FASTLANE

ANNUAL MEETING AND ELECTIONS WENT WELL

Thank you from your officers to all those who attended the NJ LMSC's annual meeting held November 3 at Berkeley Aquatic Club.

The new officer slate is actually the same as last year with one change, the Ad Hoc position of Marketing and Publicity will be held by Rick Popper, who has recently gotten back into the water.

A few new ideas were floated which our "new" slate of officers will be working on in the upcoming year including a name change and relay management.

Other business included:

- A big Thank You to Jack Frain and Judy Ramirez for putting on a great annual picnic.
- Volunteers needed for SCM Zones meet Dec. 7/8th. Contact Ed Nessel if interested (ednessel@aol.com)
- Pool length certification is required for records. Contact Ed Tsuzuki (etsuzuk@corus.jnj.com) if you plan on hosting a meet in 2003. (Note we need a few more local meets!!)

—Julie Stewart, Chairperson

MASTERS SWIMMING DEFINED

Ever been asked, "What's Masters swimming?" and then struggled to answer in less than the time it takes you to swim a 500? Help is here in the form of a 100- word statement that USMS came up with so you can tell anyone who is interested, what Masters swimming is and why we do it. Of course you may want to add your spin to the explanation but here are the basic facts.

United States Masters Swimming (USMS) is a national organization that provides organized workouts, competitions, clinics and workshops for adults aged 18 and over. Programs are open to all adult swimmers (fitness, triathlete, competitive, non-competitive) who are dedicated to improving their fitness through swimming.

Founded in 1970, the non-profit corporation is organized with 500 clubs in 53 regions throughout the nation. Within the clubs, structured workouts, often with a coach, offer well-thought-out training assistance. Pool and open-water races provide opportunities to compete and measure individual progress at the local, state, national and international levels. USMS programs also offer stroke and technique clinics, workshops, and social functions.

—From the USMS Marketing Committee

TIME TO RENEW

Just a reminder that's it time to ante up and renew your membership. You should have received a registration form in the mail recently, but if you misplaced it you can always log on to www.gsmswim.org to access the registration form. If you have questions, feel free to contact our registrar, Tom Brunson, at tbrunson@worldnet.att.net or 973/279-7153.

INSIDE THIS ISSUE

BE PREPARED FOR CARDIAC EMERGENCIES *From Katherine Branch*

Within the past year, the Baltimore Sun ran a story about a very fit male swimmer and runner in his mid-40s who passed out after workout in the locker room. It took more than twenty minutes for the ambulance to arrive. Fortunately three physicians administered CPR to him and he made a full recovery.

This past summer, a Masters coach sent an email to a list of friends describing an incident in which a man who she described as "an extraordinarily fit runner" passed out in the pool after warm-up with no prior symptoms. He had had a cardiac arrest and, once again, luckily recovered.

How many times have you imagined what you would do if your friend in the next lane suddenly stopped swimming and clutched his or her chest? Are you adequately trained to handle this situation so that you can maximize the chances that your friend will survive his or her cardiac episode?

Although most of us don't like to think about these situations, incidents do occur. One way that Masters teams and workout groups can be prepared for a cardiac incident is to encourage each swimmer in the group to get CPR (cardiopulmonary resuscitation) training. There are many inexpensive options and there couldn't be a better investment of time and money. Well-recognized organizations offering training include:

American Red Cross.
http://www.redcross.org/

American Heart Association.
http://www.americanheart.org/

National Safety Council.
http://www.nsc.org/

— from the Streamlines newsletter from the National office (fall 2002)

NJ LMSC OFFICERS

CHAIRPERSON

Julie Stewart
39 Briant Parkway
Summit NJ 07901
908/598-0589
JStewart10@csi.com

CLINICS COORDINATOR/WELLNESS & FITNESS/OFFICIALS

Ed Nessel
10 Irene Ct.
Edison, NJ 08820
908/561-5339
ednessel@aol.com

SOCIAL/SANCTIONS & SAFETY AND OPEN WATER CHAIRPERSON

Judy Ramirez
882 Landers St.
Toms River, NJ 08753
732/244-4602
jiramirez00@aol.com

TREASURER & REGISTRAR

Tom Brunson
11 Garret Dr.
West Paterson, NJ 07424
973/279-7153
tbrunson@worldnet.att.net

