

EAST LANE

NEW RECORDS

The following new records were set by NJ LMSC swimmers at the Lower Bucks YMCA and Pennsbury High School Masters Pentathlon Swim Meet on March 2, 2003.

Women 45-49

Judy Ramirez
100 Breast 1:21.08
200 Breast 2:55.32

65-69

Carol Eno
100 Free 1:28.26

Men 40-44

Michael Kriley
50 Fly 25.41



WHAT'S YOUR SWIMMING AGE? *By Cheryl Wagner*

Issue after issue, I see people in their 40's and 50's on the cover of "Swim Magazine" who can do 21 second 50s and I wonder, "What are they eating?!!" A recent article in Running Times (September 2002, "What's Your Running Age?") by Pete Pfitzinger, may help explain swimming age or how your performance reflects all of those late nights, parties, pizzas, and lattes, just as much as your genes, training and coaching.

YOUR "PHYSICAL" AGE

Genes and lifestyle are the primary determinants in how you age. Your genes regulate a host of processes that affect how well you hold back the hands of time. Some people's bodies make more of the good things (human growth hormone, testosterone, estrogen and collagen) longer than others. This helps to explain why some classmates at your reunions are overweight, hard of hearing and completely gray while others look like they haven't aged at all.

PAST SINS

Your lifestyle, especially if you're feeling the cumulative effects of overindulging in alcohol, sugar, caffeine, fast foods and late nights, can also have a large impact on how you age. It's like putting bad gasoline

in a Ferrari; after a while the inferior "fuel" results in performance degradation.

YOUR INJURY HISTORY

But your age, lifestyle and genes don't tell the whole story. There's also your swimming "history". Every yard you swim adds interest to your aerobic "bank account" by increasing fitness, the number of capillaries, aerobic enzymes, mitochondria and a multitude of other positive physical changes. However, every yard or mile also means more injuries and scar tissue. And every injury leaves a reminder—a muscle that tightens up more quickly, a ligament that's stretched, or a knee that goes out a little too easily. All of these factors begin to affect how much you can train and how well you race.

So the next time you see one of the smiling super-fast faces on the cover of Swim Magazine, remember that perhaps they just lucked out in the "genetic, lifestyle, training and injury" lottery. But don't forget: just by swimming Masters you're probably in the top 3-5 percentile of all US adults in terms of fitness—and that's not so bad!! ☺

—Taken from 2/03 issue of
The Swimmer's Ear

RELAY ALL AMERICANS

The USMS Relay All Americans for 2001-2002 have been announced.

To achieve this honor, a swimmer had to be a member of a relay team that posted the fastest time in a relay event/age group in at least one of the three official courses as listed in the USMS Top-Ten tabulation.

For Garden State Masters:

Richard Alexander 58
Paul Buren 22
Benn Doyle 44
Jim Dragon 58
Oscar Gonzalez 42
Brent Matheson 35
Edward Nessel 57
Curtis Sawin 31
Larry Seidman 55
Arthur Wein 52
Jack Zakim 57

The full list can be viewed at
www.usms.org ☺

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ENERGY FOODS, DRINKS FUEL BUSY LIVES SPORTS FOODS BOOST ENERGY, BUT HEALTHY DIET BETTER

By Daniel DeNoon, WebMD Medical News

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WHICH IS THE BEST PERFORMANCE FOOD: A POWERBAR OR A BANANA? A SNICKERS BAR OR A BAGEL?

Energy drinks and energy foods are everywhere. They're gobbled by elite athletes as well as weekend warriors. Are they really necessary? No, according to an article in the January/February 2003 issue of the American Journal of Medicine & Sports.

Performance foods are convenience foods. They are easy to carry and quick to eat. There's definitely a place for them in our on-the-go society, says article co-author Lisa Bunce, RD, of Back to Basics Nutrition Consultants in Redding, Conn.

