

EASTLANE



SHOCK AND DISBELIEF

The horrible events of September 11th have thrown the nation into shock. We hope that no one in the New Jersey Masters swimming community was hurt or killed, but fear that this is not the case. Our thoughts, prayers and sympathies go out to the victims and their families. May we all pull together and be strong. **God bless America.**

To help, contact:

American Red Cross:

800-HELPNOW or 800-GIVELIFE.

United Way September 11th Fund:

800-251-4035. ☎

THORPE WAS NEAR WTC AT TIME OF ATTACK

SYDNEY (Reuters) — Australia's Olympic swimming champion Ian Thorpe could have been on the top of the World Trade Center at the time of the attack if he hadn't forgotten his camera.

The Australian teenager had been on his way to the trade center's observation deck when he suddenly remembered he had left his camera in his hotel.

Thorpe went back to fetch the camera and was about to return to the trade center when the first hijacked plane crashed into the twin towers.

"He was probably 20 minutes away from being there," Frank Turner, one of Thorpe's managers, told Australian radio on Thursday.

"He was shocked... a few minutes later and who knows what could have happened."

Thorpe won three gold medals at last year's Sydney Olympics and another six golds at this year's world championships in Japan.

—From CNN Sports Illustrated, cnn.com ☎

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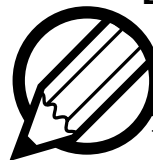
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USMS ANNUAL CONVENTION AND ELECTION POSTPONED

The USMS Convention, which was slated to begin on September 12, was postponed due to the tragic events of September 11th. The governing body is now working to set up a new date and location. Julie Stewart, Ed Nessel and Ed Tsuzuki were the three NJ representatives who were set to go. If you have any issues you'd like them to address when at the convention, feel free to contact them. Look on list of NJ LMSC Officers for contact information. ☎



EXECUTIVE MEETING WILL BE HELD NEXT MONTH

The NJ LMSC executive committee will meet November 4th. Elections will be held then and we are always looking for new folks to participate. The meeting is open to anyone. Contact Julie Stewart at jstewart10@csi.com or 908/598-0589 or check out our website at www.gmswim.org. ☎



SWIMMING AT AC *By Chris McGiffin*

I was among several New Jersey swimmers who took on the 22.5-mile Atlantic City Around The Island Marathon Swim on Saturday, August 4. There were three waves of competitors. The first wave, consisting of three solo amateurs, began the race at 8:00am. The second wave (the one that I was in), consisting of three amateur relays, began at 8:30am. And the third wave, consisting of 18 professional open water swimmers, began at 9:00am.

For the first time, participants swam a counterclockwise course around Absecon

Island. The swim began at Gardner's Basin, followed by routes through the back bay (approx. 70-degree water temp) thoroughfares and channels behind Atlantic City, Ventnor, Margate, and Longport for 13 miles. Then the course continued around the Longport jetty into the Atlantic (approx. 66-degree water temp), where the next seven miles were swum along the island's coastline. The last stretch (2.5 miles) brought the swimmers back through the Absecon Inlet, with the race finish back to Gardner's Basin.

As far as race conditions were concerned, this year's race was swum in close-to-optimal conditions. Air temps were mid-to-upper 70's, cloudy, light S-SE winds, moderate chop, and water temps ranging from 66-70 degrees. The tides did not appear to contribute significantly to the overall race, but at various times we could feel its effects, both with and against us.

We had a super group of escorts. A nice, comfy, 26 or 28 ft. Sea Ray, captained by Andy and Judy Schaeffer, and a crack

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group of four adventurous souls kayaking right next to us for our much needed and appreciated race course navigation.

The Garden State Masters relay team of Scott Yeomans, myself, and Rich Callaghan finished first in the relay division. We completed the race in 8:15:50. We took turns swimming at half-hour intervals. Scott led off, I swam second, and Rich swam third. We estimated that we swam at a 1.4 mile pace for each half-hour (approx. 2460 yds). We also estimated that Scott swam approx. 8 miles, I swam approx. 7.5 and Rich swam about 7 miles. Scott was in the water for 6 half-hour legs, I was in for 5.5 and Rich was in for 5 half-hour legs. Two other teams were competing in the relay division. The second place team was comprised of six members of the US Disabled Swimming Team (8:47:56), all of whom competed at the 2000 Paralympic Games in Sydney, Australia. And the third place team, consisted of six swimmers representing the Longport Beach Patrol (9:17:01).

Fellow Garden State Masters swimmer and open water pro, Tiffany Sawin finished the race in 8:01:05, which would have been good enough for third place among professional women, however she was "disqualified for swimming outside of the course boundary."

According to the Asbury Park Press (8/5), she said "that a race official told her trainer, Sean Evans, that she should swim under the old Brigantine Bridge, apparently unaware that it was a FINA course violation." Another professional swimmer, Claudio Plit, 46, from Argentina, completed his 18th(!) Around The Island Swim. This year's professional champion, Stephane Lecat, of France, broke the race record (set by Spain's David Meca-Medina, of 6:56:43) by swimming an impressive 6:54:00. The female professional champion was Britta Kamrau, of Germany, who swam the race in 7:35:28.

The top solo amateur, Emily Watts of Baltimore, MD, a 34 year old mother of two (also a registered USMS swimmer), completed the race in 8:09:32.

According to the Asbury Park Press (8/4), the swim was "conceived by Jim Toomey in 1953 as a friendly wager between Atlantic City lifeguards Ed Solitaire and Ed Stetser." It is now "the only American event on the FINA World Cup Marathon tour." It is also the only race on the pro tour "in which swimmers closely follow lifeguard boats, manned by trainers offering encouragement and direction." Both the winning male and female professional swimmers get \$4,000 in prize money. ☺

SKINNY PEOPLE NEED TO EXERCISE, TOO

April 17, 2001

NEW YORK (Reuters Health) — Nearly everyone knows that exercise can reduce the risk of heart disease, but people carrying around a few extra pounds are not the only ones who need to keep moving, study findings suggest. Even skinny couch potatoes have an increased risk of heart disease, researchers report.

Staying trim can reduce the risk of heart disease, but thin people are not off the hook when it comes to exercise, according to the study's lead author.

When looking at a person's risk for coronary heart disease, "you can't just attribute it to a single factor," Dr. Peter T. Katzmarzyk of York University in North York, Canada, told Reuters Health. Both fitness and fatness come into play, according to Katzmarzyk.

"They are both independent risk factors," he said.

To examine the relationships between fitness, fatness and the risk of coronary heart disease, Katzmarzyk and his colleagues studied 212 black adults and 411 white adults. None of the participants had exercised regularly in the previous six months.

At the start of the study, the participants performed an exercise test on a stationary bicycle and had their maximum oxygen uptake measured. Maximum oxygen uptake reflects the amount of physical activity a person can perform. The researchers also measured each person's body fat percentage.

For both fitness and fatness, the researchers divided the participants into three groups. The researchers then used a formula developed in a previous heart

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NEW JERSEY SWIMMERS SHINE AT LONG COURSE NATIONALS



LEFT TO RIGHT:
DORIS STEADMAND (75-79)
NANCY STEADMAN-MARTIN (45-49)
JULIA DOLCE (90-94)

Bohan, Richard M 50
Breast 100 1:16.89 2nd
Breast 200 2:49.22 2nd
Breast 50 33.79 2nd

Coghlan, Chris J M 28
Free 1500 30:05.01 4th

Dolce, Julia W 92
Free 100 2:25.61 1st
Free 200 6:14.08 1st
Free 400 13:18.91 1st
Free 50 1:01.70 1st
Free 800 28:07.33 1st*

* New National and World Record)

Haynes, William M 75
Free 50 38.90 5th
Back 100 1:38.46 4th
Back 200 3:34.02 4th
Back 50 44.05 5th

Loewe, Raymond M 59
Breast 100 1:27.30 7th
Breast 200 3:14.72 7th
Breast 50 38.72 7th

Luallen, Andrea 36
Back 100 1:09.10 1st
Back 200 2:30.04 1st
Back 50 32.26 1st
Fly 100 1:07.70 2nd
IM 200 2:33.89 2nd
IM 400 5:30.90 2nd

Steadman, Doris 77
Back 100 1:41.99 1st
Back 200 3:44.44 1st
Back 50 46.23 1st

Steadman-Martin, Nancy 47
Free 1500 21:00.84 2nd
Free 400 5:13.28 2nd
Back 100 1:21.06 4th
Back 200 2:53.72 3rd
Fly 200 2:52.81 1st
IM 400 6:15.70 6th

Wojslawowicz, Amy W 24
Free 50 35.51 7th
Breast 100 1:42.64 2nd
Breast 50 44.87 2nd ☹

SKINNY PEOPLE NEED TO EXERCISE, TOO Continued from page 2

study to estimate each person's future risk of coronary heart disease.

Not surprisingly, heavier participants had a higher risk of heart disease, the researchers report in *Medicine and Science in Sports and Exercise*, the journal of the American College of Sports Medicine. Compared with the thinnest people in the study, the risk of heart disease was 83% and 70% higher in people with moderate or high levels of body fat, respectively.

But fitness levels had a substantial impact on the risk of heart disease, too. Compared with people with the highest oxygen uptake, those with moderate and low levels of aerobic fitness were 29% and 62% more likely to develop heart disease, according to the researchers.

"The results indicate that both fatness and aerobic fitness are important determinants of risk for future coronary heart disease," Katzmarzyk and his colleagues state.

In the interview, Katzmarzyk noted that some people have been saying that it is okay for people to be overweight and healthy as long as they exercise. The study shows that for good heart health, the best approach is to focus on being physically active as well as on keeping weight under control, he said.

"You have to also watch your weight," he said. As for people who do not need to lose weight, exercise is still important, according to Katzmarzyk, since physical activity appears to have health benefits besides weight loss.

From *HealthCentral.com*. ☹

SWIM TO HELP OTHERS, SWIM FOR OUR COUNTRY

On Thursday, October 11, 2001, Curl-Burke Swim Club will be leading a relief effort for those touched by the tragedy of September 11th. Olympic Gold Medalists Tom Dolan and Ed Moses as well as the alumni, parents, coaches, and athletes of Curl-Burke Swim Club will be swimming a timed 206-mile relay. 206 miles is the distance between the Pentagon, Somerset, Pennsylvania and the World Trade Center.

We are looking to swim clubs within the United States and even internationally for a show of unity and support and are extending a friendly challenge to all clubs worldwide to compete for the best time. The top five teams representing the lowest accumulated time for the 206 miles will receive a plaque acknowledging their accomplishment. In addition, several Washington, D.C. area businesses have committed \$1000 to be donated to the relief effort in the name of each of the top 5 teams. All monies raised by Curl-

Burke Swim Club will be given in their entirety to a relief fund for the families of the victims and rescue workers.

For other teams interested in this challenge, we invite you to make contributions to a fund of your choosing. Your club's accumulated times must be e-mailed no later than 6 p.m. E.S.T. on Friday, October 12, 2001, to >cubuunitedweswim@mindspring.com. When reporting your team's times, please also list a ballpark figure for the funds you have raised, the name of the fund to which your team's fundraising will be donated, and a list of your participants. If you would like to include your contributions to the same fund as Curl-Burke Swim Club, just let me know. Any individual or corporate contributions and team efforts will be greatly appreciated. We will e-mail all of the results, total contributions, the names of all participants, and the chosen relief fund to you before Wednesday, October 31, 2001.

My apologies for this impersonal letter, but we are trying to get the word out to as many people in the swimming community as quickly as possible. For more information, log onto our website at www.cubu.org. To contact me directly, call me at 202-801-7946 or e-mail me at rickcurl@aol.com. For general information and questions regarding this fund raising effort, e-mail the United We Swim mailbox at cubuunitedweswim@mindspring.com. To download a template of our brochure, visit our website at www.cubu.org and click on the United We Swim button. The template is designed for Microsoft Publisher program. Please feel free to pass this onto anyone who is not listed. Together we are united. United We Swim.

Sincerely,

Rick Curl
Head Coach, Curl-Burke Swim Club ☺



THE HEART KNOWS

By Cheryl Wagner

Have you ever looked at a "target heart rate" chart in the gym and thought you had the whole story?

An article in *Running Times* (March 2001), called *The Tell-Tale Heart* by Pete Pfitzinger, would indicate there's a lot more to it. If you're training and/or racing with a heart rate monitor, knowing how much variation there can be in your heart rate at any given moment, will help you perform better.

Heart rates are generally lower in the morning. The difference in your heart rate between morning and evening can be five to six beats per minute.

Higher temperatures increase heart rate. As the temperature rises from 60 to 75 degrees your heart beat will rise two to four beats per minute. But when the temperature rises from 75 to 90, your heart rate can jump 10 beats per minute.

Dehydration can increase your heart rate. When your blood volume decreases due to dehydration, your heart rate rises to compensate. Your heart rate will increase around seven beats per minute for each 1% loss in body weight.

Heart rate will naturally vary by a few beats from day to day. Your heart rate during a training race will not necessarily match your heart rate during the real thing. Race day excitement as well as other factors can affect your heart rate. You may not be going as fast as you thought, during the race, if you're racing strictly by heart rate.

Knowing your own heart rate variations can help you to race better on race day as well as take proper precautions during hot weather training.

—Taken from *The Swimmer's Ear*, 9/2001 issue, newsletter of the Potomac Valley Masters Committee ☺

**AS WE ADVANCE IN LIFE IT BECOMES MORE AND MORE DIFFICULT,
BUT IN FIGHTING THE DIFFICULTIES THE INMOST STRENGTH
OF THE HEART IS DEVELOPED.**

—VINCENT VAN GOGH



ASK DR. SWIM

Q. How can I increase my swimming efficiency?

A. In the February 2001 issue of the Georgia Tech Sports Letter, Terry Laughlin, a "nationally recognized swim coach" and author of Total Immersion has a plan for "fishlike" swimming. Below are excerpts from the article plus some Dr. Swim words.

COUNT YOUR STROKES

Count your strokes every workout. How many strokes you take per length is an excellent measure of efficiency. Fatigue can increase the count by 30%. Learn to spot the increasing count and halt it.

USE FEWER STROKES

Make efficiency — not yardage or speed — your objective. Set a stroke count that is 10% lower than what you do now. If it's 22 now, try to get to 20. See how long you can hold that lower count. Keep trying.

BE A TORPEDO

Forget looking forward and keeping the waterline at your forehead. Forget Weismuller, it thwarts a torpedo-like alignment. If more than a sliver of your head appears above the waterline, you're holding your head too high.

SWIM DOWNHILL

Shift your weight forward until you feel you as if you are leaning on your chest. This will move your body into a more horizontal plane and reduce your need to kick just to keep your legs up.

SWIM LONGER

When you slide your hand in the water, reach it forward. Extend it. In parallelogram fashion, shift your shoulder alignment some to add to the extension. This gives you a longer body, a longer stroke and a more streamlined body position.

SWIM LESS, DRILL MORE

If you are unable to do the above with ease, it means you need more of your swim time spent on drills.

—Taken from July 2001 NEM News ☺

AGING UP

This October four swimmers age up.

Happy birthday to:

Alfred Ferguson	65
Kristine Templeton	45
Ray Campeau	40
Julie Stewart	40

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. -Thanks.

COACHED WORKOUTS

Berkeley Aquatics Contact: Coach Eric Fucito at the Berkeley Aquatic Club, Berkeley Heights; 908/464-0574 or oticuf@ptdprolog.net. Workouts: M 8:30-9:30pm, W 8-9:15pm, F 8-9pm, Sun. 8:15-9:45am

Hoboken Masters Contact: Don Galluzzi; 201/216-5696

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

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

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

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

Ocean County YMCA Masters Contact: John Morrison; 732/341-ymca.

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

Ridgewood Y Contact: Garret Orr; gso@entrepreneur-equity.com or 201/934-4222. Workouts are M & F 8:30-9:30pm.

Rutgers University Contact: Ed Nessel; 908/561-5339 or Alex Antoniou; 732/445-0457.

Workouts are held at the Sonny Werblin Rec Center pool. Workouts: M-F noon-2pm, Sunday 5:30-7pm, M, T, H, F 6-7am, T & H 8-10pm, F 7:30-9pm

Seton Hall University Masters Contact: Jeanne Coon; 973/401-1574 or jeannecoon137@aol.com.

Practices are M, W, H 7:30-9pm; T & H 6:30-8am; Sat. 11-12:30pm.

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

West Morris Area YMCA Contact: Bob Hopkins at 732/729-3686.

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

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

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.

NON-COACHED WORKOUTS

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

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

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

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

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

Princeton Area Masters Contact: Princeton Recreation Dept. and ask for Katie Herlily; 609/921-9480 or call Paul Mucciarone; 609/655-0997. Workouts M-F, 5:45-7am at DeNunzio Pool, Princeton University

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

Sussex County Masters Contact: Bob Hopkins; 973/729-3686.

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

MEETS OUTSIDE OF NEW JERSEY

OCTOBER 14

WATERFORD HS & NSBP; (SCM)

OCTOBER 20

MAINE MEET, Bowdoin College, Brunswick, ME. Contact Arnie Green; arnie@nqi.net

OCTOBER 27

PUMPKIN FESTIVAL PENTATHLON, Keene State College Pool, Keene, NH. Contact Jack Fabian; 603/358-6292, jfabian@usms.org

OCTOBER 28

WHEATON COLLEGE, Norton, MA. Contact Bella Marlow, meet director; lmarlow@wheatonma.edu

NOVEMBER 3

21ST ANNUAL FALL SWIM MEET, Virginia Beach, VA. Contact Betsy Durrant at 757/422-6811 (no calls after 9 pm) or durrant6@home.com

DECEMBER 2

1ST ANNUAL HOLIDAY CLASSIC AT WESTERN CONNECTICUT STATE UNIVERSITY, Danbury, CT. Contact Jill Cook at 203/837-8624 (days) or cookj@wcsu.edu

DECEMBER 8 AND 9

NEM SCM CHAMPS AT WHEATON

DECEMBER 8 AND 9

SCM CHAMPS AT RUTGERS, Rutgers University, East Brunswick, NJ

JANUARY 13 OR 20

SCSU, NEW HAVEN MEET (SCY)

JANUARY 27

GROUNDHOG MEET, Westport, CT

APRIL 18-21

YMCA NATIONALS, Ft. Lauderdale

MAY

CONN SCY CHAMPS

MARCH 24- MARCH 30, 2002

IX FINA WORLD MASTERS CHAMPIONSHIPS, LCM, Christchurch, New Zealand, www.eventnz.co.nz/masters-swimming/

MAY 2002

USMS SC CHAMPIONSHIPS, HAWAII.

AUGUST 2002

USMS LC CHAMPIONSHIPS, CLEVELAND.

CHAMPIONSHIPS

APRIL 19-20

COLONIES ZONE CHAMPIONSHIP, University of Maryland, College Park, MD.

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



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