SECRETARY

Sandy Carosi
9 Charlotte Dr.
Lebanon, NJ 08833
908/236-0086
jcarosi@aol.com

TOP TEN

Ed Tsuzuki
103 Orion Way
Neshanic Station, NJ 08853
908/371-9179
etsuzuk@corus.jnj.com

OPEN WATER CHAIRPERSON

Jack Frain
3409 Sandpiper Way
P.O. Box 702
Allenwood, NJ 08720
732/528-8482
jjfrain@hotmail.com

NEWSLETTER

Linda Brown-Kuhn, *Editor*
451 Sweet Hollow Rd.
Bloomsbury, NJ 08804
908/479-1038
lbk@sprintmail.com

Jeanne Coon, *Graphic Designer*
137 Washington St./D1
Morristown, NJ 07960
973/401-1574
jeannecoon137@aol.com

WEBMASTER

Eric Fucito
PO Box 177
Convent Station, NJ 07961-0177
H: 973/903-4677
W: 908/464-0574
NJMasters@msn.com

AD HOC POSITIONS

MARKETING & PUBLICITY

Rick Popper; 973/324-9085
rspopper@yahoo.com

SPORTS NUTRITION

Bridget Coll; 973/783-0854
bridgetcoll@hotmail.com

REGIONAL MEET COORDINATOR

Andrea Luallen; 201/512-1993
Luallea@towers.com

THE SELF COACHED WORKOUT...BUILDING SPEED

By David Grilli

Continuing in our series of advice for the proper training cycle, if you have been paying attention, I have defined the proper training cycle and have described the first phase. Namely the aerobic conditioning phase. If you have bought it so far, I have some more sage advice.

If you have built the proper aerobic base over a span of 6-10 weeks, longer for the sloth-like, shorter for the triathlon training, over achiever, obsessive types. You are ready for phase 2. This is where we will build speed.

Now some people have God given talent for speed. Others can achieve speed through hard work. Yet others will never be fast, no matter what. If you fall into the last category blessed art thou for you shall inherit the distance events. Still, speed training has its place for you. You just won't enjoy it as much.

Speed training involves swimming fast. Makes sense, doesn't it. But it also involves swimming correctly under duress. The proper speed training set will have you swimming fully rested for a fraction of the swim and finish you off by swimming the last part of the set totally exhausted. It will hurt but only for a short period of time. Then you get lots of rest so you can do it again.

My favorite set to achieve this is the broken swim set. Typically I will swim 4 X 200 on an interval that allows for at least 1 – 2 minutes rest between swims. Now during each 200, you will stop for 10 seconds after the first 50 yards, and the second 50 yards. Upon completing the last 100 yards of the 200-yard swim you will note your final time and subtract the 20 seconds of rest time to determine your swim time. On your next 200 vary it by swimming 50 – 100 – 50. Subsequent to that swim 100 – 50 – 50 and finally 75 – 50 - 75, each time trying to shorten your total swim time. It's a challenge for sure. Remember, each break is 10 seconds and make sure your interval allows for a full recovery between swims.

Follow this set with 4 X 100s broken. Again choosing an interval allowing 1 – 2 minutes rest between 100s. Break the 100s up, 25- 25 –50, 25 – 50 –25, 50 – 25- 25 and 25- 25- 25- 25. Each break for this set is 5 seconds. In a similar fashion you want to swim each 100 on a total swim time faster than the previous one. Note: you get extra break on the last swim.

Incorporating this set into a workout should go something like this;

1. Swim a 500 warm up.
2. 4 X 25 kicks on 1:00 (Or an interval that allows some recovery)
3. 4 X 25 swim on :30
   4 X 25 swim on :25
   4 X 25 swim on :20

The stroke and interval is arbitrary. Do your favorite stroke and swim at an interval you can handle that gets progressively faster.

4. 4 X 200 broken
   Easy 100 swim
5. 4 X 100 broken
   Easy 100 swim
6. 8 X 100 IM, rest 15 seconds between swims
7. 8 X 25 on 1 minute

On the first swim take as many breaths as you wish.

On subsequent swims take 6, 5, 4, 3, 2, 1 and finally on the last 25, try to swim without breathing.

— Taken from NEM News, 11/02

DO YOU THINK THERE IS SUCH A THING AS SWIMMER'S HIGH?

