

EASTLANE



GARDEN STATE MASTERS WINS THE 2003 LONG COURSE NATIONALS!

Garden State Masters accumulated an impressive 2,274 points to win the 2003 Long Course Nationals among large teams. The event was held at Rutgers University from August 13-17. The point totals are as follows:

Large Team Scoring: (combined points)

1. Garden State Masters 2,274 points
2. Colonials 1776 2,028
3. New England Masters 1,623.50
4. Metro Masters Swim Club 1,168
5. North Carolina Masters 891

For men, it was:

1. Garden State Masters 1,515 points
2. Colonials 1776 919
3. New England Masters 875
4. Metro Masters Swim Club 522
5. North Carolina Masters 483

For women, it was:

1. Colonials 1776 873 points
2. Garden State Masters 673 points
3. New England Masters 610.50
4. Metro Masters Swim Club 560
5. Virginia Masters 501.50

RECORDS FALL LIKE DOMINOS AT LC NATIONALS

The New Jersey LMSC swimmers destroyed the NJLMSC LCM record book at USMS Nationals! The women set 31 new individual records and 2 new relay records. The men set 62 new individual records and 9 new relay records. There were 5 new mixed relay records. There were many stellar record breaking swims but one to note was 94-year-old **Julia Dolce's** 100 meter free swim. She broke her own 100-meter free record of 2:25.61, which she set 2 years ago. She swam a 2:24.63!

THANKS TO GSM COACHES AT LC NATIONALS

A special thanks from the Garden State Masters swimmers to Head Coach Ed Nessel and Asst. Coach Judy Ramirez for pulling together the GSM team, its spirit (great T-shirts Ed!) and all the necessary relays to win this years Long Course Nationals. Although it was touch and go during the meet, everyone pulled together to swim those relays that pulled GSM out in front of the 1776'ers. Coach Ed says "...I was honored to meet many fine athletes and personalities. I was proud of how "snazzy" we looked as a team throughout the meet in the eye-catching custom shirts and racing caps. Now whenever New Jersey Swimming is mentioned in USMS context, I will forever remember the Summer of 2003 and the rewarding time I spent at the Rutgers pool.....Thank you for the opportunity to help New Jersey shine bright during the Summer of 2003!" Thanks to both the coaches and the swimmers in making this a successful GSM summer!

RECORDS SET AT JASON NESSEL MEMORIAL MEET

These records were set at the Jason Nessel Memorial Swim Meet on 8/2/03.

Women, 40-44

Amy Carow
100 Free 1:05.90
400 Free 5:08.37

45-49

Judy Ramirez
50 Breast :43.93
100 Breast 1:38.16
200 Breast 3:38.62

50-54

Ellen Pease
100 Breast 1:52.17

70-74

Penny Boorman
50 Free 1:00.02
50 Breast 1:08.97

Men, 19-24

Paul Buren
50 Free 24.06

50-54

Valdis Jurka
200 Fly 3:30.84

RECORDS FROM THE 2003 SENIOR NATIONAL OLYMPICS

Carol Eno set 2 new NJLMSC SCY records at the 2003 Senior National Olympics on June 3 and 4 in Virginia.

In the 65-69 age group, Carol swam a 37.60 in the 50 free and a 1:27.76 in the 100 free.

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NJ LMSC OFFICERS

CHAIRPERSON

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

CLINICS COORDINATOR/WELLNESS & FITNESS/OFFICIALS

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

SOCIAL/SANCTIONS & SAFETY AND OPEN WATER CHAIRPERSON

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

TREASURER & REGISTRAR

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

SECRETARY

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

TOP TEN

Ed Tsuzuki
103 Orion Way
Neshanic Station, NJ 08853
908/371-9179
edtsuzuki@patmedia.net

OPEN WATER CHAIRPERSON

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

NEWSLETTER

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

Jeanne Coon, *Graphic Designer*
687 Route 9 North
Bayville, NJ 08721
732/269-6725
jeannecoon137@aol.com

WEBMASTER

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

AD HOC POSITIONS

MARKETING & PUBLICITY

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

SPORTS NUTRITION

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

REGIONAL MEET COORDINATOR

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



NJ SWIMMERS EXCEL IN MANHATTAN SWIM

Nancy Steadman Martin, of Oceanport, and Michelle Davidson, of Oakhurst, completed the Manhattan Island 28.5 mile Swim on June 14. There were 19 solo entrants and 9 relay teams completing. Nancy, 48 years old, was the second female finisher and the fifth finisher overall with a time of 8 hours and 8 minutes. Michelle, 33 years old, covered the distance in 8 hours and 16 minutes, making her the third female finisher and six finisher overall. Both women won their age groups.

