

FASTLANE



2002 RULE BOOK ONLINE

Don't all head for your computers at once when you read this, but the 2002 USMS Rule Book is available online. You can access to the Rule Book to download, print out the technical rules or just browse at <http://www.usms.org/rules/> ☺

NEW JERSEY MASTERS SWIMMER GOES PROFESSIONAL

Tiffany Sawin (25 years old) who is a very, very fast swimmer has recently quit coaching at Villanova and become a "professional open water swimmer."

She's competing in three "FINA Marathon World Cup" events in February, all of which are in Argentina. The distances are 88 Km, 55 Km, and 57 Km, respectively. The website for this is: http://fina.org/wcupmaraswim02_Details.html

Nice work if you can get it. Good luck, Tiffany! ☺

WORTHY WEBSITE

Lorna Morehead and Julie Stewart told me about a unique website dedicated to improving swimmers' training and I think it's worth a mention here. The site is www.SwimmingCommunity.com. You can create a custom training program, compete online, track your workouts, track your race times and compare to your peers, join a team, and analyze your training. You can keep a swim log as well as bike, run and dry land logs. They have what they call a Statistics Builder that lets you:

- Define trend reports by day, week, month or year to analyze all aspects of your training through the season or over the years.
- Include any or all teammates in your reports so you can compare your training to those you know.
- Report on peers — People who are similar to you based on your own definitions.
- Combine information from swimming, running and biking logs along with swim race times and run and bike training times. By combining training and performance on one report you can better assess the impact that variations in training have on performance.

I will say that though I haven't plugged myself into the site yet, I think there is a learning curve. But the site seems well thought out and it looks like they make it easy for you to get any questions answered. This website could be a lot of fun and a valuable training tool especially for those swimming on their own. ☺



100 100'S

Get ready, get psyched for this famous, or is it infamous, event. The 100 100s will be held at the Rutgers University pool on February 10th from 8 am-12 pm, long course. If you have any questions, contact Julie Stewart at 908/598-0589 (H) or jstewart10@csi.com ☺



TEAM GOING TO YMCA NATIONALS

Ed Nessel is taking a team of swimmers to the YMCA Masters Nationals in Ft. Lauderdale April 18-21. If you're interested, contact Ed at 908/561-5339 or ednessel@aol.com ☺

FREESTYLE CLINIC SET FOR FEBRUARY 9TH

Ed Nessel will hold the first of a series (5 sessions) of clinics on February 9 from 1-5 pm. The focus will be freestyle with a discussion about nutrition for swimmers. During each session, clinic attendees will be in the classroom for an hour to discuss the topic of the day and to see a video. The rest of the time will be devoted to in-pool instruction, practice and underwater videotaping of each swimmer for them to keep for reference.

The cost is \$20 for one session, \$15 if two or more are attended or \$65 for all five sessions. For more information or to sign up, contact Ed at Ednessel@aol.com or 908/561-5339. ☺

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THIS IS YOUR LAST
FASTLANE, IF YOU HAVE
NOT RENEWED YOUR 2002
NJ LMSC MEMBERSHIP!!!

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WHAT MASTERS SWIMMERS NEED TO KNOW ABOUT GERD

Do you have one or more of the following on a continuous basis?

1. Heartburn/ severe chest pain
2. Indigestion / bloating/ gas
3. Food regurgitation (better known as a "wet burp")
4. Difficulty or pain in swallowing, choking
5. Chronic sore throat, hoarseness
6. Hiccups
7. Nausea
8. Coughing attacks occurring over a period of several weeks
9. Excessive dental erosion/gum decay
10. Asthma
11. Sleep apnea, restless sleep, morning headaches
12. Pregnant
13. Diabetes
14. Genetic susceptibility — parents, brothers and sisters with heartburn

You just might have Gastro Esophageal Reflux Disease (GERD). Forty four percent of the population experience (at least once a month) symptoms of GERD, 14% weekly and 7% daily...this is from Harvey Simon, MD and John Godine, MD, PhD, both of Harvard and Mass Gen Hosp..

Unfortunately for swimmers, the sport symptoms occur more easily than with other sports because we swim horizontally. If you have several of these symptoms, make an appointment with your doctor. You want an evaluation of the condition of the stomach, esophagus, and throat. Over time, GERD is not just some minor discomforting occurrence;

it can kill. The following list should be used as a guideline for daily use:

1. No chocolate, spices, coffee (regular or decaf), carbonated drinks.
2. No heavy meals or meals 3 hours of bedtime.
3. Lifting heavy weights and/or intense abdominal exercises (on a full stomach).
4. No tight clothing. Lose weight.
5. Raise the head of your bed 6 inches higher than the other end.
6. Sleep on you LEFT side.
7. Before swimming, take Gaviscon, and an antacid like Mylanta Extra Strength.
8. Do not try and deal with the discomfort in a "macho" fashion. Putting up with discomfort or pain seems to come with athletic training, but this type of discomfort can kill if not diagnosed and treated properly.
9. Some products sold over the counter (otc) like Pepcid AC, Zantac 75, and Tagamet do offer relief from GERD especially at bedtime, but someone who treats himself (without seeking out proper medical advice) has a fool for a patient.

If you would like additional information, a more comprehensive article by this author is available at the following link. <http://www.spma.net/GERDS.htm> ☎

*Ed Nessel, PhD, R.Ph, M.S. MPH
Head Coach, Garden State Masters, Rutgers University Masters
USMS Sports Medicine Committee
Masters Coach of the Year
ASCA Level 5*

PREGNANT WOMEN ROCK IN THE ONE HOUR SWIM

It's been said that hard core swimmers are really dedicated to their sport and here is some proof. Georgia Woods of New England Masters (NEM) recorded 2,975 yards in the one hour swim on the evening of Wednesday January 2nd and then a little more than 24 hours later gave birth to a beautiful baby boy. The actual time of birth was around midnight on Friday January 4th. I correctly reported that she held the New England Masters title for shortest time between completion of the One Hour Swim and giving birth. That record stood for less than ONE DAY! Later that day, Carol Prescott, of Great Bay Masters, completed the One Hour Swim recording 3000 meters (converted to 3,280 yards) and then went to the hospital for an ultrasound. Less than seven hours later, she delivered a healthy baby boy. I hereby declare Carol the new record holder. Congratulations to both new mothers and their new NEM One Hour Swim baby boys. (I wonder if Florida Maverick Masters has the One Hour Swim T shirts available in extra small).

— From Mike Laux of CT Masters

TOP TEN INNOVATIONS IN THE SPORT OF SWIMMING THAT HAVE LED TO FASTER TIMES

by Roger Von Oech

Over the past fifty years, swimming times have dropped significantly. There are many reasons for the progress made in the sport; better understanding of diet and nutrition, improved strength and flexibility programs, and more hydrodynamically efficient swim apparel designs have all played a role. I believe, however, that the "Top Ten" swimming innovations are the following:

10. Changes in the start. Diving underwater from starting blocks in freestyle events, and emerging with greater speed. Prior to the mid-1970s it was considered good form to "smack" the water on one's stomach and begin swimming as soon as possible. Probably worth 0.5 second in a sprint 50. "Downward-angled" starting blocks have further aided the development of this innovation. A parallel innovation for the backstroke start has been underwater dolphin kicking for prolonged distances (up to 35 meters). Popularized by David Berkoff in 1988 who set a world record in the 100 meter backstroke. FINA has since limited the distance to 15 meters.
9. Improved swimming pool design — e.g., better gutter systems, wave suppression, deeper pools, more effective lane lines, and clearer water — has greatly contributed to faster times.
8. Improved technique in all four strokes. Better understanding of body position. Emphasis on hydrodynamics. Partly due to use of flumes for digital stroke analysis; also, high-speed, hydraulic towing systems, to teach the feel of speed and importance of position.
7. Widespread adoption of age-group swimming beginning in the 1950s and 1960s. Provided stroke fundamentals, training, and experience to many young middle class children — who went on to swim at the high school and college levels.
6. Change in rules. Interpreting the breaststroke arm recovery to mean an "an-out-the-water" arm recovery in the 1930s and 1940s. This technique was significantly faster than the "in-the-water" arm recovery. This led to the creation of a new stroke — the butterfly — which became an Olympic event in 1956. (More recent rule changes in breaststroke allowing the head to go completely under have created a faster stroke.) Also, rule changes in turns have impacted times. "Hand touch on wall" rule for freestyle was dropped in 1964. This allowed for faster flip turns farther from wall. The adoption of the rule allowing "roll over on stomach" for front flip turns in backstroke in the early 1990s has dropped times in backstroke events.
5. Shaving of body hair just prior to major meets. Psychologically and physiologically exhilarating.
4. Elimination of amateur rules for swimmers. Allowed elite swimmers to prolong their careers past college. Redefined what "old" is for the sport. Also important is the support of sponsors—for the sport as a whole (e.g., Phillips 66), clubs (e.g., Mission Viejo), and individuals (e.g., Speedo). (Of course, nothing quite compares to the "State sponsorship" the East German government provided for its swimmers in the 1970s and 1980s.)
3. Widespread implementation of Title IX to NCAA sports programs. Allowed members of an entire gender (in the US) to significantly prolong their swimming careers after high school.
2. Overtraining followed by an extended tapering period (2-8 weeks depending on the athlete) prior to major competition. This technique only began to be fully understood and improved on beginning in the 1950s. This innovation placed great emphasis on the role of the coaches in knowing and motivating their athletes. Also, an important part of the (over) training process consisted of innovations in swim set design, and better understanding of complete workout program, e.g., different types of themes and workout emphases.

and, finally, drum roll please...

1. Invention of the small lightweight binocular goggle (late 1960s). This piece of equipment allowed swimmers to significantly increase their distance per workout, thus leading to overall better conditioning. Prior to its invention, most workouts were shorter than 3,500 yards because of eye irritation. Compare the world record in 1964 for the men's 1500 (about 17 minutes) and the record for the same distance in 1976 (about 15 minutes). Much of the time drop in this event — and others — is, I believe, the result of the improved conditioning made possible by goggles.

— From the Stanford Masters newsletter, 9/01 issue. Check them out at www.stanford.edu/group/masters/



February Fitness Challenge 2002



Purpose: To promote fitness through aquatics by encouraging participants to visit the pool regularly and to track results over a monthly period.

Host: Tualatin Hills Barracudas, Beaverton, Oregon

Rules & Eligibility: Use of training aids and equipment **IS** permitted. You must be at least 18 years of age.

Three Challenges: We have three challenges: 1) count your yardage; 2) count your days; and 3) count the number of people in your group.

Group Participation: To be eligible for one of the top Group Participation Awards, groups must send entries together, in one packet. Groups may consist of individuals who do either challenge. Please specify the group name and contact person. There is no additional fee.

Recording Results: Beginning February 1, 2002, record on the form below: either the number of **yards** completed each day (for lap swim, jog-a-lap, etc.), OR the number of **days** you visit the pool for an aquatic fitness activity (e.g. water aerobics, etc.). PLEASE BE AS ACCURATE AS POSSIBLE!

Conversions: To convert meters to yards for yardage counting, add 10% to the meter distance to obtain the yard distance.

Monthly Totals: At month's end, add daily results to obtain monthly total.

Caution: Use caution when attempting to improve fitness level. Increases in activity should be gradual over an extended period. If you have any questions or concerns, please consult your physician.

Age Groups: 18-24, 25-29, 30-34...etc., (in five-year increments). Age is determined by your age on February 28, 2002.

Awards & Results: All participants receive final results and an achievement certificate. Three female and three male lap swimmers in each age group with the highest monthly totals receive awards. Please allow at least 30 days after deadline for mailing of results and awards.

Group Awards: The top three groups with the largest number of participants will receive special awards.

New Group Award: This year the group with the top total yardage will receive a special award.

Entry Fee: \$8.00 for one individual challenge. Select either "Counting Yardage" or "Counting Days" on the form (below). If you would like to do both individual challenges, select "Both" and add \$4 to your entry fee. All fees payable to **Tualatin Hills Barracudas**.

T-Shirts & Caps: \$14.00 for short sleeve, 100% cotton T-shirts, with the 2002 Fitness Frog. Custom Latex swim caps with frog logo available for \$4.00.

Entry Deadline: Entries must be RECEIVED by March 17, 2002. Late Entries will not be accepted.

Entry Procedure: Send form below and fees to:

February Fitness Challenge
16055 SW Walker Road #126
Beaverton, Oregon 97006

e-mail: FebFitness@swimoregon.org

web page: <http://www.barracudas.org>



International Entries: \$8.00 additional postage fee required; mail early to ensure arrival by entry deadline.

Workout/Fitness Brochure: Send self-addressed stamped envelope for a special February Fitness Challenge Workout Brochure. This year's brochure features swim workouts and fitness information written by the Barracuda Coaching Staff and a Fitness Expert.

February Fitness Challenge 2002: Entry Form (please Print)

NAME: _____ AGE(as of 2/28/02) _____ SEX: _____

ADDRESS: _____ CITY _____ STATE _____

ZIP _____ COUNTRY _____ PHONE _____

E-MAIL _____ NAME OF GROUP _____

Select Your Challenge(s) (please check one): 1) Counting Yardage _____ 2) Counting Days _____ 3) Both _____

Yards/Days		Yards/Days		Yards/Days		Yard/Days	
FRI FEB 1	_____	MON FEB 11	_____	THU FEB 21	_____	MON FEB 25	_____
SAT FEB 2	_____	TUE FEB 12	_____	FRI FEB 22	_____	TUE FEB 26	_____
SUN FEB 3	_____	WED FEB 13	_____	SAT FEB 23	_____	WED FEB 27	_____
MON FEB 4	_____	THU FEB 14	_____	SUN FEB 24	_____	THU FEB 28	_____
TUE FEB 5	_____	FRI FEB 15	_____				
WED FEB 6	_____	SAT FEB 16	_____				
THU FEB 7	_____	SUN FEB 17	_____				
FRI FEB 8	_____	MON FEB 18	_____				
SAT FEB 9	_____	TUE FEB 19	_____				
SUN FEB 10	_____	WED FEB 20	_____				

MONTHLY TOTALS = _____ YARDS/DAYS

Signature: _____ Date _____
(I attest that the above results are accurate and true)

Fees:	Entry Fee	\$ 8.00	_____ (required)
	2nd Challenge	\$ 4.00	_____ (optional)
	T-Shirt	___ x \$14.00	_____ (optional)
	*Circle T-shirt size (s): S M L XL XXL		
	Swim Cap	___ x \$ 4.00	_____ (optional)
	International Fee	\$ 8.00	_____ (outside US)
	Total:	_____	(US funds only)
	(please make checks payable to Tualatin Hills Barracudas)		

Colonies Zone Short Course Yards Championship - April 19 - 21, 2002

Sponsored by Terrapin Masters &
University of Maryland Campus Recreation Services
Don't miss the opportunity to compete in one of the finest
natatoriums in the country at the UNIVERSITY OF MARYLAND.

POOL: WE WILL BE USING TWO SEPARATE 8 LANE COURSES

- 9 ft wide lanes, all deep water on both courses (minimum 8 ft deep)
- Colorado timing on both courses with all 16 lanes displayed
- Separate 25 yd x 25 yd warm-up/warm-down pool

SANCTIONED: by Potomac Valley LMSC for USMS, Inc. (Sanction Number 102-001)

RULES: 2002 USMS Rules and Regulations will apply. *NO DIVING DURING WARM-UP and COOL DOWN* (USMS Rule 102.4.2 will be enforced).

ENTRIES: All swimmers must be registered with USMS and must send a copy of their USMS card with their entry. **ENTRIES MUST BE RECEIVED BY MONDAY APRIL 1st, OR POSTMARKED NO LATER THAN WEDNESDAY, MARCH 27th. NO DECK ENTRIES.** Competitors may enter up to a maximum of five (5) events per day, plus relays. Positive check in for the 1000/1650 and 400IM will be no later than 6:45pm, Friday evening.

RELAYS: *Relay Deck Entries will be accepted* prior to 8:00am each day and *positive check in for pre-entered relays will be required* by 8:00am on the day of the relay. Use the Relay Entry Form for all relays.

SEEDING: The meet will be seeded slow to fast. "No time" entries will be seeded in slowest heat. **All EVENTS 400 YARDS AND GREATER AND RELAYS REQUIRE POSITIVE CHECK IN AND WILL BE DECK SEEDED.** Please provide your own counters for the individual events of 500 yards or longer

SCORING: All individual events will be scored 9-7-6-5-4-3-2-1, relays 18-14-12-10-8-6-4-2

AWARDS: *Terrapin Masters Medals* will be given to the first three places in each age group and sex. Ribbons awarded for 4th through 8th. Ribbons for 1st through 8th for all relays. Special Championship awards to the top two (2) highest scoring teams.

ENTRY FEE: \$5 per event plus a \$15 surcharge. Relays are \$15.00

HOST HOTELS: Inn & Conference Center 800-727-8622(\$79); Holiday Inn Greenbelt 800-280-4188(\$79); Greenbelt Marriot 800-228-9290(\$99); Comfort Suites 800-628-7760(\$89). The cut-off date (in most cases) for the rooms at these rates is 3/21/01. Please be sure to reserve your rooms early and identify yourself with the Colonies Zone Masters Swimming Championships.

DIRECTIONS: From the Beltway (I95/495):

- Take Rte. 1 South toward College Park;
- From Rte. 1, bear right onto Rte 193 (University Blvd) going West;
- From Rte. 193, make a U Turn at Stadium Dr. and drive back approx. mile to Terrapin Trail
- Turn right at Terrapin Trail and park in garage (next to new Basketball Arena);
- Use elevated Walkway from garage to Recreation Center (on right after walkway);
- Go up the stairs to front entrance.

PARKING RULES: Parking in the Arena Garage is free after 4pm on Friday and all day Saturday/Sunday. Parking at the meters behind the Recreation Building is free on Saturday/Sunday but not on Friday. Parking in Lot 2 is controlled at all times. Handicap parking is available in front of the Recreation Center.

Colonies Zone Short Course Yards
Championship - April 19 - 21, 2002

*******OFFICIAL ENTRY FORM*******

USMS # _____
CLUB NAME _____
ADDRESS _____
CITY/STATE/ZIP _____
PHONE _____
DATE OF BIRTH _____ AGE _____ SEX _____

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

DATE _____ SIGNATURE _____

MAKE CHECKS PAYABLE TO - TERRAPIN MASTERS

MAIL TO - David Diehl, 12511 Littleton St., Silver Spring, MD 20906
Call 301-946-0649 (H) *before 9pm please* or 301-314-5372 (W) if you have questions

Make check payable to:
TERRAPIN MASTERS

Meet Fee (required of all swimmers).....\$15.00
Event Charge \$5.00x ____ Events.....____
Relays \$15.00x ____ Relays.....____
Results Mailed (\$5.00).....____
Meet T-Shirt: Circle S-M-L-XL - ____x\$15.00.....____
TOTAL ENTRY FEE:\$

Colonies Zone Short Course Yards Championship - April 19 - 21, 2002

****OFFICIAL ENTRY FORM****

Friday, April 19, 2002 (Warm-up at 6:00pm – Starts at 6:30pm)

<u>Event #</u>	<u>WOMEN</u> <u>Seed Time</u>	<u>Event</u>	<u>MEN</u> <u>Seed Time</u>	<u>Event #</u>
1	_____	400 IM	_____	2
3	_____	1000 Free > (choose	_____	4
5	_____	OR 1650 Free > one)	_____	6

Saturday, April 20, 2002 (Warm-up at 7:00am – Starts at 8:00am)

7	(use relay form)	400 Mixed Free Relay	(use relay form)	7
9	(use relay form)	200 Medley Relay	(use relay form)	10
11	_____	200 Breast	_____	12
13	_____	50 Back	_____	14
15	_____	200 IM	_____	16
17	_____	100 Free	_____	18
19	_____	200 Back	_____	20
21	_____	50 Breast	_____	22
23	_____	100 Fly	_____	24
25	(use relay form)	800 Free Relay	(use relay form)	26
27	(use relay form)	200 Mixed Free Relay	(use relay form)	27
29	(use relay form)	400 Medley Relay	(use relay form)	30

Sunday, April 21, 2002 (Warm-up at 7:00am – Starts at 8:00am)

31	_____	500 Free	_____	32
33	(use relay form)	200 Mixed Med Rel	(use relay form)	33
35	(use relay form)	200 Free Relay	(use relay form)	36
37	_____	100 Back	_____	38
39	_____	50 Fly	_____	40
41	_____	200 Free	_____	42
43	_____	100 Breast	_____	44
45	_____	200 Fly	_____	46
47	_____	50 Free	_____	48
49	_____	100 IM	_____	50
51	(use relay form)	400 Free Relay	(use relay form)	52
53	(use relay form)	400 Mixed Medley Relay	(use relay form)	53
55	(use relay form)	800 Mixed Free Relay	(use relay form)	55

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**United States Masters Swimming Local Masters Swimming Committee for New Jersey
2002 Membership Application**

Registration Status: New Registration: _____ or Renewal: _____ 2001 USMS Registration Number (if known): _____							
Last Name				First Name		MI	
Mailing Address							
City			State		Zip+4		
Home Phone Number			E-Mail Address				
Work Phone Number			Date of Birth: Month	Day	Year	Age	Sex
Team Affiliation: GSM (default) BERK		Workout Group Affiliation (or Swim Location):					

Note: if unsure of your workout group, after referring to NJ's [workout group list](#), enter your usual practice location.

Note: Birthdate and Waiver Signature are REQUIRED for registration.

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition I agree to abide by and be governed by the rules of USMS and NJ-LMSC.

Signature: _____ **Date (mm/dd/ccyy):** ____/____/____

Registration and benefits of membership from this application will expire on December 31, 2002.

Benefits of membership include: A subscription to **SWIM** Magazine and **The Fast Lane** (newsletter) during the length of the membership year.

USMS Registered swimmers are covered with secondary accident insurance.

- 1) In practices supervised by a USMS member or USS certified coach where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

USMS + NJ-LMSC 2002 Registration Fee: \$31.00 (\$21.00 after 8/31/2002)	Enter	
amount=>		
I wish to contribute \$1.00 (or \$ _____) to the United States Masters Swimming Foundation. I have added this amount to my registration fees		
I wish to contribute \$1.00 (or \$ _____) to the International Swimming Hall of Fame Foundation. I have added this amount to my registration fees		
Deduct \$10 (\$5 after 8/31/2002) from registration fee to eliminate hard copy mailing of the newsletter. A valid e-mail address is required to receive notification that a new issue is available at http://www.gmswim.org		
Total Amount Enclosed		

Submit this form, along with a **check for Total Amount** (including any additional charges for caps, ISHOF or USMSF; less e-mail newsletter discount, if applicable) made payable to **NJ-LMSC** to: **Thomas L. Brunson, 11 Garret Drive, West Paterson, NJ 07424**

AGE-PROOF YOUR REFLEXES

EXERCISE CAN SHARPEN REACTION TIMES

From driving a car to cooking in the kitchen, good reaction times can make daily activities easier and safer. Most people assume that slower responses are an inevitable part of aging, but that may not be true. New research suggests that you can actually prevent the decline of reaction time and stay sharp through exercise.

When researchers tested the fitness levels of 40 men, ages 20 to 80, they found that fit adults had sharper reactions than those who were less fit. Researchers think that exercise may quicken your responses by boosting circulation and delivering more oxygen to the brain, which sends signals to your muscles to move.

"We need more studies, but it looks like you can take action to minimize declines in reaction time," says study author Jennifer Etnier, PhD, of Arizona State University in Tempe. To gain maximum benefits, she recommends aiming for 30 minutes of aerobic exercise such as walking and cycling at least 3 to 5 days per week. ☺

—by Mark Anders, taken from 2/02 issue of Prevention Magazine

AGING UP

This February, five swimmers move up to the next age group.

Happy birthday to:

Dagmar Haggerty	60
Steven Treble	50
Robert Todd Lincoln	45
Amy Wojslawowicz	25
Heather Klein	25

**"I'M NOT LOOKING FOR PERFECTION.
I'M LOOKING FOR THE BEST IN ME."**

—MARTINA NAVRATILOVA

TAKEN FROM JAN/FEB 02 ISSUE OF WEIGHT WATCHERS MAGAZINE

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

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

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. 11:30-1pm.

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.

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 M-F, 5-6:45am, 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

MARCH 23

UNOFFICIAL TEAM CHAMPIONSHIP MEET, Ocean County Y. Tentative date. Details to follow.

MEETS OUTSIDE OF NEW JERSEY

FEBRUARY 16-17

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

FEBRUARY 23-24

MARYLAND MASTERS 25TH ANNUAL WINTER MEET, University of MD, Catonsville, MD. Contact Barbara Protzman; 410/788-2964 (H) (long distance phone calls returned collect.); swimbarb@hotmail.com No deck entries, deadline 2/15.

MARCH 16-17

MARCH MADNESS, Asphalt Green, NYC. Contact Stobhan Griffin; 212/369-8890, X215 Tues-Fri, 11-12; SGriffin@asphaltgreen.org or check the website www.asphaltgreen.org

MARCH 17

BILL CRAWFORD MEMORIAL WINTER CLASSIC, Villanova University Pool, PA. For entry, contact Linda Brown-Kuhn, 908/479-1038, lbk@sprint-mail.com. For questions contact Stephanie Walsh; 610/293-0527 (days), stephswim1@aol.com.

APRIL 6

2002 ALBATROSS OPEN, Montgomery Aquatic Center, Bethesda, MD. Contact Helen Beven; 301/897-2947, hbevenintheusa@cs.com. For entry: <http://www.pvmasters.org/entry.htm>

MAY 26

JIM McDONNELL 2-MILE SWIM, Lk Audubon, Reston VA. Contact Phyllis Sickenberger, 1807 Post Oak Tr., Reston, VA 20191; 703/845-SWIM, pbbberger@aol.com. For entry: <http://restonmasters.org/comp/2miow.htm>

APRIL 5-7

NEW ENGLAND CHAMPIONSHIPS, Harvard University's Blodgett Pool, Cambridge, MA. Meet information and entry forms can be found at: www.swimindex.com/meets/2002/nem-scy/

APRIL 18-21

YMCA MASTERS NATIONAL CHAMPIONSHIP, Ft. Lauderdale, FL. Email: dmurray363@aol.com. For entry: www.ymcaaswimminganddiving.org/2002Masters/Flyer.pdf

APRIL 19-21

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

MAY 14-17

USMS SC CHAMPIONSHIPS, Hawaii. Contact Amy Patz, U of HI Swimming, 1337 Campus Rd., Honolulu, HI 96822; 808/956-7510; patz@hawaii.edu

AUGUST 2002

USMS LC CHAMPIONSHIPS, Cleveland

CHAMPIONSHIPS

MARCH 24--30

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



NJ LMSC

451 Sweet Hollow Road
Bloomsbury, NJ 08804



ADDRESS:



**THIS IS YOUR LAST
FASTLANE, IF YOU HAVE
NOT RENEWED YOUR 2002
NJ LMSC MEMBERSHIP!!!**