# LMSC for VA Newsletter

*Masters Swimmers: "The Uncommonwealth of Virginia"*

Published Quarterly by the Local Masters Swim Committee for VA — February 15, 1994 / Vol. XII / No. 1


**Inside This Issue**


**Mark Your Calendar.....2**
*Meets, Camps, & Clinics*

**VMST Winter Invitational.....3**
*Meet Results*

**Tempe Awaits You.....4**
*Short Course Nationals Details*

**LMSC Meeting Highlights .....5**
*Reports From Committees*

**New LMSC Chair .....8**
*Forrest Sullivan Elected*

**Places To Swim .....8**
*Where the Pools Are Located*


## FEBRUARY MEANS FITNESS CHALLENGE

The holidays are over and the body feels "ugh." So, now is the perfect time to get back in shape and begin to prepare for the upcoming meet season. Our fitness programs are just what the doctor ordered.

Now is the time to enlist in the February Fitness Challenge. All swimmers across the state can participate in this one. The entry form is on page 42 of your JAN/FEB '94 issue of SWIM Magazine.

We're challenging all LMSC members to join together to see how much yardage we can swim during the month. We'll calculate an average swim for each team based on the relationship of a team's total monthly mileage to the number of its registered swimmers. Watch for the results in a future newsletter.

Start making plans for the 2000 yard postal swim and the summer open water fitness swim. Other fun events will return again this year including the infamous Halloween and Thanksgiving events with the enviable "Pink Flamingo Award."

Your suggestions and ideas are welcome and wanted. Please pass them on to Rhea Wilkins. May the tide be always at your back.

***Floatable Notables***
***The Third In a Series of Health & Fitness Research Reports***
**by Alice W. M. Phillips, M.Ed.**

## Tune Up Your Immunity: Exercise and the Common Cold

If you leave your car in the driveway day after day, week after week, eventually it won't run very well or even start. Not surprisingly, the same holds true for your body; if you are always in park, you'll never be in shape. Before you know it, you'll end up like a beat up Buick in someone's backyard, hood open, rims up on blocks, big oil stain underneath.

Exercise seems like the high test fuel you use weekly to help keep your engine in tip-top condition; it's the regular maintenance you hope will prevent the need for major repairs. Research supports this protective effect as a major study of 2,300 runners by Appalachian State University researcher David Nieman found that physically fit people get fewer colds than the non-fit. His study shows that moderate training of 20 miles a week increases T-cell and immunoglobin production for several hours after each workout, thereby wielding a positive immune effect. Nieman also found that **excessive** training suppresses immunity. Runners training at 60 miles a week had twice the colds of others and were six times more likely to get sick after running a marathon.

This suppressive effect is substantiated by Tharp at the University of Nebraska and Costill at Ball State, both of whom studied swimmers. Tharp found that overtraining will eventually lower immunoglobin levels both before and after a workout. Costill's research indicates that overtraining (45,000 meters a week) will increase cortisol hormone levels significantly and thereby suppress immunity.

Even if you average more moderate mileage on your "vehicle" than the swimmers Costill studied, this time of year can be tough on your immune engine. Odds are you will have a fender bender with some sort of virus and before you know it, your nose is running, muscles are achey, and throat is scratchy. When this occurs, what about that workout? Where does that daily dose of fitness fit into the repair plan?

VMST's number one mechanic Dr. Jim Miller cautions first and foremost about the fever factor. If you have a respiratory ailment with a fever, the thermoregulartory mechanisms of your body are already taxed; the heat produced during a workout intensifies that burden and can even do serious damage. Miller advises that although such instances are uncommon, several sudden deaths in young, healthy athletes have resulted from viruses that invade the heart muscle. A symptomatic virus (fever, aches, nausea, headache, loss of appetite, etc.) is not something to ignore and should preclude your regular workout.

*"The only thing harder to get rid of than a winter cold is a 1973 Ford Pinto."*
Aileen Foster

A stuffed nose, touch of the allergies, your basic cold—these are a different story, however. Several sources suggest that an upper respiratory condition (that is above the neck) warrants only a change in the type or intensity of workout. In fact exercise might be just the right tune-up for a cold as long as no lower respiratory symptoms are present (muscle aches, nausea, chest congestion, etc). At low intensity levels, exercise may well boost immunity as it increases blood flow (thereby speeding the delivery of immune

*(continued on pg. 8, col.3)*

# Mark Your Calendar For These Upcoming Events!

February
***FEBRUARY FITNESS CHALLENGE***
Scott Rabalais, 950 S. Foster Dr. #35, Baton Rouge, LA 70806

February 26-27
***MARYLAND MASTERS WINTER MEET***
Barb Protzman, 7919 Main Falls Cr., Catonsville, MD 21228 410/788-2964

March 26
***ALBATROSS OPEN***
*Fairland Aquatic Center, Laurel, MD*
Tom Denes, 4522 Everett St., Kensington, MD 20895 301/564-4234

April 11
***USMS SHORT COURSE CHAMPIONSHIP***
Deadline for Entries

April 29-May 1
***ZONE CHAMPIONSHIP***
*Rutgers University*
Rob Copeland, 246 Berger St., Somerset, NJ 08873 908/828-4679

May 1
***V WORLD MASTERS CHAMPIONSHIP***
Deadline for Entries

May through October
***10-K2 RELAY***
Mike Stott, 403 Lakewood Dr., Richmond, VA 23229 804/288-8808 FAX 804/288-8809

May 13-16
***USMS SHORT COURSE CHAMPIONSHIP***
Neil Morrow, c/o Repps, 2121 S. Priest Dr., Suite 105, Tempe, AZ 85282 602/902-0431

June 19
***JACK KING 1-MILE OCEAN SWIM***
*Virginia Beach, VA*
Forrest Sullivan, 1752 N. Woodhouse Rd., Virginia Beach, VA 23454 804/481-1998

July 4-10
***V WORLD MASTERS CHAMPIONSHIP***
*Rendevous '94 Montreal*
4545 Ave Pierre de Coubertin; Case postale 1000; Succursale <<M>>; Montreal, Quebec, Canada H1V3R2
(Note: You must be a member of a team to swim at Worlds.)

July 9
***2-MILE CABLE SWIM***
***NATIONAL CHAMPIONSHIP***
*Chris Greene Lake, Charlottesville, VA*
Linda McCowan, 13613 Prince William Dr., Midlothian, VA 23113 804/379-2537

August 25-28
***USMS LONG COURSE***
***NATIONAL CHAMPIONSHIP***
*Buffalo, NY*
Gene Donner, 717 South Rd., East Aurora, NY 14052

**To have an event or clinic listed here, please send the event name, location, date, and contact information including address and telephone number of the meet director to the editors. Thank you.**

## CAMPS & CLINICS

Ongoing
***TOTAL IMMERSION ADULT SWIM CAMPS***
*various locations*
Terry Laughlin, 381 Main St., Goshen, NY 10924 914/294-3510

***PREMIER STROKE CLINIC***
*Rockville, MD*
Clay Britt, 301/231-9740

***BILLABONG AQUATICS CAMPS***
*Coral Springs, FL*
Judy Bonning, 305/345-5370
3-day, 4-day, 1 week camps in February and March

**LMSC for Virginia Financial Statement Year Ending 12/31/93**

| | | |
|---|---|---|
| Balance as of 12/31/92 | | $4,025.17 |
| INCOME: | | |
| Receipts | $11,046.00 | |
| Meets & Sanctions | 401.45 | |
| Interest | 123.25 | |
| Total | | 11,570.73 |
| EXPENSES: | | |
| USMS Transmittals | $7,396.00 | |
| Zone Payment | 50.00 | |
| Newsletters (4) | 849.98 | |
| Convention Exp. | 1,698.14 | |
| Printing/Stamps | 429.02 | |
| HY-TEK Program | 205.00 | |
| Fitness Committee | 13.04 | |
| Total | | 10,641.18 |
| NET PROFIT | 929.55[1] | |
| Balance as of 12/31/93 | | $4,954.72[2] |

[1]The net profit as shown is not a true figure because of the receipt and disbursement of USMS funds; the true net profit is approximately zero.
[2]The bank balance as of 10 January 1994 was $3,908.54, which is a more accurate reflection of the financial condition.

**Vacation Rental**
**BRITISH VIRGIN ISLANDS (Virgin Gorda)**
Elegant new villa directly on own private snorkeling beach, spectacular panoramic view of North Sound including Bitter End (dive school, etc.). Perfect weather year round. 3 BR, 2 B, magnificent LR, wrap around deck, full mod. kit., microwave, dishwasher; marina, fishing, pool, tennis. (restaurant, provisioning, staff, car, available extra.) $2,500 wk.; 1-800-848-7081; 609-924-4533.

# Results of Virginia Masters Winter Invitational

## Riverside Wellness & Fitness Center - Briarwood

## Richmond, Virginia • January 15-16, 1994 • Jim & Nancy Miller, Meet Directors

### Women 19-24

50 yd freestyle
Trina Vinson 23 30.21 VMST
Cindy Trevillian 21 31.32 VMST
100 yd freestyle
Cindy Trevillian 21 1:06.97 VMST
Debra Anderson 22 1:20.98 VMST
200 yd freestyle
Cindy Trevillian 21 2:32.12 VMST
500 yd freestyle
Heather Coulson-Moore 24 5:53.23 VMST
Cindy Trevillian 21 6:49.62 VMST
1650 yd freestyle
Cindy Trevillian 21 23:44.25 VMST
50 yd breastroke
Kristin Krebs 22 34.73 UNA
100 yd breastroke
Kristin Krebs 22 1:15.76 UNA
200 yd breastroke
Kristin Krebs 22 2:38.25 UNA
50 yd novice butterfly
Debra Anderson 22 41.34 VMST
50 yd butterfly
Heather Coulson-Moore 24 28.58 VMST
Trina Vinson 23 33.11 VMST
100 yd butterfly
Heather Coulson-Moore 24 1:02.76 VMST
100 yd individual medley
Heather Coulson-Moore 24 1:04.66 VMST

### Women 25-29

50 yd freestyle
Beth Gardner 28 25.50 VMST
Jenna Ostberg 25 28.12 VMST
Ashby Moncure 27 34.82 VMST
100 yd freestyle
Beth Gardner 28 55.17 VMST
Alice Phillips 28 56.60 VMST
Molly Dean 28 1:00.81 VMST
Jenna Ostberg 25 1:00.82 VMST
Kelly Stott 27 1:04.08 VMST
Ashby Moncure 27 1:18.10 VMST
200 yd freestyle
Alice Phillips 28 2:05.54 VMST
Molly Dean 28 2:12.20 VMST
Kelly Stott 27 2:19.95 VMST
500 yd freestyle
Alice Phillips 28 5:42.32 VMST
Molly Dean 28 5:55.00 VMST
Mary Hunter 28 6:12.44 VMST
1000 yd freestyle
Kathy Waggoner 26 11:54.02 VMST
Jenna Ostberg 25 12:46.33 VMST
Ashby Moncure 27 15:38.02 VMST
50 yd novice backstroke
Kelly Stott 27 34.36 VMST

50 yd backstroke
Beth Gardner 28 30.01 VMST
Caycee Buscaglia 29 31.29 VMST
Ashby Moncure 27 45.76 VMST
100 yd backstroke
Beth Gardner 28 1:05.32 VMST
Caycee Buscaglia 29 1:09.02 VMST
Mary Hunter 28 1:16.64 VMST
50 yd breastroke
Kathy Waggoner 26 34.39 VMST
200 yd breastroke
Kathy Waggoner 26 2:41.98 VMST
50 yd butterfly
Beth Gardner 28 28.54 VMST
Alice Phillips 28 28.65 VMST
Molly Dean 28 29.61 VMST
Caycee Buscaglia 29 30.35 VMST
Jenna Ostberg 25 30.43 VMST
Ashby Moncure 27 38.40 VMST

100 yd butterfly
Jenna Ostberg 25 1:09.40 VMST
100 yd individual medley
Kathy Waggoner 26 1:08.78 VMST
Caycee Buscaglia 29 1:09.40 VMST
Jenna Ostberg 25 1:11.58 VMST
Mary Hunter 28 1:12.08 VMST
200 yd individual medley
Caycee Buscaglia 29 2:26.86 VMST
Mary Hunter 28 2:35.43 VMST
400 yd individual medley
Alice Phillips 28 5:04.36 VMST
Mary Hunter 28 5:36.10 VMST

### Women 30-34

50 yd freestyle
Clai Bolek 30 26.23 VMST
100 yd freestyle
Clai Bolek 30 57.52 VMST
Betty Belknap 31 1:02.71 VMST
200 yd freestyle
Clai Bolek 30 2:04.49 VMST
Donielda Tripp-Leino 32 2:27.86 VMST
1650 yd freestyle
Clai Bolek 30 19.57.25 VMST
50 yd backstroke
Heather Stevenson 34 32.39 VMST
50 yd breastroke
Betty Belknap 31 34.35 VMST
100 yd breastroke
Betty Belknap 31 1:15.08 VMST
50 yd butterfly
Heather Stevenson 34 31.19 VMST
Donielda Tripp-Leino 32 34.07 VMST
100 yd butterfly
Clai Bolek 30 1:07.35 VMST
Donielda Tripp-Leino 32 1:22.17 VMST

200 yd butterfly
Clai Bolek 30 2:28.57 VMST
100 yd individual medley
Betty Belknap 31 1:09.84 VMST
Heather Stevenson 34 1:11.47 VMST
200 yd individual medley
Donielda Tripp-Leino 32 2:53.00 VMST

### Women 35-39

50 yd novice freestyle
Karen Costello 38 38.07 VMST
Nancy Hawkes 37 41.46 VMST
Pat Warner 36 43.14 VMST
50 yd freestyle
Linda Fournier 35 28.80 VMST
Patti Chappell 39 28.94 VMST
100 yd freestyle
Patti Chappell 39 1:05.96 VMST
Beth Waters 36 1:09.01 VMST
Linda Fournier 35 DQ VMST
200 yd freestyle
Jeanne Crouse 37 2:27.73 VMST
Ann Jones 39 2:38.33 VMST
500 yd freestyle
Beth Waters 36 6:50.73 VMST
1000 yd freestyle
Jeanne Crouse 37 13.25.15 VMST
Ann Jones 39 14.57.44 VMST
50 yd novice backstroke
Nancy Hawkes 37 44.47 VMST
Paige Hedgecoth 39 45.05 UNA
Pat Warner 36 46.74 VMST
Karen Costello 38 47.82 VMST
50 yd backstroke
Linda Fournier 35 36.66 VMST
100 yd backstroke
Nancy Hawkes 37 1:36.98 VMST

50 yd novice breastroke
Paige Hedgecoth 39 50.17 UNA
Karen Costello 38 50.30 VMST
Pat Warner 36 54.57 VMST
50 yd breastroke
Patti Chappell 39 36.92 VMST
Linda Fournier 35 39.05 VMST
100 yd breastroke
Beth Waters 36 1:31.18 VMST
50 yd butterfly
Jeanne Crouse 37 33.36 VMST
Susan Bleistein 36 42.03 VMST
100 yd butterfly
Beth Waters 36 1:28.58 VMST
Susan Bleistein 36 1:40.57 VMST
200 yd butterfly
Jeanne Crouse 37 2:47.78 VMST
Ann Jones 39 3:16.60 VMST

100 yd individual medley
Linda Fournier 35 1:14.51 VMST
400 yd individual medley
Beth Waters 36 6:10.33 VMST

### Women 40-44

50 yd novice freestyle
Joan Furbish 41 37.67 VMST
50 yd freestyle
Molly Broderson 41 30.66 VMST
Linda McCowan 44 36.74 VMST
100 yd freestyle
Molly Broderson 41 1:11.40 VMST
Linda McCowan 44 1:20.40 VMST
200 yd freestyle
Molly Broderson 41 2:42.11 VMST
500 yd freestyle
Linda McCowan 44 7:54.64 VMST
1000 yd freestyle
Linda McCowan 44 16:07.97 VMST
1650 yd freestyle
Terry Miffleton 43 25:32.54 VMST
50 yd novice backstroke
Joan Furbish 41 54.11 VMST
200 yd backstroke
Terry Miffleton 43 3:07.89 VMST
50 yd novice breastroke
Joan Furbish 41 DQ VMST
50 yd breastroke
Linda McCowan 44 42.19 VMST
100 yd breastroke
Linda McCowan 44 1:32.75 VMST
Terry Miffleton 43 1:46.12 VMST
100 yd butterfly
Molly Broderson 41 1:26.28 VMST
100 yd individual medley
Terry Miffleton 43 1:35.45 VMST

### Women 50-54

100 yd freestyle
Rhea Wilkins 52 1:33.84 VMST
1650 yd freestyle
Charlene Magee 52 26:58.65 VMST
50 yd backstroke
Rhea Wilkins 52 50.88 VMST
100 yd backstroke
Charlene Magee 52 1:31.99 VMST
50 yd breastroke
Rhea Wilkins 52 51.87 VMST
100 yd breastroke
Rhea Wilkins 52 1:49.38
100 yd individual medley
Charlene magee 52 1:31.67 VMST
Rhea Wilkins 52 1:42.59 VMST
200 yd individual medley
Charlene Magee 52 3:18.52

### Women 55-59

50 yd freestyle
Johnnie Detrick 58 31.94 VMST
100 yd freestyle
Johnnie Detrick 58 1:12.37 VMST
1000 yd freestyle
Johnnie Detrick 58 16:12.78 VMST
50 yd breastroke
Johnnie Detrick 58 41.45 VMST
100 yd breastroke
Johnnie Detrick 58 1:34.64 VMST

### Women 60-64

50 yd novice freestyle
Jane Pharis 60 44.25 VMST
50 yd novice backstroke
Jane Pharis 60 53.09 VMST
50 yd novice breastroke
Jane Pharis 60 1:03.09 VMST

### Women 70-74

50 yd novice freestyle
Helen Newbold 70 54.89 VMST
Phyllis Murphy 70 1:04.72 VMST
50 yd freestyle
Elizabeth Wolenberg 73 49.50 VMST
Victoria Harris 74 59.98 VMST
100 yd freestyle
Helen Newbold 70 2:10.73 VMST
200 yd freestyle
Helen Newbold 70 4:38.80 VMST
500 yd freestyle
Ruth Good 73 11:08.83 VMST
50 yd novice backstroke
Phyllis Murphy 70 1:09.81 VMST
50 yd backstroke
Ruth Good 73 1:06.25 VMST
Elizabeth Wolenberg 73 1:13.47 VMST
Victoria Harris 74 1:18.19 VMST
100 yd backstroke
Victoria Harris 74 2:35.13 VMST
50 yd novice breastroke
Phyllis Murphy 70 1:32.35 VMST
50 yd novice butterfly
Phyllis Murphy 70 1:31.77 VMST
50 yd butterfly
Elizabeth Wolenberg 73 1:04.36 VMST
100 yd butterfly
Elizabeth Wolenberg 73 2:30.80 VMST
Victoria Harris 74 4:04.39 VMST
100 yd individual medley
Ruth Good 73 2:38.29 VMST
Phyllis Murphy 70 2:52.28 VMST
200 yd individual medley
Victoria Harris 74 6:24.14 VMST

### Women 80-84

200 yd freestyle
Marie Kelleher 81 4:19.07 VMST

100 yd breastroke
Marie Kelleher 81 2:40.73 VMST
100 yd butterfly
Marie Kelleher 81 2:42.38 VMST
100 yd individual medley
Marie Kelleher 81 2:19.02 VMST
400 yd individual medley
Marie Kelleher 81 11:13.51 VMST

Men's Results...pg. 6
Relay Results...pg. 7

***1994 USMS Short Course National Championship***
***Tempe, Arizona***
***May 13-16, 1994***

# Sunny Tempe Awaits You

The Grand Canyon, Sedona, Oak Creek Canyon, the Old West, and Navajo County are but a few of the spectacular sights within hours of the award winning Mona Plummer Aquatics Complex.

VMST has blocked 20 rooms at the Embassy Suites-Tempe for this event. Two types of rooms are available at the rate of $64/day plus tax ($69.79/day total). You may choose either a suite with 1 king bed and 1 sofabed which sleeps 4 or a suite with 2 double beds and 1 sofabed which sleeps 6.

This special meet rate includes a complimentary full cooked-to-order breakfast, a two-hour cocktail party, and courtesy transportation to and from the Sky Harbor International Airport. The hotel has a pool, sauna, exercise room, and a restaurant (the Brown Derby Restauarant), and is located 10 minutes from the Mona Plummer Aquatic Center. A free shuttle service will be offered to and from the pool.

For reservations, call Linda McCowan (804)379-2537. A one night deposit or credit card number will be required to book a suite.

**Entry Deadline**
**April 11, 1994**
**USMS SC NATIONALS**
**DON'T DELAY!!!**

# Ready for a Relay?

Relays for nationals are intended to be both a social and personally rewarding experience for all athletes. Although it is VMST policy to have the fastest individuals swim on a relay team to maximize team performance, desire to participate is also considered. Despite this, we recognize that relays are not fun for everyone; therefore, a swimmer chooses whether or not he/she swims in the relay . Regardless of whether or not you want to participate on a relay team in Tempe, please complete the entry form at the bottom of page 7 and return it to Jim Miller since VMST uses this information to order various items for those people who will be representing Virginia Masters at the national championship.

***Northern Virginia Masters Swimmers***

## Wedding Bells to Ring for Swimming Couple

The new year finds NVMS alive and well. There are several news items from the latter part of 1993.

Two members of our team, Cassie Logan and Gregg Zach, announced their engagement over Christmas. They met while swimming on the team. We have watched from the sidelines as this relationship developed and quietly cheered them on. Now we loudly do the cheering and wish them the best.

The second item, a little less exciting but still pleasing for us, is that we have placed a new order of sweats and T-shirts. If you swam at the RWFC-Briarwood meet in January, you saw a sample set. Tray Halverson, has carried the effort to design and to get these outfits printed and ordered. The dolphin team logo is his design. We believe they look great! We are using a new supplier, one local to the team in Lake Ridge, VA. So far he appears to be willing to work with the team and his prices are competitive. We hope he continues since the store is a lot closer than Aardvark, our old supplier.

This is all that I have for now except for extending a standing invitation to all swimmers to stop by when travelling in our area. If you need information on times and days or directions or you just want to talk, please call Harry DeLong at (703) 368-0309.

***Valley Blues' Swim Club***

## Couch and Letizio Guide Practices

VBSC is a small group of men and women who enjoy swimming together at the Staunton Racquet Club and Fitness Center (SRC&FC) in Staunton, Virginia.

VBSC has about ten swimmers, divided equally among men and women. We swim together on Mondays, Wednesdays, and Fridays from 5:30 PM to 6:30 PM. Practices focus on swimming technique and stroke improvements which help us to become better swimmers and work toward improving our overall fitness.

We have two dedicated and skilled swimmers who guide us during our practices: Bob Couch and Joan Letizio. Bob and Joan design our practices to help us achieve our personal goals; we usually will swim between 1600 and 2200 meters during our hour of practice. They also help us prepare for timetrials and informal meets which sometimes include swimmers from the swim teams in Waynesboro and Lexington; sometimes we plan time trials for ourselves. *(continued on pg. 5, col. 1)*

*(continued from p. 4)*

Any individual swimmer, regardless of his/her ability level, is welcomed to join us for a practice. There is a $5.00 guest fee at the SRC&FC for non-members. Please contact Diane Kent in Staunton if you are interested in learning more about the Valley Blues Swim Club.

**LMSC OFFICERS**

**Chair**
Forrest Sullivan
1752 N. Woodhouse Rd.,
Virginia Beach,VA 23454
804/481-1998

**Registrar**
Betsy Durrant, 211 66th St.,
Virginia Beach, VA 23451
804/422-6811

**Meet Sanctions**
Judy Decker, 535 Biltmore Dr.,
Virginia Beach, VA 23454
804/340-7475

**Secretary**
Linda McCowan
13613 Prince William Dr.,
Midlothian, VA 23113
804/379-2537

**Treasurer/Top Ten**
Carl Russ, 2442 Starfish Rd.,
Virginia Beach, VA 23451
804/496-9177

**Fitness Committee**
Rhea Wilkins
1607 Darrell Dr.,
Midlothian, VA 23113
804/794-3659

**Newsletter**
Ken Mills
2209 Albion Rd.,
Midlothian,VA 23113
804/379-3104

Heather & Chris Stevenson
10 Bostwick Lane
Richmond, VA 23226
804/282-1573

# LMSC MEETING HIGHLIGHTS

**• TOP TEN**
Short Course Yards Swim Records for the LMSC are now available from Carl Russ. For record consideration, members attending meets outside the LMSC must send Carl an official copy of the meet results. Members may receive a copy of the National Top Ten for Short Course Yards, Short Course Meters, and Long Course Meters (3 issues) for $12 from the USMS National Office.

**• LONG DISTANCE**
The Jack King Ocean Swim was awarded the 1-Mile National Championship. VMST will also host the 1994 2-Mile National Championship at Chris Greene Lake.

**• SAFETY**
A new USMS rule prohibits diving into a pool during warmups and cooldowns at meets. For the safety of all swimmers, a meet referee has the right to disqualify an athlete for failing to observe this rule. The "No Diving" rule should also be emphasized during group practices.

**• FITNESS**
Everyone in the LMSC is encouraged to support the February Fitness Challenge, the details of this activity were published in the January/February issue of SWIM Magazine. If you would like to work on the Fitness Committee or be a Fitness Coordinator for your area, please contact Rhea Wilkins.

**• ONE-EVENT REGISTRATION**
One event registration will be used for the Jack King Ocean Swim in June '94. The fee is $15. This should help to promote the benefits of full USMS membership to non-members.

**• SEPTEMBER-OCTOBER REGISTRATION**
Beginning this fall, swimmers registering for the first time in September-October will be able to do so at the reduced rate of $13. This should be a great plus for enlisting new members when "new season" stroke clinics are offered throughout the LMSC.

A general membership meeting was held on November 6, 1993 in Virginia Beach and the Board of Directors last met onJanuary 14, 1994 in Richmond. You may request a copy of the minutes from either meeting by contacting Linda McCowan.

# VMST Winter Invitational Men's Results

### Men 19-24

50 yd freestyle
Michael Weber 23 26.15 VMST
50 yd backstroke
Michael Weber 23 37.21 VMST
50 yd novice breastroke
Michael Weber 23 37.52 VMST
50 yd butterfly
Michael Weber 23 31.03 VMST

### Men 25-29

50 yd novice freestyle
S. Norwood Thornton 29 27.65 VMST
50 yd freestyle
Scott Johnstone 29 24.90 VMST
100 yd freestyle
Mark Gill 25 53.52 VMST
Scott Johnstone 29 54.24 VMST
200 yd freestyle
Chris Stevenson 29 1:47.53 VMST
Neill Williams 25 1:51.79 VMST
Scott Johnstone 29 2:01.02 VMST
500 yd freestyle
Neill Williams 25 5:14.62 VMST
Andrew Geiszler 25 5:28.33 FXCM
Scott Johnstone 29 5:29.10 VMST
1000 yd freestyle
Scott Johnstone 29 11:35.15 VMST
1650 yd freestyle
Andrew Geiszler 25 19:08.38 FXCM
Mark Woodard 27 19:50.86 VMST
50 yd backstroke
Ian Wrightson 29 28.27 VMST
Mark Gill 25 28.38 VMST
100 yd backstroke
Chris Stevenson 29 54:32 VMST
Mark Gill 25 1:04.50 VMST
200 yd backstroke
Chris Stevenson 29 1:56.38 VMST
50 yd breastroke
Ian Wrightson 29 28.65 VMST
100 yd breastroke
Ian Wrightson 29 1:03.82 VMST
Andrew Geiszler 25 1:07.59 FXCM
50 yd butterfly
Ian Wrightson 29 24.57 VMST
100 yd butterfly
Chris Stevenson 29 52.98 VMST
Ian Wrightson 29 54.74 VMST
Andrew Geiszler 25 1:04.07 FXCM
100 yd individual medley
Andrew Geiszler 25 1:03.22 FXCM
Mark Gill 25 1:03.54 VMST
S. Norwood Thornton 29 1:19.91 VMST
200 yd individual medley
Neill Williams 25 2:03.05 VMST
400 yd individual medley
Neill Williams 25 4:32.32 VMST
Mark Woodard 27 4:53.69 VMST

### Men 30-34

50 yd freestyle
Mike Cook 31 23.62 VMST
100 yd freestyle
Alfred Walsh 33 52.72 VMST
Mike Cook 31 52.79 VMST
Timothy Scott 30 1:00.47 DCM
200 yd freestyle
Robert Hatcher 31 2:21.83 VMST
1650 yd freestyle
Timothy Scott 30 20:46.40 DCM
50 yd backstroke
Alfred Walsh 33 27.53 VMST
100 yd backstroke
Alfred Walsh 33 1:00.55 VMST
Martin Zoltick 31 1:00.74 DCM
200 yd backstroke
Martin Zoltick 31 2:18.05 DCM
50 yd breastroke
Alfred Walsh 33 30.30 VMST
Robert Hatcher 31 38.19 VMST
100 yd breastroke
Robert Hatcher 31 1:26.28 VMST
50 yd butterfly
Timothy Scott 30 30.37 DCM
100 yd butterfly
Mike Cook 31 57.82 VMST
Martin Zoltick 31 58.81 DCM
100 yd individual medley
Alfred Walsh 33 59.96 VMST
Martin Zoltick 31 1:00.46 DCM
Timothy Scott 30 1:12.04 DCM
200 yd individual medley
Robert Hatcher 31 2:46.31 VMST

### Men 35-39

50 yd novice freestyle
Bernard Donnelly 38 31.26 VMST
50 yd freestyle
David Hefner 39 24.59 VMST
James McFarland 35 24.72 VMST
Gray Edwards 39 31.17 VMST
100 yd freestyle
James McFarland 35 56.28 VMST
Gray Edwards 39 1:06.66 VMST
Bernard Donnelly 38 1:12.63 VMST
200 yd freestyle
James McFarland 35 2:04.46 VMST
Kent Gay 35 2:08.62 VMST
Gray Edwards 39 2:25.05 VMST
500 yd freestyle
Gennard Lanzara 35 5:59.12 VMST
Kent Gay 35 6:14.94 VMST
1000 yd freestyle
Kent Gay 35 13:00.00 VMST
Tray Halverson 38 13:43.46 NVMS
1650 yd freestyle
James McFarland 35 19:30.94 VMST
Gray Edwards 39 22:35.64 VMST
50 yd backstroke
Lang Meem 39 28.61 VMST
David Hefner 39 29.06 VMST
Tray Halverson 38 33.31 NVMS
100 yd backstroke
Lang Meem 39 1:01.75 VMST
Gennard Lanzara 35 1:07.06 VMST
Tray Halverson 38 1:12.21 NVMS
200 yd backstroke
Lang Meem 39 2:13.14 VMST
Gennard Lanzara 35 2:27.72 VMST
Kent Gay 35 2:36.57 VMST
Tray Halverson 38 2:37.38 NVMS
50 yd breastroke
Pat Ryan 35 31.63 VMST
David Hefner 39 34.53 VMST
100 yd breastroke
Pat Ryan 35 1:08.56 VMST
Gennard Lanzara 35 1:14.21 VMST
Kent Gay 35 1:14.91 VMST
50 yd butterfly
Lang Meem 39 27.29 VMST
Tray Halverson 38 31.55 NVMS
100 yd butterfly
Kent Gay 35 1:06.59 VMST
100 yd individual medley
Lang Meem 39 1:00.96 VMST
David Hefner 39 1:04.08 VMST
Gennard Lanzara 35 1:06.16 VMST
Tray Halverson 38 1:12.80 NVMS
Gray Edwards 39 1:17.80 VMST
400 yd individual medley
Lang Meem 39 4:43.43 VMST
Gennard Lanzara 35 5:03.74 VMST
Kent Gay 35 5:41.03 VMST
Tray Halverson 38 5:48.28 NVMS

### Men 40-44

50 yd novice freestyle
Steve Swift 41 30.57 VMST
Jim Reynolds 41 34.90 VMST
50 yd freestyle
Sean Webb 42 24.97 VMST
100 yd freestyle
Jim Miller 43 57.82 VMST
Steve Swift 41 1:09.36 VMST
500 yd freestyle
Brian Batterson 41 6:19.93 VMST
1000 yd freestyle
Brian Batterson 41 13:35.19 VMST
50 yd novice backstroke
Jim Reynolds 41 44.60 VMST
50 yd backstroke
Jim Miller 43 33.49 VMST
100 yd backstroke
Jim Miller 43 1:10.62 VMST
50 yd novice breastroke
Steve Swift 41 36.19 VMST
Jim Reynolds 41 DQ VMST
50 yd breastroke
Sean Webb 42 31.87 VMST
100 yd breastroke
Sean Webb 42 1:11.78 VMST
200 yd breastroke
Sean Webb 42 2:40.51 VMST
50 yd butterfly
Jim Miller 43 31.73 VMST
100 yd individual medley
Steve Swift 41 1:18.49 VMST

### Men 45-49

50 yd freestyle
Hank Holswade 47 25.34 VMST
Eric Miller 46 28 00 VMST
William Pharis 46 28.45 VMST
George Fitch 45 29.78 UNA
100 yd freestyle
Hank Holswade 47 56.38 VMST
Ed McCowan 45 1:00.30 VMST
George Fitch 45 1:06.95 UNA
200 yd freestyle
Ron Magee 46 2:36.31 VMST
1000 yd freestyle
Mike Duignan 47 13:24.03 VMST
Ed McCowan 45 13:35.24 VMST
1650 yd freestyle
John Shrum 45 20:16.51 VMST
Ron Magee 46 23:39.42 VMST
50 yd backstroke
Hank Holswade 47 32.07 VMST
William Pharis 46 35.22 VMST
Eric Miller 46 36.53 VMST
George Fitch 45 40.15 UNA
100 yd backstroke
Mike Duignan 47 1:10.34 VMST
William Pharis 46 1:23.04 VMST
Ron Magee 46 1:29.80 VMST
200 yd backstroke
Mike Duignan 47 2:34.97 VMST
50 yd breastroke
Ed McCowan 45 36.44 VMST
George Fitch 45 36.95 UNA
Ron Magee 46 43.44 VMST
100 yd breastroke
Ed McCowan 45 1:19.67 VMST
George Fitch 45 1:25.57 UNA
50 yd butterfly
Hank Holswade 47 30.36 VMST
Eric Miller 46 30.65 VMST
Ed McCowan 45 34.43 VMST
100 yd individual medley
Mike Duignan 47 1:12.35 VMST
William Pharis 46 1:14.53 VMST
Ed McCowan 45 1:16.03 VMST
Ron Magee 46 1:23.69 VMST

### Men 50-54

50 yd novice freestyle
Anthony Hite 51 29.29 UNA
Edwin Hower 51 41.72 VMST
50 yd freestyle
Don Bingley 52 30.53 BMSC
Howard Butts 52 31.47 VMST
100 yd freestyle
Anthony Hite 51 1:07.08 UNA
Howard Butts 52 1:15.59 VMST
200 yd freestyle
Warner Brundage 50 2:15.38 VMST
Howard Butts 52 3:01.35 VMST
1000 yd freestyle
Howard Butts 52 17:21.20 VMST
1650 yd freestyle
Mike Stott 51 25:23.09 VMST
50 yd novice backstroke
Edwin Hower 51 44.97 VMST
50 yd novice breastroke
Edwin Hower 51 51.08 VMST
50 yd breastroke
Warner Brundage 50 33.43 VMST
Howard Butts 52 39.13 VMST
100 yd breastroke
Warner Brundage 50 1:12.38 VMST
Howard Butts 52 1:31.13 VMST
200 yd breastroke
Warner Brundage 50 2:39.15 VMST
50 yd butterfly
Don Bingley 52 35.47 BMSC
100 yd individual medley
Warner Brundage 50 1:08.23 VMST
Don Bingley 52 1:27.11 BMSC
400 yd individual medley
Warner Brundage 50 5:17.38 VMST

### Men 55-59

50 yd freestyle
Chuck Wilmore 59 32.57 VMST
200 yd freestyle
Carl Russ 58 2:43.63 VMST
1000 yd freestyle
Carl Russ 58 14:47.36 VMST
50 yd backstroke
Chuck Wilmore 59 38.84 VMST
100 yd backstroke
Chuck Wilmore 59 1:25.23 VMST
200 yd backstroke
Chuck Wilmore 59 2:59.35 VMST
50 yd breastroke
Chuck Wilmore 59 40.01 VMST
200 yd butterfly
Carl Russ 58 3:27.37 VMST

### Men 60-64

50 yd backstroke
Forrest Sullivan 64 37.18 VMST
100 yd backstroke
Forrest Sullivan 64 1:21.07 VMST
200 yd backstroke
Forrest Sullivan 64 2:57.69 VMST
50 yd butterfly
Forrest Sullivan 64 33.99 VMST
100 yd individual medley
Forrest Sullivan 64 1:20.55 VMST

### Men 65-69

50 yd freestyle
William Irwin 65 29.51 VMST
100 yd freestyle
William Irwin 65 1:06.22 VMST
200 yd freestyle
William Irwin 65 2:35.30 VMST
Calvin Barnes 69 3:00.30 VMST
1000 yd freestyle
Calvin Barnes 69 16:39.72 VMST
Norman Rainer 65 17:34.74 VMST
1650 yd freestyle
David Chapman 68 36:55.04 VMST
50 yd breastroke
William Irwin 65 37.24 VMST
100 yd breastroke
Norman Rainer 65 1:39.97 VMST
200 yd breastroke
Norman Rainer 65 3:42.80 VMST
Calvin Barnes 69 4:08.31 VMST
100 yd individual medley
Calvin Barnes 69 DQ VMST
400 yd individual medley
William Irwin 65 6:27.95 VMST

## VMST Winter Invitational Relay Results

Women 25+
200 yd medley relay
VMST 1:59.88
Caycee Buscaglia 29
Kathy Waggoner 26
Beth Gardner 28
Clai Bolek 30

Women 35+
200 yd freestyle relay
VMST 2:43.79
Rhea Wilkins 53
Joan Furbish 41
Pat Warner 36
Jane Pharis 60

Women 65+
200 yd medley relay
VMST 4:28.20
Victoria Harris 74
Marie Kelleher 81
Elizabeth Wolenberg 73
Helen Newbold 70

Men 25+
200 yd freestyle relay
VMST 1:37.18
Scott Johnstone 29
Kent Gay 35
Alfred Walsh 33
Mark Gill 25
200 yd medley relay
VMST 1:42.34
Chris Stevenson 29
Neill Williams 25
Ian Wrightson 29
Sean Webb 42

Men 35+
200 yd freestyle relay
VMST 2:03.39
Howard Butts 52
Jim Reynolds 41
Eric Miller 46
William Pharis 47
200 yd medley relay
VMST 1:53.63
Lang Meem 39
Pat Ryan 35
Jim McFarland 35
David Hefner 39

Men 55+
200 yd medley relay
VMST 2:22.42
Forrest Sullivan 64
Chuck Wilmore 59
William Irwin 65
Carl Russ 58

**United States Masters Swimming**

USMS, INC. and LMSC for Virginia Registration 1994

**Important: Register with the name that you will use when you enter meets.**

Last name _____ First name _____ Initial _____

Street address _____

City _____ State _____ Zip _____

Area Code - Telephone _____ Date of Birth _____ Age _____ Sex _____

** USMS Team or "Unattached" if no team _____ Check one: New ____ Renewal ____

Reg # for 1993 _____

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physican. I acknowledge that I am aware of all of 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.

Signature _____ Date _____

Unattached, VBSC (Valley Blues) RMAC (Roanoke), FUMA (Fitness University)
**Registration Fee: $21 Make check payable to: LMSC FOR VA**
**Mail this form and check to: Betsy Durrant, Registrar, 211 66th St., Virginia Beach, VA 23451-2040**

VMST (Virginia Masters Swim Team)
**Registration Fee: $31 Make check payable to: VMST**
**Mail this form and check to: Mike Duignan, 3313 Glen Eden Quay, Virginia, Beach, VA 23452-6240**

NVMS (Northern Virginia Masters Swimming)
**Registration Fee: $21 Make check payable to: LMSC FOR VA**
**Mail this form and check to: Tom Fusco, 8542 Yoder St., Manassas, VA 22110**

## VMST Nationals Relay Entry & Attendance Form

**1994 Short Course National Championship - Tempe, AZ**

**Name** _____

**Phone (H)** _____

**Phone (W)** _____

**Age as of May 16, 1994** _____

If you plan to attend Short Course Nationals, whether or not you wish to be on a relay team, please complete this form and return it to JIM MILLER, M.D., 1471 JOHNSTON-WILLIS DR., RICHMOND, VA 23235, by May 1, 1994.

**Relays of Interest** (√ all that apply)

- ☐ Freestyle 5/14/94
- ☐ Medley 5/15/94
- ☐ Mixed Free 5/16/94
- ☐ Mixed Medley 5/14/94

**Times**

- 50 Yard Free _____
- 50 Yard Back _____
- 50 Yard Breast _____
- 50 Yard Fly _____

## Places To Swim

**BLACKSBURG**
Contact: Lucille Griffin
703/552-5943

**CHARLOTTESVILLE**
**Smith Pool**
M-Th: 7:30-9 PM
Contact: Craig C. Clift
804/293-6657

**HARRISONBURG**
Contact: Susan Lees Arnold
703/434-6224

**LYNCHBURG**
**Lynchburg YMCA**
Contact: Jim McFarland
703/384-1556

**NORFOLK**
**Fleet Rec. Park**
Hampton Blvd.
Daily: 12-1PM

**NORTHERN VIRGINIA**
**Chin Aquatic Center**
M-Th: 8:30-9:30 PM
Sat: 7-8 AM

**Dale City Recreation Ctr.**
Sun: 8-9:30 AM
Contact: Harry DeLong
703/368-0309

**RICHMOND**
**Riverside Wellness & Fitness Ctr./Briarwood**
Robious Rd., Midlothian
M-F: 6-7 AM; 7-8:15 PM
Sat: 8-9 AM
Sun: 4-5 PM
Contact: Jim Miller
804/320-3999

**Tuckahoe Branch YMCA**
Patterson Ave.
Contact: Mark Woodard
804/740-9622

**ROANOKE**
**Lancerlot Fitness Ctr.**
1111 Vineyard Rd., Vinton
T & Th: 7-8 PM
Sat: 10-11 AM
Contact: Howard Butts
H 703/992-1736
W 703/981-0205

**Gator Aquatic Ctr.**
1130 Overland Rd, Roanoke
M & W: 7:30-9:30 PM
T & Th: 6-7 AM
Sat: 7-9 AM
Sun: 6-8 PM
Contact: Kathy Shober
703/982-7665

**STAFFORD**
**Fitness University**
Aquia Towne Ctr., Route 1
MWTh: 8:30 - 9:30 PM
Contact: Lou-Ann Hadlock
703/659-6737

**VIRGINIA BEACH**
**Virginia Beach YMCA**
MWF: 6:30-7:30 PM
Sat: 8-9 AM
Contact: Mike McGee
804/427-3947

**WILLIAMSBURG**
**James City Co. Rec. Ctr.**
Longhill Rd., Williamsburg
M-F: 6-7 AM (coach)
MWF: 6-7 PM (no coach)
Contact: Elaine S. McBeth
804/220-4700

**Articles for the May 15, 1994 LMSC Newsletter MUST be submitted to the editors by April 15, 1994.**

**Articles for the March VMST Newsletter MUST be submitted to the editors by February 15, 1994.**

# *FORREST SULLIVAN IS NEWLY ELECTED LMSC CHAIR*

Jim Miller, M.D, *Vice President USMS*

As the past LMSC chair, I would like to take this opportunity to introduce you to your newly elected chairman - Forrest Sullivan. This gentleman comes to you with a long array of qualifications within Virginia Masters and the LMSC, both on a local and national level.

Over the years, Forrest has served as the president and, most recently, treasurer of Virginia Masters. Since retirement, Forrest has been able to attend the United States Masters national convention and has been assigned to positions within the Insurance Committee, even chairing one of the subcommittees. He currently sits on the Safety Committee for United States Masters and is Safety Coordinator for our LMSC. Forrest remains very active in Masters swimming, locally and nationally, posting some of his lifetime bests within the past couple of years.

I'm sure you will find Forrest to be quite engaging and very easy to approach with questions and input. I feel fortunate to be handing over the reins of a growing LMSC to a gentleman who is so qualified and dedicated, and I pledge Forrest my continued support.

*(Continued from pg.1)*

cells), increases body heat (and some chemical reactions), and increases glutamine production (which fuels macrophages and lymphocytes). The key is moderating your intensity, so consider going to the end of the lane or moving one over or cross training with an easy bike ride, jog or walk.

When you think about it, several of our home remedies (humidifiers, hot liquids) create a warm, moist environment not unlike the pool. Perhaps a few laps is just what the doctor ordered when it comes to clearing up a cold, that is tuning up your immune engine.

*Virginia Masters Swim Team*

## Meet Directors Double As Officials For First Time

A first occurred at VMST's Winter Invitational held at RWFC-Briarwood in January. Both meet directors acted in an official capacity as stokes and turns judges. Many thanks go to Nancy and Jim Miller for holding a great meet. Linda McCowan, as usual, organized a nice social.

Please note the following items. The meet scheduled in Roanoke in February has been cancelled. Also, please be sure to send in results from any meets you have attended outside of Virginia. We would like to publish them! Ken Mills and Heather and Chris Stevenson have agreed to be the new VMST and LMSC newsletter editors. Everyone is very excited about having these three capable people involved with the newsletters.

If Undeliverable Please Return To:
Ken Mills
2209 Albion Road
Midlothian, VA 23113



Bulk Rate
U.S. Postage
PAID
Permit No. 2104
Midlothian, VA

STEVENSON, HEATHER N
10 BOSTWICK LN
RICHMOND, VA 23226