"If we could get a balanced diet, we'd have all we need and be able to ward off diseases, keep our weight under control, and exercise every day with good energy," Bunce tells WebMD. "But because we are a culture that has a difficult time getting enough variety and balance in our diets, these energy bars or sports drinks supplement our ability to eat well. So if we are not eating well but then rush to the gym to hop on the treadmill or rush out to bike-ride with the kids, these things can be helpful."

Carbohydrates fuel muscles. For elite athletes, the timing of food intake is critical. Different amounts and forms of carbohydrates are best before, during, and immediately after high-intensity play. Energy drinks and energy foods offer convenient ways to meet these needs. But Bunce notes that nobody has yet invented a supplement that provides better nutrition than common foods.

For the rest of us, energy drinks and foods are just as convenient. The danger is getting too many calories. That's the biggest issue for weekend warriors, says

Leslie Bonci, MPH, director of sports nutrition at the University of Pittsburgh Medical Center.

"If people are using energy bars in addition to everything else they would eat—and their energy expenditure is not that great,—then the benefit of the bar is going by the wayside," Bonci tells WebMD. "But if the energy bar is a food replacement, it can have a value."

Bonci, who serves as nutritional consultant to the Pittsburgh Steelers football team as well as to the University of Pittsburgh Panthers basketball teams, says there's definitely a use for energy bars. "There is a place for them in college sports programs," Bonci says. "High-school and college kids tend to have lots on their plates at one time—and it's not necessarily food. Sometimes it's much easier to grab a sports bar or sports drink than pack your own lunch. Of course, some people are using too many of them or even say, 'I don't have to eat meals; I can just take a sports bar.' That is certainly not what we want people to be doing."

So does anyone really need energy bars or sports drinks? "No. A Powerbar doesn't give more energy than a banana," Bonci says. "Some of these products are not giving the body the energy it needs. And people could eat a yogurt and get just as much benefit as from some hotsy-totsy power drink." ☺

SOURCES: American Journal of Medicine & Sports, January/February 2003. Lisa Bunce, RD, Back to Basics Nutrition Consultants, Redding, Conn. Leslie Bonci, MPH, director of sports nutrition, University of Pittsburgh Medical Center.

LEARNING TO FLY *By Jim Harmon*

Tom Boettcher is a man with a mission. If he gets his way, he'll not only change the way you swim butterfly, he'll help you swim fly faster and farther than you can swim any other stroke.

Less than a year ago, Tom Boettcher stood on the Ohio Street Beach of Lake Michigan ready to begin the Big Shoulders 5K swim in Chicago. If he seemed a little edgy compared to the other competitors, he had good reason. He was going to swim butterfly. Still, he thought he was more or less prepared. He had swum a mile of fly three times a week for the month leading up to the race—his most consistent training in 10 years—so he figured he figured he was good for a mile and a half or two miles before his shoulders "fried".

As it turned out, he fared even better. He fell into a rhythm of relaxed concentration, snapping every kick from the core of his body that kept his fly functioning for an hour and a half. Tom's brother, Karl, got most of the swim on tape. It was every bit as painful as Boettcher expected, but it was a triumph just the same; exhilarating proof of his theory of long-distance fly.

DISARM YOUR FLY

The best flyers of the future will be propelled largely by their core, says Boettcher. Their arms will almost be along for the ride, no longer the power of the stroke. "Your arms are a shortcut," he says. "They're the caffeine of butterfly. The cheap high. Jumping right to the arms compromises your ability to do the fly well. I'd change the teaching process. I'd teach you undulation first. I wouldn't let you take a stroke for a year." Instead, Boettcher would teach you the dolphin debutante—a vertical dolphin kick with your hands above your head. The drill may sound familiar, but Boettcher's version adds a small but critical element—the backbeat.

