

EAST LANE

NJ LMSC ANNUAL PICNIC

Keep September 21 free so you can head to the shore for the annual NJ LMSC picnic and ocean swim. We'll also hold a brief NJ LMSC Executive Committee meeting (open to all) surfside. The location is Seaside Park at J St. and Ocean Avenue. Details will follow in the August/September newsletter. ☺

OUTDOOR TRAINING PROGRAM

Ed Nessel will run a Masters Swim Training program this summer at the Rahway River Park Pool (50 meter) from June 24 -August 15th. Practice is Monday through Friday, 6-7:30 am and Saturdays 7-9 am. The cost for the entire season is \$275, \$40 per week and \$8 per practice. For more information, contact Ed at 908/561-5339 or Ednessel@aol.com. ☺

ANNUAL MEETING AND OFFICER ELECTIONS

This year is your year to get more involved in the inner workings of Masters swimming. We will hold the annual meeting and officer elections on November 3 at a location to be announced. We are always looking for more folks to take part. There will be a workout, meeting and food. The next newsletter will describe all the officer positions. Maybe something will interest you. ☺



RECORDS, RECORDS

New Jersey Masters just keep on setting them. Here's the latest batch: **The following new NJ LMSC records were set for SCY at Colonies Zone Meet, April 19-21 at the University of Maryland**

Men

35-39 Brent Matheson

50 Fly 23.99

100 Fly 53.43

40-44 Oscar Gonzalez

50 Free 22.7

100 Free 50.01

200 Free 1:53.50

60-64 Raymond Loewe

100 Breast 1:13.85

200 Breast 2:45.58

70-74 William Van Pelt

50 Back 35.62

75-79 William Haynes

50 Free 33.03

50 Back 37.91

100 Back 1:28.21

200 Back 3:06.19

100 IM 1:29.72

This record was set at the NJ Junior Olympics, March 15-17 at Rutgers University:

30-34 Curtis Sawin

100 Free 47.09

These new NJ LMSC records were set at the USMS SCY Nationals in Honolulu, Hawaii, May 14-17, 2002.

Women

Luallen, Andrea L. W 36

Fly 50 36 F 27.39

Dolce, Julia W. 92

Free 1000 92 F 28:36.94

Free 200 92 F 4:56.62

Free 500 92 F 13:51.00

Men

Hopkins, Bob M. 60

Free 500 60 F 6:37.52

Back 100 60 F 1:13.94

Back 200 60 F 2:41.05

IM 200 60 F 2:41.66

IM 400 60 F 6:01.38

Loewe, Raymond D. M 60

Breast 200 60 F 2:43.00

Breast 50 60 F 33.66 ☺



SWIMMING: HOW DO YOU MATCH UP?

Ever wonder how you match up physically with elite swimmers? Ready or not, you're about to find out. Below are physical characteristics of male and female U.S. National Team members from 1999-2000 as listed by USA Swimming.

Sitting height is measured by the distance from a seated surface to the top of the head. Arm length is measured from the length of the right arm held straight out from the end of the shoulder blade to the tip of the longest finger, palm down. Height (HT), sitting height (SH), and arm length (AL) are given in inches; weight (WT) in pounds.

	HT	WT	SH	AL
Female	5-8 1/2	146	35 1/2	29 1/2
Male	6-1 1/2	177	38	32 ☺

— From May 02 issue of *The Lane Line*

OPEN WATER SWIM PRACTICES

SUNDAY, JUNE 23 AND SUNDAY, JULY 21 AT 10:00AM

At Jones Beach Field #6 supervised by our AquaFit-Jones Beach lifeguards. Plan to arrive at least 15 minutes early. Park in lot across highway and walk underneath to access beach (closer lot is FULL by 8:15am). Rendezvous at main lifeguard stand. A number of swimmers from other Metro area teams will be joining us. Bring family and friends and make a day of it, especially if it's really nice, warm and sunny out. Wetsuits are recommended for the June swim date. Babysitting available while you swim. ☺

SPEEDY RECOVERY

We wish our buddy, Bridget Coll, fast healing! She recently broke her leg in a biking accident.

We also hope to see Dave Siconolfi back in the water soon after his second knee surgery on the same knee. ☺

INSIDE THIS ISSUE

Page 2	USMS Offers Online Workouts Good Question
Page 3	Study Shows Positive Outcome Across Board
Page 4	10 Myths About Hydration Strong Findings
Page 5-6	Jason E. Nessel Memorial Invitational Entry
Page 7	First Annual Avon Ocean Mile Entry
Page 8	Team Hopkins Vital Stats Nibble Away At Fat Taking the Air out of H2O Peppermint Peps Up Performance
Page 9	Aging Up Places to Swim
Page 10	Meet Calendar

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USMS OFFERS ONLINE SWIMMING WORKOUTS

USMS Coaches Committee Chair, Michael Collins, announced that USMS is posting swimming workouts by three different coaches on the USMS Discussions Forum Section of the USMS website www.usms.org.

The workouts are posted weekly and include interval training for improvement in technique, speed and endurance. The three workout plans are:

OUT OF THE BOX AND INTO THE POOL—CREATIVE WORKOUTS FOR THE IMPROVING SWIMMER BY COACH MO CHAMBERS.

Mo Chambers coaches Masters swimming at the Cathedral Oaks Athletic Club in Goleta, CA. She has created these workouts to keep you thinking and to challenge you to perfect your technique and your level of training. Mo was elected as the 1996 USMS Coach of the Year.

L.A. WORKOUTS BY BONNIE ADAIR AND CLAY EVANS

L.A. swimmers are a fast-paced crowd, often multi-tasking between work, family, play and their swimming workouts. SCAQ- Southern California Aquatic Master Swim Club, in West Los Angeles, utilizes a "one-hour" workout concept and offers 8-10 different workouts each day, morning, mid-day or evening. Workouts vary by "theme" — Distance Free, Mid-distance Free, Quality Free (with a longer distance warm-up), Individual Medley, and Stroke. In the forum, they post five new workouts each week by "borrowing" the best workouts given by their coaching staff. They provide workouts in each workout theme including some quickie 30-minute workouts. They also include tips as how you can get the most out of each workout they post.

SWIM PRACTICES WITH PURPOSE BY MICHAEL COLLINS

Follow the same workout plan as the Irvine Novaquatics Master & Triathletes coached by 1990 USMS Coach of the Year and experienced open water swimmer and triathlete, Michael Collins. Emphasis is on stroke mechanics and conditioning to race faster. Workouts are broken into four groups: Advanced, Experienced, Intermediate and Rookie. Yardage ranges from about 3,500 for the Advanced down to about 1,800 for Rookies. Training is based on preparation for monthly events (swim meets, open water swims, and triathlons), but is still excellent for general conditioning and fitness swimmers. Sets include specific instruction on how to swim the set or what to focus on. ☺

— Taken from LMSC For Virginia newsletter 5/15/02



GOOD QUESTION *By Nancy Snyderman, MD*

Q: After I've stopped exercising, my heart rate doesn't go back down very quickly. What does this mean?

A: The most likely reason for a prolonged elevated heart rate after exercise is that you're not in the best shape. But if you've been exercising regularly and your pulse does not drop by more than 12 beats during the first minute of cooldown (and you haven't been sick recently) see your doctor. You may need an exercise-stress test, which involves running on a treadmill while hooked up to a heart-rate monitor. This will help your doctor assess your heart's internal nervous system, which tells it to speed up or to stay steady depending on your level of activity. Heart-rate recovery is a simple but powerful measure of how well this system is working. If your heart rate does not drop during cooldown, it could be seriously out of whack. For instance, a recent study found that people who have an abnormal heart-rate recovery and also are in poor physical shape are at high risk for heart attack.

Your heart rate shouldn't be considered on its own, though. Your doctor will review it in combination with your overall health and other exercise test findings. If your doctor rules out serious conditions, try sticking to a fitness routine and using a heart-rate monitor to track your progress. ☺

— Health Magazine, Jan/Feb. 2002 issue



STUDY SHOWS POSITIVE OUTCOME ACROSS THE BOARD

By Colette Bouchez, HealthScoutNews Reporter

MONDAY, April 1

(HealthScoutNews) — Exercise is good for your blood pressure — no matter your age, weight, race or gender. And it really doesn't matter whether you get exercise from a brisk walk, a fast run or few laps in the pool; the results are equally as good.

That's the conclusion of a new study published today in the *Annals of Internal Medicine*. Researchers conclude that almost any type of aerobic exercise is an effective tool for lowering blood pressure — and that it works for just about everyone.

"Our report is the most comprehensive study in this area... [it] was able to provide an overall effect of exercise on blood pressure reduction across the board," says study author Dr. Jiang He, associate professor of epidemiology and medicine at Tulane University School of Public Health and Tropical Medicine.

Rather than conduct new clinical trials, He and his group analyzed evidence from many previous trials showing links between aerobic exercise and blood pressure. While many of these studies concentrated on specific groups — such as white men or overweight blacks — by combining all the results and analyzing them in a new way, He was able to show a multi-varied effect of exercise on blood pressure in all groups.

"Our study showed blood pressure reduction in overweight and non-overweight persons, and in blacks, whites, and Asians," says He.

He also found that all types of aerobic exercise work equally well. These include walking, running, jogging and swimming. Aerobic exercise also works for both those taking medication for high blood pressure and those with normal pressure.

While experts don't debate He's findings, some say it's important to note that the effects of exercise were modest at best, with an average per person drop in blood pressure of just 3-to-4 mm Hg. This means that if a person had a slightly elevated blood pressure count of 130 (higher number) over 86 (lower number), the aerobic exercise regimen could lower it to about 125 over 81. The numbers most often cited as normal blood pressure are 120 over 80.

"This can be important for people with borderline hypertension, and when combined with other lifestyle modifications such as a change in diet and quitting smoking, can drop pressure enough to keep some people from having to use medication to control blood pressure," says hypertension expert Dr. Samuel J. Mann, an associate professor of medicine at New York Weill Cornell Medical Center.

But Mann cautions those with extremely high blood pressure not to rely on exercise alone in controlling hypertension.

"Exercise is good for the heart, it's good for the body, it's good for your health and everyone should exercise regularly. Just don't stop taking your blood pressure medication unless your doctor says it's OK to do so," he says.

The new study involved 2,419 adults included in 54 different trials on exercise and blood pressure. All were physically inactive adults who agreed to exercise for a minimum of two weeks. They included Caucasian, Black and Asian men and women, aged 21-to-79 years, normal and overweight adults, and those with both normal and high blood pressure.

All studies utilized aerobic" exercise — activities that increase heart rate and improve the body's ability to use oxygen. Most of the studies involved participating in one or more aerobic activity for 20-to-30 minutes per session, several times a week.

By combining the results of all 54 studies in a process known as "meta analysis," He and his group got an overall view of the effects of exercise on many different groups of people.

The conclusion: On average, exercise helped study participants reduce systolic (top number) pressure by nearly 4 mm Hg, and diastolic (bottom number) pressure by slightly more than 2.5 mm Hg.

According to He, "The blood pressure reduction was slightly greater in persons with high blood pressure" (systolic 4.9 mm Hg and diastolic 3.7 mm Hg) than in persons with normal blood pressure (systolic 4.0 mm Hg and diastolic 2.3 mm Hg). However, he adds that these differences were not statistically significant.

What was significant, however, was that the reduction was accomplished whether people lost weight while exercising, something that was not readily apparent in previous studies.

The one surprising finding: Those in exercise programs lasting longer than six months saw a lesser reduction in blood pressure than those in the shorter studies — a fact that Mann believes has more to do with compliance than anything else.

"When you ask people who don't normally exercise to start exercising, they do so with more frequency at the start of the program, with levels of activity dropping off the longer the program goes on," says Mann, who adds that the key to retaining the pressure-lowering effects of exercise is to simply keep doing it.

And He agrees, adding, "Adults should consider lowering blood pressure [as] one of the many reasons to exercise 30 minutes several times per week," he says.

WHAT TO DO

For more information on the effects of exercise on blood pressure, visit Life Fitness Education.

To learn more about how high blood pressure affects your health, check The Blood Pressure Center.

To learn how diet and other lifestyle modifications can lower your blood pressure, visit The American Heart Association.

SOURCES: Jiang He, M.D., Ph.D., study author, associate professor of epidemiology and medicine, Tulane University School of Public Health and Tropical Medicine; Samuel J. Mann, M.D., hypertension expert, associate professor of medicine at New York Weill Cornell Medical Center, New York City; *Annals of Internal Medicine*, April 2, 2002

TEN MYTHS ABOUT HYDRATION

Athletes are bombarded with information about the importance of consuming fluids. They get it from coaches, trainers, nutritionists, and especially from companies that sell bottled water and sports drinks. Sometimes, the information is accurate, but in other cases it can be inaccurate, misleading, or both. Let's examine some of the most common myths about water and other fluids, starting with the most popular of them all.

1. EVERYONE SHOULD DRINK 8 GLASSES OF WATER PER DAY

This is an oversimplified approach, doesn't take into account individual needs, and may not even be necessary. No one is certain about where that formula originated. The science behind the statement is missing. "Eight glasses (or less) might be adequate for sedentary people," says Nancy Clark, M.S., R.D., author of *Nancy Clark's Sports Nutrition Guidebook*, "but it is probably too little for many athletes."

Clark suggests that you replace water depending on the amount of exercise in which you engage. A general rule is to take in about one quart for every 1,000 calories expended. If that is too difficult to monitor, use these guidelines: 17-20 ounces two to three hours before strenuous exercise; 7-10 ounces ten to twenty minutes before exercise; 7-10 ounces every fifteen to twenty minutes during exercise and 16 ounces after exercise for every pound lost.

2. SPORTS DRINKS ARE ONLY NEEDED FOR ATHLETES WHO EXERCISE FOR MORE THAN 90 MINUTES AT A TIME.

Not according to Newsletter Associate Editor, Chris Rosenbloom, Ph.D., R.D. "Before the explosion of research in the 1990s on fluid needs of athletes prior to, during, and after exercise, it was commonly believed that water was sufficient for fluid replacement. Several studies by respected researchers have documented the critical role of well

formulated sports drinks for athletes who exercise for less than 90 minutes, for those who exercise in hot, humid environments, and for those involved in 'stop-and-go' sports such as basketball and soccer."

3. FRUIT JUICES ARE JUST AS EFFECTIVE AS SPORTS DRINKS FOR REPLACING FLUIDS.

Adds Rosenbloom, "Fruit juices have a high percentage of carbohydrate, which slows down the absorption rate. If you are going to drink juices, their best use is for replenishing glycogen, and they are nutritious as a beverage with meals.

4. ANY NON-CAFFEINATED FLUID COUNTS AS WATER.

"No," says Susan Kleiner, Ph.D., R.D., author of *Power Eating*. "There is an emerging body of research evidence pointing toward positive health effects from drinking at least five-six cups of water per day. Observational data that has controlled for all other health behaviors has shown that men and women who drink that amount significantly decrease their risks for colon cancer, cancers of the urinary tract (especially the bladder), and possibly hormone-related cancers such as breast cancer."

5. ANY AMOUNT OF CAFFEINE IS DEHYDRATING.

"No, again," repeats Kleiner. "Recent research points toward the equivalent of about 2-3 cups of caffeinated beverage having little or no diuretic effect. Other research on six cups of coffee per day (642 mg/day) shows a clear dose response of a diuretic effect leading to a 3% loss of body water and about 1% loss of body weight in fluid."

6. YOU CAN'T DRINK TOO MUCH FLUID.

Yes, you can. It happens rarely and is more likely to affect marathon runners and hikers. Twenty-one runners out of the 5,082 race finishers of the 2000 Houston Marathon developed hyponatremia,

a condition in which the sodium concentration in the blood drops because there is too much water in the bloodstream and not enough excretion of water in urine. Fourteen of these runners had significant hyponatremia and required hospitalization, according to a Reuters news report.

7. LET THIRST BE YOUR GUIDE TO HYDRATION.

Thirst is an unreliable mechanism to determine fluid needs. "Athletes voluntarily replace only two-thirds of sweat losses," says Clark, who is one of the country's most respected sports nutritionists. "Drink according to a schedule, not by thirst." During heavy exercise, the thirst mechanism grossly underestimates the body's need for water.

8. BEVERAGES THAT CONTAIN GLYCEROL ENHANCE ATHLETIC PERFORMANCE.

The positions of the American Dietetic Association and the National Association of Athletic Trainers are that there is not enough evidence to endorse the practice of adding glycerol to fluids as a means of enhancing performance. Not only that, but the ingestion of glycerol can have side effects such as headaches, lightheadedness, and bloating.

9. DRINKING MILK CAUSES STOMACH CRAMPS.

Not unless you are lactose intolerant. Low-fat milk is digested fairly easily, although it is not a great pre-exercise beverage.

10. BEER IS A GOOD SPORTS DRINK.

You wish. It's a terrible sports drink because 1) it has a dehydrating effect, 2) it can adversely affect performance, and 3) it is a poor source of carbohydrates. ☹

—From the 5/02 Lane Line which took it from the Georgia Tech Sports Medicine and Performance Letter, Jan. 2001

STRONG FINDINGS

Among all the reports that Americans are getting fatter—obesity just passed smoking as the most expensive preventable health condition in the United States today—one small piece of good news has bubbled up. When doctors at the U.S. Army Research Institute of Environmental Medicine in Natick, Mass., compared the physical-fitness levels of new recruits in 1978 and 1998, they didn't find the expected downward decline. Yes, young people are about 10% heavier now than they were 20 years ago, but the men are an inch taller, on average, and the women have more muscle. The kids are as fit as they used to be too—or fitter. The men and women had 17% more upper-body strength, and around 9% more strength in their legs. One area in which today's male recruits were neck and neck with yesterday's was in aerobic fitness: Perhaps disco helped keep those '70s kids in shape. ☹

—From 5/02 Reader's Digest

Jason E. Nessel Memorial Invitational

Sanctioned by USMS and the LMSC. Sanction # 072-003

- Date and time:** Saturday, August 3, 2002
Warm-up 7:15 a.m. Deck entries close at 8 a.m. Meet starts at 8:30 a.m.
- Facility:** Rahway River Park Pool is an 8-lane, 50-meter outdoor pool. Diving well dedicated to warmup/warmdown.
- Eligibility:** Open to all USMS-registered swimmers in good standing for 2002; a NJ Registrar will be at the meet.
- Fees:** Meet surcharge: \$10., \$4 per event if pre-entered by July 31, 2002. Deck entries: \$5 per event. Relays: \$8.
- Age group:** Competition will be in 5-year age brackets beginning at the 19-24 age group. Relays = SUM of ages of swimmers.
- Awards:** Custom medals to the first 3 places in each age group per individual event; ribbons 4th through 6th places. There will be individual high-point men's and women's medallions.
A 4-color commemorative participation patch will be given to each relay member and/or can be purchased for \$5 each.
- Director:** Ed Nessel (908) 561-5339 e-mail: EdNessel@aol.com
- Registrar:** Ed Nessel, 10 Irene Ct., Edison, NJ 08820-1024.
(Complete the meet sheet and send to registrar with fees and copy of USMS card.)

MEET CONDUCT

Must be at least 19 years of age and registered with USMS; a horn starting device with electronic timing will be used (except for 50-meter swims). Mixed participation in heats and deck seeding will be used to speed the meet along, as the pool MUST be cleared by 1 p.m. USMS rules will govern. Top-10 times will be submitted (including relays) for properly-registered swimmers. Since the pool has a shallow end, only 4x100 relays will be run with everyone going off the blocks.

DIRECTIONS

If coming from the NORTH, take the Garden State Parkway South to Exit 135 (Westfield, Clark). Once off the Parkway, bear LEFT and follow signs to RAHWAY and "hospital." Go under PARKWAY, and make immediate right onto BRANT Ave. Go straight until light (Westfield Ave.) Turn LEFT onto Westfield Ave. and go through a few lights for about a mile. You will come to a main intersection (ST. GEORGES AVE.) Make a LEFT onto St. Georges Ave. and go 1/4 mile and turn LEFT into RAHWAY RIVER PARK. Go around the park until you come to pool complex on your left.

Third Annual Jason E. Nessel Memorial Invitational

Saturday, August 3, 2002

Rahway River Park Pool

Hosted by Jersey Masters Swimming

Sanctioned by USMS and the NJLMSC. Sanction # 072-003

Name (print) _____ USMS# _____

Street _____ City _____ State _____ Zip _____

Phone _____ Sex _____ Age _____ DOB _____

Enter times in Long Course Meters. Attach copy of USMS card.

#	Event	Time	#	Event	Time
1	50M Freestyle		9	50M Breaststroke	
2	100M Breaststroke		10	100M Freestyle	
3	400M Freestyle		11	50M Backstroke	
4	100M Butterfly		12	400 Medley or Free Relay	
5	200M Ind. Medley		FEES		
6	100M Backstroke		Meet Surcharge	\$10.00	\$10.00
7	200M Freestyle		_____ Events X	\$4.00	\$ _____
8	50M Butterfly		Relay X	\$8.00	\$ _____
			Total Fees		\$ _____
			(Deck entries will be \$5.00)		

>> Make checks payable to: JERSEY MASTERS SWIM TEAM <<

RELEASE FROM LIABILITY- ALL COMPETITORS MUST SIGN

I, the under-signed 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 the 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 DAMAGE 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."

Signature _____ Date _____

TEAM HOPKINS

L-R: Bob Hopkins (60-64), Kevin Hopkins (30-34), Maria Hopkins (30-34), Jim Curd (35-35) Short Course Y Nationals, Hawaii. Twelve more Team Hopkins members came just to cheer.



TAKING THE AIR OUT OF H2O

The trendy oxygenated waters sipped by a growing number of athletes may sound like supercharged thirst-quenchers, but a study by Georgia Tech researchers reveals that much of the oxygen escapes when the bottle is opened. What little added oxygen makes it into your body probably does nothing more than contribute to an expensive belch. ☹

—From Jan/Feb 2002 Health Magazine



PEPPERMINT PEPS UP PERFORMANCE

In the category of “believe it or not,” researchers linked improved performance of physical activities to the odor of peppermint. Forty athletes performed a series of physical tasks under two conditions—without smelling peppermint odor and while smelling peppermint. The peppermint condition resulted in increases in running speed, handgrip strength, and number of push-ups, as compared to the odorless condition, but had no effect on performance of skill-based tasks such as basketball free throws. The performance effect may be linked to the psychological lift the smell of peppermint may provide. Perhaps the invigorating smell lowers ratings of perceived exertion. It may take some creativity to figure out how to capitalize on the ergogenic effect of peppermint odor. Wear a potpourri around your neck? Pocket a bottle of peppermint oil and uncap and sniff when your energy is flagging? The results of the study may be significant enough to make it worth a try. Certainly this is one ergogenic aid in which there is no possibility of ill effects or doping scandal. It should pass the test of even the most stringent purists. ☹

—(Journal of Sport and Exercise Psychology, 2001, Vol. 23, No. 2, pp 156. We took the article from Running & FitNews, 4/02)



VITAL STATS

THE NUMBERS THAT COUNT

Average weight most American women think they should be: 137

Actual weight of the average American woman: 153

Average weight most American men think they should be: 177

Actual weight of the average American man: 189 ☹

—From Health Magazine, 4/02

NIBBLE AWAY AT FAT

Want an easy way to lower your lipid levels? Try eating several small meals throughout the day instead of one or two larger meals. In a study of 15,000 men and women, researchers at the University of Cambridge in England found that people who eat six or more meals a day have cholesterol levels up to 5 percent lower than those of people who eat just one or two meals a day. Even better, the frequent eaters have lower cholesterol levels even though they consume more total calories and fat. “Eating frequently appears to influence your metabolism by preventing spikes in insulin production and reducing cholesterol production in the body,” says Kay-Tee Khaw, M.D., the study author. ☹

—From Men's Health, 5/02

JUNE 30

TERRAPIN 800/1500 MEET, COLLEGE PARK, MD.
Entry at www.PVMasters.org.

JULY 13

SWIM FOR LIFE 1, 2, 3, 4, & 5 MILE SWIM, CHESTER RIVER, MD. Contact Dawson Nash: 202/686-2150, swimmerdn4321@aol.com, www.crosslink.net/~cheryllw/sfl2002i.htm

JULY 13

4TH ANNUAL 1 MILE SWIM AT NANTASKET BEACH, HALL, MA. Contact Kitty Tetreault, 30 Bullard ST., Walpole, MA 01721; 508/660-1720, jacqkat@earthlink.net

JULY 14

FRAN SCHNARR 5K SWIM, HUNTINGTON BAY, LONG ISLAND, NY. Contact Bea Hartigan, 27 Huntington Rd., Huntington, NY 11743; 631/271-3349, bea10k@yahoo.com.

JULY 17

6TH ANNUAL 2.8 MILE GREAT HUDSON RIVER SWIM from the 79th St. Boat Basin to Hudson River Park's Pier 62 at 23rd Street. Enter at www.nycswim.org.

JULY 21

5TH ANNUAL 2.4 MILE RACE FOR THE RIVER Swim from Hudson River Park's Pier 62 at 23rd street to the North Cove Marina at the World Financial Center. Starts 12:30 pm. Enter at www.nycswim.org.

AUGUST 4

DC MASTERS MEET (LCM), GEORGE MASON UNIVERSITY. Entry at www.pvmasters.org.

AUGUST 17

6TH ANNUAL 2.8 MILE GREAT HUDSON RIVER SWIM, 9:30 am start. Enter at www.nycswim.org.

AUGUST 24

2 & 5 MILE OPEN WATER SWIM, WRIGHTSVILLE BEACH, NC. Entry is at ncmasters.org or call 919/233-3861.

SEPTEMBER 21

5TH ANNUAL 7.8 MILE LITTLE RED LIGHTHOUSE SWIM from George Washington Bridge to Hudson River Park's Pier 62 at 23rd Street. 3 pm start. Enter at www.nycswim.org.

CHAMPIONSHIPS

JULY 13

2002 USMS 2-MILE CABLE CHAMPIONSHIP, CHRIS GREENE LAKE, CHARLOTTESVILLE, VA. Contact Patty Powis, 2112 Waters Mill Pointe, Richmond, VA 23235-2915, 804/272-7291, ppowis@aol.com

AUGUST 4

USMS NATIONAL 5-MILE OPEN WATER CHAMPIONSHIP, SAN DIEGO, CA. Contact David Lamott; 619/222-3436 or stevedockstader@aol.com

AUGUST 15-18

USMS LC CHAMPIONSHIPS, CLEVELAND. Contact Pieter Cath, 35400 Bainbridge Rd., Solon, OH 44139, cath.p@worldnet.att.net; 440/248-8270.

OCTOBER 7-13

WORLD MASTERS GAMES, MELBOURNE, AUSTRALIA. Call 61 3 8620 2002 or www.2002worldmasters.org

**AGING UP**

This June and July, nine swimmers move up to the next group. Happy birthday to:

Dieter Wunderlich	65
Michael Keltos	50
Thomas Giannone	50
David Schmitt	45
Richard Popper	45
Mark Abate	40
Regina Papini	35
Cheryl Shiber	35
Tara Stroin	30

* Apologies to Susan Engesman who was not 0 years old in May, but 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 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.

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.

Peddle 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, H 5:30-7pm, W 6:30-8pm, & Sat., 11:30-1:30pm. Through June 15th ONLY. Please call or e-mail Jeanne for summer schedule after June 15th.

Stevens Sting Rays Contact: Mark Welsh in Hoboken at 201/216-5590 or nbercaw@stevens-tech.edu

Workouts are M, W, F 7:30-8:30pm

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 6/24-9/6 practice is M-F, 5:45-7:30 at the Community Park Pool on Witherspoon Street, Princeton.

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.

MEET CALENDAR

JUNE 28

1-MILE BAY SWIM, SOMERS POINT, NJ. Contact Bay Swim, PO Box 570, 18th & Simpson St., Ocean City NJ 06226, 609/398-6900.

JUNE 30

PLUNGE FOR PATIENTS, 1 & 3 MILE SWIMS, WILDWOOD, NJ. 8 am start both races. Contact: Viki Anders at andervi@jhmi.edu Web site: [www.hopkinscancercenter.org/news/plunge.cfm\(410\)502-5395](http://www.hopkinscancercenter.org/news/plunge.cfm(410)502-5395).

JULY 6

1 MILE SWIM, BRADLEY BEACH, NJ. 9:30 am, call 732/776-2999 days.

JULY 13

FIRST ANNUAL AVON OCEAN MILE, Entry on page 7

JULY 13

SWIM FOR THE DOLPHINS 1 MILER, WILDWOOD CREST, NJ. www.Insports.com Sponsored by the Brigantine Marine Mammal Stranded Center & Wildwood Crest Beach Patrol at Dave Hirsch: 609/465-5590. 6:30 PM start at Rambler Rd. & the Beach. Contact L & M Computer Sports, 89 Park Drive, Berlin, NJ 08009. Wetsuits are permitted and usage encouraged.

JULY 20

ASPHALT GREEN SUMMER LC METERS OPEN, Entry Deadline 7/10. Contact: Siobhan Griffen 212/369-8890 x215 or at sgriffen@asphaltgreen.org

JULY 20

SPRING LAKE, NJ 6TH ANNUAL SPRING LAKE OCEAN 1 MILE SWIM, SPRING LAKE, NJ. 8am, 732/449-8005, elsa@bytheshore.com

JULY 27

1 MILE OCEAN SWIM, OCEAN CITY. 6:30 pm start. Call 609/926-9191 or www.LMSports.com

AUGUST 3

JASON NESSEL MEMORIAL MEET, RAHWAY RIVER PARK POOL. Entry on page 5 and 6.

AUGUST 3

BRIDGE TO BRIDGE SWIM—Two races: a 1.3 Mile bay swim and a 3 Mile bay swim between Albany Ave. Bridge in AC and Dorset Ave Bridge in Ventnor. Contact Kara Cassidy, 311 Montpelier Ave., Egg Harbor Township, NJ 08234, Seacat4Shore@aol.com or call 609/653-0939.

AUGUST 4

THE ANNUAL ANDREW B. MANNING OCEAN MILE SWIM, SEA BRIGHT, NJ. 8:15am, 732/842-4317, sandyhookers@comcast.net

AUGUST 11

RAINBOW CHANNEL CHALLENGE, 2.6 MILE SWIM AROUND DRAG ISLAND IN THE BAY AT KENNEDY PARK, SOMERS POINT. Contact Polly Caffrey; 609/404-1591, pollyphish@aol.com .

AUGUST 17

MID SUMMER OCEAN SWIM, SEASIDE PARK, NJ 1.5 mile, 8am, 732/341-9622 x 2214, jsellito@ocymca.org

SEPTEMBER 1

1.5 MILE ATLANTIC CITY PAGEANT OCEAN SWIM, 9:45 AM start. Contact Bill Brooks, Atlantic City Beach Patrol., 609/347-5466 Web site: www.ACSwim.org

SEPTEMBER 6

JERSEY CLASSIC MILE, 1500 METER OCEAN RACE, ALBANY AVE BEACH, ATLANTIC CITY. Call 609/653-0939 or seacat4shore@aol.com or www.apexswim.com .

SEPTEMBER 7

2002 FINA SWIMMING WORLD CUP XII, 10 KILOMETER FOR THE USA, ATLANTIC CITY. Entry deadline August 23. Contact Sid Cassidy, 311 Montpelier Ave., Egg Harbor Township, NJ 08234; 609/653-0939, qcass@aol.com .

SEPTEMBER 21

ESCAPE FROM FORT DELAWARE 1 MILE OPEN WATER SWIM, LOCATED AT FORT DELAWARE (Revolutionary War prison located on Pea Patch Island off the coast of Delaware City, Delaware Contact Ray Peden, Rap601@aol.com or call 302/322-9584 or register online at <http://deswim.tripod.com> .

SEPTEMBER 21

.25 MILE AND 1 MILE BAY SWIM IN SUNSET LAKE, WILDWOOD CREST. Contact Nancy; 609/884-6390 or www.LMSports.com.

MEETS OUTSIDE OF NEW JERSEY

JUNE 29

1-MILE OPEN WATER SWIM, GREENWICH POINT., CT. Contact Kathy Salvo, 95 Columbus Place #1, Stamford, CT 06907; 203/322-6162.

JUNE 29

MADISON MILE, MADISON, CT, swim is in Long Island Sound. Contact Dave Parcells, 837 Boston Post Rd., #71, Madison, CT 06443, 203/605-4137, dpchan1209@aol.com, www.shoreline.org

JUNE 29

1 AND 3 MILE JOHN'S POND SWIM, MASHPEE (CAPE COD), MA. Contact Mashpee Leisure Services; 509/539-1400 x519 or email atleisure@cape.com

Continued on page 9



NJ LMSC
451 Sweet Hollow Road
Bloomsbury, NJ 08804



ADDRESS:

