The Wet Gazette

Published by The LMSC of Virginia - Serving Masters Swimmers in Virginia and West Virginia

Beating Father Time

By Rich Williams
Virginia LMSC Coaches Chair

People participate in Masters Swimming for so many reasons. Many of us find the camaraderie of a team as the primary draw. Others love the thrill of competition and the constant pursuit of improvement. Whatever your specific reasons for competing in Masters may be, I think all of us enjoy the physical benefits of swimming. Proper training is a 'fountain-of-youth' that keeps us healthy, makes us stronger, and allows us to retain fitness well into our later years. Having said that, I am frequently asked by people new to Masters swimming what they can expect in terms of performance. 'Will I ever find my old speed' or 'how long will it take to get my endurance back' are typical questions. Understanding the interplay between speed and endurance, and their age-related decline, will ultimately allow you to design a training program that preserves both.

What declines first – speed or endurance? The short answer is that we lose our speed first as we age, but the eventual outcome is a greater loss of endurance. The graph below demonstrates this phenomenon using select short-course yards American records across multiple age-groups.

The 40-44 age-group shows that the initial decline in performance is most severe in the 50 Free, with much less drop-off in the distance events. As we age, the speed deterioration slows, and our endurance falls further behind. Why does this happen? The answer lies in a process called sarcopenia (age-related muscle loss). As early as our mid-20s we start to lose the fast-twitch muscle fibers needed for speed events. With fewer and fewer muscle fibers available, our neural motor-units start to reorganize, become less efficient, and produce less force. The slow-twitch fibers needed for endurance events, on the other hand, are more resistant to atrophy. Our endurance remains intact longer. Over time, however, we continue to change in unfortunate ways. The energy-producing part of our cells (called mitochondria) decline as a direct result of the same sarcopenia that took our fast-twitch fibers. The initial loss of our "speed" fibers affects the force that we generate with each stroke while our muscle-related mitochondrial loss diminishes our aerobic capacity. With less distance-per-stroke, and with less energy, our distance events get hit from every angle.

The good new is that proper training that targets fast and slow twitch fibers will prevent, slow, and possibly reverse this decline in speed and endurance. In short – we all need to train our fast-twitch fibers regularly to

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Age Related Decline in Swim Records

Event	Current American Record	Current 40-44 Masters Record	% Slower	Current 70-74 Masters Record	% Slower
Mens 50 yard Free	17.63	20.67	17.2%	24.13	36.9%
Mens 500 yard Free	4:07.25	4:33.36	10.6%	5:41.21	38.0%
Mens 1650 yard Free	14:18.25	15:51.52	10.9%	19:46.98	38.3%



General Information

LMSC for Virginia Website: **www.vaswim.org**
USMS Website: **www.usms.org**
Nearby LMSCs
North Carolina: **www.ncmasters.org**
Maryland: **www.teamunify.com**
Potomac Valley: **www.PVMasters.org**
Nearby Zones
Colonies Zone: **www.ColoniesZone.org**
Dixie Zone: **www.DixieZone.org**
Online Meet Registrations: **www.clubassistant.com**

LMSC Officers

Chair: Kirk Clear
Vice-Chair: Denise Letendre
Secretary: Alice Phillips
Treasurer: Becca Latimer
Registrar: Shirley Loftus-Charley
Coaches: Rich Williams
Fitness: Vacant
Long Distance: Kate Stephensen
Newsletter: Heather and Chris Stevenson
Officials: Charlie Cockrell
Records & Top Ten: Chris Stevenson
Review: Heather Stevenson
Safety: Jim Miller
Sanctions: Kyle Ahlgren
Webmaster: Chris Stevenson

Upcoming Swim Meets, Events and Clinics

Date	Meet	Location	Registration Deadline
May 15-Sept. 15, 2019	5K/10K ePostal Nationals (LCM)	Any LCM pool	Sept. 23, 2019 (online)
June 23, 2019	Talbot Masters SCM Invitational	Easton, MD	June 20, 2019 (onine)
Jun 23, 2019	Terrapin Masters Long Course Challenge (LCM)	College Park, MD	June 16, 2019 (online)
July 20, 2019	Fontana Lake Races (OW)	Almond, NC	July 14, 2019 (onine)
July 21, 2019	Maryland Masters Summer Splash (LCM)	Baltimore, MD	July 19, 2019 (online)
Aug. 3, 2019	Lake Moomaw Open Water Swim (ow)	Hot Springs, VA	Aug. 1, 2019 (online); July 27, 2019 (paper)
Aug. 7-11, 2019	USMS Summer Nationals (LCM)	Mission Viejo, CA	July 8, 2019 (online)
Aug. 17, 2019	Potomac Valley Long Haul (LCM)	Springfield, VA	Aug. 14, 2019 (online)
Aug. 9-18, 2019	18th FINA World Masters Championships (LCM)	Gwangju, South Korea	June 24, 2019 (online)
Sept. 14, 2019	Maryland Senior Olympics Meet (LCM)	Boyds, MD	Aug. 31, 2019 (online)
Sept. 15-Nov. 15, 2019	3000/6000 ePostal Nationals (SCM/SCY)	Any SC Pool	tbd
Sept. 22, 2019	Marathon Open Water National Championships (OW)	Knoxville, TN	tbd



Event Recap

2019 John Shrum Memorial Cable Swim

On Saturday, June 1, almost 100 swimmers gathered at Chris Greene Lake in Charlottesville, VA, to compete in the annual 1-mile and 2-mile cable swim races. The results have been uploaded to **www.vaswim.org**, and race director Kate Stephensen gives her recap is below. Also check out the John Shrum cable swim **website** for updated course records and top swims.

Kate thanks all of her volunteers, but we'd like to add a big thanks to Kate herself for continuing the great tradition of cable swims at Chris Greene Lake!

TWO MILE

In the women's two mile Shirley Loftus-Charley was victorious in a time of 49:29.89 in her thirty-seventh consecutive competition in the race. On the men's side, University of Virginia sprinter Ryan Baker went the distance in a time of 41:33.50 making him the victor in both the men's race and the overall competition. Marcia Barry notably set new USMS National and Chris Greene Lake course records in the women's 70-74 age group, breaking the previous record of Joanne Menard by 43 seconds.

ONE MILE

Julie Roddin claimed the women's title in a time of 22:37.96, a new course record in the women's 40-44 age group. Cory Fines claimed the overall victory in a time of 22:29.00. In impressive double racing, both Shirley Loftus-Charley and Marcia Barry set both USMS National and course records in their respective age groups

Since the summer of 1977 the Chris Green Cable Swim has occurred in Charlottesville, Virginia on the second Saturday in July. Participants swim beside a "cable" maintained by staff from the Albemarle County Parks and Recreation Department. The ¼ mile distance runs in a straight line between two permanent wooden pylons and was found to be within an inch of 440 yards when surveyed a few years ago, allowing the racers to be eligible for national records.

Race director Kate Stephensen expresses her thanks to the staff and volunteers from Albemarle County Parks & Recreation, Charlottesville-Albemarle, Lake Monticello, and Western Albemarle Rescue Squads for ensuring safety of all participants. In addition, she would like to recognize the following volunteers who gave up their Saturdays to make this event possible: Patty Miller officiated race start and timing. Craig Charley oversaw race results with support from Amy Clobes and Melanie Brede. Brenda Peterson managed race safety with Pete Davison of the rescue squad. The following individuals assisted with various race day duties: Ellen Shrum, Becca Latimer, Roger Peterson, Palmer Gard, Jean Byerly, Chris Frogley, and Winfrey.

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Congrats to all who participated this year!

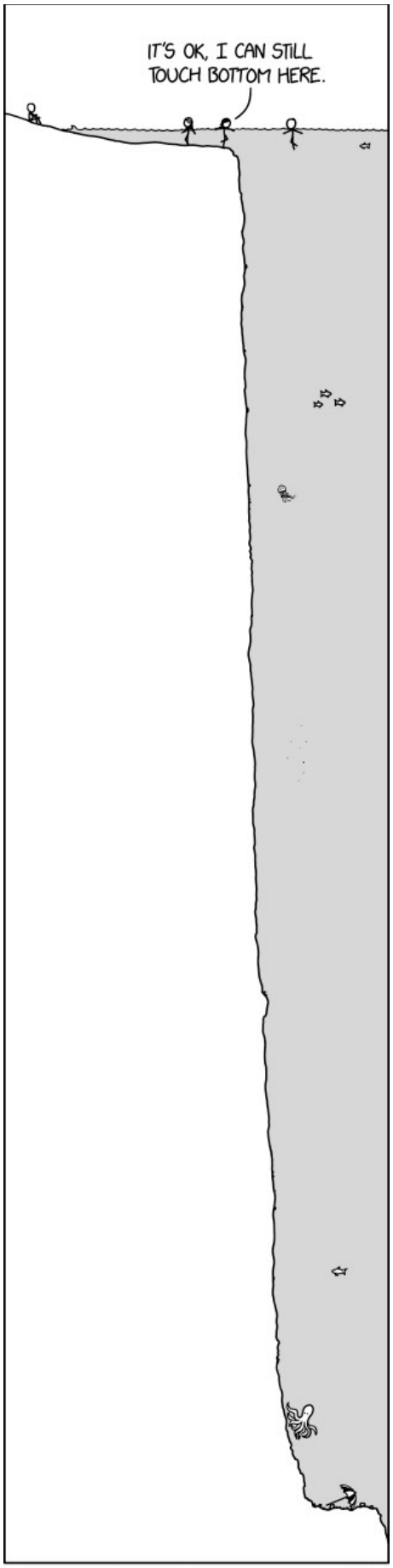
The LMSC In Pics



Birthday Celebration in Virginia Beach



Virginia Beach Workout Group



*[**Beating Father Time**: continued from page 1]*

prevent muscle loss, preserve force production, and to ultimately maintain aerobic energy production.

Make sure your training includes these components:

- **Weight Training:** Please see the **March 2019** Wet Gazette Article on weight training for further guidance.

- **Resistance Training in the Water:** Paddles, stretch cords, parachutes, drag sox, etc. all stimulate the power in our stroke and help to preserve it over time.

- **Race Pace Training:** Please see the **December 2017** and **August 2018** Wet gazette Articles on Ultra-Short Race Pace Training for further reference.

- **Proper Diet:** High-quality protein intake improves tissue repair and regrowth.

Good luck in your quest to beat Father Time!

Swimming Officials

by Charles Cockrell
USMS Rules Committee Chair
Virginia LMSC Officials Chair

Competition is an important aspect of masters swimming. While not all masters swimmers participate in competition, for many people, meets are an enjoyable and motivational aspect of our sport. We often don't consider that we would not be able to offer opportunities to compete without the help of many dedicated volunteers, including our officials. I've been a swimmer for over 40 years and a certified official for more than 20 years, so I have experienced meets from every different angle.

All of the people that you see on deck as officials are volunteers. Most of them volunteer because they love the sport, enjoy being involved, and want to support athletes at all levels. At age group meets, clubs rely on the parents of swimmers to become officials, but we don't generally have that luxury in masters swimming. At each meet that we host, we have to seek out groups of our "go to" people to ask for their time in supporting us. Officials certified through USA Swimming, NCAA, YMCA, High School Federations, and USMS are eligible to officiate at masters meets. Because we work closely with USA Swimming and the rules are very similar, we most often ask the officials certified through USA Swimming to support our meets.

Becoming an official takes dedication and effort. We generally divide officials into "deck" and "administrative" categories. The deck officials

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Cartoon courtesy of xkcd.com. Reprinted with permission.

[**Officials** *continued from page 5]*

include the stroke and turn judges, starters, and referees. These are the people who judge swimmers for compliance with the technical rules and assist swimmers and coaches with an understanding of the rules. Most deck officials start out as stroke and turn judges. Becoming a certified judge requires someone to attend an instructional clinic, take a test ,(with a passing grade) and train at several meets as an apprentice before being able to officiate. Usually after gaining some experience as a stroke and turn judge, an official can take another test and train to become a starter. Eventually, after extensive experience, an official can get certified as a referee. Each step requires more instruction, testing, and training. Referees must be proficient in all of the rules and know the duties of every position. Officials are subject to ongoing evaluation at each meet they work and re-certification requirements every one to two years. Some of our officials go on to work national-level meets, which requires more training, evaluation, and advanced certifications. That is a lot of time to dedicate for the limited rewards of free food, coffee, and the smell of chlorine during early morning warm-ups. Because of the amount of time needed to build this experience and earn certifications, the referees are often still involved with the sport well after their children have moved on from age group, high school, or collegiate swimming.

The administrative officials are often overlooked, but these are the people who work behind the scenes to make sure that official times and places are recorded properly in the meet results. They must be proficient in the rules regarding seeding, timing systems, how to determine an official time, what to do when the timing system malfunctions, and how to publish the official results. These are the people who ensure that all of the requirements are met for records and top 10 submissions.

Some years ago, I led a workshop at the Aquatic Sports Convention and I joked that some swimmers think that the officials have a "secret rule book" with a bunch of rules that they use to disqualify as many swimmers as possible. The reality is that the rules are openly published for everyone to see and the officials are happy to explain the rules and answer questions. Officials are trained that their role is to observe and record infractions, not to look for things with the goal of disqualifying swimmers. We are constantly working to educate, train, and provide more information to officials to ensure a fair, equitable, and consistent application of the rules. A successful meet is one with minimal (if any) disqualifications, even taking steps to inform swimmers and prevent disqualifications if possible. If the officiating goes unnoticed at a meet, it usually means things went smoothly and everyone is leaving with a good experience.

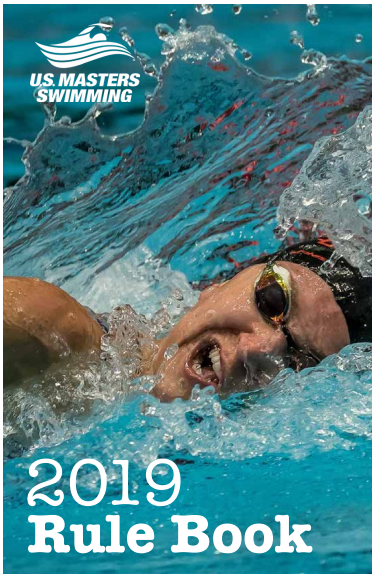
If you have questions on rules, the following are great online references:

The USMS Rule Book: www.usms.org/rules
The official USMS Rules Committee Blog: **forums.usms.org/blog.php?52931-Rules-Committee-Blog**

I am also happy to answer questions from swimmers and coaches if you email me at **rules@usms.org**.

If you are interested in becoming an official, USMS now has its own training and certification program. You can get more information on this program, and see the other materials that we provide officials, at the USMS Officials Committee website: **www.usms.org/gto/gto_officials**.

Next time you swim at a masters meet, consider thanking the officials for supporting us. We could not do it without them!



Lake Moomaw 1- Mile Swim

Alleghany County, Virginia, Saturday, August 3, 2019

Sponsored by: The Virginia Masters Swim Team, The Alleghany Highlands YMCA, The Alleghany Highlands Chamber of Commerce and The Alleghany Foundation.
Sanctioned by: LMSC of Virginia for USMS Inc.
SAVE PAPER, SAVE TIME, AND AVOID ERRORS: REGISTER ONLINE at:
https://www.clubassistant.com/club/meet_information.cfm?c=2402&smid=11901

Your credit card will be charged to " ClubAssistant.com Event Billing "

EVENT: There will be a one-mile race at 9:00am. The start and finish is on the beach at Cole's Point, clearly visible to the spectators and race personnel. The course runs along the shore to the south, approximately 50 yards out and continues east and north around buoys that will be clearly visible. The swimmers will reach the turn-around point inside the "no wake zone" in the inlet and turn counter- clockwise around a buoy and swim back to the beach via the same route. Buoys will remain to the swimmer's left. A 2x 3-foot poster of the course diagram will be posted at the lake, and the current water and air temperature will be posted at 8am. Swimmers will depart from the beach in waves of 10 people or fewer, 1 minute apart.
Warm-up begins at: 7:45am **Check-in Closes at**: 8:45am **Race begins at:** 9:00am
Eligibility: Open to all swimmers 18 years & older. Paper entries must include a copy of your 2019 USMS card. Online entries will be verified automatically. "One Event" is available through online registration for an additional fee of $31.50**.** To renew or join USMS online, visit usms.org/reg.
Rules: Current 2019 USMS rules will govern the race.
Entries: All snail mail entries must be postmarked by July 27, 2019. Online entries will close at 4:59pm Eastern Time on August 1, 2019. Late or race day entries will NOT be accepted. **Online entry is strongly encouraged.** Entry fee is $42.00. To be guaranteed a free t-shirt, enter online by 5pm on July 13, 2019.
Safety: For safety reasons, swimmers who cannot complete 1 mile in one hour should NOT enter. Swimmers still on the course after the time limit will be stopped and listed 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 WestRock water rescue team will be on site with boats, rescue boards, and 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 1-minute 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, forboth men/women.
Awards/ Social: Awards will be given to the top 3 men & women finishers in each age group. The awards ceremony will take place on the beach following the race.
Accommodations: Please call Josh Taylor at the Alleghany-Highlands Chamber of Commerce at 540-962-2178 for information.
Directions: Google Map "Coles Point Drive, Hot Springs, VA 24445".
Race Directors Contact: Dave Holland 804-467-2425 (VMST); Josh Taylor 540-962-2178 (Chamber)

PLEASE STAPLE A LEGIBLE COPY OF YOUR 2019 USMS CARD HERE:
TRIM THE COPY AND COMPLETE THE FOLLOWING:
Emergency Contact Name:_____
Emergency Contact Phone:_____
Significant medical conditions to be shared with WestRock Rescue Squad
(i.e. seizures, diabetes, asthma, etc.)_____
_____

1 Mile Seed Time →	1650 yd Time: _____(min) : _____(sec)

AVOID THIS FORM: REGISTER ONLINE AT WWW.VASWIM.ORG		PAPER ENTRY CHECKLIST	DID YOU REMEMBER…?
$ 42	1- Mile Entry Fee per swimmer		Completed entry form
$ FREE	T-Shirt Included free if entry postmarked by 7/11 (or online by 7/13). A few shirts may be available on race day, first-come.		Copy of USMS card
$ 42 per swimmer	**Total Enclosed** (check or money order Payable to VMST)		Signed waivers (next page)

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

Please use the checklist above to ensure that your entry is complete!!!

Mail this completed form with check or money order payable to VMST, postmarked by July 27, 2019 to:
Dave Holland, 1773 Robins Nest Ct., Henrico, VA 23238

Name:_____ Email address:_____

Phone Number: _____ Age on August 3, 2019: _____

YOU MUST READ AND SIGN 2 WAIVERS (BELOW & NEXT PAGE). INCLUDE THIS PAGE AND THE NEXT WITH YOUR ENTRY.

LAKE MOOMAW RELEASE BY PARTICIPANT FROM LIABILITY:

AS A CONDITION OF MY PARTICIPATION IN THIS EVENT AND 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: THE ALLEGHANY HIGHLANDS CHAMBER OF COMMERCE AND TOURISM, THE UNITED STATES GOVERNMENT, WESTROCK CORPORATION AND THE WESTROCK WATER RESCUE STAFF, EVENT SPONSORS, EVENT STAFF, OR ANY INDIVIDUALS OFFICIATING AT THE EVENT OR SUPERVISING SUCH ACTIVITIES.

_____ _____

SIGNATURE OF PARTICIPANT **DATE SIGNED**

PARTICIPANT WAIVER AND RELEASE OF LIABILITY,
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events**.** I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.

2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.

3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.

4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively**,** the "Released Parties**"**), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.

5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

Revised 07/01/2014

Local Masters Swim Committee Newsletter
Chris and Heather Stevenson, Editors
7702 Hampshire Road
Henrico, VA 23229

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Mystery Swimmer

Any guesses???

[Thanks to his son for this photo!]