KICK THROUGH

"It's the backbeat, stupid!" he says, explaining that most flyers allow their momentum to dissipate while they raise their legs before kicking them downward again. They're busy thinking about their arms, so the trip the feet make back to the surface is little more than repositioning. As Boettcher sees it, the water the soles of your feet displace on their way up plays a vital role in moving your body along and initiating the next breath. You begin the breath, in effect, from your feet. When you're kicking up as forcefully as you kick down, you become that efficiently propagating sine wave, the very mathematical model of aquatic momentum. You develop a new tactile awareness for the water at the backs of your legs and on the bottoms of your feet. Before you know it, you're knocking off a mile of fly at a time. You're also developing super strong legs. Boettcher came up with the dolphin debutante after three knee surgeries forced him off the ski slopes and into the pool. The drill proved to be an unsurpassed leg-strengthening tool. Boettcher figured that 500 yards of fly would take him 200 strokes—10 strokes per 25-yard lap—and 400 kicks. So he worked up to doing 400 dolphin debbs at a time.

FIND YOUR PSOAS

The source of a proper two-way dolphin kick, Boettcher explains, is the energy generated at your center of mass as you lever your natural short axis—your hips. This principle is hardly new. It's the foundation of most martial arts disciplines. In fact, Boettcher finds inspiration in tai chi, which is often described as swimming in air. Through tai chi, Boettcher has learned to focus on balancing his body on the heads of the femurs, the two thigh bones. In doing so, he's discovered the psoas (pronounced so-as)

Continued on page 4

THE BUTTERFLY: THEORY AND PRACTICE

Tom Boettcher gave his butterfly theory the ultimate test: a 3.1-mile swim in Lake Michigan. Here's how he fared.

"The first mile went pretty easily," Boettcher recalls. "I was thinking I could pound it out. A couple of times I started to take on some freestylers, but quickly abandoned that."

To keep warm—his head is shaved, his body-fat content is low, and he chills easily in the water—Boettcher wore a second swim cap that, unbeknownst to him, filled up with water, an extra few pounds that he carried most of the way. Tom's brother Karl, who videotaped the swim, blithely ignores the extra capful of water weight in his voice-over. To the tune of Paul Simon's "Still Crazy (After All These Years)," he croons, "Still butterflying after all these yards."

Further along, Karl notes "the look of disbelief on the lifeguard's face" as he watches Tom from a safety boat. In the water, Boettcher is, well, somewhat conflicted. "I was damned if I was gonna quit once I was halfway through it,"

he says. At the same time, his legs, the key to his stroke, were betraying him: his calves were tightened near cramping. "I lost my kick, and in mile two it became hell," he remembers. "For the last half-mile I was basically dragging my body through the water."

In the first mile he occupied himself with ideas for his business, an Internet startup called Infolocus. "After about a mile and a half there was no more contemplation," he says. "I was thinking, 'This is stupid. What the hell am I doing?'"

Karl grew apprehensive, too, late in the race. "Right now he's used up every glucose molecule," he says of his brother, almost in awe. "He's running on pure will." Karl knew Tom would collapse before he would give up the effort. "Defeat doesn't enter his mind," he intones as his brother splashes past. Rounding the last turn buoy, his legs dead, not at all sure he was thinking clearly, Tom moved closer to the Lakeshore Drive seawall, just in case he couldn't make it. "I had to confront

the fear, take it on," he says after watching the tape. Making one lunge at a time toward the beach, his is a very weary fly, but it is still legal. When he hears Karl yell, "Let's go, Boettch," Tom summons the strength to turn and mug for the camera without breaking rhythm. Most of the other competitors are back on the beach, and the only sounds on the tape for minutes at a time are the hum of Lakeshore traffic and Boettcher's lonely splashing.

Finally, after one hour, 37 minutes, 33 seconds, he wades to shore on wobbly legs, too exhausted to talk, as his brother records other swimmers' reactions to Tom's feat. It is repeatedly pronounced awesome.

"Who's he working with?" asks a Chicago Masters coach.

"He's training on his own," Karl replies.

"What's he doing that for?"

