

# EASTLANE

## RECORDS SET HERE, THERE AND ALMOST EVERYWHERE!

Thanks to Ed Tsuzuki for the following compilation of records set at various meets this winter and way to go all you fast swimmers. The first batch of NJ records are SCM records set at the "Winter Freeze" meet in Phoenixville, PA on 2/17/2002.

### Men 55-59

#### Richard Wallace

100 Free 1:08.42

### Men 60-64

#### Bob Hopkins

400 free 5:54.47  
100 IM 1:25.05  
200 Back 3:09.20  
200 IM 3:13.20

### Ray Loewe

50 Breast 38.67  
100 Breast 1:24.58  
200 Breast 3:04.85

This Short Course Yard record was set at the Asphalt Green Unified Aquatics Masters March Madness - 3/16/02 to 3/17/02:

### Men 50-54

#### Wein, Arthur, 51

100 Yard Freestyle GSM 55.26

This new Short Course Yards New Jersey State Masters records comes from the 2002 Bill Crawford Memorial Winter Classic on March 17, 2002:

### Women 60-64

#### Thelma Raniero, 64

200 Breast 4:17.29



## USMS RELAY ALL-AMERICANS

The following Garden State Masters swimmers have qualified as USMS Relay All-Americans for the 2000-2001 season. To achieve this honor, these swimmers were members of a relay team that posted the fastest time in a relay event/age group in at least one of the three official courses (SCY, LCM, SCM) as listed in the USMS Top-Ten Tabulation. Congratulations to:

Peter Hezky	Andrea Luallen
Zdnek Hezky	Ken Niemi
Jeffrey Jotz	JP Paradis
Ian King	Gita Roy

## THE WORLD GAMES

Curtis and Andi Sawin represented New Jersey well at the World Games in New Zealand. We've got their results. Look at all the records Curtis set!

### Men 30-34

#### 50 LC Metre Butterfly

1<sup>st</sup> Sawin, Curtis 31  
USA-GSM 25.24\*

#### 100 LC Metre Freestyle

2<sup>nd</sup> Sawin, Curtis 31  
USA-GSM 53.85\*

#### 50 LC Metre Freestyle

3<sup>rd</sup> Sawin, Curtis 31  
USA-GSM 24.62\*

#### 100 LC Metre Backstroke

3<sup>rd</sup> Sawin, Curtis 31  
USA-GSM 1:02.03\*

#### 100 LC Metre Butterfly

1<sup>st</sup> Sawin, Curtis 31  
USA-GSM 57.67

### Women 25-29

#### 50 LC Metre Butterfly

14<sup>th</sup> Sawin, Andi 28  
USA-GSM 34.51

#### 100 LC Metre Freestyle

9<sup>th</sup> Sawin, Andi 28  
USA-GSM 1:09.57

#### 50 LC Metre Freestyle

9<sup>th</sup> Sawin, Andi 2  
USA-GSM 31.17

\* New New Jersey records

## SUPER RECORD HOLDER

Our treasurer and registrar Tom Brunson was going over New Jersey records when he noticed something astounding. Andrea Luallen holds EVERY RECORD in NJ-LMSC for BOTH 30-34 and 35-39 age groups, in all THREE courses (SCY, LCM, SCM), except 30-34 SCY 50Br and 50Fr.

That's a total of 104 simultaneous records!!! Incredible. You go girl!

## OCEAN COUNTY YMCA 16TH ANNUAL UNOFFICIAL TEAM CHAMPIONSHIPS



This popular meet, held on March 23, was another great success this year. Here are the combined team scores place team points:

1. Lakeland Hills YMCA LHY	3,345
2. Red Bank YMCA RBY	2,829
3. Ridgewood YMCA RY	2,548
4. Ocean County YMCA OCY	555
5. Wyckoff YMCA WY	534
6. The OutBack TOB	320
7. Garden State Masters GSM	242.50
8. Berkeley Aquatic Club BAC	158
9. Princeton Area Masters PAM	74.50
10. Fort Monmouth FTMON	30

A number of new Short Course Yards New Jersey State Masters records were set at the meet. Here they are:

### Mixed 55+ 200 Medley Relay

Red Bank YMCA  
Ann Ferguson, Alfred Ferguson,  
Terry Ens, John Waters 2:44.07

**Women 50-54 100 Breast**  
Christie Whitehouse, 52 1:44.08

**Women 65-69 100 Free**  
Carol Eno, 66 1:28.63

**Women 75-79 100 Free**  
Doris Steadman, 77 1:31.14

**Women 80-84 50 Breast**  
Florence Melick, 80 2:14.80

**Men 90-94 50 Back**  
Dan Dotterweich, 93 1:13.87

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## BEING OVERWEIGHT IN AMERICA TODAY

By Edward H. Nessel, R.Ph, Pharm.D, M.S., MPH

In ancient times, the round, portly body type was a symbol of prosperity and, if you can believe it, beauty. While a few cultures continue to view a corpulent body (especially in women) as desirable, most societies now feel a lean, trim, athletic look is the one to seek. Being overweight (into obesity) in America is now considered a chronic disease caused by an interaction between various factors (genetic, environmental, cultural, socio-economic, medical, and psychological).

Dietary factors affecting weight regulation remain controversial as obesity continues to reach epidemic proportions in America.<sup>1</sup> Unfortunately, 63% of American men and 55% of American women are considered overweight or obese today.<sup>2</sup> In simple terms, obesity is arbitrarily defined as (except for heavily-muscled persons) being more than 20% over that in standard height/weight tables.<sup>3</sup>

My old swim coach delicately put the condition of body weight and type in very simple terms: "Fat people don't swim fast!" Fat people don't do anything fast for that matter. Notice I said "at." Not just what one might consider overweight. There are several methods for assessing total body fat: underwater weighing, magnetic resonance imaging, skin fold measurement, electric current and impedance, and now with the recommendation of the National Institutes of Health<sup>4</sup> and the National Heart, Lung, and Blood Institutes Expert Panel on Obesity<sup>5</sup>, the most clinically relevant measure of obesity is the Body Mass Index (BMI), which is calculated by dividing a person's weight (in kilograms) by the square of the height (in meters). The formula looks like this:

BMI = Weight (kg)/Height x Height (meters squared)

The BMI, while not a perfect measure of who is too heavy, correlates with total body fat and represents a better measure of what is considered proper weight. The only drawbacks to this approach is in dealing with the very short, the very tall, the heavily muscled (just about every NFL ball carrier would have a BMI in the overweight zone) and in those with conditions that produce fluid swelling (edema). The so-called normal range for a "healthy"

BMI is between 18.5 and 24.9 (see table 1)<sup>6</sup>

### WHAT CAUSES THE OVERWEIGHT CONDITION?

As listed above one can see there are several reasons that can act together to put on the pounds. Some are obvious and some not so obvious. The obvious include: our modern society for the most part obviates the need for constant energy expenditure, the portions of food are much larger than needed for satiety

when eating out, the readily-available preponderance of food easily attainable at all times of the day, the psychological uplifting in many people that comes from consuming certain foods...not eating to live but living to eat, and the ignorance of, or the not caring to, how to eat healthy. All this can be summed up in a word: environment.<sup>7,8,9</sup>

The not so obvious comes into play with genetic causes. Over the past decade, scientists have developed a number of single-gene models that identify some of the possible gene products responsible for obesity. These include leptin (produced by the obesity {ob} gene), the leptin receptor (carboxypeptidase E), and the agouti signaling protein.<sup>10</sup>

Yet with all this discovery, no single gene or set of genes can explain the increase in obesity in the Western World unless we include the environment. According to two researchers involved with this type of study, over the course of human history the environment has favored the survival of individuals (hunter-gatherers) possessing a "thrifty gene" that results in an energy-efficient and fat-loving body type.<sup>11</sup>

Significant environmental changes have taken place over the past several hundred years, however. The same body types that provided an advantage during times of starvation results in obesity in an industrialized Western world where high-fat, high-calorie foods are readily available and low levels of physical activity are common.

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**THE DIETARY GLYCEMIC INDEX**

A relatively new concept (introduced in the early 80's) was put forth to help explain and quantify how the body handles certain foods biochemically. Why some foods have more of an effect on fat production and storage in the body than others. *The Dietary Glycemic Index* is a measure and/or ranking of the effect of carbohydrate-containing foods on the postprandial (after meals) blood glucose response compared to a reference food.<sup>12</sup> What is compared is the body's response to a 50 gram dose of a test food or substance (e.g. Glucola liquid) by taking a blood sample after a 2-hour period. Then the value of that sample is compared relatively to the effect of either white bread or pure glucose on a blood sample.<sup>13</sup>

Glycemic indices can range from less than 20% to over 120% the value of the body's response to either white bread or glucose, the reasons being the differences in the rate of absorption and/or digestion of carbohydrates that cause rapid elevations in blood glucose.

We see the same general ranking of food in diabetics as well as non-diabetics.<sup>14</sup> The actual causes of this variable response are the structures of the carbohydrate, the fiber content, different methods of cooking and/or processing, ripeness, storage, presence of enzyme inhibitors, co-ingestion of other macronutrients like protein and/or fat, and the rate of ingestion. For example, foods that contain glucose, maltose, and sucrose produce a larger increase in blood glucose levels and elicit an insulin

response, unlike fructose, which does not. Conversely, foods that contain high amounts of soluble fiber produce a gel formation in the gut and reduce the rate of gastric emptying, which results in a decreased rate of glucose absorption from the gut and a reduced rate of glucose diffusion into the small intestine. Also, the consumption of fat and/or protein with carbohydrates influences glycemic response by delaying gastrointestinal transit time. Therefore, highly refined carbohydrate content foods that are low in soluble fiber and overcooked, over-ripened or highly processed produce a high glycemic index response<sup>16,17,18</sup>

Negative Effects of Glycemic Index on Hunger, Insulin, and Weight Consumption of a high glycemic meal promotes a more

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## GLYCEMIC INDEX OF CERTAIN FOODS

Source: U.S. Pharmacist, February 2002 issue

**BAKERY PRODUCTS**

Cake	90
Croissant	96
Doughnut	108
Muffins	85
Corn, low-amylose	146
Corn, high-amylose	70
Waffles	109

**BEVERAGES**

Soft Drinks	97
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**BREADS**

Bagel	103
Oat Bran	68
Rye Kernel	71
Rye Flour	92
Whole Wheat	99
Mixed Grain	64
Pizza, Cheese	86

**BREAKFAST ESSENTIALS**

All Bran	60
Bran Chex	83
Cheerios	106
Cocoa Puffs	110
Corn Flakes	119
Grapenuts	72
Oat Bran	72
Rice Krispies	117
Shredded Wheat	83
Total	109

**CEREAL GRAINS**

Barley	36
Buckwheat	78
Maize	
Cornmeal	98
Sweet Corn	78
Rice, White	126
Rice, Brown	79
Instant Rice	128
Rye 48	
Wheat	59

**COOKIES**

Graham Crackers	106
Oatmeal	79
Shortbread	91
Vanilla Wafers	59

**CRACKERS**

Rice Cakes	117
High-fiber Rye Crisped	93
Water Crackers	102

**DAIRY FOODS**

Ice Cream	87
Milk	
Full Fat	39
Skim	46
Yogurt	32

**FRUIT AND FRUIT PRODUCTS**

Apple	52
Apple Juice	58
Apricots	
Canned, Syrup	91
Dried	44
Banana	78
Cherries	32
Grapefruit	36
Kiwifruit	75
Mango	80
Orange	62
Orange Juice	74
Peach	
Fresh	40
Canned, Syrup	83
Pear	
Fresh	40
Canned	94
Plum	43
Raisins	91
Watermelon	103

**LEGUMES**

Baked Beans	69
Dried Beans	40
Kidney Beans	42
Lentils	41
Soy Beans (dried)	25

**PASTA**

Linguini	65
Macaroni and Cheese	92
Brown Rice Pasta	131
Spaghetti	52

**ROOT VEGETABLES**

Beetroot	91
Carrots	101
Potato	
French Fries	107
Instant	118
Baked	121
Boiled	80
Sweet Potato	77

**SNACK FOODS AND CONFECTIONARY**

Life Savers	100
Popcorn	79
Corn Chips	105
Peanuts	21

**SUGARS**

Honey	104
Fructose	32
Glucose	138
Sucrose	92
Lactose	65
Maltose	150

**VEGETABLES**

Peas	
Dried	56
Green	68
Pumpkin	107
Sweet Corn	78

rapid return of hunger than an equal caloric meal of low glycemic index because of rapid fluctuations in blood glucose and, in turn, levels of circulating insulin that are activated in response to normalize the high levels of glucose. In addition, the high circulating levels of insulin associated with high glycemic food consumption suppress fat mobilization from adipose tissue, which may further promote hunger...the more the hunger, the more the consumption of food...the more food, the greater the weight gain. The dire medical consequences associated with obesity involve almost every major biological system of the body and should serve as a constant reminder that "you are what you eat." (see tables 2 & 3)

#### SUGGESTIONS FOR LOWERING GLYCEMIC INDEX

Recent data support the preventive potential of low glycemic index diets against the development of type 2 diabetes mellitus, cardiovascular disease and obesity. The following are some basic guidelines for achieving a low glycemic index diet:

1. Eat lower glycemic index carbohydrates, such as whole grains, instead of high-indexed refined products such as potatoes, white breads and various popular cereals.
2. Increase the quantity and variety of non-starchy vegetables and fruits, both of which tend to have lower glycemic indices and are a rich source of soluble fiber.
3. Eat moderate amounts of poultry, fish, lean meats, tofu, low-fat dairy products, legumes, and nuts. This will help to balance your diet and delay gastrointestinal transit time.
4. Consume whole grain products that are rich in fiber and serve as physical barriers to enzymatic digestion instead of finely milled grains, which are rapidly digested.

5. Substitute soft, over-ripe textured foods with foods that are raw and firm, that have higher structural integrity, and that will be digested more slowly.

#### OBESITY IS A GROWING PUBLIC HEALTH THREAT.

There is evidence that there may be factors other than the consumption of fat that are responsible for weight gain. Understanding the macronutrient content of a variety of foods and the effect that the properties of these foods can have on metabolism is warranted in order to gain the maximum potential therapeutic benefit from various diets.

#### REFERENCES

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## THE DEEP END *By Janice M. Horowitz*

Anybody who's been near one knows that indoor swimming pools reek of chlorine. But what you may not know is that when chlorine mixes with skin cells and skin-care products, it can form a variety of volatile compounds, some of which may be harmful to a developing fetus. Researchers in Britain found that the amount of at least one organic compound, chloroform, is 35 times higher in pools than in tap water. Advice to pregnant women: shower off before taking the plunge. ☹

—From *Time* magazine, 4/15/02, source given as *Occupational and Environmental Medicine*

## MEETING SET FOR JUNE 1<sup>ST</sup>

Find out what's going on with Masters swimming in New Jersey. The next executive committee meeting (open to anyone) is June 1st at Ed Tsuzuki's House in Neshanic Station. Contact Ed at 908/371-9179 or etsuzuk@corus.jnj.com if you want to come. ☺

## BACKSTROKE KICKING DRILLS

- 1. Arms to sides:** Hips slightly dropped, emphasis should be on kicking up with stretched leg leading up with the toes. Slight crossover of feet in the action. Water should boil rather than splash. Knees should be kept under the water.
- 2. Arms stretched:** Arms are extended behind the head with thumbs locked or arms crossed with hands clasped. It is important to have straight arms for executing this drill. This drill helps to give the swimmer a good body position in the water. It also helps improve flexibility in the shoulders, so vital for backstrokers.
- 3. Arms out:** Normal backstroke kick but with arms bent for forearms to clear the water at 90 degrees. This can be done with the arms totally out of the water at 45 degrees. This is a good drill for leg strengthening.
- 4. Knees down:** Hold the kickboard by the near end pointing it down towards the toes on top of the water. When the swimmer pushes the knees out of the water against the kickboard it indicates the kick is incorrect.
- 5. Head-up:** This drill is done as normal kick but with the head lifted to watch that only the toes are breaking the surface of the water, not the knees.
- 6. Kick 90 degree turn:** Kick 12 kicks in normal position, turn 90 degrees to left to kick on the side for 12 kicks, return to normal repeat then turn to the right.

These kick drills can be done with or without fins. ☺

Source: newsletter@swim2000.com 2/00  
but we got it from NEM News, 4/02 issue.

## AGING UP

This May, eight swimmers move up to the next birthday group.

Happy birthday to:

William Mackolin	70
Philip Rogers	65
Bob Hopkins	60
Robert Goldberg	55
Bruce Barbour	50
Shen Liu	45
Susan Engelsman	0
Tristan Forman	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 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.
- 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.
- 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

**JUNE 8**

**1.3 MILE BAY SWIM-AROUND FENTON ISLAND**, Atlantic City, NJ. Contact Kara Cassidy, 311 Montpelier Ave, Egg Harbor Township, NJ 08234; 609/653-0939 or Seacat4shore@aol.com

**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. www.Insports.com

**JULY 13**

**SWIM FOR THE DOLPHINS 1 MILER**, Wildwood Crest, NJ. www.Insports.com

## MEETS OUTSIDE OF NEW JERSEY

**MAY 26**

**JIM McDONNELL 2-MILE SWIM**, Lk Audubon, Reston VA. Contact Phyllis Sickenberger, 1807 Post Oak Tr., Reston, VA 20191; 703/845-SWIM, pbberger@aol.com.

For entry:

<http://restonmasters.org/comp/2miow.htm>

**JUNE 1**

**POTOMAC RIVER 7.5 MILE SWIM**, Point Lookout State Park, MD. Contact Cheryl Wagner; 202/387-2361, Cherylw@crosslink.net, www.crosslink.net/~cherylw/pr2002i.htm

**JUNE 15**

**JACK KING 1 MILE VIRGINIA BEACH OCEAN SWIM** Contact Betsy Durrant, 211 66th St., Virginia Beach, VA 23451, 757/422-6811, durrantb@aol.com .

**JUNE 23**

**MANHATTAN ISLAND MARATHON SWIM**, 28.5 miles, NYC. www.nycswim.com

**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. Contact Dave Parcels, 837 Boston Post Rd., #71, Madison, CT 06443, 203/605-4137, dpchan1209@aol.com, www.shoreline.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 21**

**2.4 MILE RACE FOR THE RIVER AND THE .5 MILE COVE TO COVE SWIM**, NYC, NY Contact www.nycswim.org

## CHAMPIONSHIPS

**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

**JUNE 15**

**10 K OPEN WATER USMS NATIONAL CHAMPIONSHIP**, Hartwell Lake, Clemson, SC. Contact Jacqueline Grossman; 864/654-4704, Jeig@innova.net

**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



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**ADDRESS:**

