



WAVE MAKER

June, 1985

DC MASTERS WANTS YOU--AT LONG COURSE NATIONALS TO BE HELD AUG 17-20
IN PROVIDENCE, RHODE ISLAND

Ask the Boston Celtics how difficult it is to repeat as champs. For that's the task we have in store for us this summer at Long Course Nationals where the host team, New England Masters, will show us no mercy. The excellent performances turned in at Short Course Nationals by veteran DCM performers and talented newcomers demonstrated our strength, but there are many more speedsters out there who have not been able to compete in recent Nationals without whose help we cannot repeat. We don't mean to pressure anyone, but if you haven't indicated that you are going by July 8, don't blame us if you receive a midnight "encouragement" visit from Carlyle "The Hammer" Carpenter.

Follow these easy steps to enter--

(1) Submit your individual entry, which must be received by JULY 17. SWIM Magazine published the form. Tony Young (469-8955 or 892-1282) will be glad to supply you with one. Don't delay; they will not accept late entries.

(2) Call Sue Schaffer (536-8699) to let her know that you will be attending by JULY 8. Sue will again undertake the task of submitting relays. Also give her your t-shirt size, for each swimmer at Nationals will be given a newly designed, high quality t-shirt. PLEASE INFORM SUE THAT YOU ARE GOING as this will ensure that we can swim the maximum number of relays.

(3) Get a room. This year's team hotel will be the Downtown Holiday Inn, located at a 6-minute drive from the pool. RATES: \$43.25 for a single, \$25 per person double, \$18.70 per person triple, including tax. This is the same rate as the official meet brochure, which does not show tax. Many other teams will be staying there also, and it is located in an area with shops and restaurants.

RESERVE A ROOM by calling DICK CHEADLE (yes, you can talk to the famous author personally) at 535-5850 (w) or 425-1699 (h). Please let him know that you desire a room by JULY 10 so that he can properly reserve the room. Give him the name of any roommates. Send in the first night's deposit by July 15, as the reservations letter will be mailed ON JULY 17. (The same day entries are due.) Dick will be at the DCR meet 7/13 and 7/14 or you can mail the deposit to his residence, 8919 Prince Caspian Court, Burke, VA 22015.

You may wish to make your own arrangement. One option you may want to consider is contacting Brown University or the host team to rent a

dorm room at Brown at nominal cost. Past experience with the dorms, however, has been disappointing especially with the lack of air conditioning.

See you at Brown!!!!!!!!!!!!!!!!!!!!

CALENDAR

MAY 15-SEPT 15 10k Two-person Relay
Mike Scott, 3717 Titan Dr.
Richmond, VA 23225

JUNE 28-30 Virginia Masters Long Course Invitational
Nancy Polisky, P.O. Box 1477
Midlothian, VA 23113-8777
Deck Entries are permitted

JUNE 30 Terrapin Masters 1500,
Rockville Municipal, Rockville MD
Contact Dave Diehl 946-0649
Deck Entries allowed before 8 AM.

JULY 13 National Masters 2-mile
Chris Greene Lake, Charlottesville VA
Mike Scott, address above

JULY 13-14 D.C. Dept. of Recreation Long Course Meet
Hains Point, Washington, D.C.
Al Allen (301) 743-4723

AUG 3-4 D.C. Masters Long Course Meet
You should receive an entry form.

AUG 17-20 National Masters Long Course Championship
Brown University, Providence, Rhode Island
Dave Eskin, NE Masters
66 Audubon Drive, Chesnut Hill, MA 02167

Note on the National 2-mile Championship. In addition to the individual event, three teammates can combine their times to enter a relay. This year no deck entries are permitted so relays must be formed before the entry deadline. Experienced lake swimmers, please take the responsibility for getting together a relay team for your age group. Entries close July 6. Mass quantities of heat-dissipating liquids are served afterwards in a shaded area at \$2 per person. A fun time should be had by all.

For entry forms for meets, contact Tony Young (828-1282).

MARYLAND SUMMER LONG COURSE WORKOUTS

Bethesda Pool--Little Falls Parkway--June 19-August 2, Monday thru Friday, 6-7:30 AM, 6 lanes with lane lines. Coach Joe Rogers (A.U. swimming coach). \$40.00

Glenmont Pool--Wheaton, MD--June 24-August 14, Monday and Wednesdays, Wheaton Long Course (8:00 - 9:30 PM) Coach Herb Poe (RMSC). \$60.00.

Contact Tony Young (828-1282) if you would like more information. Both workouts are as rigorous or relaxing as you want. Evening workouts are susceptible to cancellation by thunderstorms. Joe Rogers has never failed to be on time for morning workout, but he did

once forget to bring the key to the pool.

U. S. MASTERS NATIONALS, MILWAUKEE, WISCONSIN
MAY 1985

by Frank Murphy

Headed by Coach Steve Shaffer, 30 DC Masters represented your club at the recent Masters Nationals at Milwaukee, Wisconsin. The actual venue was the Walter Schroeder Aquatic Center at Brown Deer, a Milwaukee suburb. Steve, who swam for Doc Councilman at the fine facility at Indianapolis was able to take the Schroeder Center in stride. Those of us who swim at the Pentagon (3 lanes) or AU (4 lanes) were awed by Schroeder's two 8-lane competition pools, plus a four-lane .25 yard warm-up pool. The Schroeder Center even has a marble fireplace in the foyer--where else and why not?

The meet was well-managed and the swimming competitor was an honored guest. The people sure are pleasant out there.

Coach Shaffer collected 12, count 'em, 12, pages of splits, false starts, notable triumphs, and a few tragic timings. Herewith, in mostly alphabetical order are some representative triumphs of our swimming superachievers:

TOM ANDERSON had a dynamite meet! Beat 2:30 in the 200 breast with 2:29.67. Seeded 10th, but came in 4th. Tom got a lot of support from the team for that one. Went 5:18.84, personal best, on 400 IM; in fast company with Art Smith and Ken Bergquist until piano fell at end of breaststroke leg.

CHUCK BECHTEL was very much in evidence in the sprints and making the difference in the relays. Went 11.5 and 24.38 for the 50 free. Splits on the 500 free were 1:04.2, 1:08.7, 1:10.5, 1:11.5 and 1:09.9 for a 5:44.9. Went 23.8 as cleanup on the 200 free relay and 23.4 in the medley relay. The adrenalin sure flows waiting out the first 3 laps! Backstroke times were also excellent.

KEN BERGQUIST went 11.4 and 24.2 for the 50 free. 2:19.48 for the 200 fly. Went 12.8, 15.1, 15.7, and 16.3 for 1:00.24 in the 100 fly. 28.2, 32.5, 32.6 and 31.7 for 2:04.22 in the 200 free. Ken also went 5:16.82 for the 400 IM.

ED CAHOON didn't get much pool time in the 50 free. He got to one end in 10.4 and was back at the blocks in 22.14. He got even less as cleanup in the medley relay, spending only 21.6 seconds in the water. Ed really got up in his leg (cleanup again) of the 200 free relay, when he went 21.1. Ed went 55.29 in the 100 fly, 1:51.8 in the 200 free, and 25.20 in the 50 fly.

BARRY BLUEFELD looked very strong. For him it's easy. 50 free 12.1 and 25.55. 100 IM 1:04.77. 100 free 26.8 and 56.19. Barry went 24.9 for his leg of the 200 free relay, which means either a "good" start or adrenalin buildup. 200 free 2:06.61. 100 back 1:04.9.

HARRISON BRAND had a very successful meet, including the swimming. 50 free 12.1 and 26.4. 26.4 and 56.3 for the 100 free. 29.5, 33.4, 36.7, and 35.9 in the 200 free for 2:15.6. I don't have the last day's results, but Harrison had a good time and placed well in the 1650.

JAN BRAND was a major pointer-getter for DCM, swimming clean-up on the women's medley relay in 28.0, 27.3 in the women's free relay;

27.56 in the mixed medley; and 27.98 in the mixed free. Swimming on her own in the 50 free, she went 13.8, 28.36. Jan also went 1:14.41 in the 100 IM; 16.7 and 34.6 for the 50 back; 2:47.3 in the 200 IM; 39.49 in the 50 breast; and 31.49 in the 50 fly.

FRANK CLARK. Coach Clark helped keep the meet going by assisting with timing, coaching his champion class protege, Nancy, and psyching-out the competition. The latter achievement, a high point in a long and notable career, came about when our 65+ men's relay competitors suddenly realized DCM had a mystery swimmer to round out the Lemmon, Kassell, Murphy cabal. Some of the competition managed to pull themselves together, but most never recovered from learning that the great "El Franco" was out of retirement. We sent Frank Clark off first in the men's 200 medley relay and 2nd in the 200 free relay. The team got points, lots of 'em. And the relay team placed well.

NANCY CLARK. Owing to some of the world's best coaching, a bunch of talent, and a competitive spirit, Nancy did well. A big contributor in the 65+ 200 mixed medley and free relays, Nancy also swam the two toughies, the 500 and 1650 free. She went 39.9 in the 50 free, 1:55.07 in the 100 IM, and 3:22.7 in the 200 free.

ED EMES. Bad neck or no, Ed was ready for this meet. For the 100 IM he went 12.9, 19.0, 21.8 and 17.2 for 1:11.05. In the 100 fly his splits were 13.7, 16.6, 17.3 and 18.6 for 1:06.8. 100 free, 12.9, 14.6, 15.1 and 13.9 for 57.58. 200 free 31.2, 35.8, 37.9, and 35.0 for 2:20.17 50 fly 12.1 and 27.49. He swam down with Chuck Bechel, Art Smith, and Skip Monsein in the medley relay, swimming the fly leg in 27.8

BOB HANSEN. We don't see Bob at workouts very often, but he's still highly competitive at the big meets. He was much in evidence in the 200 men's medley (fly) and free (23.6) relays. Bob also went 1:00.0 in the 100 IM, 52.86 in the 100 free, 30.4 in the 50 breast, and 24.86 in the 50 fly. By the way, is there anyone in the DCM group who hasn't yet subscribed to Bob and Kim's SWIM Magazine?

KIM HANSEN. Living proof that aerobic dancing is excellent for swimming, Kim not only looked great but really swam it up at Brown Deer. She swam fly in the women's 25+ medley relay (34.7), free relay (26.6) and 25B mixed free (26.52). Individually she went 28.38 in the 50 free--note the relay factor! 1:13.8 in the 100 IM. 34.0 in the 50 back, 1:01.21 in the 100 free, and 1:14.68 in the 100 back. For additional details see the next issue of SWIM.

JACKI HIRSTY. Using a machete to hack her way through the Kansas cornfields, which are already as high as an elephant's eye, Jacki joined us in Wisconsin. Jacki's research studies at Kansas State University have resulted in a new, three-phase training technique for sprinters: (1) 6 years of intense, conscientious work, (2) 6 months taper, (3) 6 weeks of high living, avoiding any contact with water. This revolutionary training methodology resulted in a 24.66 50 free, 53.35 100 free, and 1:05.46 100 IM. One side effect to note. The upper limit for competition using this approach is about 150 yards. As usual, Jacki was a terror in the relays, swimming cleanup in the women's 25+ medley, leadoff in the free, cleanup in the mixed medley (24.29) and, again, cleanup in the mixed free (24.48).

ELAINE HOCHULI. Elaine had a highly successful meet. Everyone enjoys watching her do the fly, which she does with the grace of a prima ballerina and the efficiency of a dolphin. She took 1st in both the 200 and 400 IM at 2:22.5 and 4:59.8 respectively, both personal

bests. She was only .6 seconds off the national record for the 400 IM. Elaine won 2nd in the 50 fly (27.62), 3rd in the 100 fly (1:02.4) and 2nd in the 200 fly (2:16.8). Along with Jacki, Kim, and Denise Wood, she terrorized the 25+ relays, going 28.1 (fly) in the women's medley, 25.8 in the women's free, 27.13 in the mixed medley, and 21.72 in the mixed free. Pretty good for a gal who is over the hill, having turned 30 two days before the meet.

BERT KASSELL. Bert's continuing to surprise everybody, perhaps including himself, by getting better in the sprints. In any case he collected a bunch of medals for himself and points for the team. Bert's sprinting was especially helpful in the 65+ (yes, he really is) relays. Although he went 14.6/30.2 for 2nd in the individual 50 free, in the mixed free relay and in the men's free he went 29.9. Some say this is owing to his creative starts. Most of us feel it's team patriotism. Bert also placed well in the 100 free, 200 free, 50 back, 50 fly, and 100 IM. Scuttlebutt has it that Bert is looking for new worlds to conquer. Now that he's an established sprinter, can the 2 miles at Chris Greene Lake be next? Watch SWIM Magazine. (Editor's Note. All right, Frank, this is your third advertisement for the magazine. How much are the Hansen's paying you?)

MATT KANZLER DCM should do well in the overall standings, and Matt is a real contributor. He went 1:00.4 in the 100 breast, 22.7 in the 50 free, 56.57 in the 100 IM, and 2:04.46 in the 200 IM. Matt caused a world of hurt to our 25+ relays competitors going 27.6 (breast) in the men's medley, 21.8 in the men's free, 27.47 (breast) in the mixed medley, and 22.30 in the mixed free.

NANCY KIRKENDALL. Nancy made a delayed but spectacular appearance. She held mostly around 1:25 per hundred to turn in a 23:26.35 in the 1650. Her 50 back time was 36.20, 100 free 1:06.42, 200 free 2:35.05 and 100 back, 1:21.43. In the mixed medley relay she swam 29.79 in the free leg.

JOANN LEILICH. The Milwaukee-Chicago area is home to Joann--proving how nice the people out there are. We had a chance to meet Joann's Mom, who came down on Saturday to do some constructive cheering. Coaching from John, Steve, and Sue--along with Joann's talents--paid off in a very good meet. She achieved her goal time of 2:46.5 in the 200 breast with splits of 38.7, 41.9, 42.7 and 43.1. For the 50 breast she went out in 16.2 and finished with 34.85. Splits for the 100 IM were also impressive 16.0, 20.4, 20.6 and 17.4 for 1:14.5. Time for the 200 IM was 2:48.2. As could be expected Joann made a big contribution on the 35+ relays, helping the gals place in the medley and doing the same in the mixed medley.

KELLEY LEMMON. While Kelley hasn't followed the Hirsty method to the letter, he's a vivid demonstration of mind and talent over a strict training schedule. He's swum hardly more than Dick Cheadle and some of the other talented dilettentes since the long course nationals at Raleigh in August of 1984. Nevertheless, Kelley rose to the occasion, carried his relay teams, starred in the sprints, and capped it with a good 400 IM. For the 50 free, Kelley went out in 13.6 and finished in 29.6. His 100 IM was 1:18.37, 100 free 1:04.3, 200 IM 2:59.3, and 200 free 2:30.22. Kelley went 28.4 in the men's free relay, 35.27 (fly) in the mixed medley, and 28.34 in the mixed free.

DAVE LYONS made a big difference in the 35+ relays, swimming 25.4 (fly) in the men's medley, 22.6 in the men's free, 25.28 (fly) in the mixed medley, and 22.94 in the mixed free. Individually in the 500 he went 1:01.9 in the last 100 to finish in 5:22.1. He went 57.2 in

the 100 fly, 51.26 in the 100 free, 1:53.78 in the 200 free, and a swift 25.63 in the 50 fly.

MIKE MAKARCZYK is another who gets very little lane rental from his entry fee. In the 50 free he went out in 10.4 and was finished in 21.68. Impressive, but hardly cost effective. Mike took only 55.25 for the 100 IM, 50.67 for the 100 fly, 25.5 for the 50 back, and 22.86 for the 50 fly. In the men's 25+ medley he did 22.7 (fly), in the men's free relay 21.7, in the mixed medley 25.52 (back), and 21.97 in the mixed free. In the 200 fly, Mike needed only 1:55.56 to get it over with.

SKIP MONSEIN responded well to the excellent conditions at the Schroeder Center and turned in some very creditable times. Individually he went 2:28.3 for the 200 back, 1:14.3 in the 100 IM, 29.55 in the 50 back, 31.2 in the 50 fly, and an excellent 1:05.82 in the 100 back. Skip also led off in the men's 45+ medley relay.

FRANK AND LORRAINE MURPHY entered and placed in 6 events each, plus relays. Lorraine counted and "coached" Frank into a 2nd in the 1650. His ears are still ringing from "pick it up", beginning at length 44, and "sprint", beginning at length 60. However, he's learned long ago to do as he's told.

JIM MYERBERG, a distance man who went 21:26.77 in the 1650. Jim also delivered a lot of points for DCM in the relays and shorter individual events. Jim went 2:30.9 for the 200 breast, 5:55 in the 500 free (1:05.2, 1:11.8, 1:12.6, 1:12.9, and 1:12.5), 32.06 in the 50 back, 2:05.30 in the 200 free, and 1:09.62 in the 100 back. Jim also led off with a 32.0 (back) in the men's medley relay.

SUE SCHAFFER. Sue was especially pleased with her performance. She placed 3rd in the 500 free and 200 fly. Furthermore, her 1:11.83 and 2:38.02 in the 100 and 200 flys were only several tenths off her best times ever, as were all 4 of her relays splits. This was despite the physical and psychological handicap of once again swimming for two. Sue also undertook the task of organizing the successful DCM relays.

ART SMITH is now 45 and going very, very strong. He swam the 50 BREAST(!) on the men's 45+ medley relay and went 33.3. There probably were some smoke and mirrors involved, since Art is famous and infamous for his backstroke. Along with Skip Monsein back, Ed Emes fly, and Chuck Bechtel free, the DCM finished 2nd behind the pros from the Olympic Club. Individually Art got 2nd in the 200 back in 2:20.3. It was his best time in 3 years, but he took it out a little fast in 1:06.8. His 50 back got 2nd in 28.78, also his best time in several years. The 100 back in 1:05.3 was a good time and again placed 2nd. The 50 fly showed the results of John Flanagan and Steve Shaffer coaching, being the best in 3 years at 27.68. Art also cruised effortlessly through the 400 IM--I take that back. He went 5:16, his best time since 1982.

ANN SVANSON. Besides getting the Miss Congeniality and Most Supportive Teammate awards, Ann swam a fantastic 1650, taking off 1 minute from her previous best for a 23:39.55. She also took 2 seconds off her best previous 100 free for a 1:06.36; 7 seconds off the 200 free for a 2:27; and 13 seconds off the 500 free for 6:39. Ann also contributed fine relay performances in the women's 35+ medley 36.5 (back), women's 35+ 200 free (29.54); and 35+B mixed free (29.45).

DON WAGNER. Don swam the 200 fly in 2:04.39, the 100 fly in 55.2, the 100 free in 51.53, the 200 free in 1:54, the 50 fly in 25.1 and the 400 IM in 4:34.22! In the men's 35+ medley relay Don turned in a

24.9 butterfly legged a 22.7 in the men's free relay.

TOM WOLF. Overall, Tom had a great meet. Certainly one of the high points had to be his dual in the 400 IM. This was 3 seconds better than his seed time, but the race was very close throughout, with Tom touching out the excellent competition. Great swim, Tom! Tom also went 1:54.3 in the 200 back; 24.65 in the 50 back; 1:59.25 in the 200 IM; and 52.96 in the 100 back. Tom also contributed mightily to our successful 25+ relay teams.

DENISE WOOD. Individually and in the relays, Denise was a most welcome addition to the DCM competitors. She started her meet with a 5:57.1 in the 500 free; did 1:13.9 in the 100 fly; 1:03.43 in the 100 free; 2:40.96 in the 200 IM; 2:16.35 in the 200 free; and 32.77 in the 50 fly. She rounded out the 3 H's in the 25+ women's relays, Hirsty, Hochuli and Hansen, for some very exciting swimming going 39.4 (breast) in the women's medley, 28.5 in the women's free relay, 32.64 (fly) in the 25+ B mixed medley, and 27.54 in the 25+ b mixed free.

General comment from Art Smith. Great meet, even better party hosted by the Hansens. We need lots of DCMs at Providence. See SWIM Magazine for particulars.

SPRINTS

Steve Hogan reports that the long awaited opening of Burke Racquet and Swim Club occurred in March. They have a 12-lane 25-year pool!

A sincere welcome to multi record holder and many times National Champion Jayne Bruner. Jayne, who lives in the Pittsburg area, has decided to join D.C. Masters, and we are delighted to have her.

LANE 5

VOL 1 NO 5

by Dick Cheadle

Several days ago I was talking to my 12.5 year teammate on D.C. Masters, Dr. John Alleva, a noted biologist in the D.C. area. In the course of an inane, innocuous and otherwise forgettable conversation he happened to mention something to me that really struck a chord...I was fascinated by the telling of it....I asked myself, "Why hasn't this story been told before? How could the world of masters swimming not have picked up on this some time ago?"...Maybe John is so involved in the scientific aspect of the thing that it never occurred to him that there is a human (so to speak) interest side of the story. Anyway, to make a long story moderately short, John told me that he has been involved in a program to get laboratory hamsters involved in competitive swimming!...."They really do very well", John told me, "They've made very good progress in freestyle, backstroke and breaststroke. The one stroke that they've had a big problem with is fly. I've already had to reset eleven dislocated collarbones. The little guys just can't seem to get the hang of the recovery aspect of the butterfly stroke."...John went on...."They have a tough time trying to understand medals and records, so we approach it from a sort of Pavlovian angle. The first one to hit the electronic touch pad gets the most food pellets, etc. The last one in gets no pellets and has to live a week with Ed Emes. It really gets them

motivated."...Inasmuch as the life expectancy of his laboratory hamsters is one (1) year. John states that he has a bigger than usual problem with age-grouping. "What I've gone with is 1 month, 2 month, 3 month, etc. individual groups, with 1-2 month, 3-4 month, 5-6 month relays. They're really very competitive; already the first three shelves are demanding to be allowed to consolidate into one team."

John went on to relate that in a recent dual meet his team, the DCH (D.C. Hamsters) defeated the MH (Maryland Hamsters) by over 200 pellets! National Records were set by the male 1-2 month 100 foot relay and the female 7-8 month 80 foot relay. A very good effort indeed!...

And where might we hear from these heroic mini-athletes again? Read the following Announcement and I can almost guarantee that you'll be hearing from them again, perhaps even on Broadway. Who knows?

ANNOUNCEMENT!!!!

"Lane 5", above, will not appear again here for the next twelve (12) months, as the author of that column, Dick Cheadle, is taking a one-year sabbatical from the column to write a Broadway musical about the D.C. Masters Swim Team. Dick is extremely excited about this project and promises to keep us updated on the progress of the show. In the meantime "Lane 5" will be replaced by a column entitled "Down Under", by Carlyle Carpenter, a relative newcomer to D.C. Masters. We think you'll like it.

A special thanks goes to Frank Murphy for his Herculean effort to keep up with the successes of 30 D.C. Masters in Milwaukee. Also thanks to Dick Cheadle, Ann Svanson, and Tony Young. Please send contributions to the next WAVEMAKER by July 20 to Jill Hoover, 2509 Arlington Blvd., No. 302, Arlington, VA 22201. I would especially like to hear from those who swam at Y Nationals. How was the meet? How were your times? Etc.

News Flash! Hawaiian Relays--

DCM 2nd Place

Congratulations to All Participants

| <u>Women</u> | | <u>Men</u> | | <u>Combined</u> | |
|--------------|-----|-------------|-----|-----------------|-----|
| New England | 286 | New England | 274 | New England | 560 |
| DCM | 267 | Clearwater | 223 | DCM | 426 |
| Clearwater | 167 | DCM | 159 | Clearwater | 390 |

This is our best placing--at least in recent memory. I have pins for first place and will begin to distribute them.

| | <u>200 Back</u> | <u>200 Fly</u> | <u>200 Breast</u> | <u>400 Free</u> | <u>400 IM</u> | <u>500 LOCO</u> | <u>800 Free</u> |
|--------|-----------------|----------------|-------------------|-----------------|---------------|-----------------|-----------------|
| 25+W | 3 | 4 | 4 | 3 | 2 | 22 | 2 |
| 35+W | 2 | 1* | 2 | 1* | 1* | 21* | 2* (no record) |
| 45+W-A | 1 | 1* | 1* | 1 | 1 | 23 | 3 |
| 45+W-B | 3 | 4 | 4 | 4 | 4 | 34 | 4 |
| 65+W | 1* | 1* | 1 | 1* | 1* | 1* | 1* |
| 25+M | 2 | 1 | 3 | 5 | 1* | 5 | 3 |
| 35+M | 1 | 3 | 6 | 4 | 4 | 3 | 3 |
| 45+M-A | 1* | 1* | 4 | 5 | 2 | 4 | 4 |
| 45+M-B | 5 | | | | | | |
| 65+M | 1 | | | 1 | | 1 | 1 |

*set new record

Jill Hoover

David H. McAfee
510 E. Broad St.
Falls Church VA 22046



FIRST CLASS MAIL

JOANN LEILICH
4913 KINGSTON DR
ANNANDALE VA 22003