To change the way everyone swims butterfly, of course. ☺

muscles, which connect the base of the spine with the femurs. Boettcher's other name for the dolphin debutante is the psoas snap.

LIE DOWN

Rotate the dolphin debutante 90 degrees and you've got a full-body underwater undulation, the initiating force of the whip starting deep in the core of your body and traveling to your feet in a hard-thrusting kick. For Boettcher, the undulations, done with his hands at his sides, had psychological as well as mechanical applications. In strengthening his kick, he overcame the natural fear of swimming face down and having to surface to take a breath. "As mammals, we want to protect our airway," he explains, "so we become arm-dependent. We pull ourselves up and stop everything else to get air. When you become a strong undulator, you learn you can get a breath by kicking alone, so you're never gonna let the fear grip you. You're in control."

PICK IT A PART

Butterfly is better swum one step at a time. Concentrate on the core before adding complicating factors like arms and legs. "You're checking things off one at a time," he says, "instead of slam-banging this complex, beautiful, elegant stroke all at once. Which is a metaphor for life. You set a seemingly impossible goal and, step by step, you accomplish it. You don't start doing calculus until you have the algebra class first."

HOLD STEADY

When the Boettcher butterfly all comes together, his arms virtually fall into the water as he undulates, following

his torso. "Ideally, your arms hold the water and you undulate over it," he says. In a long swim, he visualizes pulling himself over a red block of water, then a green block, and so on. "You're holding a position in the water rather than thrashing through it."

MAKE THE TIME

Over the years, the purpose of Boettcher's experimenting has changed from re-conditioning his knees to squeezing efficient workouts into a hectic schedule. Work makes unending demands on Boettcher's time, leaving only half an hour a day three or four days a week to swim; since college he hasn't done more than 2,000 to 3,000 yards at a time. "My life is typical: my time to train is limited, yet I want to continually challenge and improve myself," he says. His benchmark swim became the half mile from Ohio Street to the Hancock Tower and back. The challenge of swimming it all fly became the Big Shoulders quest.

MAKE IT MANAGEABLE

Swimming the Big Shoulders 5K butterfly didn't start out that way, says Boettcher. "It was never about swimming three miles of fly. It was about how to make the best use of a half-hour," he says. "If you'd told me at the beginning of last summer—when I was usually doing a mile of freestyle—that I was going to swim three miles of fly, I would've told you you were crazy. When you think of the distance, it's pretty intimidating. But if you break it down into quantifiable components and stage them correctly—'I can make it from there to there and then from there to there'—anybody can do it. Not necessarily three miles, but maybe a third of a mile. I wouldn't want

anybody to think that what I did was something they couldn't do."

PREPARE PROPERLY

These days Boettcher starts his workouts with 20 laps of undulation, a warm-up that by itself exhausts many swimmers. "I get bored with it before I get tired," Boettcher says. If you want to try his method, he suggests replacing a freestyle set or two with kicking drills. Instead of, say, five 100s or 10 50s, try 10 75-yard "Oreo cookies" (the man just has a way with goofy drill names): a slow, rolling undulation for the first 25, a fast pace for the second 25, and slow again for the third—or fast-slow-fast—with 15 seconds' rest. Try working up to 400 non-stop dolphin debutantes. (Good luck.) You'll gradually become aware of the feeling of pushing water off the backs of your legs and the soles of your feet, and over some months you'll supplant the feeling of swimming butterfly fast with the feeling of full-body kicking fast.

BELIEVE IN IT

Give yourself a chance to incorporate the changes and monitor your progress. Boettcher is convinced it will revolutionize your stroke. "If the entire coaching community adopted my methods," he says with a smile, sounding less arrogant than simply enthusiastic, "someone—some tall, gangly kid with extra-big feet, extra fast-twitch fibers and natural ability in the water—would break 15 seconds in the 50-yard fly within two generations." He pauses. "Of course, that's purely physiological conjecture." ☹

—Taken from *Fitness Swimmer Magazine*

TEN TIPS FOR REDUCING STRESS *Selected by Michael W. Smith, MD*

If you are one of the millions of stressed-out Americans, there's good news. People can learn to manage stress. Start with these 10 tips:

- Keep a positive attitude.
- Accept that there are events you cannot control.
- Be assertive instead of aggressive. "Assert" your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.
- Learn and practice relaxation techniques.
- Exercise regularly. Your body can fight stress better when it is fit.
- Eat healthy, well-balanced meals.
- Get enough rest and sleep. Your body needs time to recover from stressful events.
- Don't rely on alcohol or drugs to reduce stress.
- Seek out social support.
- Learn to manage your time more effectively. ☹

SOURCES: WebMD in collaboration with The Cleveland Clinic.

THE SKINNY ON MASSAGE *By Dr. Jessica Seaton and Jeanne Underwood, AT, PTA*

Over the past 20 years massage therapy has become increasingly popular with athletes and non-athletes alike. Many of us consider a weekly massage one of the ultimate pleasures in life, allowing our slowly aging and tired bodies to completely let go and relax.

Aside from feeling good and relaxed, what else does massage do for the body? Massage stimulates both the skin and the underlying muscles, tendons, and, in some cases, ligaments. It also can either stimulate or soothe the nervous system. The act of rubbing, kneading, and pushing helps the body to eliminate metabolic waste products in general, and especially locally. Also, it has been postulated that massage may increase the body's secretion and excretion, as well as the blood's oxygen carrying capacity.

I AM JUST GETTING BACK INTO SHAPE. WILL MASSAGE HELP ME?

Most people just beginning or resuming an exercise program experience some degree of delayed onset muscle soreness (DOMS). This usually peaks at about 48 hours post exercise. Studies have shown that sports massage will reduce DOMS, especially when administered two hours post exercise.

WHAT KINDS OF MASSAGE ARE THERE?

There are many different types of massage. Some types or techniques are named after the therapist who developed them (e.g., rolfing developed by Ida Rolf). Others describe the tissues they're affecting (e.g., myofascial release). Some massage therapists use only one technique (e.g., Shiatsu); others have a grab bag of techniques depending on the client's and their needs. Some examples of the different types of massage available include:

- Circulatory massage: a more superficial, stimulating massage. This includes the Esalen type (slower pace) and Swedish (fast pace).

- Deep tissue: deep work into the muscles, slower pace (includes Heller technique, rolfing).
- Specific work: triggerpoint work (very specific points).
- Shiatsu: rhythmic compression along the body's meridians. Includes stretching.
- Sports massage: light, pumping type of work. The emphasis is on stretching and flexibility.

WHAT KIND OF MASSAGE SHOULD I GET THE DAY BEFORE A MEET?

If you are feeling sluggish, a light circulatory massage, such as an Esalen type massage would be helpful. If you are feeling fine, and are used to deeper work, a deep tissue massage would be fine.

HOW ABOUT THE DAY OF THE MEET?

If you have not yet swum or are between events, a light circulatory massage would be best. If you get deep work before you swim, you may end up feeling sluggish while you swim. After the meet, a circulatory or deep (again, if that's what you're used to) massage will help you to recover faster. While studies have refuted claims that post-exercise massage will make you stronger, they have affirmed that it will speed up your recovery. Generally it is wise to stay away from deep massage right before and during your events.

I INJURED MY THIGH MUSCLES DURING THE MEET. SHOULD I GET MASSAGED?

Generally it is better to wait 24 to 48 hours after an injury before you get massage therapy. In addition, you should have your sacroiliac joints and low back evaluated by a chiropractor to make sure that the reason for your muscle injury was not due to a biomechanical problem in those areas. That, and not warming up properly are the most common reasons for groin pulls, adductor, quadriceps, and hamstring strains during swimming. After

an injury, your massage therapist should start with lighter, more superficial techniques. As you heal, then deeper work may be warranted.

WHAT SHOULD I DO AFTER I GET A MASSAGE?

This depends on where you are, and what you have scheduled for the day. Under ideal circumstances (such as in a spa setting) you would take a warm bath, drink plenty of water, and do a really good stretch. Even if you can't find the time for a warm bath, it is important to drink a lot of water and to stretch at least before you go to bed at night.

ARE THERE TIMES WHEN A MASSAGE IS NOT A GOOD IDEA?

There are definitely times when a massage would be bad for you. If you think you are getting a cold or getting sick or you actually are sick, a massage will only make you worse. It is too much for the body to handle. Also, if you are over-fatigued, a massage may be too much for you. If you have any open sores or skin conditions massage may be contraindicated. If you have any doubt about whether you should get a massage or not, a well-trained massage therapist should be able to tell you if a massage would be a good idea for you. ☹

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— Taken from Souther Pacific Masters Association's website. www.spma.net



You know about FACES IN THE CROWD, right? It's maybe the best thing we do. It's just people's achievements, simple as that. No agents, contracts or Hummers. They never fail to astound.

Amber Blotch, 16, won her 1,062nd straight tennis match using a spatula.

But when I read about an 85-year old swimmer awhile back, Jim Eubank of Oceanside, Calif., I knew somebody was yanking our chain. It wasn't just what the caption said—that he'd broken the 85-89-age-group swimming world record in the 800-meter freestyle by more than 14 seconds and set two other records besides—it was his picture.

Look at all that hair! Where are all the wrinkles? If he's 85, why doesn't his neck look like beef jerky? Who's in charge of his birth certificate? The Dominican Republic?

I called him. "No, I'm not 85," he said.

Ah-ha!

"I'm 86 now."

I didn't buy it. I asked him if it were true that he still had the world record in the 800 meters. "No," he said.

There you go!

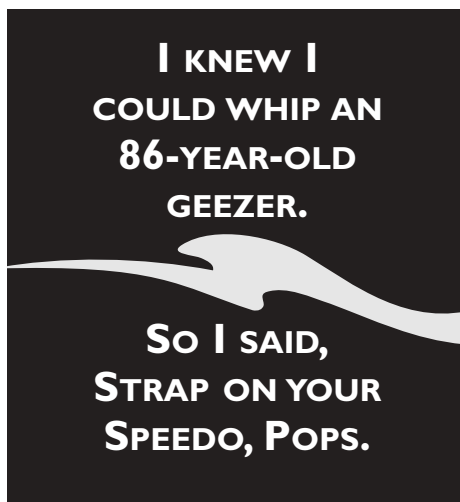
"Now I've got the world records in the 100, 200, 400 and 1,500 too." Tired of my pestering, he finally said, "Come on out, and I'll take you on!"

Take me on? I'm half his age! I hardly swim, but I knew I could whip an 86-year-old geezer. So I said, O.K., strap on your Speedo, Pops.

He kept postponing. Once it was something about a double hernia. Another time he had to get the battery in his pacemaker replaced. Hah! Finally, I flew out there, ready to call his bluff. By now, he was 87. (Cough, cough.)

When I drove up to his North San Diego County ranch, he met me in the driveway. I hated him immediately. He had this huge shock of thick, white hair. He looked like Lloyd Bridges at 50. Or Dorian Gray. I demanded to see a birth certificate.

He let me look at the stuff on his walls while he changed. Here he was, in 1937, swimming against 1932 Olympic gold medalist Buster Crabbe. (The paper said he was 22. Checks out.) Here he was, the same year, standing next to movie swim star Esther Williams, accepting first-place trophies from the Mile High Championships. Here was an article about him volunteering for a "special regiment" in 1942, even after being warned that the changes of surviving the assignment were 10%. Those men formed one of the first units that would become known as the Navy SEALs.



Turns out this guy performed feats of preposterous courage. Swimming under Japanese warcraft with nothing more than a knife in his teeth. Scouting enemy-held beaches. Aquatic guerrilla tactics. And to think I feel patriotic for taking my hat off for the national anthem.

After the war he got married and then dived right in to the real estate business. He and his partner were among the first to cut into and build homes in the Hollywood Hills.

He didn't waste any time getting back into the pool either. This is a man who has won his age group at the La Jolla Roughwater Swim in 55 of the last 56 years. The last time, they asked him to say a few words. "Never smoke, drink or mess with women," he warned the men, "until I've checked them out first."

Suddenly he was back in the room, in his swim trunks. "Well," he said. "You ready?"

His chest was massive and the skin over it was so tight, you could see where the silver-dollar-sized pacemaker rests above his heart. Hell, you could almost read the serial number. His waist was 30 inches tops, his legs rippled, his arms toned. "Uh, I think I'm feeling a double hernia coming on," I said.

He led us out of the gorgeous ranch house he'd built himself, past the painting of a 60-foot boat he'd built himself, to the three-lane heated lap pool he'd built himself. Somebody has got to tell Tom Brokaw about this guy.

I knew my only chance was an all-out sprint of 50 yards, two lengths of the pool. His wife of 57 years, Vera, started us. About 15 yards into it I looked up from my thrashing to see him watching me, his stoke smooth and splashless.

He beat me by about a length, but he could've beaten me by about the length of Omaha Beach. He shook my hand and said, "You gave me a real scare there!"

Right. It would be like Reagan saying to Mondale, "Whoa! You almost nipped me there at the end!" It had to be the new battery.

Let's toast your victory over a beer, I offered. "Sure," he said. "Just let me stretch out with a few more laps." He did 70 more—a mile. Does it every day.

While he swam, it hit me that this is one of the coolest men I'd ever come across. Heroic. Classy. Brave. Buffed. Wise. Kind. "What goals could you possibly still have?" I asked him that night, at one of the 20 restaurants he's developed.

"Well, the next age group is 90-and-above," he said. "So, in a year or two I'm going to have to start getting in shape again."

Forget FACES IN THE CROWD. Is it too late to give him a cover? ☹

— Taken from *Sports Illustrated*, 3/24/03 issue

**“IF WE ALL DID THE THINGS WE ARE CAPABLE OF DOING,
WE WOULD LITERALLY ASTOUND OURSELVES.”**

—THOMAS ALVA EDISON

AGING UP

This April four swimmers move up to a new age group. Happy birthday to:

Ping Feng	40
Scott Duprex	35
Katharine Serra	35
Stephen Fowler	30

25KM SWIM ACROSS THE SOUND — OPEN TO AMATEURS

On August 9th, the 16th Annual 25km Swim Across Long Island Sound will take place from Port Jefferson, NY to Bridgeport, CT. For the past 10 plus years, this race was only open to professional marathon swimmers and many of the world's top pro swimmers came to Ct to participate in this event.

In 2003, due to the growth and popularity of amateur open water swimming, race organizers have decided to convert the event to amateur solo's and amateur relays. This event is well established, well run and draws thousands of spectators to Captain's Cove Marina. It is also a celebration of a year's worth of fundraising for cancer education, prevention and support services supported by the Swim.

This years event will also be organized by experienced open water marathon swimmers who understand the needs of the swimmers. Dave Parcels (Channel Double in 2002) will serve as race director and he will be assisted and guided by Marcy MacDonald (Channel Double in 2001 and 1st American woman) and Marcia Cleveland (USA female record holder and past event director for the Manhattan Island Swim).

Ready to sign up? More info and an application packet can be found on www.swimsound.org (Click on events and swim marathon).

Space is limited and applications are due by May 31st. ☺

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/lhym.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: Michelle Wriede, email at mwriede@peddie.org or call 609/529-4011. Practices are M-H 8-9:30pm, F 5:45-8am, 8-9:30pm, Sun. 4-6pm.

