

# EASTLANE

## RELAY ALL-AMERICANS

Attached is a list of swimmers that qualified as USMS Relay All-Americans for the 1999-2000 season.



To achieve this honor these swimmers were members of a relay team that posted the fastest time in a relay event/age group in at least one of the three official courses as listed in the USMS Top-Ten Tabulation. This list is posted on the official USMS web site ([www.usms.org](http://www.usms.org))

- Sean Brennan
- Shawn Evans
- Tammy Gustafson
- Andrea Luallen
- Chris McGiffin
- Curtis Sawin
- Bonnie Schwartz
- Magdalena Stovickova
- Tom Swift
- Ed Tsuzuki
- Scott Yeomans ☺



## EXERCISE THROUGHOUT OLD AGE MAY FIGHT THE "BLUES"

MARCH 20, 2001

**NEW YORK (REUTERS HEALTH)** — Although regular exercise is believed to boost older people's moods, it may not have long-term antidepressant power. New research suggests that once the elderly stop being active, the psychological benefits wane.

In a study that followed more than 900 older adults for up to 11 years, investigators found that those who exercised regularly at the study's start but later quit were more likely to develop depression compared with those who stayed active. These individuals and those who never exercised during the study had the highest scores on tests of depressive mood at the study's end.

## NOTE FROM THE CHAIRPERSON:



SOME QUICK REMINDERS:

- 1) Please send in your Leukemia donations to Dave Siconolfi. The final tally will be available in the next newsletter.
- 2) ZONES RELAYS - if you want to swim any relays at zones, please e-mail our Relay Meister, Ed Tsuzuki, at [fiftyfree@juno.com](mailto:fiftyfree@juno.com) by April 19th. Let him know specifically what relays you are interested in doing. Based on the number of responses the relays will be created accordingly.
- 3) Next Board Meeting: due to the number of meets in April, the next board meeting looks like it will be postponed till early May. Check the web site for the exact date, time and place.

### REQUEST:

Web Master - we are looking for someone that would be willing to be responsible for updating and managing our web site. Please contact Ed Tsuzuki or myself. (Contact information is in the list of officers).

Fast swimming —  
Julie Stewart ☺

In contrast, men and women who were consistently active and those who took up exercise during the study had the lowest depression scores. The tests gauged depressed mood, not clinical depression.

Dr. Donna Kritz-Silverstein and her colleagues at the University of California, San Diego, report the findings in the March 15th issue of the American Journal of Epidemiology.

There is substantial evidence that exercise elevates people's moods and may even improve clinical depression. In one study of older men and women diagnosed with depression, researchers found

## BECOME A CONTRIBUTOR

Keep the Fast Lane in mind when you read something interesting about swimming, general exercise or nutrition. We welcome letters, book reviews, articles, event information or photos. Just send stuff to: Linda Brown-Kuhn, 451 Sweet Hollow Rd., Bloomsbury, NJ 08804 or [lbk@sprintmail.com](mailto:lbk@sprintmail.com). ☺



## CORRECTION TO LAST MONTH'S POP QUIZ

In George McVey's Pop Quiz he writes that the answer to question number 2 is true. That's not so. (The question is: If a swimmer swims into another lane and then back into his/her own lane, the swimmer must be disqualified. True or false?) All the rule says is that a swimmer must start in his/her lane and end it same as long as the other swimmer is not interfered with. So the answer to #2 is false...a swimmer can enter another lane and go back...no DQ! I know the rulebook pretty well...I have to for my age group kids.

—Ed Nessel ☺

## INSIDE THIS ISSUE

Page 2	Dog-gon-it!!!
Page 2	Aging Up
Page 3	Performance Aptitudes and Attitudes
Page 4	Another Reason to Keep Body and Mind Active
Page 5	The Fast Lane Workout
Page 5	Fast Lane On-Line!!!
Page 5	Places To Swim

that 4 months of aerobic exercise worked as well as antidepressant drugs in treating patients' symptoms.

Theories on why exercise improves mood range from the feelings of control it gives people to the effects of hormones that are released during activity.

Continued on page 4

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## DOG-GON-IT!!!

Umbraborn about June, 1990 and found six months later as an unclaimed stray, was adopted by Ted Erikson and Diane Richards.

