LMSC for VA Newsletter

MASTERS SWIMMERS: "THE UNCOMMONWEALTH of VIRGINIA"

Published Quarterly by the Local Masters Swim Committee for Virginia *May 15, 1995/Volume XII/Number 2*

NEW STATE RECORDS

Here are the new state records from the Virginia Masters Winter Invitational meet held in Richmond in February:

Women 19-24: Cassie Campbell (UNAT) 200 free 2:04.59; 500 free 5:25.35; 200 fly 2:17.36. Genny Hoskins (UNAT) 50 breast 34.01 (tied record); 100 breast 1:13.90.

Women 30-34: Clai Bolck (VMST) 200 free 2:04.37; 1000 free 11:59.21.

Women 35-39: Heather Stevenson (VMST) 50 back 31.72; 100 back 1:10.03.

Women 40-44: Terry Sue Gault (VMST) 100 free 1:03.36; 200 free 2:19.04. Tricia Freer (VMST) 100 IM 1:14.70.

Women 45-49: Nancy Miller (VMST) 500 free 6:39.32; 1000 free 13:42.26.

Women 65-69: Betty Herrmann (SABS) 50 back 1:01.39; 50 breast 57.44.

Women 75-79: Victoria Harris (VMST) 100 fly 4:08.61.

Women 80-84: Marie Kelleher (VMST) 100 free 1:58.27; 50 fly 1:17.89.

Men 25-29: George Frazer (VMST) 1650 free 18:29.67.

Men 30-34: Chris Stevenson (VMST) 100 back 54.08; 200 back 1:58.34. Ian Wrightson (VMST) 100 breast 1:02.83.

(continued on back page)

THE FIRST ANNUAL FALL BALL

SATURDAY, OCTOBER 14, 1995

Although it's still in the planning stages, we need your help in getting this event off the ground. We have a tentative agreement with the Brandermill Inn in Richmond, but need to know your level of interest before the LMSC makes a financial commitment. So far, plans for the evening include either a buffet dinner or heavy hors d'oeuvres, a cash bar, dancing with music provided by a local DJ, fun, and entertainment. The cost for the evening will be approximately $20 per person.

Clinics on stroke, weight training, or nutrition might also be offered in conjunction with this weekend. Or, you could also spend time shopping and sightseeing in the Richmond area.

A block of rooms at a special group rate will be reserved at two area hotels. The Days Inn next to the Chesterfield Towne Center offers a complimentary continental breakfast. The Brandermill Inn offers some extra amenities such as a pool, health club, bicycle and jogging paths, sailing, canoeing, fishing, golf, and tennis.

To be successful, we need your support. So, if you and your family or friends are interested in attending, please contact Linda McCowan, 13613 Prince William Drive, Midlothian, VA 23113 (804)379-2537 immediately. Richmonders, we need to hear from you too! ♦

NEWS FROM THE CHAIR

Forrest Sullivan

The Board of Directors of LMSC is working on the First Annual LMSC Fall Ball to be held in Richmond on the weekend of October 14th and 15th, 1995 (see the above article for accommodation and schedule details). In addition to the dinner/hors d'oeuvres and dancing, we also plan to give out humorous awards on Saturday evening.

To make awards for swimmers throughout the LMSC of Virginia, we need input from every practice group. Submit your nominations for humorous awards (such as, "Always Late to Practice", "Greatest Utilization of Fins", "Sheerest Swim Wear", "Unable to Read the Clock", "Not knowing Interval", etc.) to Forrest Sullivan, 1752 N. Woodhouse Road, Virginia Beach, VA 23454. Be creative and keep it fun. All suggestions are welcome.

And don't forget...Mark Your Calendar for the LMSC Fall Ball!!! ♦

Upcoming Events for Virginia Swimmers

Mark Your Calendars...

- May 5 – 7, 1995
  Colonies Zone Short Course Championship. Wilton, CT.
- May 18 – 21, 1995
  USMS Short Course National Championship. Ft. Lauderdale, FL.
  Entries must have been postmarked by April 6 **or** received by April 13.
- May 22, 1995
  3.5 Mile Open Water Swim. Ft. Lauderdale, FL
- June 11, 1995
  4.4 Mile Chesapeake Bay Swim. Contact Lynn Brooks, 701 Scarlett Drive, Baltimore, VD 21204.
- June 17, 1995
  4th Annual Maryland Swim for Life. Gunpowder Falls State Park, Chase, MD. Call (410) 243-4418 for more information.
- June 18, 1995
  Jack King One-Mile Open Water Championship. Virginia Beach, VA.
- July 8, 1995
  Chris Greene Lake Swim. Charlottesville, VA. Contact Linda McCowan (804) 379-2537. Entry form in this newsletter.
- August 24 – 27, 1995
  USMS Long Course National Championship. Mt. Hood, OR.

Camps and Clinics

- Ongoing
  Total Immersion Swim Camps
  Contact Terry Laughlin (914) 294-3510
- Ongoing
  Premier Stroke Clinic
  Rockville, MD. Contact Clay Britt (301) 231-9740
- May 13-14 and June 3-4, 1995
  Old Dominion University 1995 Masters Swim Camp. Norfolk, VA. Contact Carol Withus at (804) 683-4358 or 5362.

Classified Advertisement

New [vjù] Water Sport Goggles

Two models to fit any face shape. Non-RX lenses are quickly and easily interchanged with stock vjù prescription lenses from -1.5 to -7.5 diopters, providing independent power correction for each individual eye. **Cost**: $34.00 non-RX lenses, $72.00 RX lenses.

Available in Richmond from: Patrick Ryan, OD., Family Vision Center, 1127 Gaskins Place #300, Richmond, VA 23233 (804) 741-8663.

Are you a UVA alum? If so, Alice Phillips is looking for you! Alice is writing an article for the UVA alumni magazine about alums who swim Masters. Call her at (804) 560-0216. ♦

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: Carl Russ, 2442 Starfish Rd., Virginia Beach, VA 23451, (804)496-9177
Top Ten: James Wolfle, 460 Charles St., Blacksburg, VA 24060, (703)951-4964
Fitness Committee: Rhea Wilkins, 1607 Darrell Dr., Midlothian, VA 23113, (804)794-3659

Newsletter Editors: Chris and Heather Stevenson
15 Bostwick Lane, Richmond, VA 23226, (804)282-1573

FROM THE BLOCK OF MARK GHETSET:

Dateline Virginia

It was a cold blustery day outside my hotel room where I sat pondering who would be my next interview. Empty pizza boxes filled the trash can. With each roar of wind, branches of a tree scraped against my window. March was definitely growling like a lion. Outside a car raced it's engine. Over and over again, red lining it with each stomp of the gas pedal. I looked out the window. My driver Kato had pulled the car to the curb and was gunning the motor. Each time he gunned it, he would look up to my window. I guess I can take a hint.

I grabbed my maps, notebook, and tape recorder, and headed out the door. I wasn't even completely in the car yet when it took off with a lunge, throwing me into the back seat and slamming the door from the force of the take off. The engine whined and the gears screamed as they shifted. I noticed that we pulled on to Interstate 64 and were heading east. "Where are we going," I asked Kato. "Virginia Beach," was his reply, "too cold and windy here." Well, good-by Richmond, I thought as I settled back for a comfortable snooze. I vaguely remember asking Kato to drop me off at the Virginia Beach YMCA before I fell asleep.

Before I knew it, we were there; the Y loomed in front of us. Kato said he was going to drop me off and head for the beach. That was fine with me because he looked pretty silly with his inner tube and flippers. How could anyone take me seriously as a swimming journalist with someone that looked like him around? So I grabbed my pull buoys, hand paddles, and Zoomers, and went inside

Once inside, I spied a familiar face in the pool, Forrest Sullivan, our LMSC chairman. He had just finished his warm-up and was about to do a kick set. I asked if he would mind giving an interview and he said not if I don't mind doing a kick set. And what a coincidence, I just happened to have my Speedo on.

MG: Nice pool Forrest, is it your home pool?

FS: Well Mark, it's between here and the City of Virginia Beach Recreation Center pools. Sometimes I swim at the Navy's 50 meter pools.

MG: I noticed you're alone today. Do you usually swim alone?

FS: Most of the time during the week I workout alone. I like to come in around mid afternoon. On the weekends I swim with a group.

MG: I've seen you at a lot of meets, Forrest, I assume you lean towards the competitive side of the sport.

FS: That's part of it Mark. Swimming is such a great sport for all around fitness and good health. I've enjoyed it for many years.

MG: Without giving away your age, how long have you been swimming?

FS: Whew, lets see. Sixteen years, Mark. And without giving away my age, I swim in the 65 - 69 age group, but if anyone wanted to know my age, all they have to do is look at a meet results sheet.

MG: How did you get involved in Masters?

FS: I read an article in Parade Magazine on Masters Swimming that featured Manuel Sanguily. That was early in 1977.

MG: Master swimmers never really seem to care about age anyway, we usually look younger than we are thanks to swimming. I wonder if we found the fountain of youth?

We're kicking back to the shallow end when I notice Forrest's face darken, his smile turned to a scowl. I'm surprised, and look up to see Betsy Durrant putting a piece of paper on one of our spare kickboards. I hear Forrest mutter something about the Durrant Drill. Betsy is gone by the time we reach the end. Forrest doesn't bother with looking at the paper, but my curiosity is peaked, and I look at the Durrant Drill. Whew, I can see why he hates it - alternating 100 Free/ 100 IM; 100 Free on 1:45; 100 I.M. on 2 minutes, five of each - a total of 10 100s.

I figure I need to cheer this guy up.

MG: I'm sure that workout is good for you, but what's your favorite one?

FS: (smiling now) A warm up, of course, then the main set would be a set of four broken 200 backstroke: swim 50, rest 10 seconds; swim a 100, rest 10 seconds; swim 50, rest 10 seconds. Then I take a one minute rest between sets.

MG: Now that you mention it, my coach always said I had a classic backstoke.

FS: Must have been more like the Bach-stroke then.

MG: Very funny Forrest. What's your hardest stroke?

FS: That would be breast.

MG: Technique is such an important part of swimming, as it is in all sports, what one pointer has helped you the most?

(continued on back page)

THE SHOULDER AND SWIMMING: A SCAPULAR POINT OF VIEW (Part I)

Jim McFarland

The shoulder is quite a contraption: it is flexible and versatile with just the right combination of strength and weight-bearing like the hip and pelvis, which are rugged and more powerful. The shoulder, despite its weaknesses, is amazingly well-designed. It consists of the *clavicle* (collar-bone), the *scapula* (shoulder blade), and the *humerus* (upper arm).

The scapula is like a floating island - or better yet, a ship moored to an all-sided dock - connected by muscular wires, tendons, and ligaments from all sides and even from underneath.

One of the most important bones in the body is that "floating island" which links the arm to the body and spine. Imagine not having a shoulder blade: your arm might be stuck to your ribs or spinal column with a mesh of muscle and ligament. The arm would probably move like a primitive flipper - very primitive. Even an aquatic mammal fins about with something resembling our shoulder blade.

One of the real miracles of the shoulder is the group of musculo-tendinous attachments that make movement, even precise movement, possible. While one muscle contracts, another must relax, while still another must tighten as an anchor (remember the anchor part, because we'll get back to it in Part II of this article). Meanwhile, muscles that are moored to the scapula can move it - or float it - up, down, forward, backward and rotating, tilting or locking into place. The shoulder blade should glide or float over the ribs.

The scapula moves, or stabilizes, in relation to the forces applied to it. That is, when the arm moves, it moves relative to the shoulder blade. When you swim, some muscles that connect the arm and scapula are used to move the arm, some are used to position the arm, and some are used to anchor the scapula to the body.

More amazing than the movement caused by scapular muscles are the sensory components of muscular contraction and joint movement. These sensors are intrinsically linked to mechanical skills, such as throwing a ball, doing a pushup, and swimming. Special nerve fibers tell the brain what it needs to know about the position of the arm and shoulder. These position sensors are called *proprioceptors*. Muscular proprioceptors are known as *muscle spindles*; tendons have *golgi tendor organs*. Proprioception is defined in Taber's Cyclopedic Medical Dictionary as: "The awareness of posture, movement, and changes in equilibrium and the knowledge of position, weight and resistance of objects in relation to the body."

Well, proprioceptors are *afferent nerves*: that is, they convey information to the brain. Proprioceptors are part of a larger class of afferent nerves called *mechanoreceptors*, which can detect touch, vibration, and sound as well as blood pressure and equilibrium.

Motor neurons are nerves that tell the muscles to contract. They are called *efferent nerves*. Afferents tell the brain what is happening, and the brain tells the efferents what to do and which muscles should do it. You feel it, interpret it, and act upon it, mostly on an unconscious level. You don't have to consciously tell each muscle cell what to do.

Muscle tone is mostly unconscious. Muscle tone is what your muscles do when at rest. There is a certain minimal level of activity in your muscles that doesn't stop when you do. Tonus information is relayed by the muscle spindles, the same nerve cells that tell your brain how much contraction is required to perform a movement! Thus, proprioceptors tell the brain what is required of the muscles, at work and at rest.

When muscle tone is healthy, it is neither too high nor too low. When it is too high, the muscle spindles are improperly set due to misuse or overuse. The muscle can't properly relieve itself of waste products, nor can it fully use incoming nutrients. The muscle cannot rest, creating what is called a *positive feedback cycle* -- only there is nothing positive about it! It absolutely can interfere with your skill functions.

Coaches often confuse tonus and recruitability. It is an easy error to make, but the truth is that gifted athletes have smooth, supple muscles that feel loose - not flabby - when grasped. Less skilled athletes or overtrained athletes often have muscles that look and feel like piano wires and knots. And the lesser or overtrained athlete often falls to the misguided notion that more strengthening is required. The muscles are already too tense! ♦

(Part II of this article will be published in the June newsletter)

EASTERN STATES MASTERS
2-MILE

Cable Swim - Quarter-mile Straightaway

CHRIS GREENE LAKE - CHARLOTTESVILLE, VIRGINIA
SATURDAY, JULY 8, 1995

Sponsored By:
Virginia Masters Swim Team
"Sanctioned / Approved by LMSC for Virginia for USMS, Inc."

LMSC for Virginia
535 Biltmore Drive
Virginia Beach, Virginia 23454
Sanction No. 125-0004

EVENT: The first heat will be swum clockwise and will start at 9 a.m. Check-in for the first heat will close promptly at 8:45. The second heat will be required to check in by 10:45 for an anticipated start immediately upon completion of the first heat. The second heat will be swum counterclockwise.

For safety reasons, swimmers who cannot complete the 2 miles in 2 hrs. are advised not to enter. Swimmers still on course after 2 hrs. will be stopped. From the standpoint of results, these swimmers will be indicated as not having completed the swim.

INDIVIDUAL AGE GROUPS: 19-24, 25-29, 30-34, and so on, in five year increments as high as necessary for both men and women.

TEAMS: Men's, women's and mixed sex teams will be permitted. Age groups will be 19+, 25+, 35+, and so on, in ten year increments as high as necessary. The age of the youngest team member shall determine the age group.

TEAM EVENT: A team shall consist of 3 swimmers. All team members must be registered as individual entrants and registered with the same Masters - affiliated club; i.e. Virginia Masters, Triad Masters, etc. Team Entries must be submitted on a 3 x 5 card providing the information as shown on the "sample" card on the back of this form.

AWARDS: Medals will be awarded to the top 3 individual finishers and to the 1st, 2nd and 3rd place teams in each age group.

ENTRY FEES: **Payable to Virginia Masters.** Individual: $10 per individual. Team: $15 per team. Team members must also register as individual entrants. Late and deck entries will not be accepted. "No Time" entries will be seeded last in appropriate heat.

REGISTRATION: All swimmers must be registered with their Local Masters Swim Committee (LMSC). **Entrants must include a photo copy of their 1995 USMS registration card with their entry form.** Entries received without a copy of the 1995 card will be returned. Please do not show up at Chris Greene Lake planning to register or enter. Advance entry and registration are required to swim.

ENTRIES: Official form, entry fees, and 3x5 card for team entries must be received no later than June 30, 1995. If you wish to purchase a commemorative T-shirt, your entry and prepaid shirt order must be received no later than June 19, 1995. Shirt orders will not be accepted after that date.

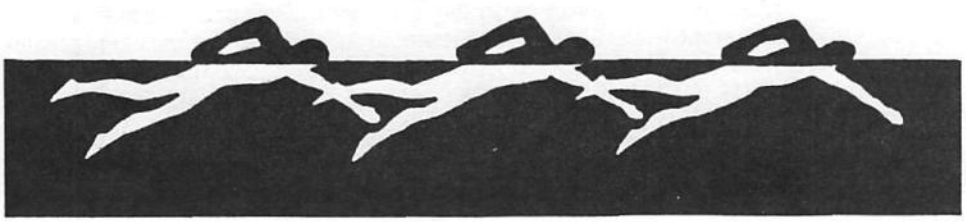
Send entries to: Abbie McGee 1160 Warner Hall Drive, Virginia Beach, VA 23454, (804) 427-3947. Please no calls after 7 p.m.

ENTRANCE TO LAKE: Swimmers and meet workers will be admitted free. For all others, Chris Greene Lake requires the following entrance fees prior to admittance: Albemarle County residents: adults, $2; children (4-12), $1. Non-residents: adults, $3; children (4-12), $2.

SOCIAL: Fresh fruit, snacks, and beverages will be provided immediately following the meet. Tickets at $3 per individual must be purchased at the time the entry form is submitted.

T-SHIRTS: Eastern States 2-Mile T-shirts will be available only on a pre-order and pre-payment basis. T-shirts are 3 color, 100% cotton. Price of a shirt is $10, and payment must accompany your entry. Check the adult size on the entry blank. T-shirt orders will not be accepted after June 19, 1995.

FOR FURTHER INFORMATION:
LINDA MCCOWAN
13613 PRINCE WILLIAM DR.
MIDLOTHIAN, VA 23113
(804) 379-2537



DIRECTIONS TO CHRIS GREENE LAKE: From Washington, D.C., take Rt. 29 toward Charlottesville, Va. Approximately 6.3 miles north of Rt. 29, Charlottesville Bypass, turn right onto Airport Rd. (Rt. 649). Go one mile toward airport. Turn right onto Rt. 606 for 1.2 miles. Turn left through gate & follow the road to the lake.

From I-64 East, take 4th Charlottesville exit, U.S. 29 North Bypass, to U.S. 29 North. Follow U.S. 29 North to Airport Rd.. (Rt. 6

From I-64 West, take 1st Charlottesville exit, U.S. 29 North Bypass, to U.S. 29 North. Follow U.S. 29 North to Airport Rd. (Rt. 649).

ACCOMMODATIONS: The Sheraton Inn on Rt. 29 North has reserved a limited number of rooms and is offering a group rate of $55 to competitors for Friday, July 7. This is a substantial discount from their regular rate, and the Sheraton is conveniently located to Chris Greene Lake. If you are interested in taking advantage of this opportunity, you must make your reservation by Wednesday, June 7 under the identity of Virginia Masters Swim Team in order to be eligible for the group rate. Rooms are available on a first-come, first-serve basis. The address and phone number for the Sheraton Inn - Charlottesville are as follows: 2350 Seminole Trail • Charlottesville, VA 22901 • (804) 973-2121

Type of Team _____ Age Group_____
(Men, Women or Mixed) USMS Club_____

Team Member's Names: Age: Sex:

1.

TEAM ENTRY TO BE SUBMITTED ON 3 X 5 CARD
providing information as shown

2.

3.

Men's, women's, mixed teams in age groups 19+, 25+, 35+, and so on in ten year increments.

The age of the youngest team member determines the age group.

EASTERN STATES MASTERS 2-MILES ENTRY FORM

July 8, 1995

Chris Greene Lake, Charlottesville, VA

PRINT CLEARLY THE INFORMATION REQUESTED BELOW, THEN PLACE COPY OF CURRENT USMS CARD HERE.			
Name			
Street			
City		State	Zip Code
Sex	Age	Birth Date	Club Name
USMS Number			LMSC
Home Phone #		Work Phone #	

ENTRY CONFIRMATION:
Enclose self-addressed, stamped envelope or postcard.

DO NOT STAPLE PAYMENT TO ENTRY FORM

HEAT # (Circle one)	HEAT DESCRIPTION	1650 YD TIME (Indicate Below)
1	Clockwise (Right-side breathers)	:
2	Counterclockwise (Left-side breathers)	:

Heat 1: Starts 9:00 a.m./Check-in by 8:45 a.m.
Heat 2: Starts 11:00 a.m./Check-in by 10:45 a.m.

Entry Fees:
$10 Per Individual $ 10.00
$15 per team $ _____
After-Meet Social:
$3 per person X ___ $ _____
T-shirt:
$10 each X____ $ _____
Indicate size (s):
M____ L____ XL____
Total Payment Enclosed $ _____

MAIL ENTRY & FEES TO:
Abbie McGee
1160 Warner Hall Drive
Virginia Beach, VA 23454

T-shirt orders must be received by June 19, 1995

Due by June 30, 1995
Payable to Virginia Masters

RELEASE BY PARTICIPANT FROM LIABILITY

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or d 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. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Date _____ Signature _____

10K•2 10,000 METER 2 PERSON POSTAL MEET RELAY 1995

Sponsored by: Virginia Masters Swim Team

Eligibility: Open to all swimmers ages 13 and older.

Event: Contestants swim a total of 10,000 meters in the pool of their choice. Team members must swim consecutive lengths of no less than 50 yards per relay leg. Concurrent swimming is not permitted. One swimmer must reach the wall before the second swimmer leaves. Dive starts are permitted.

For example, swimmers may wish to divide the 10,000 meters as follows: Swimmers A and B alternate 200 meter swims until each has completed 15 separate 200 meter swims (of 3,000 meters apiece). Then swimmers A and B alternate 15-100 meters swims each for another 1500 meters; and close with 10-50 meter swims each.

- In a 20 yard pool, *each contestant swims 274 lengths
- In a 25 yard pool, **each contestant swims 219 lengths
- In a 25 meter pool, each contestant swims 200 lengths
- In a 50 meter pool, each contestant swims 100 lengths

For the purposes of this competition, 5480, 5475** yards = 5000 meters.

Age Groups: Men's, women's, mixed teams in the following age groups: 13-19. 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+.
Team age determined by youngest swimmer's age on the day of swim.

Timers and Counters: Please pay strict attention to the laps swum. We urge you to use a check-off system.

Awards: Medal keychains to the top three team finishers (men's, women's, mixed) in each age group.

Entry: Enter as often as you like ($18 entry fee required for each new team.)

Entry fee: $18 per team. Event must be swum between May 15 and October 15, 1995. Form must be in the hands of Meet Director by October 31, 1995.

Mail entry form and $18 entry fee with check made payable to Virginia Masters 10K•2 Relay to:

10K•2
Mike Stott
403 Lakewood Drive
Richmond, VA 23229
(804) 288-8808

Shirts: 10K•2, colorful 100% cotton T-shirt available for separate purchase for $10 each. Check intent to purchase and adult size on the entry blank.

Verification: I certify that the information above is correct, the time accurate and the distance swum was 10,000 meters. Please sign in the appropriate place.

Timers/Counters _____

_____

Swimmer's Name _____

Swimmer's Name _____

Total Time _____

Medical: All contestants are urged to have a complete physical before starting this event. Coaches and participants are urged to have competent medical assistance available during the competition and be extremely watchful for cases of exhaustion, hypothermia and dehydration. We urge contestants not to start if there is a question that they will not be able to finish in a reasonable time.

RELEASE BY PARTICIPANTS FROM LIABILITY

In consideration of the acceptance of this entry form, I hereby for myself and my heirs, executors and administrators waive, and forever discharge any claims for damages which I may suffer in connection with this swimming event.

NAME _____ Date _____

NAME _____ Date _____

OFFICIAL ENTRY – 1995 10K•2 RELAY

Name _____

Address _____

_____

Zip Code _____

Phone _____ Age _____

Sex _____

I want a T-Shirt at $10 each: _____

My size is circled: medium (36-38) large (40-42) extra large (44-46)

Name _____

Address _____

_____

Zip Code _____

Phone _____ Age _____

Sex _____

I want a T-Shirt at $10 each: _____

My size is circled: medium (36-38) large (40-42) extra large (44-46)

10K•2 ALL TIMES BESTS AND AVERAGE WINNING TIMES
(1984 - Present)

Men's Teams

Age Group	Name (Age)	City, State	Total Time	Year
13-19	David Stott (17)	Richmond, VA		
	Bill Kloppe (38)	Richmond, VA	1:54.35	1990
	Average Winning Time		**2:17.35**	
20-24	Scott Erba (21)	Davis, CA		
	Michael Collins (24)	Davis, CA	1:39.59.28	1990
	Average Winning Time		**2:26.12**	
25-29	Sean Murphy (27)	Palo Alto, CA	1:35.04.55	1 9
	David Lundberg (30)	Palo Alto, CA	**ALL TIME 10K•2 BEST**	9 1
	Average Winning Time		**2:00.59**	
30-34	Steve Breiter (33)	Lafayette, CA		
	Charlie Hansen (36)	Lafayette, CA	1:45.54.36	1989
	Average Winning Time		**1:57.27**	
35-39	Kerry O'Brien (38)	Walnut Creek, CA		
	Steve Breiter (38)	Citrus Heights, CA	1:44.14	1994
	Average Winning Time		**1:58.13**	
40-44	James Montagne (40)	Boca Raton, FL		
	Jim Manchester (41)	Plantation, FL	1:48.16.69	1988
	Average Winning Time		**2:09.18**	
45-49	Mark W. Lyon (48)	San Rafael, CA		
	Hugh Owen Winn(49)	San Anselmo, CA	1:53.39.67	1991
	Average Winning Time		**2:18.38**	
50-54	Bill Mulliken (50)	Chicago, IL		
	Sam Kooistra (55)	Chicago, IL	2:04.28	1990
	Average Winning Time		**2:25.51**	
55-59	Forrest Sullivan (59)	Virginia Beach, VA		
	Francis Hall (62)	Virginia Beach, VA	2:26.40.95	1988
	Average Winning Time		**2:28.01**	
60-64	Forest Sullivan (63)	Virginia Beach, VA		
	Francis Hall (66)	Virginia Beach, VA	2:30.28	1991
	Average Winning Time		**2:41.22**	
65-69	Frank Piemme (66)	Lompoc, CA		
	Jurgen Schmidt (68)	Lompoc, CA	2:27.12.14	1991
	Average Winning Time		**3:28.28**	
70-74	George W. Etsell (70)	Anchorage, AK		1993
	George E. Hale (76)	Anchorage, AK	3:59.35	
	Average Winning Time			
75-79	John Burnside (79)	Palos Verdes Estates, CA		
	Alfred Guth (80)	San Pedro. CA	4:00.28	1989
	Average Winning Time		**4:15.26.50**	
80-89	Leonard Chapin (80)	Long Beach, CA		
	Alfred Guth (80)	San Pedro, CA	4:04.00	1988
	Average Winning Time		**4:13.30.14**	

Women's Teams

Age Group	Name (Age)	City, State	Total Time	Year
13-19	Stephanie Rosenthal(18)	Boca Raton, FL		
	S. Carlisle-Sellani (27)	Boca Raton, FL	2:16.30.80	1990
	Average Winning Time		**2:32.36**	
20-24	Mary Ruckstuhl (21)	Boca Raton, FL		
	Jamie Herrington (24)	Hollywood, FL	2:03.11	1990
	Average Winning Time		**2:26.56**	
25-29	Wendy Pratt (29)	Davis, CA		
	Nancy Corstorphine(29)	Davis, CA	1:57.27.18	1990
	Average Winning Time		**2:21.50**	
30-34	Lisa Sheeper (30)	Redwood City, CA		
	Susan Porter (32)	Redwood City, CA	1:52.05	1994
	Average Winning Time		**2:11.52**	
35-39	Karen L. Farnsworth (38)	New York, NY		
	Patti Robison (38)	New York, NY	2:06.42	1994
	Average Winning Time		**2:39.16**	

Woman's Teams (cont')

Age Group	Name (Age)	City, State	Total Time	Year
40-44	Celeste Miller (42)	Incline Village, NV		
	Sally Ann Dillon (46)	Truckee, CA	2:13.45.60	1992
	Average Winning Time		**2:43.33**	
45-49	Betsy Durrant (45)	Virginia Beach, VA		
	Judy Decker (45)	Virginia Beach, VA	2:27.27	1987
	Average Winning Time		**2:44.44**	
50-54	Judy Decker (51)	Virginia Beach, VA		
	Betsy Durrant (52)	Virginia Beach, VA	2:26.00	1993
	Average Winning Time		**3:18.33**	
55-59	Johnnie Detrick (57)	Midlothain, VA		
	Ann Berquist (60)	Ordinary, VA	2:49.36	1993
	Average Winning Time		**3:00.35**	
60-64	Malchia Olshan (61)	Ojai, CA		
	Grace Altus (68)	Santa Barbara, CA	3:07.05.88	1992
	Average Winning Time		**3:50.28**	

Mixed Teams

Age Group	Name (Age)	City, State	Total Time	Year
13-19	Melissa Fransen (14)	Oakton, VA		
	Tim Wood (18)	Great Falls, VA	2:00.25.70	1993
	Average Winning Time		**2:20.55**	
20-24	Karen Heard (24)	Walnut Creek, CA		
	Patrick Duggan (31)	Concord, CA	1:53.50	1994
	Average Winning Time		**2:24.05**	
25-29	Beth Gardner (28)	Charlottesville, VA		
	Scott Robinson (28)	Eugene, OR	1:46.46.15	1993
	Average Winning Time		**2:03.43**	
30-34	Steve Breiter (34)	Citrus Heights, CA		
	Carol Lee-Heltzel (35)	Citrus Heights, CA	1:48.17.62	1990
	Average Winning Time		**2:12.57**	
35-39	Suzanne Heim(36)	Antioch, CA		
	Steve Breiter (38)	Citrus Heights, CA	1:45.17	1994
	Average Winning Time		**2:09.35**	
40-44	Shirley Loftus (40)	Afton, VA		
	John Shrum (43)	Charlottesville, VA	1:54.57.37	1992
	Average Winning Time		**2:10.58**	
45-49	Richard Burns (48)	San Anselmo, CA		
	Nancy Ridout (49)	Novato, CA	2:02.02.40	1991
	Average Winning Time		**2:38.54**	
50-54	Susan Munn (52)	Davis, CA		
	E. L. Fitzhugh (52)	Dixon, CA	2:20.00	1991
	Average Winning Time		**2:56.25**	
55-59	David W. Lamott (55)	San Diego, CA		
	Adrienne S. Pipes (56)	San Diego, CA	2:58.12.22	1990
	Average Winning Time		**3:01.28**	
60-64	Eric Youngquist (60)	Nashville, TN		
	Mary Lee Watson (66)	Nashville, TN	2:37.15	1988
	Average Winning Time		**3:12.35**	
65-69	Babs Carter (65)	Hampton, VA		
	Calvin Barnes (65)	Hampton, VA	3:11.34	1989
	Average Winning Time		**3:32.59**	
75-79	Kay Schimpf (75)	Clearwater, FL		
	John D. Johnston (76)	St. Petersburg, FL	3:32.50	1992
	Average Winning Time		**3:32.50**	

COUNTDOWN TO LAUDERDALE

James W. Miller, M.D.

I am currently aware of seventy Virginia Masters who will be attending the Short Course National Championships in Ft. Lauderdale this spring. Of course, there may be more of you hiding out there, but that is mere speculation. The meet will be exciting for all of us, with many opportunities to be with old friends and to meet new ones. As in previous meets, the only limitation to the relay possibilities is imagination!

I do want to mention several things...

1) **If you have not turned in a relay form and will be at Lauderdale in a swimming capacity, please do so now!!!**

2) Please check with us at the VMST banner sometime during the first day of the meet. Relays will be posted here.

3) All ideas for relays are good and we will be happy to hear any suggestions you may have. Relays will be put together to allow us to have the fastest relay possible - regardless of practice group.

4) The team picture will be taken Saturday (5/20) immediately after the 200 mixed medley relay. Gather at the VMST banner. From there we will be directed to the photo location.

5) There will be a workout for VMST swimmers to familiarize you with the pool and to meet each other on Wednesday at 3:00 PM.

Each individual will receive a momento for the meet. An information sheet noting any changes from the announcements in the newsletter, as well as additional comments, will be included at that time.

I remain assured that this will be one of the largest Masters National Championships ever, and that combined with fun, sunshine, and great team spirit, it will be an extraordinary event.

Swim fast, taper well, and most of all, rest in preparation for fast times ahead!!! ♦

NOTES FROM THE PRESIDENT

Beth Waters

It's time for Short Course Nationals in Ft. Lauderdale, FL. VMST is anticipating a terrific level of participation (see Jim's notes above). I know all the team wishes those attending the meet "FAST SWIMS and a GREAT TIME"! Good Luck.

VMST has some new members. Please join me in welcoming the following people:

Leslie Callender (Yorktown, VA)
Jack Crowder (Vinton, VA)
Dave Fleischman (Norfolk, VA)
Valerie Nellen (Richmond, VA)
Audrey Raville (Roanoke, VA)
George Raville (Roanoke, VA)
Jeff Reilly (Roanoke, VA)
Lorraine Sites (Lake Ridge, VA)
Marshall White (Blacksburg, VA)
Tobin White (Blacksburg, VA)

VMST SWIMMERS IN THE 1995 USMS ONE-HOUR POSTAL SWIM NATIONAL CHAMPIONSHIPS

Four VMST swimmers participated in this year's postal swim championships. Results are by age group.

Mary Lee (35) - 25th place, 4145 yards.
Shirley Loftus (43) - 3rd place, 4615 yards.
Ann Berquist (61) - 9th place, 3140 yards.
John Shrum (46) - 7th place, 4825.

Overall, VMST came in 31st in the Small Club Division with a total of 16,725 yards swum. Congratulations to all the participants. Good Swim!



If Undeliverable Return to:

Stevenson
15 Bostwick Lane
Richmond, VA 23226

Bulk Rate
U.S. Postage
PAID
Permit No. 1630
Richmond, VA

CHRIS L STEVENSON
15 BOSTWICK LN
RICHMOND VA 23226-3106

Ghetset (continued from page 3)

FS: Well Mark, I started Masters from ground zero, I've received so many good pointers through the years. But, I would have to say that the many UVA swim camps I attended early on in my Masters career really helped and still influence my swimming today.

MG: Do you set goals for yourself, Forrest?

FS: I try to keep my best times even as I get older.

MG: Of all of the places you have swum, which ones were the best?

FS: Hmmm, let me see. The farthest away I've swum would be in Los Angeles, CA, during the USMS convention, but I would say that the most unique places I've ever swum were the Ft. Lauderdale Hall of Fame, and Mission Bay in Boca Raton, FL.

MG: Do you participate in any other sports?

FS: Walking with my wife, Phyllis.

MG: If you had only one wish, where would your ideal workout spot be?

Forrest closes his eyes for a moment, then a smile comes across his face.

MG: Forrest...Forrest?

FS: Oh, sorry Mark. That would be in Jamaica with Summer Saunders.

MG: Hmmmm, that would be nice. I wonder...oh never mind. That's about all I have. I'd like to thank you for the interview, you have been most gracious.

Until next time folks. Now where is Kato? ♦

State Records (continued from front page)

Men 35-39: James McFarland (VMST) 1650 free 19:05.61. Mike Slowey (VMST) 50 breast 29.15; 100 breast 1:04.44; 200 breast 2:24.54.

Men 40-44: David Heffner (VMST) 100 IM 1:03.55.

Men 50-54: Warner Brundage (VMST) 50 breast 33.51; 100 breast 1:12.19; 200 breast 2:39.70; 400 IM 5:21.53.

Men 65-69: Forrest Sullivan (VMST) 1000 free 15:30.64; 50 back 37.87; 100 back 1:22.98.

Men 70-74: Calvin Barnes (VMST) 50 back 41.33; 100 back 1:28.24; 200 back 3:13.04; 100 IM 1:33.99.

Men 75-79: Harry Howell (VMST) 50 back 47.34; 50 breast 51.23; 50 fly 51.96; 200 IM 3:58.74.

James Wolfle is the new Top Ten/State Record recorder for the LMSC. If you go to any meets, particularly out of state meets, please send him a copy of the meet results so he can update his records (his address is on page 2 of this newsletter).