The fastest woman out of the water was Neala Kendall, age 24, of Berkley, California, who clocked 7 hours and 53 minutes. Steve Klugman, age 38, of South Africa, finished first overall, swimming the distance in 7 hours and 45 minutes.

Nancy and Michelle were sponsored by Dolphin Lifesaving, a foundation that provides lifeguard training and lifeguard jobs to underprivileged students. Next summer's challenge for Nancy and Michelle is to attempt to swim the English Channel. ☎



NANCY STEADMAN MARTIN AND MICHELLE DAVIDSON GREASE UP BEFORE THE 28.5 MILE SWIM.



DAVIDSON GAINS PUBLICITY FOR NATIONAL LIFEGUARD CHAMPIONSHIP

Michelle Davidson made headlines this summer for her participation in the 2003 National Lifeguard Championship held in Cape May, August 8-10. The Star Ledger ran a three-day diary by Michelle chronicling the event, which attracted approximately 1,000 lifeguards from around the country.

In the first article Michelle writes, "As a child, I was hyperactive. You could say the ocean had a calming effect on me, but that wouldn't be quite right. The water is soothing to me, but I don't go to the beach to relax. Instead, I swim. I swim at least 4,000 yards every day. In the fall, I leave my apartment in Ocean Grove at 5:30 in the morning to swim, in a pool by myself or in the ocean with a partner, before I get to William R. Satz School in Holmdel, where I teach seventh-grade science. In the summer I sometimes swim two miles in the ocean before I climb into my post as Head Guard at Ocean Grove Beach."

Michelle had hoped she and her 156-member team from Monmouth County could take the championship, dominated for 29 years by the Los Angeles County team. It wasn't to be this year as LA took the title for the 30th year. But Monmouth County came in a close second (with 568 points to LA's 581) and Michelle earned more than 30 of those points for her group. ☎

GREAT SWIMS FROM ALL THESE NJ SWIMMERS AT LC NATIONALS

Name	Team	Gender	Age	National Champ Events	Top 10 Finishes	NJLMSC Records
Abel, Louis A	GSM	M	67		3	
Albano, Jennifer A	GSM	W	26		1	
Allison, George	GSM	M	58			
Asay, Donald J	GSM	M	49		1	1
Baeyens, Yves	GSM	M	34		3	
Baliko, John A	GSM	M	42		1	
Banks, Rendall R	GSM	M	60		5	1
Barrish, Robert J	GSM	M	35			
Berenskoetter, Felix S	GSM	M	28		3	
Bise, Ryan T	GSM	M	30		2	
Blessing, Gregory G	BAC	M	56		2	
Bodenmann, Jeff	GSM	M	43			
Bohan, Humphrey M	GSM	M	28		1	
Boorman, Penny P	GSM	W	70		3	3
Briggs, Jonathan H	GSM	M	37		6	
Brundage, David A	GSM	M	41			
Buren, Paul	GSM	M	23	3	4	3
Carow, Amy S	GSM	W	42		6	4
Chang, Christopher W	GSM	M	29		3	
Cialdella-Morehead, Lorna J	GSM	W	39		2	
Coll, Bridget	GSM	W	33		3	
Dallamura, Scott J	GSM	M	25		1	
Davidson, Michelle L	GSM	W	33		3	
Dawson, Jerry	GSM	M	43		4	3
DeLeon, Louis	BAC	M	27		6	1
Delneo, Catherine V	GSM	W	27		5	
Demas, Nickolas P	GSM	M	73		2	
DiTommaso, Laurie A	GSM	W	41		4	1
Dolce, Julia	GSM	W	94	2	2	1
Doyle, Benn W	GSM	M	45		4	1
Dragon, Jim	GSM	M	59	1	4	1
Edenbaum, Tom	GSM	M	37		1	
Egg, Victor W	GSM	M	33		6	
Ermanoski, Ivan	GSM	M	31		2	
Fanelli, Michael	GSM	M	49		1	
Feng, Ping	BAC	M	40		1	
Fischl, Robert	GSM	M	72		4	
Fisher, Jane R	GSM	W	67		6	6
Fletcher, Maribeth A	GSM	W	45			
Froeder, Rosemarie B	GSM	W	73		2	
Gatti, John D	GSM	M	36		2	2
Geiman, Tom	GSM	M	54	1	4	4
Gondek, Paul C	GSM	M	51		2	
Good, Thomas J	GSM	M	43			
Haggerty, Thomas M	GSM	M	37		2	
Hahn, Darek L	GSM	M	36		4	
Halfacre, Michael I	GSM	M	37		3	1
Hann, Jennifer A	GSM	W	25		2	
Harrington, David R	GSM	M	68		3	
Haynes, William F	GSM	M	77		4	
Hopkins, Bob	GSM	M	61		4	4
Hopkins, Kevin J	GSM	M	34	1	4	
Horton, Patricia A	GSM	W	47		3	1
Hunt, John W	GSM	M	61		2	
Imus, Kelly L	GSM	W	28		3	
Jotz, Jeffrey J	GSM	M	33		4	
Jurka, Valdis	GSM	M	53		1	1
Kalibat, Rebecca B	GSM	W	40	1	5	4
Karnaugh, Ronald D	Triton	M	37	6	6	6
Kato, Daichi	GSM	M	25		3	1
Katz, Jerry A	GSM	M	65	1	5	4
Keltos, Michael J	GSM	M	51			

Kemp, Deborah K	GSM	W	42	1	
Kiell, Paul J	GSM	M	73	4	
Kirk, Susan	BAC	W	43	3	
Kriley, Mike R	GSM	M	44	2	2
Leddy, Michael	GSM	M	44	1	
Li, Kelvin	GSM	M	20	5	
Macassied, Arland B	GSM	M	28	2	
Maggion, Andrew F	GSM	M	47		
Matheson, Brent	GSM	M	36	4	2
McElroy, Frank J	GSM	M	55	4	4
McGiffin, Chris D	GSM	M	37	6	
McKay, Diane D	GSM	W	42	3	
Meer, Jonathan	GSM	M	23	5	1
Melick, Florence B	GSM	W	82	2	
Melick, George F	GSM	M	79	3	
Meltzer, Jeffrey A	GSM	M	40		
Mitschele, Kristen R	GSM	W	22	1	
Morgan, Daniel A	GSM	M	41		
Munson, Richard S	Triton	M	28	5	
Nessel, Edward H	GSM	M	58	4	
Nguyen, Chieu T	GSM	M	62	1	
Niemi, Kenneth A	GSM	M	48		3
Noe, Norman B	GSM	M	34	6	
Norton, Jonathan	GSM	M	45		
Palen, Sean G	GSM	M	35		
Papini, Regina T	GSM	W	36	1	
Parsowith, Sara R	GSM	W	32	3	
Pease, Ellen I	GSM	W	54	2	
Porro, Julie S	GSM	W	25	3	1
Portman, Jennifer J	GSM	W	41	6	4
Prince, Craig M	GSM	M	36		
Ramirez, Judy I	GSM	W	45	3	3
Reichle, Bill	GSM	M	55	5	
Retterer, Brian J	GSM	M	31	1	
Rosenbaum, Barbara R	GSM	W	62	2	2
Ruberto, Joseph D	GSM	M	33	4	
Sawin, Curtis D	GSM	M	32	6	4
Schmitt, David E	GSM	M	46	2	
Seidman, Lawrence B	GSM	M	56	6	2
Sheil, Harry	GSM	M	43		
Shtengel, Gleb	GSM	M	35		
Siskind, Isaac	GSM	M	75	4	3
Steadman-Martin, Nancy	GSM	W	49	4	
Stewart, Julie A	GSM	W	42	5	
Stovickova, Magdalena	GSM	W	28	6	1
Stricker, Robert H	GSM	M	75	6	2
Suttle, Lesley G	GSM	W	47		
Swenson, Christopher N	GSM	M	21	3	2
Thiel, Susan M	GSM	W	35	4	
Tsuzuki, Ed M	GSM	M	45		2
Volker, Jens	GSM	M	38	1	
Wallace, Richard J	GSM	M	56	5	
Waters, John E	GSM	M	72	2	
Watson, Michael E	GSM	M	25		
Wein, Arthur M	GSM	M	53	2	
Wilson, Jack	GSM	M	51	2	2
Wriede, Gregory L	GSM	M	26	2	1
Wriede, Michelle M	GSM	W	27	2	
Wunderlich, Dieter	BAC	M	66	3	1
Yeomans, Scott	GSM	M	39	6	1
Zakim, Jack S	GSM	M	58	3	
Zampetti, Joseph J	GSM	M	42	1	
Zampetti, Rhonda R	GSM	W	36	4	
Ziegler, Brenda L	GSM	W	42	2	
Totals for NJ LMSC			30	346	93



LC NATIONALS PHOTO GALLERY



SOME OF THE GSM TEAM.



JOHN BALIKO AND HIS SON, GREG.



NANCY STEADMAN-MARTIN, JENNIFER PORTMANN, AND MICHELLE DAVIDSON



200MEDLEY:
KEN NIEMI, TOM GEIMAN,
ED NESSEL, ED TSUZUKI



MAGGIE STOVICKOVA GETS READY.



SCOTT YEOMANS, LORNA CIALDELLA-MOREHEAD WITH MALACHY, AND BENN DOYLE

JACK ZAKIM (LANE 6), LARRY SEIDMAN (LANE 7), AND PETER GOLDMAN (LANE 8) START THE 100 FREE.

COACH NESSEL AND SOME GMS'ERS WITH THEIR TEAM AWARD.



Thanks to Ed Tsuzuki, Jeff Jotz, and Jennifer Portmann for these photos.

SEVENTH ANNUAL NEW JERSEY LMSC PICNIC

Open to all Registered NJ LMSC Swimmers and their
guests.

DATE: Saturday September 20, 2003 @ 1:00 pm until ?

LOCATION: Pier Beach in Spring Lake, NJ. Located at Ocean Avenue and Brown Avenue. Free parking and Rest Rooms.

FEATURING: One-mile fun swim, volleyball, activities and games for kids. Food and Non-alcoholic beverages – Subs and Salads, Fruit, Soda, Water.

COSTS: FREE TO ALL REGISTERED NJ LMSC MEMBERS, guests 12 years and Younger – FREE, guests over 12 years old - \$ 5.00. Non-registered Masters who wish to swim - \$ 13.00 (\$8.00 to USMS for Insurance)

Please complete the registration form and mail it to the address listed on the form. Registration must be received by September 18, 2003 so food requirements can be finalized. For last minute changes/additions call Jack Frain @ 908.596.0425, or E-mail him at jjfrain@hotmail.com.

Name: _____
Street Address: _____
City: _____ State: _____ Zip: _____
Phone: _____
No. Of Guests – 12/Under: _____ At \$5.00: _____ At \$13.00: _____
Total Fees Enclosed: _____

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

Date: _____ Signature: _____

Mail To: Jack Frain, P.O. Box 702, Allenwood, NJ 08720

New Jersey Senior Olympics - Hosted by NJSO and Y of Western Monmouth County

Date: **Saturday September 13 and Sunday, September 14, 2003** **Meet Director:** Ellen Mace
Location: YMCA of Western Monmouth County, 470 E. Freehold Rd., Freehold, NJ. Follow Rte. 9 to E. Freehold Rd. Follow E. Freehold Rd. east to the Y.

Facility: The YWMC pool is a six-lane, 25-yard pool; non-turbulent lane lines; angled starting blocks; Colorado timing system with horn start and a time display board.

Warm-Up/Check-in/StartTimes: Warm-up begins at 12:00pm and competition starts at 1:00pm each day. **Swimmers must check-in upon arrival.**

Entries: Swimmers can swim four events per day. Entries must be received by noon on Friday, Sept 12th, 2003

Eligibility: Swimmers must be at least 50 years old. Age for the meet will be the swimmer's age on Sept 14th, 2003

Format: There will be two competition sessions. Events will be timed finals. Entry fees are not refundable.

Rules: 2003 USMS Swimming rules will govern the entire meet.