Of sleek body and short all black hair, her lineage is unknown, but even as a puppy she exhibited a Labrador's love of water and a Greyhound's love of running. Umbrabegan swimming tandem with Erikson in Lake Michigan during the summer of 1991, establishing a benchmark of a 32-minute mile. Over the summer of 1992, Umbradecreased her mile time to 28.5 minutes and covered distances up to three miles while pacing Nial Funchion, who went on to complete an English Channel crossing that year.

Umbrahas pioneered canine swimming with four 'first' records filed with the Guinness Book of World Records :

- A round trip Peace River crossing in Port Charlotte, FL on 3/9/94 (2.4 miles, 65 min.)
- An open water Lake Michigan swim in Chicago, IL on 7/10/94 (2.7 miles, 72 min.)
- A Bosphorus crossing (Asia to Europe) in Turkey on 7/22/95 (~2 miles, 31 min.)
- Big Shoulders Masters Lake Swim in Chicago, IL on 9/8/96 (3.1 miles, 77 min.)



In 1997 she was invited by the Turkish Olympic Committee to swim in their annual competition on 7/27/97, finishing about 40th in a field of ~200 swimmers (4.3 miles, 73 min.). This was covered by a National Geographic Explorer's TV documentary, "WONDER DOG". Three days later they went on to swim the Dardanelles in Canakkale, the site of the legend of Leander and Hero.

Other swims include the youngest (and only canine) in Ft. Lauderdale's Ocean Mile Hall of Fame (1993) and three Swim Across America Chicago relays (1994, 1996, and 1999).

Umbrahas logged well over 600 miles in tandem swimming, joined in polar bear New Year's day lake dips, and is credited with an unofficial record of 5.5 miles in 2 hours and 40 minutes. Besides swimming, windsurfing, jet skiing, playing hockey, or in service for her hearing impaired owner, she pursues typical dog activities like stalking squirrels. ☺

(Taken from about.com)

## AGING UP

This April, seven swimmers age up.

Happy birthday to:

Janet Penfield	85
Richard Bohan	50
Mark Hoffman	40
Karen Shearly	40
E. Maria Breithaupt	40
Martin Scheidl	35
Jennifer Lenox	30



## PERFORMANCE APTITUDES AND ATTITUDES HOW MUCH IS TOO MUCH?

BY JESSICA SEATON, D.C.

While talking with one of my older friends at a Long Course Regionals last year, the topic of how much training is too much came up. We both agreed that as we age things change. As our bodies change, so must our expectations of what we can and should do. Changing one's expectations is a lot easier for some than for others. I decided I'd express some of my thoughts on this topic; I would appreciate any feedback.

Athletes show certain patterns as they age. I've observed that athletes in their early twenties can get away with a lot: they can train irregularly, train hard, injure themselves and bounce back pretty quickly. By the late twenties or early thirties swimmer may experience a more or less serious injury which serves as the first "wake-up" call. If he or she gets good treatment, including rehabilitation exercises, future injuries to that area may be avoided. By the time athletes are in their late thirties they are beginning to understand that they are mortal. Irregular training, training too hard, training too little, all start making a bigger difference than they did ten years before. Poor training habits will lead to poor performance or to injuries (or both). By the time athletes are over forty they know they're not spring chickens anymore. Irregular training has more dire consequences, often leading more quickly to injury, and often of a more serious nature. This in turn leads to poor performance. It takes noticeably longer to heal and to get back up to one's former training level. As the years go on, all of this becomes more pronounced.

With all those nice generalizations mentioned above, there is one caveat: we are all on our own physiological schedule. We have only to look at Karlin Pipes-Nielson, who is in her thirties is swimming faster than in her twenties. As most of us have notice, we're not Karlin! We all age on slightly different schedules. Some of the factors that affect how quickly one ages are: genetics, quantity and quality of exercise, nutrition, illness, habits such as drinking alcohol or smoking cigarettes, outlook and attitude, and stress. Although "stress" is a kind of catchword now, it is very significant. Most of us have seen friends practically age right before our eyes when they are under a lot of stress, either from work, family, friends, or relationships.

By far the most studies on swimmers have been done on college swimmers in their late teens and early twenties. While they each have their own genetic make-up with their own biochemical and physiological individuality, they are still a rather homogeneous group. Their lives are all rather similar with similar stress levels. Also, they are also all within a five year age group (18 to 23). A good training program for a twenty year-old college student might only lead to fatigue and poor performance in a forty-five year-old swimmer. A good program when life is easy and stress is minimal might cause one to fall apart when life is filled with stress. So each person may have different optimal workouts for different times of their life.

Metabolism is the sum of catabolism (the process by which living tissue is changed into energy and waste products of a simpler chemical composition) and anabolism (the process by which food or any simple substance is changed into more complex compounds living tissue). Metabolism is a process that is constantly going on, whether we're active or inactive. The rate at which substances are being broken down and rebuilt is known as metabolic rate. Basal metabolic rate is the rate of metabolism when the body is at rest. We know that as we age this rate slows down. Something that I've noticed is that there appears to be a drop when one reaches the early forties. It seems that at that point, in order to maintain one's weight, one needs to eat less and/or exercise more. People in their sixties generally eat a lot less than people in their thirties. Often by then they've adapted to a slower metabolism.

This same slowing of the basal metabolic rate affects tissue healing. Training is a process of overusing a tissue (muscle), causing it to break down, and then a rebuilding of the muscles as a reaction. As we get older, this process is slower. If you're training hard every day of the week, or several days in a row, you're really not giving your body time to rebuild. The result is that you simply end up being broken down. This may show up as being constantly tired, easily injured, or just plain crabby. Some people do well swimming four consecutive days before they rest. Others can only swim two days in a row. Some can swim five days in a row if they alternate easy and hard workouts.

A well-meaning, but uninformed coach may be encouraging you to do more than your body is able to do well. As Masters swimmers, we really need to listen to our own bodies. If you are feeling worn out and tired, that is your body telling you to take it easy. If you are under a lot of stress, your body's ability to repair itself may be impaired. Training hard during such times does not make sense and may very well lead to injury. If you know that five years ago you were able to train a certain way, it doesn't mean that you can train that way now. If you are constantly fatigued, your form will suffer and you'll be practicing sloppy and not perfect strokes.

If you need to be in the water five or six days per week for your mental health, then focus on kicking for a couple of those workouts. Most of us could use more kicking, and our shoulders could probably use the rest. ☺

*Dr. Seaton is a chiropractic orthopedist in private practice in West Los Angeles. She swims with West Hollywood Aquatics and is a member of the USMS Sports Medicine Committee. She can be reached at [jseaton@aol.com](mailto:jseaton@aol.com).*

*(Taken from 2/15/01 issue of LMSC for Virginia newsletter)*

"STAY YOUNG AT HEART,  
EVEN IF YOU ARE SLIGHTLY OLDER IN OTHER PLACES."

—(UNKNOWN SOURCE)



## ANOTHER REASON TO KEEP BODY AND MIND ACTIVE

NEW YORK (REUTERS HEALTH) —

Staying active, both mentally and physically, may reduce the risk of Alzheimer's disease, researchers report.

In a new study, the odds of developing Alzheimer's were nearly quadrupled in people who were less active during their leisure time between the ages of 20 and 60 compared with their peers. This seemed to be true regardless of the type of activity, although spending time in intellectual pursuits appeared to be the most beneficial.

It is still uncertain whether an inactive lifestyle itself increases the risk of Alzheimer's disease or simply reflects the earliest stages of the disease, but according to the study's lead author, it is a good idea to keep the brain in shape throughout life.

"A passive life is not best for the brain," said Dr. Robert P. Friedland, of Case Western Reserve University School of Medicine and University Hospitals of Cleveland in Ohio.

"The brain is an organ just like every other organ in the body," he told Reuters Health. Just as physical activity is good for the heart, muscles and lungs, learning is important for keeping the brain healthy, he noted.

People often compare the brain to a computer, but there is an important difference, according to Friedland. While a computer's hardware does not change, the size and structure of neurons and the connections between them actually change as a person learns, he explained.

But exercising the brain means more than hitting the books. Traveling, learning a musical instrument or foreign language, and participating in social and community activities can all help keep the brain active, he said.

Several studies have investigated the connection between work, education and the risk of Alzheimer's disease, and it appears that people who are better educated and more accomplished on the job are less likely to develop the disease. But there has been little research into the effect of leisure activities on the risk of Alzheimer's disease.

In the current study, Friedland and his colleagues compared the leisure activities of 193 people believed to have Alzheimer's disease and a "control" group of 358 healthy people the same age. The researchers asked the participants how often they participated in more than two dozen activities when they were between the ages of 20 and 60.

The researchers asked about three different types of leisure activities. Physical activities included sports, working out in a gym, biking, gardening, ice skating, walking and jogging. Examples of intellectual activities included reading, doing puzzles, playing a musical instrument, painting, woodworking, playing cards or board games, and performing home repairs. Some of the passive activities included watching television, listening to music, attending social clubs, talking on the phone, visiting with friends and attending religious services.

People with Alzheimer's disease were less likely to participate in passive, intellectual and physical activities between the ages of 20 and 60, Friedland and his colleagues report in the March 13th issue of the journal *Proceedings of the National Academy of Sciences*. Even after the investigators took into account factors that could have influenced the risk of Alzheimer's, including age, sex, education and socioeconomic status, people who participated in fewer activities than the average were 3.85 times more likely to develop the memory-robbing illness.

The differences between healthy participants and those with Alzheimer's disease were greatest in terms of intellectual activities.

"People with Alzheimer's disease were less active in passive, physical and intellectual activities," Friedland said. Since intellectual activities appear to keep the brain healthy, adults should have more opportunities to participate in learning activities, he said. This is especially true for older people, who often are limited in what sort of activities they can participate in.

Unfortunately, many elderly — and younger people as well — spend much of their leisure time watching television, Friedland said. He noted that the only activity that Alzheimer's patients performed more frequently than the healthy controls was watching television. ☹

*SOURCE: Proceedings of the National Academy of Sciences 2001;98:3440. From NY Times website courtesy of Jeff Jotz.*

### Continued from page 1 EXERCISE THROUGHOUT OLD AGE MAY FIGHT THE "BLUES"

But when it comes to the question of whether regular exercise has lasting effects on mood, studies have yielded inconsistent results, Kritz-Silverstein told Reuters Health.

This study, she said, "shows there's a beneficial effect, but to reap the benefits you have to keep exercising."

Specifically, the mood benefits were seen among study participants who regularly engaged in activity that caused them to "break a sweat," such as brisk walking. In addition, people who exercised at all three times per week were less likely to have depressed moods.

One of the interesting findings from this study, Kritz-Silverstein noted, is that older men and women who took up exercise during the study got a mood boost similar to those who had exercised throughout. The average age of participants at the study's start was 70.

"So," she said, "starting exercise at an older age can be just as beneficial."

However, older people who want to take up an exercise plan should consult their doctors first. ☹

(Taken from [www.HealthCentral.com](http://www.HealthCentral.com))

# WET N' WILD WORKOUT

## MAIN SETS:

THIS SET IS FROM WORKOUTS AT THE VIRGINIA BEACH YMCA S WITH COACH TOM HILL AND LAURA PETER .

4 X 100 descend,200 pull. Do the two 100s and the 200 pull the same stroke, but you can change strokes each time you repeat it.

THIS SET IS FROM A WEEKEND WORKOUT WITH JIM BRINKMAN .

16 X 50 (mix it up with kick/swim or drill/swim, or swim (choice of strokes)

3 X 100 (think about distance per stroke—moderate)

6 X 100 (descend 1-3 and 4-6) ☺

*(Taken from the VMST Newsletter, 3/15/01)*

## THE FAST LANE ON-LINE!

We just wanted to let everyone know that the Fast Lane (including past issues) is now available on-line at [www.gsmswim.org](http://www.gsmswim.org), just look for the Fast Lane Archives icon.

- Special thanks to Ed Tuzuki

## PLACES TO SWIM

Please let me know if changes need to be made at any time. I rely on you to keep this list updated. You can contact me (Linda Brown-Kuhn) at 908/479-1038 or [lbk@sprintmail.com](mailto:lbk@sprintmail.com).-Thanks.

### COACHED WORKOUTS

**Wycoff YMCA Masters** Contact:Doug or Ray at the Y: 201/891-2081.

Workouts are T & H 7:30-8:30pm and Sat.,7:30-8:30am.During the winter call before Tues. workouts, as time may change due to kid's meets.

**Hunterdon County YMCA at Deerpath** Contact:Nancy Shapiro at the Y; 908/782-1030.Practice is W 8:30 - 9:45 pm.Sandy Carosi holds workouts T, H 9:15-10am.Contact her at 908/236-0086 or [jcarosi@aol.com](mailto:jcarosi@aol.com).

**Ocean County YMCA Masters** Contact:Judy Ramirez 732/929-9495.

**Berkeley Aquatics** Contact:Coach Eric Fucito at the Berkeley Aquatic Club, Berkeley Heights; 908/464-0574 or [oticuf@ptdprolog.net](mailto:oticuf@ptdprolog.net).

Workouts:M 8:30-9:30pm,W 8-9:15pm,F 8-9pm,Sun.8:15-9:45am

**Rutgers University** Contact Ed Nessel (908/561-5339) or Alex Antoniou (732/445-0457).

Rutgers works out at the Sonny Werblin Rec Center pool.

Ed Nessel holds workouts M, W, H noon-2, F 7:30-9pm, Sun.7-8:30pm.

Workouts not coached by Ed:M, T, H, Fri 6-7am.

**Ridgewood Y** Contact Garret Orr; [gso@entrepreneur-equity.com](mailto:gso@entrepreneur-equity.com) or 201/934-4222.

Workouts are M & F 8:30-9:30pm.

**JCC of West Orange** Contact:Ed Nessel at 908/561-5339 or [Ednessel@aol.com](mailto:Ednessel@aol.com).

Coach Ed Nessel holds practices M, T, H 8-9:30pm & Sat.1-3pm.

**Morris Center YMCA** Contact:Jack Lawson at 79 Horsehill Rd.,Cedar Knolls 07927/973/267-0704.

**Peddie Aquatics Association** Contact:Julie Veremy at 609/490-7547 (W) or 609/371-0334 (H).

**Hoboken Masters** Contact:Don Galluzzi,201/216-5696 or Kathleen Klein at 212/626-3276.

**The Atlantic Club** Contact:Stephanie Crofto;732/223-2100,ext.318.

**Montclair Masters** Contact:Scott Lewis at the Y; 973/744-3400.

**Lakeland Hills Masters Team** Contact:Pam Banks at 973/835-7562.

**West Morris Area YMCA** Contact:Anca Szerzo;201/895-1539.

**Westfield Masters** Contact:Bill McMeeekan at 220 Clark St.,Westfield;908/233-2700.

Workouts:M,F 7:30-9pm,W 8:30-10pm.

### NON-COACHED WORKOUTS

**Hamilton Area YMCA** Contact:Nancy Shapiro;609/585-1014.

Workouts:Mon.,8:30-9:45pm and Sun.,11am-12:30.

**Newark YMCA** Contact:Joy Henderson;973/624-8900,ext.6811.

Swim times:M-F, 6-9am, 12-2pm,6-7:30pm,Sat.1-2pm.

**Madison YMCA** Contact:Alan Sawyer ; 973/822-1754.Group workouts:Mon-Fri,6-7:30am.

**Princeton Area Masters** Contact:Ellen Gawalt at 609/688-9496.

Workouts:M-F 5:00-6:45am.at DeNunzio Pool,Princeton Univ.

**Jersey City Masters** Contact:Dan Sexton;201/333-0300 (W) or Jeff Jotz 201/547-6455 (W) or [jjotz@yahoo.com](mailto:jjotz@yahoo.com),or [jjotz@stpetersprep.org](mailto:jjotz@stpetersprep.org) . Pershing Field Pool (6 lanes 25 M) M-F, 6-7 am.

**Red Bank YMCA/Deal JCC** Contact:Doug Rice;908/741-2503.

**Sussex County Masters** Contact:Bob Hopkins;973/729-6761.

**Metuchen/Edison YMCA** Contact:Jay Koperwhats at 908/548-2044.

**Western Monmouth YMCA** Contact:Richard Wallace;732/446-4589 (H),973/482-6400,ext.2256 (W).

**Whippany Waves Masters** Contact:Ben Gilbert;201/428-9300

# MEET CALENDAR

## APRIL 27-29

**NEW ENGLAND CHAMPIONSHIPS**, Harvard University, Cambridge, MA. Contact Bob Seltzer; 617/576-1203. To add name to meet email distribution list, send message to seltzer@metasoft.com . Meet website is: www.swimindex.com/meets/2001/nem-scy/

## MAY 6

**CT MASTERS CHAMPIONSHIPS**, East Lyme, CT.

## JUNE 10

**CHESAPEAKE BAY SWIM**, 4.4 miles. Contact LIN-MARK Computer Sports, 856/468-0010 (as of 2/15/99 race was full and closed out)

## JUNE 17

**1 MILE OPEN WATER SWIM-VIRGINIA BEACH OCEAN SWIM**. Contact Betsy Durrant, 211 55th Street., Virginia Beach, VA 23451; 757/422-6811 or durrantb@aol.com

## JUNE 23

**MANHATTAN ISLAND MARATHON SWIM**  
Info. and applications available on-line at www.nyccswim.org

## JUNE 30

**1 MILE SWIM**, Greenwich Point, CT. Contact Kathy Salvo, 95 Columbus Place #1, Stamford, CT 06907; 203/322-6162.

## JULY 8

**KING OF THE PIER SWIM**, 1 mile ocean swim. Send SASE to Seaside Heights Recreation, 800 Ocean Terrace, Seaside Heights, NJ 08751; 732/830-7260.

## JULY 8

**1 AND 2 MILE LEHIGH RIVER SWIM**, Allentown, PA. Contact James Platt, 435 Iroquois Street., Emmaus, PA 18049.

## JULY 14

**EMPIRE STATE MASTERS 1 MILE OCEAN SWIM**, Point Lookout Town Beach, Long Island, NY. Contact Bob Kolonkowski; 516/766-1264 or rpk248@mindspring.com

## JULY 15

**5TH ANNUAL SWIM FOR THE DOLPHINS**, 1 mile ocean swim, Wildwood Crest, NJ. 6:30 pm start. Contact L & M Computer Sports, 89 Park Dr., Berlin, NJ 08009 or Dave Hirsch; 609/465-5590.

## JULY 15

**2.4 MILE RACE FOR THE RIVER & THE .5 MILE COVE-TO-COVE SWIM**  
Info. and applications available on-line at www.nyccswim.org

## AUGUST 5

**THE 2.8 MILE GREAT HUDSON RIVER SWIM**  
Info. and applications available on-line at www.nyccswim.org

## AUGUST 19

**THE PARK-TO-PARK ONE MILER**  
Info. and applications available on-line at www.nyccswim.org

## SEPTEMBER 15

**THE 4TH ANNUAL 7.8 MILE LITTLE RED LIGHTHOUSE SWIM**  
Info. and applications available on-line at www.nyccswim.org

## CHAMPIONSHIPS

### APRIL 20-22

**COLONIES ZONE CHAMPIONSHIPS**, Long Island, NY. Contact Lisa Baumann; 516/294-7946, aquafitinc@aol.com or www.aquafitmasters.org

### APRIL 26-29

**YMCA NATIONALS**, Sarasota, FL. Contact 941/922-9622 or sysharks@hotmail.com.

## MAY 17-21, 2001

**USMS SHORT COURSE NATIONALS**, Santa Clara, CA. Contact Alma Guimarin; 498/947-2298; aguimarin@aol.com

## JUNE 23-24

**DIXIE ZONE LC M CHAMPIONSHIPS**, Arlington Aquatic Complex, Sarasota, FL. Meet information at http://home.att.net/~dixiezone/ldp\_meets.htm

## JULY 14

**OPEN WATER 1 MILE NATIONAL CHAMPIONSHIP**, Point Lookout, LI. Contact Bob Kolonkowski; 516/766-1264.

## JULY 14-28

**NATIONAL SENIOR GAMES**, Louisiana State University, Baton Rouge, LA. Swimming 50-64 yrs is 7/19-21. For 65+ it's 7/23-25. Contact Scott Rabalais; 228/766-5937 (H), 225/769-4323 (W), scottrabalais@compuserve.com

## AUGUST 16-19

**USMS LONG COURSE NATIONALS**, Federal Way, WA. Contact Hugh Moore; 253/925-0803; eswim@mindspring.com

## OCTOBER 28-NOVEMBER 4

**PAN PACIFIC MASTERS SWIMMING CHAMPIONSHIPS**, Hong Kong Swimming Association.

## AUGUST 16-19, 2001

**USMS LONG COURSE NATIONALS**, Federal Way, WA. Contact Hugh Moore; 253/925-0803; eswim@mindspring.com

## MARCH 29-APRIL 11, 2002

**VIII FINA WORLD MASTERS CHAMPIONSHIPS** LCM, Christchurch, New Zealand  
www.fina.org/mastersnews\_corganistion.html

## MAY 2002

**USMS SC CHAMPIONSHIPS**, HAWAII.

## AUGUST 2002

**USMS LC CHAMPIONSHIPS**, CLEVELAND.



NJ LMSC  
451 Sweet Hollow Road  
Bloomsbury, NJ 08804



ADDRESS:

