sargent, Sandra	47	OEVT	42:16.00
9	59 Carter, Dawn	49	UC12	46:50.00

**Women 50-54 1.65k Open Water**

1	6 Dalton, Wendy	50	ETM-12	29:00.00
2	64 Schwab, Amy	53	UC12	38:18.00

**Women 55-59 1.65k Open Water**

1	81 Phillips, Alice	56	VMST-12	22:47.00
2	83 Speer, Nancy	59	VMST-12	25:04.00
3	34 Godard, Renee	58	OEVT	34:00.00
4	53 Stripp, Anne Mette	57	OEVT	34:14.00
5	57 Fisher, Nancy	58	UC09	36:33.00

**Women 60-64 1.65k Open Water**

1	73 Howsmon, Angela	61	VMST-12	25:10.00
2	8 Dickens, Susan	60	FAFF-12	26:11.00
3	47 Morris, Christine	60	OEVT	28:59.00
4	50 Peterson, Mary Ann	61	OEVT	29:20.00
5	25 Branham, Darcee	62	OEVT	40:00.00

**2021 Lake Moomaw One-Mile Swim - 8/7/2021****Results****Women 65-69 1.65k Open Water**

1	72 Hichak, Barbara	67 VMST-12	25:19.00
2	23 Bradshaw, Lynn	65 OEVT	33:36.00
3	79 Mickunas, Karen	66 VMST-12	33:54.00
4	16 Andrew, Sandra	66 OEVT	42:19.00

**Women 70-74 1.65k Open Water**

1	76 Loftus-Charley, Shirley	70 VMST-12	22:19.00
2	66 Barry, Marcia	73 VMST-12	25:56.00
3	45 Mcateer, Marilyn	70 OEVT	30:40.00
4	77 Luchsinger, Donna	70 VMST-12	34:43.00
5	10 Johnston, Jennifer	74 L4S-10	56:06.00

**Women 75-79 1.65k Open Water**

1	78 Marens, Susan	79 VMST-12	41:22.00
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**Men 18-24 1.65k Open Water**

1	30 Cox, Christian	22 OEVT	23:45.00
2	20 Boggess, Justin	21 OEVT	29:48.00

**Men 40-44 1.65k Open Water**

1	12 Stone, Jonathan	40 OCCS-12	23:01.00
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**Men 45-49 1.65k Open Water**

1	60 Dash, Randy	47 UC12	21:27.00
2	2 Czaja, Edward	48 BAM1-12	28:54.00

**Men 50-54 1.65k Open Water**

1	3 Ligday, Fritz	50 BAM1-12	28:29.00
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**Men 55-59 1.65k Open Water**

1	84 Sushkoff, George	56 VMST-12	21:02.00
2	70 Franceschini, Kevin	56 VMST-12	21:17.00
3	69 Dalsey, Michael	59 VMST-12	28:09.00
4	54 Stripp, Jan	56 OEVT	33:21.00
5	41 King, Terry	59 OEVT	38:37.00

**Men 60-64 1.65k Open Water**

1	82 Speer, David	62 VMST-12	42:22.00
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**Men 65-69 1.65k Open Water**

1	24 Bradshaw, Richard	66 OEVT	32:40.00
2	80 Mickunas, Vic	65 VMST-12	32:55.00
3	85 Worsham, Scott	65 VMST-12	33:06.00
4	35 Hagan, Hugh	67 OEVT	33:34.00
5	38 Hill, Thomas	65 OEVT	37:49.00
6	65 Abraham, David	68 VMST-12	50:09.00

**Men 70-74 1.65k Open Water**

1	14 Akers, Steven	70 OEVT	28:33.00
2	15 Amstutz, Richard	71 OEVT	32:36.00
3	61 Howell, Damien	72 UC12	38:22.00
4	28 Chancey, Doug	70 OEVT	42:27.00
5	33 Garrett, Rand	74 OEVT	42:31.00

**Men 75-79 1.65k Open Water**

1	71 Frogley, Christopher	78 VMST-12	38:00.00
2	49 Pendleton, John	75 OEVT	40:29.00