I polled a few swimmers to get their opinions about this intriguing question. Read what they have to say and then let me know what you think so I can print more responses in an upcoming issue. If you would like to share your view e-mail (lbk@sprintmail.com), fax (908/479-1633) or call (908/479-1038) me.

— Linda Brown-Kuhn

Tom Brunson: Yes, I think so, based on the fact that I feel better after I get out of swimming than I did before I got in. That's basically what it amounts to.

Jack Frain: I can't say I've ever experienced a swimmer's high per se, but I've felt very good after certain work-outs. Maybe more so as a stress reliever but not a swimmer's high in my mind.

Millicent Kaplan: Yes I do. But I think you have to swim at least 25 or 45 minutes. And after a while after I've finished my warm-up and I feel like I'm in my rhythm of my stroke and everything is effortless, then I get another 10-15 minutes after my warm-up then I warm down. I feel like a million bucks after I swim. And I do have some mild problems with my back and it really helps my back quite a bit. I feel great after a swim, so I think there is.

Julie Stewart: Absolutely, though I would blame it on endorphins. You have to get a good, hard workout to get up there-a good set, 100 x 100s. No. 10 x 200 is always a good set for me.

Judy Ramirez: Most definitely, especially after a great workout. You come out of that pool and you just feel wonderful even though you know you could be hurting, you're really not. You get that endorphin high, you want to go back into that pool, and you look forward to it. And if you don't go, you actually have an addiction level that if you don't go you end up depressed. So I totally believe that there is a swimmer's high.

Ed Tsuzuki: Absolutely, whether it's based on scientific reasons or not isn't really a concern to me. All I know is that I feel really good after a hard work out. And the amount I feel good is directly related to the amount I've exerted during the workout. That's why I would call it a swimmer's high. If I've just swum leisurely for a long period of time I would not get the feeling. And I'm willing to accept that it may be a mental situation but it doesn't matter. I think that it has something to do with what you're good at. In other words you can exert yourself for a long period of time at something you're not used to doing, for example if I went running for a long period of time there would be no runner's high whatsoever. And likewise if I took two months off of swimming and came back I don't think I would experience swimmer's high then. It takes a while to build up to that level of fitness and then you get that high. So that's why I'm still willing to say it's mental. It's kind of like in a way you're applauding yourself.

Fred Gerlich: You have to put the time in; it's like a second wind. You catch it and you don't enjoy it until after you're tired.

Curtis Miller: Definitely, I get a natural high from swimming. Not all the time. I think most on the ocean after a good ocean swim. I also feel it after a heavy-duty workout where I'm really getting into it. I guess it's one of the reasons we swim.

Paul Cox: I used to believe in swimmer's high until I got older and the aches and the pains outweigh the swimmer's high. Now I don't feel it at all.

Cathy ?: I think you could be confused and think that you're high after you go a very far distance and you have oxygen deprivation and you're dehydrated; you may think you're high.

Ed Eyring: I actually feel better after it's done then while I'm doing it. While I'm doing it, it's like, jeez when is this going to be over? And then when it's over I feel high.

SPORT PSYCHOLOGY: "RUNNER'S HIGH"

IS IT A PERK FOR BEING AN ATHLETE OR EXERCISER?

Is there really such a thing as "runner's high"? Have you heard of it? Have you experienced it? Well, some athletes say that they did — athletes, both amateur and professional, runners and other kinds, including skiers, surfers, cyclists, wrestlers, football players and tennis players have reported it. They claim that after prolonged exercise (e.g., running 30 minutes or longer), a feeling that is good both physically and emotionally would come upon them. Skeptics, however, find it difficult to accept a phenomenon that lacks both a clear definition and scientifically proven causes.

SO, WHAT IS RUNNER'S HIGH?

After extensive study of the phenomenon, Temple University Sport Psychologist Dr. Michael Sachs concluded that runners high is a euphoric state experienced during running, usually unexpected, in which the runner feels an increased sense of well being, an enhanced appreciation of nature, and a transcendence of time and space. But individually reported experiences of such a "state" vary considerably among athletes, ranging from being merely pleasant, to intense joy and euphoria, to experiencing spirituality, to a sense of power and invincibility, to feelings that are similar to the out-of-body sensations induced by drugs, to sexual orgasm. In other words, it covers just about all the feelings that fit the general idea of "feeling good". Not a clear-set definition. And then, there is also the debate about the causes of runner's high.

IS IT PHYSIOLOGICAL OR PSYCHOLOGICAL?

On the physiological side, the suspects are endorphin and serotonin, both of which are glandular chemicals. Researchers have been investigating their relationships with the euphoric feelings associated with exercise.

After being released by the pituitary gland, endorphin attaches itself to specific receptor sites in the brain and affects the brain's perception of pain. For this reason, endorphin is also known as the "natural painkiller". In addition, endorphin also appears to affect mood, memory retention, and learning. Release of endorphin is increased when the body is under stress and pain, e.g., during prolonged exercise. It is unclear, however, if the elevated level of endorphin release is responsible for the positive mood change experienced during an exercise high. First of

Continued on page 4

SPORT PSYCHOLOGY: "RUNNER'S HIGH" *(continued from page 3)*

all, it is too difficult to measure the amount of endorphin released into the brain to distinguish its effect from the effect of other factors. Secondly, the relationship between endorphin and happy feeling is not clear. If endorphin is indeed responsible for mood changes, does it always induce a positive mood or simply a mood change, which can be negative? It is estimated that only about 10% of the people who exercise ever experience a high. There are people who do not experience exercise-related mood changes. Still, there are others who actually report negative emotions during exercise.

Serotonin is another neurotransmitter that helps get messages across nerve cells in the brain. It is found to be affecting a wide range of conditions, including suppressed appetite, migraine headaches, depression, aggression, sleep disturbances, mood shifts, and anxiety. Some drugs, such as Prozac, achieve their mood-altering effect by increasing or suppressing the activity of serotonin in the brain. Now researchers are suggesting that exercise works in a similar way. But since research in this area has just begun, no definite conclusions have been made.

NEXT, PSYCHOLOGICAL FACTORS

On the psychological side, some investigators point out that what make athletes and exercisers feel good are not some brain chemicals, but are an increased sense of self-confidence and an improved self-image. Many people reported that by being physically active they feel stronger, slimmer, firmer, more in control, and more together. Vise versa, a physically active self-image can lead to dramatic changes in people's exercise habits. For example, Dr. Edward McAuley and his colleagues in the Department of Kinesiology at the University of Illinois in Urbana, Illinois, have conducted an experiment, where they made a randomly-selected group of participants feel good about riding stationary bikes by simply telling them that they have a fitness level that is higher than average. Other researchers suggest that exercise makes people feel good because it provides people with a distraction or break from the hustle and bustle of their everyday life.

Studies like the above certainly suggest that psychological factors are at least one source of the pleasant feelings people experience during and after exercise. They do not seem, however, to be able to rule out the possibility of involvement of other factors.

THE COMBO FACTOR

When you get down to it, the cause of runner's high may be a combination of several factors. This is not surprising, considering not only that all sports activities require physical, mental, and emotional involvement, but also that human emotion itself is both psychological and physiological in nature. Studies of the causes of exercise high can help us understand the complex relationship among various factors. For example, how does our mental state affect our physical capabilities? And how does physical exercise contribute to our emotional well-being? Clinical practitioners and counseling professionals will also find significant value in these studies, when they apply the findings to treating patients with exercise addiction or athletes in need of higher motivation. In fact, if physiologists and psychologists can find a way for more people to achieve exercise high, they may just make the greatest contribution to a society that will, as a result, become not only fitter but also happier.

—Excerpted from about.com

"WHY DO YOU DO IT?" *by Paul Kiell*

Answering that age-old generic question can seek no greater playing field than that of the first leg of the Alcatraz Triathlon. Here you will be immersed in the swirling and near Arctic waters that bridge Alcatraz Island to San Francisco's Aquatic Park. And here, like everywhere, you find only partial answers, all right, all wrong, as in the fable of the blind men describing the nature of the elephant, each relating only to the part he could feel.

There are the glib rejoinders such as, "it feels so good when you stop." Or more hackneyed responses proclaiming that it's a microcosm (or a metaphor) for life itself. Maybe you trivialize it calling it—inaccurately at that—an "endorphin high." All of these responses are one-dimensional and flat. None resonate, none sing, none float.

There can be, however, one of those "moments," wrote two-time Olympic marathoner Kenny Moore, "when athletes surrender themselves to effort and are genuinely transformed." That feeling, often at the very end of an all out try, occupies a space no bigger than the head of a pin. Attempts at describing it become shrouded within the myriad mysteries that the faculties of mind and body concoct. We succeed and at the same time fail, to adequately define or explain it. But this year, as I was finishing the swim and was wading in waist high water, I think I found one more piece of the puzzle, one more segment of that elephantine question.

Having reached the inlet protected by man-made barriers shielding the swimmer from the maelstrom that was once a witch's blend of obscuring damp fog, chilling waters and disorienting roiling currents knocking you right-to-left-to-right, in their dissonance rudely slapping columns of water into your face and mouth, there comes a sudden quiet and peace where the end of the odyssey comes into clear sight. Now you could see the faces of people, people who were living that race with us, identifying with the swimmers, known or unknown.

Nearing land where I could start to wade in, I spotted my dear friend (and host), Ralph Paffenbarger. Once before did I see this look on his face. It was the same look of joy, excitement and love he beamed the time his wife JoAnn was playing her cello at an informal recital. Ralph, a pioneer in exercise research, was a one-time leading long distance runner. He once held the age-group record for the 100-mile Transierra trek. Almost 80 now, he has found his athleticism severely limited by illness: my safe completion, my success was his too. His joy reflected out to me, exponentially augmenting my own.

Then there was that race official, a young woman about my middle daughter's age. She was standing in the shallow waters, yards before actual sandy shore. Eye contact was brief. As I ambled past, her gaze tracked me for reasons no doubt other than my sex appeal. Hers had been a look of revelation, excitement and relief. Could it be that she was thinking of her parents or of older friends who might also do this same thing if they'd work at it, discarding all their preconceived sense of limitations?

These are the instants that will linger in memory, those shining moments that are soon to become like fading embers, yet fueled and warmed by the thought that your accomplishment was shared, and that maybe, by example, you did something that did something good for someone else.

TRICKS TO STAYING HEALTHY (PART 1)

by Edward H. Nessel, R.Ph., M.S., MPH, PharmD.

The time spent training and competing must not be wasted or undermined by issues and events that can, for the most part, be prevented. If the athlete is to be true to his or her sport and the ideal of being the very best he or she can be, then what is done outside the athletic venue is just as important (in the grand scheme of things) as what is done in it.

Consequences of Excessive Vigorous Training

Over-Reaching and Over-Training: It is not just logical; it has been physiologically established over the years that an extremely important part of the total training regimen is the R & R (rest and recovery) between exercise or competition bouts. What is done here can make all the difference in performance, both in day-to-day training and at the big competitions. The words "over-reaching" or "over-training" are used to describe the syndromes (signs + symptoms) of negative effects of pushing too hard and/or too often.

The main difference between over-reaching and over-training is the length of time to and the degree to which performance is hindered. This is an important distinction…it is not the overt symptoms exhibited by the affected athlete that dictate the condition…it is the degree to which the performance is diminished. The same symptoms can be experienced with both conditions, but it may only take days to a few weeks to recover to full performance in over-reaching, whereas it can take weeks to months to rid oneself of the over-trained condition.

In addition, different athletes react to the stresses of vigorous training differently. Some exhibit the symptoms of over-training yet are able to race well. Some have little or no symptoms exhibited during practice sessions but race poorly. It has to be both a wise athlete and understanding coach that can spot problems that relate to performance upon demand.

Clues (signs and symptoms) to over-training are several: the overt physical signs of excessive stress manifest as irritability, difficulty sleeping (many times being too tired to sleep properly), walking around with constant body aches, lessened ability to concentrate, susceptibility to colds and other illnesses, and a change in diet (amount and frequency of appetite). According to the International Center for Aquatic Research (ICAR) at the Olympic Training Center in Colorado Springs, CO, to be considered "subjectively stale," as the condition is described, an athlete has to present with at least three of the above.

There are also internal physiologic parameters that hallmark an unrelenting stressful condition: analysis of the athlete's blood would show muscle damage by virtue of the rise in enzymes that would otherwise be contained within the muscles cells (an increase in Creatinine Phosphokinase, lactic Dehydrogenenase,) and urea. An elevated concentration of the hormone, cortisol, is a classic stress marker along with a rise in WBC (white blood cell) concentration which signifies illness.

Also, the effects of over-training in the pool under the "combat conditions" of intense intervals or racing produce a reduction in aerobic (with oxygen) capacity. This can manifest itself as feeling "out of air" too soon within the training or upon racing. We see a shift to anaerobic (without oxygen) physiology rather than the already built-up aerobic capacity.

While the above paragraphs listed some of the physical aspects of excessive training, one must not forget the mental consequences. As over-training becomes situated within our physiology, the mental energy seems to wane. This is a combination of both absolute brain energy depletion (poor glucose supply due to shunting to muscles) and the knowledge that vigorous energy demands will most assuredly be expected. (Fish, for example are prisoners of their environment…they have to swim to survive. We, on the other hand, are all prisoners of our minds…we choose to swim.) The brain of a dedicated athlete does not suffer from short-term-memory-loss; what hurt yesterday and the day before will most assuredly hurt today…with the possibility of even more discomfort as a cumulative effect. Jack Nelson, esteemed coach of the nationally-known Fort Lauderdale Swim Team, is famous for his motivating slogan: "Access to Success is Through the Mind."

Swimmers should take note from this: since glucose is the only fuel the brain can utilize to fully function, it becomes a matter of necessity to replenish same right after practice. In fact, it has been shown physiologically that there is about a two-hour window where (depending upon how one replenishes with the correct food choices) eating can affect the re-supply of glucose and glycogen (its storage form in the muscles and liver) to allow for the energy requirements of a demanding life.

Since carbohydrates (CHO's) usually form a chemical in the brain called seratonin (which has a tranquilizing effect), they need to be balanced with some protein and fats which produce nor-epinephrine and epinephrine (adrenaline)…these act as stimulants and can counteract the drowsy feeling one can get from a carbohydrate load.

Immediate rest from ALL vigorous SPECIFIC training is a must. What works with the older athlete is usually a week off from everything and a change of schedule to allow for MENTAL healing. After a week, some easy cross-training can be instituted such as leisure bike-riding or some relaxed walking in pleasant sensorial surroundings…just about anything that gets the swimmer away from the pool.

A final aspect to help in dealing with continuous vigorous exercise entails an altered energy/caloric intake ratio. As alluded to above, a product that can supply the proper combination of ingredients to help the body re-energize correctly (with little negative effect) would enhance re-fueling and allow for maximal energy output upon the next demand.

NEW RECORD

Hats off to **Bob Hopkins** who broke the Men's 60-64 100 IM SCY record with a time of 1:14.47 at the New Jersey Senior Olympics on 9/21/2002 at the Freehold YMCA.

CATCHING UP WITH...MATT BIONDI

Matt Biondi, the fantastic swimmer who won a record-tying 11 Olympic swimming medals (eight gold, two silver, one bronze) from 1984 through '92 and set 12 world records along the way, has gladly distanced himself from swimming in the past few years.

He is now, Mr. Biondi, math teacher. In 2000 he earned a master's in teaching from Lewis & Clark College in Portland and since last fall has taught at Parker School, which has 126 students in grades seven through 12, in Kamuela, Hawaii. Raised in Maraga, Calif., and a graduate of Berkeley, Biondi chose to teach in Hawaii because his wife, Kirsten, is from Oahu. The couple live in an 800-square-foot house with their two children (Nate, 3, and Lucas, two months), and Matt rides his bike a quarter mile to work.

When asked to recount his swimmer career, Biondi does so with a trace of weariness. In the year before the '92 Games in Barcelona, he says, "I can't tell you how many mornings I got to the pool and stood over the cold water and just had to force myself to drop in." His desire to distance himself from his past is such that when he had two job offers from Hawaii private schools, he chose the school that didn't have a swim team. As for his Olympic medals, after storing them in a bank vault, Biondi donated all of them in '94 to the National Italian American Sports Hall of Fame in Chicago.

One vestige of his former life: Biondi teaches an elective course entitled Personal Excellence, a trimester long version of his old 45-minute motivational speech. His message is," You can't guarantee anything in life. But you can shape it, and you can direct it." He's much happier for having done that himself.

—Excerpted from a Sports Illustrated piece by Bill Syken, 10/28/02

AGING UP

This December ten swimmers move up to the next age group. Happy birthday to:

Thelma Raniero	65	Kelly Conklin	50
John Ruman	65	Richard Marquand	50
John Hunt	60	Holly Houston	50
Carol Zanoni	55	James Wood	40
Richard Wallace	55	Mary Sheehan	30

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

Bridgewater Pool/Somerset Valley YMCA Contact: Don Fink 973/379-8884, Workouts T & F at 8pm.

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 at swimbanks@earthlink.com or www.lhymasters.tripod.com\lhyms.html

Monmouth SwimHawks Monmouth University, West Long Branch Workouts are T, H & Sun mornings from 7am-8am. Call Murray Simon at 732/263-5601 or email msimon@monmouth.edu.

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, & Sat., 11:30-1:30pm.

Stevens Sting Rays Contact: Mark Welsh in Hoboken at 201/216-5590 or mwelsh@stevens-tech.edu Workouts are M, W, F 7-9pm, T & H 6-7:30am, and Sun. 9-11am.

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

West Morris Area YMCA Contact: Bob Hopkins at 973/729-3686.

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.

Hoboken Contact: Jean Magnier at 201/519-0206 or jmagnier@yahoo.com Team swims T & H 7:30-8:30pm

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.

Montclair Masters Contact: Omar Cruz, Montclair YMCA, 25 Pine Street, Montclair, NJ 07043; 973/744-3400x109. Workouts held M, W 6-7 pm, F 6:30-7:30 pm.

Princeton Area Masters Contact Paul Mucciarone, evenings at 609/655-0997 or at pfmooch@hotmail.com or contact Princeton Recreation Dept.; 609/921-9480 and ask for Katie Herlihy. Workouts are M through F 5-6:30 am at Princeton University in the new DeNunzio Pool.

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, X 2256 (W), swimphil@optonline.net

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

MEET CALENDAR

DECEMBER 7 & 8

SCM ZONE CHAMPIONSHIPS, RUTGERS UNIVERSITY Contact Ed Nessel; ednessel@aol.com or 908/561-5339.

MEETS OUTSIDE OF NEW JERSEY

DECEMBER 8

TERRAPIN MASTERS 1000/1650 MEET, UNIVERSITY OF MD. Contact David Diehl, 12511 Littleton St., Silver Spring, MD 20906; 301/946-0649 (H, before 9 pm) or 301/314-5372 (W).

DECEMBER 8

SCY MEET, READING, PA. Contact Kris Danner; 610/378-4733.

DECEMBER 14 & 15

NEW ENGLAND SHORT COURSE METERS CHAMPS, WHEATON COLLEGE, NORTON, MA. Contact Ed Gendreau, 603/742-7850 or egendreau@earthlink.net. Meet information on www.greatbaymasters.org/02scmchamp.html

DECEMBER 31

SWIM IN THE NEW YEAR 2003 WITH TERRAPIN MASTERS, UNIVERSITY OF MD. Contact Bob Lazzaro; 410/442-7649, brlazz@aol.com

FEBRUARY 2

NH MEET, EXETER, NH. Contact Tracy Grilli 603/437-1375 or tracyswims@mindspring.com.start

FEB. 15-16

VIRGINIA MASTERS WINTER INVITATIONAL, MIDLOTHIAN VA. Contact Nancy Miller; 804/320-2143 or nancymillr@aol.com.

MARCH 1 & 2

MARYLAND MASTERS WINTER MEET, UNIVERSITY OF MD. Contact Barbara Protzman, swimbarb@htomail.com

CHAMPIONSHIPS

DECEMBER 7 & 8

SCM ZONE CHAMPIONSHIPS, RUTGERS UNIVERSITY. PISCATAWAY, NJ. Contact Ed Nessel; ednessel@aol.com or 908/561-5339.

APRIL 11-13

COLONIES ZONE SCY CHAMPIONSHIP, GEORGE MASON UNIVERSITY IN FAIRFAX, VA. Entry deadline is 03/28.

MAY 15-18

SCY NATIONALS—ARIZONA STATE UNIVERSITY, TEMPE, AZ. Contact Mark Gill; 480/775-1485, gill@asu.edu, 202 E Baseline Rd., #146, Tempe, AZ 85283.

AUGUST 14-17

LCM NATIONALS—RUTGERS UNIVERSITY , PISCATAWAY, NJ Contact Ed Nessel; ednessel@aol.com, 908/561-5339.

2004 WORLDS—RICCONE, ITALY

FASTLANE

NJ LMSC
451 Sweet Hollow Road
Bloomsbury, NJ 08804

STAMP

ADDRESS: