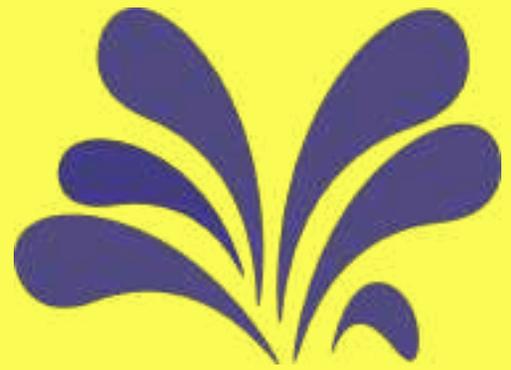


The Wet Gazette

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

June-July 2022



John Shrum Cable Swim

By Jim Miller

Firstly, thanks to all of you who volunteered and competed in this year's Chris Greene Lake John Shrum Memorial Cable Swim. You were awesome!! River City Masters helped at the start, with timing, at the finish, recording, with kayaks, etc. You were everywhere, not to speak about those of you that competed and won medals!! Did I say.....YOU WERE AWESOME!!

The weather was fabulous! As we came down to the beach on Saturday morning we were thrilled to see that the race course was still intact!



The next thing that we saw were these gigantic hot air balloons that were lifting off. It was a very special day.

Please consider participating next year! It is SO fun!!

Results are provided on page 2 of this newsletter. Although everyone swam well, there was one national record: Anton Janezich, 30-34 Men's 1-mile cable, 20:00.38. Congratulations Anton!

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Current and Upcoming Events

Go The Distance

January 1 - December 31, 2022; any pool

Pre-Nationals Clinics

June 12, and July 10, 2022 (also TBD date in April or May); Richmond, VA

Big Kahuna Masters Classic (LCM)

June 18, 2022; Virginia Beach, VA

USMS Summer (LCM) Nationals

August 3-7, 2022; Richmond, VA

Lake Moomaw 1-Mile Swim

August 20, 2022; Hot Springs, VA

Swim Across America

August 27, 2022; Richmond, VA

General Information

LMSC for Virginia Website: www.vaswim.org

USMS Website: www.usms.org

Nearby LMSCs

North Carolina: www.ncmasters.org

Maryland: <https://www.teamunify.com/Home.jsp?team=msmdlmsc>

Home.jsp?team=msmdlmsc

Potomac Valley: www.PVMasters.org

Nearby Zones

Colonies Zone (no website currently)

Southeast Zone: www.SouthEastZone.org

Online Meet Registrations:

www.clubassistant.com

LMSC Officers

Chair: Caycee Buscaglia

Vice-Chair: Ken Gardner

Secretary: Alice Phillips

Treasurer: Becca Latimer

Membership Coordinator: Chris Stevenson

Coaches: Vacant

Fitness: Vacant

Long Distance: Dave Holland

Newsletter: Heather and Chris Stevenson

Officials: Charlie Cockrell

Records & Top Ten: Chris Stevenson

Review: Heather Stevenson

Safety: Jim Miller

Sanctions: George Sushkoff

Webmaster/Social Media: George Sushkoff

Are You Ready to Race? We Have Clinics for YOU!!

The LMSC of Virginia is providing two **FREE** clinics for our USMS-registered members at SWIM RVA located at 5050 Ridgedale Parkway, Richmond, VA 23234. The free coach-lead clinics will give you an opportunity to swim a practice in a 50M pool (the pool where Long Course Nationals will be held this summer).

Whether you are getting ready for the Big Kahuna Meet, Va Beach (June 18th) or Masters Nationals here in August, these clinics are designed for you.

Clinic dates are Sunday June 12th, and Sunday July 10th.

9:15 Doors open

9:30- 11:00 (pool session)

11:30- 12:30 (Social and Lunch provided by our LMSC / Q/A with Coach)

You will need to register prior to clinic using this link:

[https:// forms.gle/hZj4jRKpjjwVxazL7](https://forms.gle/hZj4jRKpjjwVxazL7)

VMST Relay Request for Nationals

Ed Gaulrapp (Egaulrapp@att.net) is looking for folks interested in relays at LCM Nationals in August. If you are a VMST swimmer and want to swim on a relay in the 320-359 age group, please get in touch with Ed (email above).

In Case You Missed It...

USMS has published some really great articles on swimming technique and getting back to swimming after being out or injured. Here are a couple of links to articles that may be of interest:

How to Swim Perfect Freestyle

<https://www.usms.org/fitness-and-training/articles-and-videos/articles/how-to-swim-freestyle>

How to Start Swimming Again After an Injury or Hiatus

<https://www.usms.org/fitness-and-training/articles-and-videos/articles/how-to-start-swimming-again-after-an-injury-or-hiatus>

How Swimmers Can Build Core Strength

<https://www.usms.org/fitness-and-training/articles-and-videos/articles/how-swimmers-can-build-core-strength>

Richmond Swim Across America - Massey Cancer Center Fundraiser (August 27th)

by Jay Peluso

Ed. Note: Swim Across America (SAA) will be hosting its 4th annual open water swim event on August 27th in the James River. Because we all know folks who have been affected by cancer and because many of the swimmers in our LMSC are participating in this fundraising event, we thought others might want to know about it. That, and Jay has a very personal reason for being the Event Director again this year.

The Story:

My sister Michele (48yo - who lives in Rhode Island) was diagnosed with Stage 3 ovarian cancer about 6-weeks ago. She did her second round of chemo this week. As you may know, chemotherapy typically causes hair loss (along with a lot of other things like eyebrows, eyelashes, etc...). I went up to visit her and thinking I was being a supportive brother, told her I was going to shave my head in solidarity. But she said "No, I don't want you to shave your head, I don't want anyone to shave their head. What I want is for you to get a crazy ass wig. I want to laugh. I'm really going to need to laugh. Will you do that." OF COURSE I'LL DO THAT.

But it got me thinking. You see, Michele's son (my nephew) is a pro baseball player and was recently assigned here, of all places, to the Richmond Flying Squirrels (a minor league affiliate of the SF Giants). Due to her treatment and surgeries Michele couldn't come down to watch him play so we've been going to a LOT of games and I realized they have a different promotion every single night. I happen to be the event director for the Swim Across America - Richmond event that raises money for cancer research. I got in touch with the Squirrels and they were super supportive of the idea to have a Crazy Wig Night at the Diamond (their stadium). They average 8,000 a night. They also said we could sell wigs, hand out promotional material, and gave us a link to use to sell tickets. SAA gets money for all ticket sales through the link (see below). They ALSO said Michele could throw out the first pitch (if she is physically capable - to which she said "try and stop me! I'll F'n be there!") I know this is a long story - but bear with me.

I cannot put into words how helpful the folks at Swim Across America have been for my family throughout this process. The advice, the connections to doctors, hospitals, the phone calls - they've been amazing.

I don't know how much we'll raise at Crazy Wig Night, but I know we'll bring attention and awareness to the cause and hopefully to the Swim Across America-Richmond swim event. More important for me, frankly, is Michele will get her laugh and since I can't do anything to cure her cancer, at least I might be able to give her that.

Let me know if you need/want more information or details. This is very personal for me, and I really appreciate your help. - Jay

The Basics:

Swim Across America-Crazy Wig Night at the Diamond in Richmond

June 24, 2022

Join us at the Flying Squirrels game and wear a crazy wig in support of those that have lost their hair due to cancer treatment. Money from ticket sales made through the link below will go to SAA-Richmond to support Massey Cancer Center.

<https://offer.fevo.com/portland-sea-dogs-7xvkcfa-7c9a5ce?fevoUri=portland-sea-dogs-7xvkcfa-7c9a5ce%2F>

Swim Across America-Richmond Open Water Swim

Aug 27, 2002

1-mile swim OR 1-mile Float

9910 Cherokee Rd, Richmond, VA 23235

All funds raise support Cancer Research at VCU Massey Cancer Center

More info and to Register: https://www.swimacrossamerica.org/site/TR/OpenWater/Richmond?pg=entry&fr_id=6003

Club Tribe Nationals Recap

by John Rockwell

For the second time in our history, Club Tribe took home a top ten team finish at USMS Spring Nationals! Our team's 7th place finish at Greensboro in 2016 put Club Tribe on the national map, and this year's 7th place finish proves that we're here to stay. With a substantial travel commitment, a healthy mix of Club Tribe veterans and new faces, and heavy hearts thinking of team inspiration Katie Grier, we brought plenty of Club Tribe character and Mick Tingstrom's super-handly-1-page Psych sheet to San Antonio for great times and fast swimming.

With 20 swimmers, Club Tribe placed 7th in the Local Club division and 10th overall if you include Regional Clubs ("Local Clubs" are all clubs other than Regional Clubs, and Regional Clubs are LMSC-wide conglomerates that assemble only for championship meets). We were far fewer in number than the teams finishing above us, and our points scored per swimmer was the second-highest of any team larger than 5 people. Clearly, we punched above our weight. Full meet results are available [here](#).

As Dan Earle likes to say, statistics do not tell a story, but we had some awesome performances in the pool and the stats back that up.

INSIDE CLUB TRIBE'S TEAM NUMBERS:

- Women placed 8th for Local Clubs, 13th Overall
- Men placed 9th for Local Clubs, 12th Overall
- 11 National Championships in individual events
- 3 National Championships in relays
- 68 top ten individual finishes
- 15 top ten relay finishes
- 15 Virginia LMSC records in individual events
- 4 Virginia LMSC records in relays

NEW VIRGINIA LMSC RECORDS BY CLUB TRIBE SWIMMERS AT SPRING NATIONALS:

- Brent Holsten (50-54) – 50 Free 22.20; 100 Free 49.93; 50 Back 25.19; 50 Fly 23.62; 100 IM 56.08
- Paul Klepchick (45-49) – 200 Breast 2:20.67
- Fall Willeboordse (55-59) – 50 Free 25.61 Relay lead leg; 100 Free 56.27; 100 Back 1:04.48; 100 Fly 1:04.84; 100 IM 1:03.98
- Susan Williams (55-59) – 50 Back 29.52 Relay lead leg; 50 Fly 27.44
- Bonnie Zhang (18-24) – 50 Free 23.63; 200 Free 1:52.85
- Men's 45+ 200 Free Relay (Rich Williams, Brent Holsten, Paul Klepchick, Dave Bell) 1:31.67
- Men's 45+ 200 Medley Relay (Dave Bell, Rich Williams, Brent Holsten, Cliff Harbourt) 1:43.01
- Mixed 45+ 200 Free Relay (Brent Holsten, Rich Williams, Fall Willeboordse, Susan Williams) 1:43.01
- Mixed 45+ 200 Medley Relay (Dave Bell, Rich Williams, Susan Williams, Fall Willeboordse) 1:43.01

OUR TEAM: As is the case at every meet we enter, Spring Nationals 2022 showcased the closeness of our team and our love for fast swimming. Kraig Gass was everywhere taking video and cheering for seemingly every race. Mick Tingstrom's yell drowns out the announcer on most Club Tribe race videos. Fall, Susan, Brent and Bonnie just kept breaking records. Dave Bell's encyclopedic swimming knowledge was put to the test by Susan, Brent (who admitted he was humbled by the experience), Sam, and Peter. Finally, anyone who has never celebrated fast swimming with Matt Healey needs to put that on their bucket list.

Swimmers from other teams gravitated to our energy, and it is almost certain we added new recruits as a result. With personal cheering sections for every swim, a team area that was lively and fun, amazing dinners each night, and a raucous post-meet celebration complete with a Mariachi serenade, beer margaritas, and cornhole, it was another major success for the Club Tribe history book.

Ed. Note: We loved the Club Tribe writeup about their success at Spring Nationals. We didn't have space to reprint it all, but wanted to include excerpts here (John - we hope you don't mind).

2022 John Shrum Memorial Swim - 6/4/2022

Chris Greene Lake

Results

#1 Women 25-29 1 Mile Open Water

Name	Age	Team	Finals Time
1 Caldwell, Mary Elizabeth	28	NCMS-13	24:51.20

#1 Women 30-34 1 Mile Open Water

1 O'Shaughnessy, Cori	31	GATR-12	26:17.49
2 Henkler, Amanda	32	OEVT	27:57.43
3 Paulson, Lindsey	34	UC12	28:46.69
4 Battani, Brenda	31	OEVT	33:26.62

#1 Women 35-39 1 Mile Open Water

1 Duckett, Samantha L	35	OEVT	27:32.91
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#1 Women 40-44 1 Mile Open Water

1 Coggsall, Kathleen	40	UC12	26:13.82
2 Shrum, Cara	42	OEVT	26:42.39
3 Kurtz, Autumn	40	ETM-12	32:10.06

#1 Women 45-49 1 Mile Open Water

1 Beauchamp, Erika	48	VMST-12	28:34.40
2 Boyd, Tara	48	ETM-12	32:33.63

#1 Women 50-54 1 Mile Open Water

1 Dalton, Wendy	51	ETM-12	31:01.05
2 Bahl, Alisa	51	OEVT	32:25.64
3 Souders, Suzanne	51	VMST-12	40:39.96

#1 Women 55-59 1 Mile Open Water

1 Hollings, Charlotte	58	VMST-12	23:32.58
2 Buscaglia, Caycee	57	VMST-12	28:58.29
3 Smallshaw, Mari	56	OEVT	38:16.54

#1 Women 60-64 1 Mile Open Water

1 Howsmon, Angela	62	VMST-12	28:42.29
2 Moore, Nancy F	63	OEVT	38:26.34
3 Capone, Deb	64	UC12	40:32.47

#1 Women 65-69 1 Mile Open Water

1 Hichak, Barbara	68	VMST-12	28:35.09
2 Connor, Margaret	65	UC10	28:43.86
3 Mazzini, Wendy B	67	VMST-12	32:57.97

#1 Women 70-74 1 Mile Open Water

1 Umbdenstock, Kathy V	71	ETM-12	29:42.84
2 Broderson, Molly	70	VMST-12	36:05.20
3 Shrum, Ellen O	73	OEVT	48:58.01

#1 Men 18-24 1 Mile Open Water

1 Smallshaw, Charlie	20	OEVT	33:13.07
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#1 Men 25-29 1 Mile Open Water

1 Rehnberg, Buzz	27	VMST-12	24:26.01
2 Akers, Christian	28	OEVT	27:12.86

#1 Men 30-34 1 Mile Open Water

1 Janezich, Anton	30	UC12	20:00.38
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#1 Men 35-39 1 Mile Open Water

1 Williamson, Austin C	36	VMST-12	32:57.01
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#1 Men 40-44 1 Mile Open Water

1 Craddock, Brian	40	OEVT	27:40.75
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#1 Men 55-59 1 Mile Open Water

1 Frentsos, Jerome A	57	DCAC-10	21:49.12
2 Sushkoff, George	57	VMST-12	24:41.57
3 Breza, Paul	55	OEVT	25:53.54
4 Bradley, Patrick	56	UC12	28:32.55

#1 Men 60-64 1 Mile Open Water

1 Adams, William	61	ETM-12	28:27.67
2 Gard, Richard	63	VMST-12	33:51.77

#1 Men 65-69 1 Mile Open Water

1 Mason, Richard	67	OEVT	40:47.55
2 Johnson, Erik R	65	ARMS-10	40:55.05

#1 Men 70-74 1 Mile Open Water

1 Biscos, Gilles	71	ETM-12	30:10.21
2 Edgell, Don	70	L4S-10	32:23.53
3 Akers, Steven	71	OEVT	32:51.79
4 Barter, James	71	UC10	34:47.50

#1 Men 75-79 1 Mile Open Water

1 Post, John	75	VMST-12	31:14.33
2 Sleeper, Russell G	77	UC12	32:26.60

#2 Women 30-34 2 Mile Open Water

1 Perrin, Catherine	30	OEVT	54:03.71
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#2 Women 35-39 2 Mile Open Water

1 Duckett, Samantha L	35	OEVT	1:01:37.45
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#2 Women 40-44 2 Mile Open Water

1 Coggsall, Kathleen	40	UC12	56:30.99
2 Latimer, Rebecca T	40	ETM-12	59:50.86

#2 Women 45-49 2 Mile Open Water

1 Beauchamp, Erika	48	VMST-12	58:22.17
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#2 Women 50-54 2 Mile Open Water

1 Bishay, Gretchen	54	SKY-41	1:05:10.97
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#2 Women 55-59 2 Mile Open Water

1 Hollings, Charlotte	58	VMST-12	50:49.70
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#2 Men 30-34 2 Mile Open Water

1 Janezich, Anton	30	UC12	40:14.71
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#2 Men 35-39 2 Mile Open Water

1 Shrum, Jake	37	OEVT	58:58.79
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#2 Men 40-44 2 Mile Open Water

1 Sande, Tyler	43	ETM-12	54:40.25
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#2 Men 50-54 2 Mile Open Water

1 Woodall, Jeff	50	UC12	59:13.03
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#2 Men 55-59 2 Mile Open Water

1 Frentsos, Jerome A	57	DCAC-10	44:45.10
2 Sushkoff, George	57	VMST-12	55:32.32

#2 Men 60-64 2 Mile Open Water

1 Rogers, John	61	UC59	59:06.69
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#2 Men 65-69 2 Mile Open Water

1 Rudin, Andrew	65	UC12	1:08:10.47
2 Vivadelli, John	65	VMST-12	1:14:23.62

#2 Men 70-74 2 Mile Open Water

1 Howell, Damien W	73	OEVT	1:25:51.58
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#2 Men 80-84 2 Mile Open Water

1 Kelleher, Joseph	81	VMST-12	1:41:43.66
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