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

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

MEETS OUTSIDE OF NEW JERSEY

APRIL 6

SCY SPRING FLING MASTERS SWIM MEET, GOODWILL GAMES SWIMMING & DIVING COMPLEX (ALSO KNOWN AS THE NASSAU COUNTY AQUATIC CENTER) IN EISENHOWER PARK, EAST MEADOW, LONG ISLAND.

Meet information and entry forms are posted in the events section at www.aquafitmasters.com.

Or call Lisa Baumann, at 516-294-7946 or aquafitinc@aol.com

MAY 25

JIM McDONNELL 1 & 2 MILE LAKE SWIMS, LAKE AUDUBON, RESTON, VA. Contact Lynn

Hazlewood, 703/845-SWIM or

lynhzlwd@usms.org

JUNE 8

GREAT CHESAPEAKE BAY SWIM (4.4 MILE) & CHESAPEAKE CHALLENGE (1 MILE) BAY SWIM.

Contact www.lin-mark.com or 856/468-0010.

JUNE 14

JACK KING OCEAN SWIM, VIRGINIA BEACH, VA.

JUNE 27 & 28

HAWAII INTERNATIONAL MASTERS SWIM MEET, MAUI, HAWAII. Contact Janet Renner; 808/573-

8656 or chair@hawaiimastersswim.org

JUNE 28

MADISON MILE, MADISON, CT. Open water.

Contact Dave Parcels, 203/605-4137 or

parcells@snet.net or www.shoreline.org

JUNE 29

TERRAPIN 800/1500 LCM MEET, UNIVERSITY OF MARYLAND, COLLEGE PARK, MD. Contact

David Diehl at 301/946-0649 (H before 9 pm) or 301/314-5372 (W) or ddl19@umail.umd.edu

JULY 12

CHRIS GREENE LAKE 2 MILE SWIM, CHARLOTTESVILLE, VA.

JULY 20

COVE-TO-COVE, NYC. .5 mile, Battery Park City,

South Cove to North Cove, Yacht Harbor. Apply online at www.nycswim.org

JULY 20

RACE FOR THE RIVER, NYC. 2.4 miles,

Hudson River Park's Pier 62. Apply online at www.nycswim.org

AUGUST 9

SWIM ACROSS THE SOUND, 25K. SWIM ACROSS THE LONG ISLAND SOUND FROM PORT JEFFERSON, NY TO BRIDGEPORT, CT.

First year the race is open to amateurs (relays and individuals). Go to www.swimsound.org.

Deadline is May 31.

AUGUST 3

PARK-TO-PARK ONE MILER, NYC. Battery Park city to Hudson River Park's Pier 25. Apply online

at www.nycswim.org

AUGUST 23

THE GREAT HUDSON RIVER SWIM, NYC.

2.8 miles, starts at 79th St. Boat Basin.

Apply online at www.nycswim.org

SEPTEMBER 20

LITTLE RED LIGHTHOUSE SWIM, NYC. 7.8

miles, Hudson River Park's Pier 62. Apply online at www.nycswim.org

CHAMPIONSHIPS

APRIL 11-13

COLONIES ZONE SCY CHAMPIONSHIP, GEORGE MASON UNIVERSITY IN FAIRFAX, VA. Contact

Peter Ward; 703/993-3930 or pward2@gmu.edu

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.

JUNE 1-7

2003 NATIONAL SENIOR GAMES, HAMPTON

ROADS, VA. Contact Scott Rabalais;

912/927-7016 or

scottrabalais@compuserve.com; or

www.nationalseniorgames.org

AUGUST 14-17

LCM NATIONALS—RUTGERS UNIVERSITY,

PISCATAWAY, NJ Contact Ed Nessel;

ednessel@aol.com, 908/561-5339.

2004 WORLDS

RICCONE, ITALY



NJ LMSC

451 Sweet Hollow Road

Bloomsbury, NJ 08804



ADDRESS: