The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
May 15, 2010

Swim Stroke Variety Improves Strength

By Sara McLarty

This article is from the September 2009 issue of ***Triathlete*** *magazine. Dru Powell, from the GN workout in Virginia Beach, brought it to my attention.*

I used to have a sticker on my car that said, "IMers do it four ways." I was an IMer in my past life as a swimmer. The 400 m individual medley was my favorite event because I got to change strokes every 100 meters. I like the unknown factor of the event; how the lead can change multiple times during a race. The 400 IM does not forgive swimmers who have a weak stroke, only a well-rounded swimmer can be great.

That concept goes the other way, too. Athletes who excel in the medley events are also usually strong competitors in the single-stroke swimming events. People who train all the strokes are muscularly balanced, very comfortable in the water, strong for sprints and fit for endurance events.

Many triathletes search for those four virtues in their swimming: balanced and healthy muscles, comfort, strength and endurance. The secret to finding them could lie in adding the three non-freestyle IM strokes to your training program. Each of the alternative strokes – butterfly, backstroke and breaststroke – can have a positive effect on your freestyle swim times. Just be sure to consult your coach, start slowly, and don't expect results overnight, as you would do in making any other modification to your usual training program.

The Breaststroke.

Breaststroke might be the easiest stroke for beginning swimmers. Some people are more comfortable doing breaststroke than freestyle. One reason is the ease with which you can keep your

See ***Variety*** *on page 3.*

Colonies Zone Championship

By Chris Stevenson

The results from the 2010 Colonies Zone SCY Championship have been posted. There were 99 swimmers from our LMSC who traveled to George Mason University to compete. Some highlights:

Our swimmers set 28 new LMSC records and 18 new Zone records.

- Virginia Masters (VMST), with 63 swimmers entered, won the meet in the "Large Team" category, scoring more points than all other teams. Congrats to the new Colonies Zone champions!
- Quest Masters (QMST), with 8 swimmers entered, placed second in the "Small Team" category.
- There were many record-breaking performances by Shirley Loftus-Charles and Kate Hibbard, but perhaps the most impressive swimming was done by 86-year-old Calvin Barnes, who competed in 6 events (4 individual) while setting 3 individual Zone records and 4 LMSC records (2 individual).

More about Zones on the VMST page.

USMS Nationals

The Short Course Yards National Championship will be held in Atlanta on May 20-22. The meet is at Georgia Tech in the pool built for the 1996 Olympics. You can check the rosters and follow the results on www.usms.org. There is a live feed from the meet; you can see results as a heat is completed. Forty-three swimmers from Virginia have entered: 7 from Quest Masters (QMST), 33 from Virginia Masters (VMST), 2 from Warrenton Masters (WAVA) and 1 from SNOW Masters.



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

May 29: One Mile National Championship
Lake Norman area, near Charlotte, NC.

May 30: Lake Audubon, Reston.
Online entries. See the PV website.

June 27: Jack King One Mile Ocean,
Virginia Beach, Entry is in this newsletter.

June 27-28: LC Meet, Greenville, SC

July 10: Chris Greene Lake, Charlottesville.
USMS National Championship. Entry is in this newsletter. Online entries are preferred.

July 25: LC Meet, Hains Point, DC

August 9-12: USMS Nationals, San Juan, PR

August 21-22: LC Meet at U of MD

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Graphics from www.swimgraphics.com



Virginia LMSC Website
www.vaswim.org

USMS Website
www.usms.org

Latest info on all levels of swimming
www.SwimmingWorldMagazine.com

Nearby LMSCs
North Carolina: www.ncmasters.org
Maryland: www.maryland@usms.org
Potomac Valley: www.PVMasters.org

Colonies Zone
www.ColoniesZone.org

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chrislstevenson@usms.org, 804-282-0124

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Variety continued from page 1.

head and face out of the water. I see a lot of swimmers using breaststroke during an open-water event to look for the buoys. Because it is the most relaxing stroke, it's also a great way to take a break from freestyle while continuing to move forward in the water.

On the downside, breaststroke is the slowest of the four strokes. It is one of the short-axis strokes, and most of the recovery is performed underwater. This doesn't mean that you should never use it, though; breaststroke has its benefits. Use it during a race for sighting, getting your bearings, keeping your face out of the or just resting. In the pool, use it during training to engage your muscles in a different way. My forearms wee the first things that gave out during a breaststroke race. The big, outward, sweeping motion made at the catch phase of the stroke is where you derive most of your power. It lifts your torso up, moves you forward and gives your legs a rest between kicks. As a result of many yards and meters of breaststroke training, my wrists and elbows were strong for the distance freestyle events. I was able to maintain a strong wrist and a high elbow for the 1,650-yard or 1,500m races. Use breaststroke as a drill during a kick/drill/swim set.

The breaststroke kick looks like frog legs. It is completely different from the steady flutter kick associated with freestyle. Too much breaststroke kicking can cause sore knees, groin muscles or ankles. But I still suggest that the average triathlete add this kick to her workout. Test it by kicking slowly and smoothly for 25m. You will immediately feel a nice stretch in all of your leg muscles. Ankle flexibility is critical for a breaststroker, and triathletes can benefit from increased flexion for running and extension for freestyle. Kick every fourth 25m breaststroke during a kick set.

The Backstroke.

The backstroke is usually the second-easiest stroke for new swimmers to learn. It's nothing more than freestyle on your back. It is a long-axis stroke like freestyle, as rotation occurs along the spine. It can be a quick way to move through the water when performed correctly and in a straight line. With your face up to the sky, there is no limit to how much and how often you can breathe.

However, with your face up to the sky, you can see where you came from but not where you are going. It's not so good for following buoys in the open water, but it's great for taking a break, controlling your breathing or eating an energy gel. Backstroke is completely legal during triathlon races. I use it a few times every race to check out my competition.

Using backstroke in the pool is one of the smartest strategies for an athlete who swims predominately freestyle. A freestyle swimmer can be spotted a mile away with the infamous swimmer slouch: huge muscled shoulders hunched forward over the chest. This occurs because of the over-development of the pectoral muscles in freestyle swimming. On the other hand, backstroke swimmers have great posture. They stand tall, with shoulders back and chest out. Swimmers and triathletes can create a healthy balance between chest and back muscles and prevent injuries by substituting some laps of backstroke into workouts. Add a few laps of backstroke to your warm-up and cool-down.

The flutter kick is used in both backstroke and freestyle, but there are plenty of benefits to rolling over and kicking your back. The upward kick requires a strong effort from your quads and hip flexors. This will make your legs stronger for freestyle kicking as well as for cycling and running. Bewared of doing too much of this kick in the streamline position, with your arms stretched out over your head. If you develop any shoulder pain, bring your arms down to your sides and keep your hands on your thighs. Put fins on for a long, straight backstroke kick. Enjoy your screaming muscles.

The Butterfly

Finally, we arrive at the fourth and newest stroke: butterfly. Just mentioning it can send shivers down even the most expert swimmer's spine, especially when it's mentioned in the same sentence with 200s. So, go ahead and get that immediate reaction out of the way. It's time to discuss why you should embrace this stroke.

Butterfly is hard. Plain and simple, butterfly is the toughest of the four strokes. It's complicated to learn, fatiguing to swim and exhausting to race.
*See **Stroke Variety** on page 4.*

Stroke Variety *continued from page 3.*

It makes everything else in the water seem easy. And that is exactly why everyone should swim butterfly.

Before you add butterfly to our workouts, make sure that you are performing the stroke correctly. This short-axis stroke puts the most stress on the shoulder joints because of the two-arm, over-water recovery. The timing of the breath is also hard to perfect, but a knowledgeable coach can help you make it efficient and smooth. Once you have the basics, create a set of 25m or 50m intervals alternating laps of butterfly and freestyle.

"Dolphin kick" is the correct term for the motion of your legs during butterfly. If you watched any of the Olympic events, you might have noticed that almost every swimmer used dolphin kick at some point. It is widely recognized as the fastest way to move through the water. If your 100m times have stagnated, try doing two or three dolphin kicks underwater each lap. After pushing off the wall, put your arms in a tight streamline, engage your core and make a fast up-and-down motion with your legs. Not only will you go faster, but you will also improve your lung capacity and strength your abs and lower back.

I swam my last 400m individual medley race five years ago. Even though I swim freeestyle only in triathlons these days, I still train all the strokes in the pool And now I have a stick on my car that reads, "Triathletes do it three ways."

Sara McLarty is from Deland, FL. She was an All-American swimmer when competing for the University of Florida. Sara placed 4th at the 2004 Olympic Trials in the 400 freestyle. She earned the USA Triathlon Rookie of the Year award when she turned pro in 2005. Sara coaches swimming and runs the triathlon program at the National Training Center in Clermont, FL.

Information about Sara came from ***SwimmingWorld Magazine.***

News
Warrenton Masters (WAVA)

Kami Whitney wrote that three Warrenton Masters swimmers completed the One Hour Swim. They are:

Kami Whitney	W30-34	4150
Mike King	M35-39	3370
Simon Thornton	M50-54	3350

QUESTIONS FOR COACH

By Chris Stevenson

Don Easterling called me up the other day and announced that he has "failed at retirement." Currently living in Charlottesville, VA, he still keeps his hand in the trade, coaching at high school, college and Masters levels.

Our LMSC is blessed with a lot of coaching experience, but Coach Easterling may be in a class of his own. A member of the ASCA Hall of Fame, following a stint at the University of Texas at Arlington, he was the head swim coach at North Carolina State University for 23 years, where he coached both the men's and women's teams. During that time, his teams won an unprecedented 17 conference titles and his swimmers captured 15 NCAA national titles and set one NCAA national record. His swimmers – including 7 Olympians – were also successful at the international level, setting 3 world records and capturing 8 Olympic medals.

Someone has even dedicated an admiring Facebook fan page to him: "Don Easterling is the greatest man alive!"

Coach Easterling called me to offer his services: he would love to answer your questions, right here in the newsletter. He doesn't have an email address, so please submit your questions to me by email (chrislstevenson@usms.org) or by phone (804-282-0124). I strongly encourage you to tap into Coach's wealth of experience; I know that I have a list of questions of my own.

VMST News

By Betsy Durrant

Zone Meet at George Mason

▪This is a note I emailed to VMST swimmers who participated in the meet:

To the super VMST team at Zones:

Thank you so much for helping with and participating in the relays. On Saturday, we entered 31 relays. On Sunday, we had 30. For the most part, the relays made it to the blocks. There were a few scratches, but not many considering we had 61 relays entered.

Many of you thanked me for doing the relays. I want you to know that I was the scribe. I typed up the sheets to post; I wrote out the relay sheets to turn in, and I wrote the checks. I didn't create all those relays. I don't think any one person could do that. Dick Cheadle, Debbie Jaeger, Bud Swiger, Wayne White, and Hunter Dunlo helped. I created some to fill in the blanks. After I sent out the first draft, a number of people sent changes and suggestions. On both Sat and Sun, many of you made suggestions and did the paperwork to make changes or to add a new relay.

Most of us swam on a relay with people we didn't know. I think we all made some new friends over the weekend. Some of you who entered the meet were unable to attend; we missed you, and you missed a great meet. For most of the relays, someone stepped up to fill in the blank spots. Kitten stepped in to fill a slot as the relay was starting. On one relay, Judy started the backstroke leg with only 3 swimmers at the blocks, and Ed slowed down on the breaststroke leg, waiting for the butterflyer to show up – it worked!

All in all, a great TEAM effort. Thanks. I had a great time.

Betsy



Serious team business…

◄ **Wayne White** with his clipboard, and **Dick Cheadle** working on the relay board.

Ed ►



▪Below are some notes I received from team members:

From Ed Gaulrapp.

Betsy and other VMST swimmers:

I always appreciate competing in the Zone meet for a number of reasons.

I get to enjoy the company of many of you who I only get to see once a year. The entire group is so friendly and cooperative that it makes for wonderful experience.

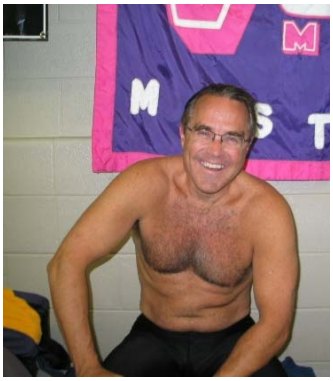
*See **Gaulrapp** on page 6.*

Gaulrapp *continued from page 5.*

At this point in my swimming career my personal goal each time is to complete the most events and get the most points towards winning the title.

I do compete for each event out of the eleven I enter over the three days but competing in the seven relays is the most rewarding and the most fun. Part of the reason is that, as Betsy mentioned, there is usually at least one interesting story that develops around the relays. I get to join some of the best swimmers in their age groups and qualify for top tens in many cases. As many of you know, due to Dick Cheadle's encouragement, our VMST 65+ 400 medley relay in 2008 set a national record, thanks to Harry Sober, Art Wolfe and Warner Brundage. In fact in checking back over the years I had the privilege to swim on 37 top ten relays with this team and had many memorable experiences.

Thanks to all the VMST swimmers who shared in this year's experience, and especially to our 75+ relay teams. I wanted to convey that Cheryl Ward was extremely pleased to have the 75+ relays for the first time at the Colonies Zones.



◄ ***Mike***

From Mike Weber.

As a matter of a fact, I was going to write you a note of thanks as well. I appreciated you including me in the relays and for making me a part of the team. Without that involvement, I certainly would not have enjoyed the weekend to the extent that I did. It was a pleasure to meet you and thanks again for your courtesy.

More from Mke Weber. *(I asked Mike for some more comments.)*
I swam at (then) Madison College when they were just starting up the team back in the mid-70's. Like most of us, the past 30+ years have been taken up by work and raising a family. I just got "back into the pool" in January working out on my own. As great as everybody was from VMST and as gratifying as it was to participate in a meet after all of these years (versus being a spectator or official), I am already looking at the schedule for the next opportunity to join the team - I did enjoy it that much. For the record, if swimming will make me half the man that **Mr. Owen Maher** is; then it will be worth the time and effort to stay in the pool.



Owen ►

Steve Bilicki ▼





Ariel Lotz, Wayne White, Sam Neuhaus ▲



Robert Romo ►

2009 All-American Relays (all VMST)

VMST President Heather Stevenson sent me the list of VMST swimmers who were part of a relay team that finished first in the Top Ten for that course (LCM, SCM, SCY). Teams that finished first are declared All American. The members of the relays are:
Marianna Berkley, Johnnie Detrick, Betsy Durrant, Lesley Francis, Edward Gaulrapp, Lucille Griffin, Tom Lyons, Judy Martin, Jeanne Meredith, Beth Schreiner, Terry Sokolik, Miriam Tuovila, Laura Walker, Barbara Zaremski.
Chris Stevenson, the other half of the dynamic Stevensons, sent me the chart below showing each relay.

Gender	Age Group	Course	Relay	Time	NR/WR	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4
Women	65+	SCY	200 Free Relay	2:32.14		Barbara M Zaremski (71)	Judy Martin (66)	Lesley L Francis (77)	Beth Schreiner (68)
Women	65+	SCY	200 Medley Relay	2:42.21		Judy Martin (66)	Betsy Durrant (67)	Lucille Griffin (70)	Beth Schreiner (68)
Women	65+	SCY	400 Medley Relay	6:06.93		Judy Martin (66)	Betsy Durrant (67)	Lucille Griffin (70)	Beth Schreiner (68)
Mixed	65+	SCY	400 Free Relay	5:48.99		Barbara M Zaremski (71)	Edward H Gaulrapp (66)	Beth Schreiner (68)	Thomas F Lyons Jr (75)
Mixed	65+	SCY	400 Medley Relay	6:15.88		Betsy Durrant (67)	Thomas F Lyons Jr (75)	Edward H Gaulrapp (66)	Beth Schreiner (68)
Women	280-319	SCM	200 Free Relay	**2:42.62**	**NR**	Betsy Durrant (68)	Beth Schreiner (68)	Laura S Walker (72)	Johnnie Detrick (74)
Women	280-319	SCM	400 Free Relay	**5:51.39**	**WR**	Laura S Walker (72)	Johnnie Detrick (74)	Betsy Durrant (68)	Beth Schreiner (68)
Women	280-319	SCM	800 Free Relay	**13:16.85**	**WR**	Johnnie Detrick (74)	Betsy Durrant (68)	Laura S Walker (72)	Beth Schreiner (68)
Women	320-359	SCM	400 Free Relay	9:41.96		Marianna Berkley (87)	Terry Sokolik (82)	Miriam K Tuovila (84)	Jeanne H Meredith (81)
Women	280-319	LCM	400 Free Relay	**5:53.62**	**NR**	Barbara M Zaremski (72)	Beth Schreiner (68)	Laura S Walker (72)	Betsy Durrant (68)
Women	280-319	LCM	800 Free Relay	**13:30.94**	**NR**	Betsy Durrant (68)	Laura S Walker (72)	Barbara M Zaremski (72)	Beth Schreiner (68)
Women	320-359	LCM	200 Free Relay	**3:27.23**	**NR**	Barbara M Zaremski (72)	Terry Sokolik (82)	Marianna Berkley (87)	Jeanne H Meredith (81)

NR = USMS National Record
WR = FINA World Record



Johnnie Detrick



Beth Schreiner



Lucille Griffin



Tom Lyons

27th Annual Jack King One Mile Ocean Swim



Sunday, June 27, 2010
10:00 a.m.
Virginia Beach, VA

Hosted By:

Sanctioned by the Local Masters Swim Committee for Virginia (LMSC for VA) for USMS, Inc.
Sanction # 120-003

Entry Fee: **$25 if postmarked by June 7, 2010. $30 after June 7 to June 25th, 2010. $50 RACE DAY.** T-shirts are guaranteed to swimmers who register by June 7, 2010. No Refunds.

Eligibility: Minimum age to participate is 18 as of June 27, 2010. All swimmers must be registered with USMS. Online registration is available on the web at www.usms.org. or contact:

Lisa Bennett, Registrar -11812 Winfore Drive - Midlothian, VA 23113 swimlab56@msn.com

NOTE: ALL *ONE EVENT PASSES* TO BE SENT WITH RACE APPLICATION TO JUNE MCDANIELS (see back)

Age Groups/Awards: Awards will be presented to the 1st – 6th place swimmers in each age group. Standard Masters age groups will be used (18-24, 25-29, 30-34 and so on in 5 year increments).

NOTE: Wet suits are allowed. However, no official time will be given and not eligible for awards.

Course: The start is in the water at 24th Street, swimming north parallel to the beach/boardwalk. The finish is on the beach at 38th Street. Buoys mark the start and finish. You must swim around the finish buoy before exiting the water.

Directions: From I-64 take Route I-264 East. When the expressway ends, you are on 21st Street. Take 21st Street to Atlantic Avenue. Turn left on Atlantic Avenue and follow to 24th Street.

Parking: Municipal lots are located at 19th and 25th Streets. The cost is $7 for the entire day. Metered spots are located along Atlantic and Pacific Avenues as well as sides streets.

Inclement Weather: No rain date, No refunds due to weather.

General Race Information:

Swim caps will be provided to all entrants. Caps must be worn by all who participate. Water Temperature will be approximately 72 degrees or less. Trucks will be available at the start line to transport swimmers' bags to the finish line.

USA Swimming heat will start at 10:15. For more information on the USA Swimming heat, please contact the Old Dominion Aquatic Club (ODAC) at swimodac@msn.com. (Tentative)

All swimmers must check-in race day at 24th Street on the beach. Restrooms and changing facilities are available at 24th Street Park. Check-in begins at 8:30 A.M. and ends at 9:30 A.M. A safety briefing will be held on the beach at 24th at 9:50 A.M.

For more information please contact:

June McDaniels: june@aquariusengineering.com or 757-496-2570

Hotel Information at: www.vbhotels.com / www.vbfun.com

Upcoming Events

Jim McDonnell Lake Swims
Sunday, May 30, 2010
Reston, Virginia
Paper Entry Deadline:
May 1, 2009
www.restonmasters.org

Chris Greene Lake 2-mile Cable Swim
Saturday, July 10, 2010
Charlottesville, Virginia
Entry Deadline: June 28, 2010
www.VASwim.org
or cableswim.org

JACK KING ONE MILE OCEAN SWIM ENTRY FORM

***** Please attach a copy of your USMS card or One Day Application here.*****

Name: _____
(Last) (First)

Address:_____

City : _____ **State**:_____ **Zip**: _____ **Phone**: _____

Date of Birth: _____ **Team**:_____ **Sex**: M F (Circle One)

Entry Fee: $_____ **T-Shirt**: Small Medium Large X-Large (Circle One)

($25 Until June 7 / $30 June 7 - June 25/ $50 Race Day) *Make Check Payable to VMST. Mailed Entries due by JUNE 25, 2010.

E-Mail Address: _____

Include Entry Form, Signed Release, and copy of USMS Registration Card with check and mail to:

June McDaniels
ATTN: Jack King Swim
2400 Ketch Court.
Virginia Beach, VA 23451

RELEASE: The following waiver must be signed and in the hands of the meet director before a swimmer may compete.

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 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 DAMAGE 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

Signature: _____ **Date:** _____ **USMS #** _____

For Use for Jack King Only. For other events, go to vaswim.org

2010 ONE EVENT REGISTRATION FORM

FOR JACK KING ONLY
MAIL CHECK TO (PAYABLE TO LMSC):
JUNE MCDANIELS
2400 KETCH COURT
VIRGINIA BEACH,VA 23451

US MASTERS SWIMMING

ONE EVENT MEMBERSHIP APPLICATION

USMS Fee: $12.00
LMSC Fee: $12.00
TOTAL FEE: $24.00

Register with the same name you will use for competition. Print clearly.

Last Name | First Name | Init | For Office Use
Street | Apt
City | State | Zip | Phone No.
Email Address
Date of Birth Mo. Day Yr | Age | Sex | Today's Date Mo. Day Yr

OEVT – One Event Membership **Event Date:** 6/27/2010

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 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 _____

USMS 2-Mile Cable Open Water National Championship
Chris Greene Lake, Charlottesville, VA, Saturday, July 10, 2010

Sponsored by Virginia Masters Swim Team and Albemarle County Parks and Recreation
Sanctioned by LMSC of Virginia for USMS, Inc. Sanction #120-002
SAVE PAPER, SAVE TIME, AND AVOID ERRORS: REGISTER ONLINE at www.cableswim.org
Your credit card will be charged to "ClubAssistant.com Event Billing"

Event: This is a 2-mile cable swim, consisting of 4 laps around a quarter-mile straightaway. Start and finish are in the water. There will be two heats. The first heat will be swum counter-clockwise and will start at 8:30 am. The second heat will be swum clockwise and will start at 10:30 am. The distance has been surveyed and will qualify for 2-mile cable national records. No splits or premature finishes will be eligible for records.
- Anticipated water temp: 78° to 82°
- NO WETSUITS ALLOWED

Check-in Closes at:
Heat 1: 8:15 AM
Heat 2: 10:15 AM

Eligibility: Open to all swimmers 18 years & older as of July 10, 2010. All participants must be registered for 2010 with USMS (or the equivalent organization for non-U.S. swimmers). Foreign swimmers are not eligible for USMS records or All-American status. **Paper entries received without a copy of entrant's 2010 USMS card will be returned.** Online entries will be verified automatically. To renew or join USMS online, visit www.usms.org/reg

Rules: Current 2010 USMS rules will govern the event.

Entries: **All snail mail entries must be postmarked by June 30, 2010. Online entries will close at 11:59pm Pacific Standard Time on July 5, 2010**. Late or race-day entries will NOT be accepted. You may not enter both heats. Online entry is strongly encouraged. Entry fee is $40.00.

Safety: For safety reasons, swimmers who cannot complete 2 miles in 2 hours should NOT enter. Swimmers still on the course after the time limit will be stopped and listed as DNF in the results. In the event of inclement weather, the race director may close the course and thereby prevent swimmers from completing the race. The Charlottesville-Albemarle rescue/dive team will be on site with boats, scuba divers, and a rescue squad.

Seeding: Swimmers will be seeded fastest to slowest according to 1650 seed time and will be started in waves of 10 swimmers, staggered at 30-second intervals. "No Time" entries will be seeded in the final wave. Seeding changes and additions will not be allowed on race day.

Age Groups: 18-24, 25-29, 30-34, etc. in five year increments, as high as necessary for both men/women.

Awards/ Social: USMS Long Distance National Championship medals will be awarded to the top 6 men & women finishers in each age group. First place finishers in each age group will also receive a USMS "National Champion" patch. Medals and "National Champion" patches will be presented at the awards ceremony on the beach, about 15 minutes after the conclusion of the second heat. Drinks and snacks will be provided. Awards will not be mailed.

Accommodations:

Doubletree Hotel
(6 miles from lake)
990 Hilton Heights Rd.
Charlottesville, VA 22901
(434) 973-2121
or (800) 222-TREE

Hampton Inn
(9 miles from lake)
2035 India Rd.
Charlottesville, VA 22901
434-978-7888
or (800) 426-7866

Directions: (mapquest "Chris Greene Lake")

from Washington, D.C:
(Distance: 115 miles, Drive Time:~ 2 to 2.5 hours)
Take Rt. 29 toward Charlottesville, VA. In Earlysville, turn right onto Airport Rd. (Rt. 649). Travel 7/10 mile toward airport. At roundabout, bear right onto 606. Go 1.2 miles and turn left onto Chris Greene Lake Rd. Proceed past guardhouse and follow the road downhill and around the lake to the parking lot at the end of the road.

from Richmond, VA:
(Distance: 75 miles, Drive Time: ~ 90 minutes)
Take I-64 West to exit 124, Charlottesville/Shadwell, (U.S. 250 West), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd., go 7/10 mile toward airport and follow the underlined directions above.

from Waynesboro, VA:
(Distance: 34 miles, Drive Time: ~45 minutes)
Take I-64 East to exit 118B, Charlottesville/Culpeper, (U.S. 29 North Bypass), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd., go 7/10 mile toward airport and follow the underlined directions above.

Race Director Contact:
Dave Holland, 804-282-6224
Email: HenryDaFif@aol.com

2010 USMS 2-Mile Cable Open Water National Championship ENTRY FORM

Avoid this form, avoid errors by registering online at www.cableswim.org

PLEASE INSERT SEED TIME FOR THE HEAT YOU ARE ENTERING

2- MILE **Heat 1** **8:30 am**	««« **Counter-Clockwise** »»»	**1650 yd time:** ____ : ____
2- MILE **Heat 2** **10:30 am**	»»» **Clockwise** «««	**1650 yd time:** ____ : ____

U.S. MASTERS SWIMMING

PLEASE STAPLE A LEGIBLE COPY OF YOUR 2010 CARD HERE. TRIM YOUR CARD AND COMPLETE THE FOLLOWING:

Emergency Contact Name: _____

Emergency Contact Phone: _____

Significant medical conditions to be shared with Albemarle Rescue (i.e. seizures, diabetes, asthma, etc.): _____

		☑	CHECKLIST
$_____	$ 40.00 2-Mile Cable Entry Fee	☐	Completed entry form
$_____	T-Shirt: included free with entry, $ 3.00 charge for XXL or XXXL	☐	Copy of USMS card
$_____	Additional T-Shirt: $12.00 each S-XL, $15.00 for XXL or XXXL	☐	Check or money order payable to VMST
$_____	Results will be posted at www.cableswim.org by July 14 $2.00 for official results mailed to the address on your card	☐	Signed Release Below
$_____	**Total Enclosed (Check or money order payable to VMST)**	☐	T-Shirt Size Below

T-Shirt Size: (please circle) S M L XL XXL XXXL

Additional T-Shirts: indicate quantity and size:_____

Please re-check the checklist to ensure that your entry is complete!!
Mail this completed form with check or money order payable to VMST, postmarked by June 30 to:
Dave Holland, 504 West Drive Circle, Richmond, VA 23229-6832

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 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 Swimming, Inc.; Virginia Swimming, Inc.; NOVA of Virginia Aquatics, Inc.; United States Masters Swimming; LMSC of Virginia; Virginia Masters Swim Team; each swim club participating in the Event; Event Meet Sponsors, Event Meet Directors; Albemarle County and its officers, agents, and employees; Charlottesville-Albemarle Rescue, Individual Event Officials; or any other person participating in administrating the Event. In addition, I agree to abide by and be governed by the rules of the USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

SIGNATURE: _____ **DATE:** _____ **AGE ON 7/10/10:** _____

Phone (H): _____ **Phone (W):** _____ **E-Mail:** _____

PLEASE PRINT CLEARLY

Local Masters Swim Committee Newsletter
Lisa Bennett, LMSC Registrar
11812 Winfore Drive
Midlothian, VA 23113-2455

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The article below appeared in the "Faces in the Crowd" section of the March 15 issue of *Sports Illustrated.* Tara Chapmon is the granddaughter of Masters swimmer Terry Sokolik. Tara occasionally drops in on a Masters workout when she is visiting in Virginia Beach.



Tara Chapmon

VIRGINIA BEACH > Swimming

Chapmon, a senior at the U.S. Naval Academy, won the 200- (1:46.17), 500- (4:43.44) and 1,650-yard (16:25.55) freestyle events at the Patriot League championship meet for the third year in a row, earning swimmer of the year honors for the third consecutive time and helping Navy to the team title. She also helped the Midshipmen win four relay events.