Awards: **Individual Events:** Medals 1st thru 3rd.

Fees: Registration fee for the first three (3) events is \$25. Each additional event is \$2. Make checks payable to: **Garden State Games**

Mail entry, waiver and fees to:

Bill Imus

107-1/2 Woodland Ave.

Avon by the Sea, NJ 07717

Or email to entries1@juno.com

Overnight or express mail is recommended, but **wave the signature.**

Questions: Call Ellen 609.587.3628 or Bill at 732.776.6971 or email entries1@juno.com.

New Jersey Senior Olympics Swimming Application

LastName: _____ **FirstName:** _____

Street Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____ **County** _____

Sex: _____ **Age:** _____ **Birthdate (mm/dd/yy):** _____

Emergency Contact &Phone _____

Team Code: _____ **Team:** _____

Events:

Saturday

Event #	Event Name	Seed Time
1	100 yard Backstroke	_____
2	50 yard Freestyle	_____
3	100 yard Breaststroke	_____
4	50 yard Butterfly	_____
5	500 yard Freestyle	_____
6	100 yard Individual Medley	_____

Sunday

7	100 Freestyle	_____
8	50 Backstroke	_____
9	100 yard Butterfly	_____
10	200 yard Freestyle	_____
11	50 yard Breaststroke	_____
12	200 yard Individual Medley	_____

Registration Fee \$25 (for 3 events) _____

Additional events @ \$2 _____

Total _____

Make check payable to: Garden State Games

List any special needs or any medications you are taking below.

YOU MUST READ, SIGN AND DATE THE WAIVER ON THE NEXT PAGE

New Jersey Senior Olympics Waiver

In consideration of being permitted to enter for any **RESTRICTED AREA** (herein defined as the areas to which admission by general public spectators are prohibited and in addition, consisting of the planned route, or any other area which the participant chooses to access by any mode of transportation), or being permitted to compete, officiate, observe, work for, or for any purpose participate in any way in the event, Each of the undersigned, from himself, his personal representatives, heirs, next of kin, acknowledges, agrees and represents that he has, or will immediately upon entering any such restricted area, and will continuously thereof which he enters and with which he comes in contact, and he does further warrant that his entry upon such restricted area or areas and his participation, if any, in the event constitutes an acknowledgement that he has inspected such restricted area and that he finds and accepts the same as being safe and reasonably suited for the purposes of his use, and he further agrees and warrants that if, at any time, he is in or about restricted areas and he feels anything to be unsafe, he will immediately advise the officials of such and will leave the restricted area(s).

1. **HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE** THE New Jersey Senior Olympics/Garden State Games, the YMCA of Western Monmouth County, BE Smartt Inc., the promoters, other participants, officials, operators, any persons in a restricted area, sponsors, advertisers, owners and lessees of premises used to conduct the event and each of them, their officers and employees, all of the purposes herein referred to as "releases," from all liability to the undersigned, his personal representatives, assigns, heirs and next of kin for any and all damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releases or otherwise while the undersigned is in or upon the restricted area, and/or, competing, officiating in, observing, or working for, or for ant purpose participating in the event;
2. **HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS** the releases and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in or upon the restricted area or in any way competing, officiating, observing, or working for, or for any purpose participating in the event and whether caused by the negligence of the releases or otherwise.
3. **HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE** due to the negligence of releases or otherwise while in or upon the restricted area and/or while competing, officiating, observing or working for or for any purpose participating in the event.
4. **EACH OT THE UNDERSIGNED** expressly acknowledges and agrees that the activities at the event and in the restricted areas are dangerous and involved the risk of serious injury and/or death and/or property damage.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND IMDEMNITY, and further agrees that no oral representations, statements or inducements apart from the foregoing written agreement have been made. This waiver, release and indemnification agreement specifically embraces each and every sanctioned, authorized or promoted by said releases during the entire season and applies to each and every event, or activity here and above mentioned, and has the same effect as if executed after each and every activity or event in which the undersigned participates so that the parties herein intended to be releases and indemnified as to each and every event here and above described.

SIGNED: _____

WITNESS: _____

DATE: _____

EAT BEFORE OR AFTER A WORKOUT?

By Brett Hall, R.D.

Q. I run during my lunch hour at work. Since I don't eat before I work out (to burn more fat), I often feel famished and a little queasy when I get back to the office. Is there a way to eat a little before my workout without sabotaging myself?

A. Many people have a hard time working out on an empty stomach. Though some research has shown that this burns more fat in the short run, what good will it do you if you're "Bonding" in the middle of your workout—or worse yet—in front of your boss? You should feel energized from your midday workout, not sick as a dog.

Here's an easy solution. Split a protein bar in half. Eat half a little while before you exercise, then have the other half during your workout. You don't have to do this every time.

This snack is up to you. It mostly depends on two things. How is your energy level? If your energy is dropping and you feel a little something in your belly, then go for it. But make sure to drink plenty of water with it, and try to avoid anything sugary. That's a sure way to crash during your workout.

What's not optional is your post-workout snack. This is possibly the most important meal of your day as far as your endurance training goes. Within the 60 minutes following your endurance exercise, your muscles are like sponges, waiting to soak up carbs to replace spent glycogen stores. And your muscles are metabolically active.

If you take in carbs and protein (example: a nutrition shake) in about a 4 to 1 ratio directly after exercise, you cannot only significantly enhance glycogen replacement, but stimulate immediate muscle recuperation, as well. This snack can literally flip you from catabolic to anabolic in a matter of minutes. This should prevent you from hitting the wall during your daytime exercise. ☺

—From *Muscle Media*, 9/03 issue

REMEMBERING JERRY KENNEY *By Ed Nessel*

I want to write a few words in memory of Jerry Kenney, New Jersey Masters Swimmer who recently died at the age of 77. I first met Jerry 20 years ago when he slyly joined my Masters team at the Fanwood Scotch Plains YMCA. He never said what he did for a living, and I never asked (something I always ask of my swimmers today).

He showed up one day a few weeks into the fall season; he was about 20 years older than I but proved to be a spunky, tough "old coot" in the water. In fact, I came to respect his aquatic work ethic. He was not an experienced swim racer, but he was a sportsman, outdoorsman, and an all-around lover of the physical aspects of life. He came regularly to the assigned practice sessions and always seemed in a positive state of mind. I always enjoyed being in his presence.

Then he stopped coming to practice after the YMCA Masters Nationals. I figured he was up to training for other things and fell victim to the "out-of-sight, out-of-mind" syndrome. Low and behold, several weeks later that son-of-a-gun had put together an extensive expose' on masters swimming in New Jersey in the newspaper in which he had a regular column... the *New York Daily News*.

His write-up took the line of his joining an intense group of aquatic athletes and

how he wanted to endure a season's worth of definite discomfort into outright pain. It was at this time that I came up with one of my most famous lines that he echoed in the article...spoken after a particularly difficult practice: "I feel so bad all over that even my eyebrows hurt."

He had asked me during the year if he could take some pictures of the team training for his personal use and records...I said it was OK and quickly forgot about it. One of the pictures of the team he used in the write-up, had me talking to a small group and explaining some aspect of racing technique. This was the center photo of the article.

I was both somewhat shocked (to have been "infiltrated" by a "civilian" looking to get an in-depth look at what my "army of swim racers" endured day-to-day) and flattered to have been deemed worthy to be the subject of this extensive effort on his part.

Though I have not spoken to Jerry in years, just hearing his name from time to time always brought back a smile and a positive feeling of well-being. Maybe this is because this took place when I was younger and more vigorous, maybe this is because it brought back a time when life was treating me well, and I had nothing really about which to complain, or simply maybe it was because I had met someone who had all the characteristics with which I would like to be remembered as possessing. ☺

I'LL TAKE A LITTLE BIT OF WHAT HE HAS, PLEASE

This excerpt is taken from Rick Reilly's column, 8/04/03 issue of *Sports Illustrated* and describes Lance Armstrong's feelings after he fell in the Tour de France:

Panicked, Armstrong picked himself up and rethreaded the bike chain — screaming "ever swear word I know" — then climbed back on and realized his dream of six straight wins was on ruin's doorstep. After all, getting to four straight and then starting over isn't practical. "It was one of the most intense feelings I've had in my life," he says. "Your back is against the ropes. They're coming at you, and you've been losing it all week, and now you're about to lose it all. What's your answer? What are you gonna do?" ☺

AGING UP

This August and September 19 swimmers move up to a new age group. Happy birthday to:

Isaac Siskind	75
Ann Ferguson	65
Arthur Deffaa	55
Nancy Titko	50
Pam Banks	50
Karen Ristuccia	50
Charles Daniel	45
Maribeth Fletcher	45
Benn Doyle	45
Antony Bambrough	45
Susan FitzGibbon	45
Evelyn Dichter	0
Rebecca Kalibat	40
Peter Knapp	40
Robert Barrish	35
Marie Daniel	35
Ryan Bise	30
Jesse Smith	30
Jennifer Hann	25

MEET CALENDAR

MEETS IN NEW JERSEY

SEPTEMBER 13-14

NJ SENIOR OLYMPICS,
Entry Enclosed

DECEMBER 6-7

COLONIES ZONE CHAMPIONSHIP,
RUTGERS UNIVERSITY

MEETS OUTSIDE OF NEW JERSEY

SEPTEMBER 6

1.4 MILE SWIM FOR LIFE, PROVINCETOWN HARBOR, MA. Contact Jay Critchley; 508/487-3684, www.swim4life.org

SEPTEMBER 20

LITTLE RED LIGHTHOUSE SWIM, NYC, 7.8 miles, Hudson River Park's Pier 62. Apply online at www.nycswim.org

CHAMPIONSHIPS

DECEMBER 6-7

COLONIES ZONE CHAMPIONSHIP,
RUTGERS UNIVERSITY

2004 WORLDS—RICCONE, ITALY

2004 SC NATIONALS
INDIANAPOLIS, IN.

2004 LC NATIONALS
SAVANNAH, GA.

SIX PICKS FOR SIX PACKS *By Jeanie Lerche Davis*

NEED AN EXPENSIVE GIZMO TO GET A WASHBOARD STOMACH? NAH. AN ATHLETIC TRAINER GIVES YOU SIX STEPS TO SIX-PACK ABS

Ab rollers, ab sliders, ab swingers. Think those gizmos work? Think again. Although some devices can be useful, the experts will tell you: If you want six-pack abs, low-tech generally works best.

Alan DeGennaro, a certified athletic trainer, strength and conditioning specialist, and director of the sports performance program at the University of Pittsburgh Medical Center, shares his wisdom on ways to sculpt that sought-after six pack:

1. Forget gimmicks. You have to burn calories to lose fat. Until you lose the fat, the abs won't even become visible, no matter how much you develop them, or how many gadgets you use.
2. Check out your parents. Genetics dictates your physique, to a large extent. "Some are born lean, others have to do exercises every day, have to watch their diet," DeGennaro tells WebMD.
3. Skip the ephedra. Dietary supplements containing ephedra can help control appetite and help you burn more calories while you're working out, so you do lose weight. But ephedra also increases heart rate, which can cause heart rhythm problems. Ephedra has even been linked to strokes. Also, when you stop taking ephedra, your appetite—and the weight—comes back.

4. Cut 500 calories a day. Proper nutrition and exercise are important to help burn calories. One pound of fat contains 3,500 calories. If your goal is losing a pound a week, you've got to do some calorie-cutting daily and fat burning. Cut back on little things—half a sandwich, cream in your coffee, afternoon candy.

5. Buy a Swiss ball. Lie on the inflatable ball to do your exercises. You're working muscles through a full range of motion. Building muscle burns calories.

6. Vary your routine. A little variety—swimming, running, walking, working with the Swiss ball—will keep your calorie burn consistent, says DeGennaro. If your body gets used to one exercise, you'll soon quit burning calories—the plateau we know too well.

Changes like these lead to "true weight loss that's going to stick," he tells WebMD. Whether you achieve six-pack abs - and with enough tenacity, you just might - at the least you'll lose weight, look better, and feel better. Go for it.

Published Aug. 11, 2003 in www.webmd.com

*SOURCES: Alan DeGennaro, a certified athletic trainer, strength and conditioning specialist, and director of the sports performance program at the University of Pittsburgh Medical Center. WebMD Medical News: *Fab Abs: What Works, What Doesn't.**



NJ LMSC

451 Sweet Hollow Road
Bloomsbury, NJ 08804



ADDRESS:

