

FASTLANE



2003 ANNUAL MEETING & ELECTIONS

The latest meeting of the NJ LMSC Executive Committee which included the annual elections was held November 2 at Rutgers University. Thanks to Ed Nessel and Alex Antoniou for letting us use this site. Election results show that the new officers are the same as the old officers - with one exception. While most of the board agreed to serve another year, the board of officers elected for 2004 at the recent annual meeting includes one new volunteer, who is not really new but is a returning familiar face. Welcome back to Millicent Kaplan, who will be the new Publicity and Marketing officer for the NJ LMSC for 2004. The complete slate of 2004 officers appears in the officer listing on page 2.

A thank you goes to the members that attended the meeting. It's always good to see fresh faces and get new ideas.

Communications will be a top priority for the board this year. The primary form of communication in this day and age is the Internet. Eighty percent of our 543 members have provided their email addresses and we're looking to reach 100% so the board can communicate easily with ALL of the LMSC members.

Ed Tsuzuki reported that there is a National top ten program under construction, which will allow a swimmer to go on-line at any time to check their ranking.

In 2003 there were five swim meets held in the LMSC and it looks like we will be getting a few more this year - so get ready.

Your board is looking forward to a swimmin'ly great year in 2004 so keep us current on what you would like to see in our LMSC. Happy holidays! ☺

— Chairperson, Julie Stewart

EXERCISE MAY BE BETTER THAN DIET FOR HEART

WORKING OUT, RATHER THAN EATING LESS, LINKED TO FEWER HEART DEATHS

By Daniel DeNoon, WebMD Medical News

Nov. 7, 2003 — People who exercise are less likely to die of heart disease — even if they eat a lot, a new study shows.

But people who don't eat much don't cut their heart-death risk, the 17-year study suggests. The findings, from the huge National Health and Nutrition Examination Survey (NHANES), appear in the November issue of the American Journal of Preventive Medicine.

Jing Fang, MD, of New York's Albert Einstein College of Medicine, and colleagues sifted through data collected from nearly 10,000 people. They were 25 to 74 years old when the study began in 1971. Study participants reported details of their diets and also indicated their level of physical activity.

By the end of the study, some 1,500 study participants died of heart disease or stroke. Fang's team looked at whether how much people ate — their total caloric intake — was linked to their risk of heart death.

"We found that those who eat more have better survival than those who eat less," Fang tells WebMD. "When we controlled for exercise, it turns out that the important thing is physical activity. When people exercise more, they eat more — and they are more healthy."

THE CATCH

It's an important study, says Jack V. Tu, MD, PhD, associate professor of medicine at the University of Toronto and head of the Canadian Cardiovascular Outcomes Research Team (CCORT).

Continued on page 2

INDOOR POOL PRECAUTIONS

If you swim indoors, be aware that trichloramine (TCA), a byproduct of the chlorine used to kill germs in the water, may hurt your lungs. (In outdoor pools, TCA most likely escapes into the air.) When inhaled, TCA can damage the tiny air sacs in the lungs, much like smoking and air pollution do. People should avoid swimming frequently at indoor pools where there is a strong chlorine odor, says researcher Alfred Bernard, Ph.D., a professor of toxicology at Catholic University of Louvain in Brussels, Belgium. The body can repair mild damage, but extensive exposure can cause long-term harm, especially in children's developing lungs. "If there is a strong chlorine odor at an indoor pool and you feel eye or throat irritation, the TCA is probably high," Bernard says. ☹

—Taken from Shape magazine, 12/03 issue.

INSIDE THIS ISSUE

PAGE 3	THE STARTING BLOCK
PAGE 4	PERIODIZATION
	FISH OIL MAY HELP ELITE ATHLETES
PAGE 5-6	2004 USMS POSTAL SWIM ENTRY FORM
PAGE 7	WHAT'S YOUR LONGEST SWIM?
	TRY THIS WORKOUT
	AGING UP
	PLACES TO SWIM
PAGE 8	MEET CALENDAR

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Continued on page 2

EXERCISE MAY BE BETTER THAN DIET FOR HEART

"It suggests caloric intake is less important than physical activity," Tu tells WebMD. "That supports those of us who've been saying that exercise is better for you than dieting. It suggests that if you eat more and maintain ideal body weight, it's OK."

Maintain ideal body weight? Yes, that's the catch. Unfortunately, the findings don't mean that it's time to party at your favorite fast-food emporium.

"Of course, overweight and obese people are more likely to have heart disease," Fang says. "However, the people who eat the most also are the ones who exercise the most. So they are less likely to be obese. If people eat more, they usually will be more heavy, so this shows that exercise is very important. Because if they eat more and exercise more, they are less likely to die of heart disease."

Most Americans and Canadians follow only half of this advice. They love to eat but hate to move their butts.

"We want to encourage everyone we can to exercise," Tu says. "Having said that, we don't want people to go running out to McDonalds after they jog for 30 minutes. Doing that occasionally is fine. But you need balance. Some exercise, combined with moderate food intake, is the way to go."

BURN IT OFF

Still, Fang's study showed that the people who ate the most were also the people who exercised the most. Her finding shows that people who exercise change their metabolism, Tu says.

"If you eat more, sure, you have more calories coming in. But if you exercise more you burn them off," Tu says. "Some people eat a lot and are thin because they have a high basal metabolic rate. If you exercise more, you can increase your basal metabolic rate and metabolize food better. I think that is the explanation for Dr. Fang's results."

So how much exercise do you need? Given that more than half the North American population doesn't do it, you'd think it would be a lot. It's not.

"The current recommendation is to exercise a minimum of three times a week for 30 minutes at a time," Tu says. "The more intense, the better in terms of burning off calories and improving physical parameters. The higher the heart rate goes, the better. So moderately brisk exercise three times a week is the key."

Sorry, body builders. Though muscle mass is good for you and helps keep your weight down, it's no substitute for the three-times-a-week cardio workout you need.

"In general, something very intense like weight lifting is good for the heart," Tu says. "But I don't think weight lifting by itself provides an adequate cardiovascular workout. It will raise your heartbeat, but is intense and focused for short bursts. You need at least 30 minutes of continuous exercise to get the full cardiovascular benefit. So even if you lift weights, you still need your three 30 minutes a week on the track, in the pool, or on a bike."

SOURCES: Fang, J. American Journal of Preventive Medicine, November 2003; vol 25: pp 283-289. Jing Fang, MD, assistant professor, Albert Einstein College of Medicine, Bronx, N.Y. Jack V. Tu, MD, PhD, associate professor, University of Toronto; team leader, Canadian Cardiovascular Outcomes Research Team (CCORT). ☺

—Taken from www.webmd.com



THE STARTING BLOCK *by Wayne McCauley*

This start is to be practiced only in a deep pool (5 feet or greater) and under the supervision of a coach, and only one person in the lane at a time.

Many races are lost on the starting block or the dive into the water. There are three distinct phases of the start, the starting block technique, the dive into the water and the pullout or breakout.

First we will concentrate on starting block technique. The person who reacts fastest and gets their body moving toward the water wins the start. Whether using the grab or the track start, always have your head down and your hips as high and as close to the edge of the blocks as possible. This positions your center of gravity closer to the edge of the block. For those who use the track start, never rock back and then forward. It costs you a second before you finally start going toward the water. Try starting with your eyes closed! The start light isn't for you, it's for the timers! You can't see it anyway so why not close your eyes and react faster to the sound of the starting beeper! Armin Harry won the Olympic 100 meter dash and Steve Lundquist won the 100 meter Breast using this technique.

When the beeper goes off, quickly push (don't grab) on the starting block with your hands. This gets the body moving towards the water quickest and positions the body for best use of the leg thrust. With the legs, try to explode; then concentrate on using the toes (which were curled over the front of the block) for additional push. Once the start begins and you are hurtling through space, the dive begins. You can gain .1 to .3 seconds on the start, but you can gain or lose .5 to 1.0 seconds on the dive. Therefore the dive is much more important than the actual start technique.

During the match races with Mark Spitz and Matt Biondi, Spitz actually won the start. Unfortunately Spitz did a flat dive, while Biondi did a perfect single hole entry dive. After the first stroke Biondi was over 1/2 body length ahead and the race was already won. Steve Lundquist in the '84 Olympics came up 1/2 to 1 body length ahead of the field. Whether you are going for an Olympic gold medal or a blue ribbon at a Masters meet, it is always better to start the race out front.

To learn the single hole entry dive, always start water. Follow this sequence:

- 1) Head down, chin on chest, rear as high as possible.
- 2) React to start beep or pistol.
- 3) Head up, push with feet and toes upward and outward.
- 4) Head down and arms down, while following the whole body through water where the head and arms went.
- 5) Correct your depth under water, depending on the stroke.
- 6) Blast to the surface, all strokes this should be the strongest most powerful stroke in the race.

Stick near the starter for a few races, learn the cadence and sound of the starter beep. Being familiar with the sound before hand will improve your start reaction time.

Your coach should always be there and he/she will be able to help you learn the dive correctly. Practice until you cut with your eyes closed. Then be prepared for new personal bests at the next swim meet. ☺

—Taken from *Southern Pacific Masters website*, www.spma.net

CHANNEL CHANGER

Died of natural causes, Gertrude Ederle, 97, who in 1926 became the first woman to swim the English Channel. Upon her return to New York City, the 19-year-old daughter of a Bronx butcher received a ticker-tape parade that was attended by two million people. President Calvin Coolidge proclaimed her "America's best girl," and a song, *Trudy*, was written in her honor.

Ederle learned to swim on the New Jersey shore, near her parents' summer cottage, and went on to win gold in the 4 X 100-meter freestyle relay at the 1924 Olympics. Still, London bookies

were offering 5-to-1 odds against her making it across when, on the morning of Aug. 6 she covered herself with lanolin and sheep grease, put on her bathing suit and entered the Channel at Cape Gris-Nez. She set her stroke rhythm to *Let Me Call You Sweetheart*, a waltz her sister played on a Victrola aboard the tug that accompanied her. "When I looked up at the support boat and saw the American flag flying, tattered by the wind, I'd just dig a little deeper," she told the *Los Angeles Times* in 1984. Fourteen hours and 31 minutes after she set out—nearly two hours faster than any of the five men who had swum the Channel—she reached Kingsdown,

England, where bonfires and thousands of fans awaited. Ederle went on to tour on the vaudeville circuit, swimming on stage in a giant tank. But she lost her hearing, which had been deteriorating since a bout of childhood measles, in 1930 and retreated from the spotlight, teaching swimming to deaf children in New York City, where she lived until moving to a New Jersey nursing home. She never married. "Everybody said it couldn't be done," she said in 2001. "Every time somebody said that, I wanted to prove it could be."

—Taken from *Sport Illustrated*, 12/08/03 issue



SO MUCH SWIMMING, SO LITTLE TIME!!

This Month's article about periodization was written by Sara Quan, Fitness Co-Chair of the Oregon LMSC.

It is the end of the long course and open water seasons and time to plan for the upcoming holidays. But, have you thought about your swimming plans?

The season for short course meters competitions is upon us, and winter/spring short course yards meets are starting to take place. As soon as you know it, long course and open water will be here again.

How do you plan to stay in shape for the whole year without burning out? Periodizing, or planning your swimming schedule, to account for a preseason, an in-season and an off-season is the way to keep your sanity.

What are your goals? It's difficult to periodize a training program if you have no

goal or end point. Coaches use periodization to help design and track goals through the seasons. You can use periodization too.

Periodizing for preseason may include dry land fitness activities and sports as well as perfecting swimming technique: drill work! Preseason activities should tap into predominant energy-utilizing systems (aerobic, anaerobic) and will establish a large base of fitness. Some physiologists suggest this should last 8-12 weeks, but will depend on your level of fitness and your goals.

Periodizing for in-season is sport specific. Your swim coach is in charge here by regulating the volume and intensity to keep your strength and endurance level prime for competitions. Again, the length of time here is goal dependent.

Periodizing for the off-season is primarily to prevent excess fat weight gain, to maintain muscular strength and endurance, and to participate in other

activities giving the swimmer in you a break. Go hiking, bicycling, in-line skating, snowshoeing, rock-climbing, kayaking, running, etc. Now is a great time to try out those activities that you have always wanted to. Just KEEP ACTIVE!!!!

Periodizing is a way to stay fresh; a way to shock your system every once in a while. It is a terrific tool to achieve goals and stay motivated.

In the last Aqua Master, newsletter of the Oregon LMSC, Oregon Long-Distance Chair and 2003 USMS Coach of the Year Bob Bruce suggested using the 3000 yard and 6000 yard postal events as opportunities to lay down a base for your short course seasons — "pre-season" stuff if you will. The One Hour Swim in January will offer an opportunity to test this base training. These ideas are a great way to begin periodizing your training calendar for 2004! Get started today, and good luck! ↻

—Taken from USMS website, www.usms.org

FISH OIL MAY HELP ELITE ATHLETES By Sean Swint WebMD Medical News (www.webmd.com)

EXERCISE-INDUCED ASTHMA IMPROVED IN ELITE ATHLETES, BUT BENEFIT TO PEOPLE WITH ASTHMA STILL IN DOUBT

Nov. 14, 2003 — Fish oil supplements may help serious athletes who suffer from exercise-induced asthma breathe easier, a new study shows.

For some athletes, rigorous exertion can result in wheezing or severe shortness of breath either during or after exercise, leaving some to rely on help from bronchodilators to open up their airways.

Researcher Timothy D. Mickleborough, PhD, and colleagues from the department of kinesiology at the University of Indiana at Bloomington included 20 athletes, equally split between men and women, in their study: 10 were triathletes, five were cross-country runners, and five ran track. Ten of the athletes suffered from exercise-induced asthma and the other 10 didn't; none of the athletes had been diagnosed with asthma caused by other triggers, such as allergies.

Ten of the athletes with exercise-induced asthma were then given daily fish oil supplements for three weeks containing omega-3 polyunsaturated fatty acids — 3.2 grams of eicosapentaenoic acid and 2.2 grams of doco-

hexaenoic acid. As a comparison, the other 10 athletes took capsules containing olive oil. Later the treatments were switched. Neither group knew which capsules they were taking.

To test their lung function researchers told the athletes to exercise to exhaustion on a treadmill.

The results, published in the November issue of *American Journal of Respiratory and Critical Care Medicine*, are the first to show that fish oil supplements reduce the airway constriction suffered by these elite athletes. Among the athletes with exercise-induced asthma, there was an almost 80% improvement in a lung function test taken 15 minutes after exercise. The athletes also reduced their use of bronchodilators by 20% after exercise.

The researchers suggest the anti-inflammatory properties of fish oil supplements may be the reason for these results.

In an editorial, Jonathan Sadeh, MD, and Elliot Israel, MD, of Harvard Medical School Brigham and Women's Hospital in Boston, call the results "surprising,"

especially since previous studies using fish oil supplements in people with asthma did not show such a benefit for exercise-induced breathing difficulties.

Sadeh and Israel suggest that exercise-induced asthma may be caused by different reasons in elite athletes than in people with asthma caused by other triggers.

Mickleborough writes that perhaps the only difference may be in the methods used in the individual studies.

Regardless, both groups of researchers feel more studies are warranted.

"Use of a fish oil diet to prevent [exercise-induced asthma] does not appear to be helpful in 'garden variety' asthma, and may still be a little 'fishy' even for elite athletes," Sadeh and Israel write. ↻

SOURCES: Mickleborough, T. D. *American Journal of Respiratory and Critical Care Medicine*, November 2003; vol 168: pp 1181-1189. Editorial, Sadeh, J., MD and Israel, E., MD; *American Journal of Respiratory and Critical Care Medicine*, November 2003; vol 168: pp 1146-1147. News release, American Thoracic Society.

27th Annual One Hour Postal Swim

2004 United States Masters Swimming Long Distance National Championship

Sanctioned by the Pacific Masters MSC for USMS, Inc.
 Sanction Number: 38-04-02

Date: All swims must take place during January 2004.

OBJECTIVE: To swim as far as possible in one hour. The total number of yards swum determines the order of finish. If two or more swimmers complete the same distance, a tie will be declared.

VENUE: Any pool 25 yards or longer. (For events swum in meter pools, multiply the distance swum by 1.0936 and round down to the nearest five yard increment. Submit the distance in yards.)

ELIGIBILITY: Each participant must be registered for 2004 with USMS, or if non-US, a similar body in the swimmer's country. **A COPY OF YOUR 2004 REGISTRATION CARD MUST ACCOMPANY YOUR ENTRY!**

INDIVIDUAL EVENTS: Men and women separately will compete as individuals in the following age groups: 19-24, 25-29,, 100+. The swimmer's age on the day the event is swum determines the entrant's age for the One Hour Swim.

RELAY EVENT: Two team relay events will be contested: 1) a 3 swimmer, same gender team and 2) a mixed 4 person team (2 men & 2 women). The team with the greatest total yardage will be declared the winner. The age of the youngest member determines the age group of the team: 19+, 25+,, 95+. Each team member must also have entered the individual event for his/her age group. All team members must be registered with the same club. Unattached teams are not permitted.

CLUB EVENT: Each club will be entered automatically in the club event. The three clubs accumulating the most yardage in each division will receive an award. Three divisions will be recognized based on the number of swimmers entered in the event from each club, as determined by the event host and Long Distance Committee chair. Relay yards will not be counted.

AWARDS: USMS Championship medals will be awarded in each age group to the top 10 swimmers in the individual event and the top 6 relay teams in each age group relay team event. First place finishers in individual and

team relay events also receive USMS Champion patches. Distinctive awards will be given to the top 3 Clubs in each division of the Club event.

RULES: Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. To ensure that drafting does not occur, no more than two swimmers may share a lane. If two swimmers share a lane, they must each swim on one side of the lane during the entire race (i.e. no "circle" swimming). USMS Long Distance Swimming rules require a starter/referee be present during the swim. Each swimmer must have a verifier to count lengths, record cumulative splits and time the event with a stopwatch. The verifier must sign the official entry form. Distances are to be rounded down to the nearest completed five yard increment (i.e., round 2764 yards to 2760). (See Venue section for conversion from meters to yards.) Swimmers who change age groups during January may enter twice but must swim the event twice, once in each age group. No adjustment may be made for swims completed at altitude. Split sheets must be kept for each swimmer and a copy included with your entry. Using a stopwatch, record cumulative split times to the nearest second and tenth or hundredths for each 50 split.

FEES: Individual entry fees are US \$6 per swimmer for US (\$8 for non-US swimmers). Team entry fees are US \$15 per relay (\$18 for non-US entries). All fees are non-refundable. Make checks payable to Tamalpais Aquatic Masters and mail entries to: *Tamalpais Aquatic Masters, One Hour Postal Swim, PO Box 150516, San Rafael, CA, 94915.* International entrants please submit US funds via international money order or bank check drawn on a bank with a US Affiliate. **ENTRIES MUST BE RECEIVED by February 10, 2004.** Swimmers submitting incomplete entries will be contacted by collect phone call or e-mail.

T-SHIRTS: A 2004 USMS One Hour Postal National Championship T-shirt is available at a cost of \$15. (International orders please add US \$5 postage for each shirt.) Shirt is white with colorful logo pictured above.

MORE INFO: Address questions to:

Nancy Ridout
 nancyridout@mindspring.com
 415-898-3467

Christine Foote
 c71foote@yahoo.com
 415-457-9645



Relay Entry Form - Use only for relay entries (please print clearly)

Club Name: _____ Relay Type: F ___ M ___ Mixed ___

Mail Results/awards to: _____

Contact Person: _____

Address: _____

City: _____ State: _____ Country: _____ Club Abbreviation: _____

Name of Swimmer # 1: _____ Gender ___ Age: ___ Yards swum: _____

Name of Swimmer # 2: _____ Gender ___ Age: ___ Yards swum: _____

Name of Swimmer # 3: _____ Gender ___ Age: ___ Yards swum: _____

Name of Swimmer # 4: _____ Gender ___ Age: ___ Yards swum: _____

Total Team Yards: _____

Team Entry Fees: US \$15 (\$18 for non-US entries). Payment in US \$ from US Banks or international Money Order ONLY.

Please note:
Each relay team member must also have submitted an individual entry form or the relay will be disqualified.

2004 USMS One Hour Postal Swim National Championship Individual Entry Form — Please Print Clearly

NAME _____ USMS Reg. NUMBER _____
(As it appears on registration card) (Include COPY of 2004 USMS Reg. Card or NGB equivalent)

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____ GENDER M F

E-Mail Address: _____ AGE _____ BIRTHDATE _____
(mm/dd/yy)

CLUB _____ CLUB ABBR. _____

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

I swam this event in a 25yd _____, 25m _____, 50 m _____ pool. Distance in meters: _____ meters x 1.0936 = _____ yards.
(If you have swum this event in a 25m or 50m pool, the conversion to yards is distance in meters x 1.0936, rounded down to the nearest 5 yards increment.)

I certify that I have read the rules of this competition and that on _____ I swam _____ yards at _____
(mm/dd/yy) (distance) (pool name/city)

Swimmer's Signature _____

Entry Fee: \$6.00 (US Only) \$8.00 (International/non-US) = \$ _____

T-shirt Order: Indicate T-shirt quantity ordered at
 \$15/shirt in US; \$20/shirt international
 Small _____ Medium _____ Large _____ X-Large _____ XX-Large _____ \$ _____

TOTAL(US \$): = \$ _____

Verifier's Signature _____

IMPORTANT— You Must Include:

(1) Masters 2004 Registration Card, (2) Official Entry Form and (3) Split Sheet.

Make Checks Payable To: Tamalpais Aquatic Masters

Send Entries to: Tamalpais Aquatic Masters, One Hour Postal Swim, PO Box 150516, San Rafael, CA 94915.

Must be RECEIVED by February 10, 2004

Results: (check one) Electronic results via email address listed above
 Paper results via US Postal

Awards: Please check if you **DO NOT** wish to receive your
 Championship Medal Patch



Record Split Entries using **CUMULATIVE** split times to the nearest second and tenth or hundredth.

50	1050	2050	3050	4050	5050
100	1100	2100	3100	4100	5100
150	1150	2150	3150	4150	5150
200	1200	2200	3200	4200	5200
250	1250	2250	3250	4250	5250
300	1300	2300	3300	4300	5300
350	1350	2350	3350	4350	5350
400	1400	2400	3400	4400	5400
450	1450	2450	3450	4450	5450
500	1500	2500	3500	4500	5500
550	1550	2550	3550	4550	5550
600	1600	2600	3600	4600	5600
650	1650	2650	3650	4650	5650
700	1700	2700	3700	4700	5700
750	1750	2750	3750	4750	5750
800	1800	2800	3800	4800	5800
850	1850	2850	3850	4850	5850
900	1900	2900	3900	4900	5900
950	1950	2950	3950	4950	5950
1000	2000	3000	4000	5000	6000

Total Yardage: _____

WHAT'S YOUR LONGEST SWIM?

Talk about diving into a cause.

On Saturday, (November 15) in an effort to promote "friendship and clean water," 49-year-old Martin Strel of Slovenia will set out on a 1,000-mile, 26-day swim down the Parana River in Argentina, from Igazu Falls to Buenos Aires.

The swim should be a paddle in the park for Strel, who in 2000 set the Guinness record for longest swim when he covered the length of the Danube-1862 miles-in 58 days and then last fall topped that when he stroked 2,360 miles down the Mississippi in 68 days. The most daunting part of the Parana will be at the start, near Igazu Falls. There the current is fast and the murky reddish-yellow water strewn with rocks. "There are no alligators," says Strel, "but there are anacondas and piranhas, and I won't be able to see anything." Strel will rely on a support crew of 25, including two kayakers, directed by his 22-year-old son, Borut.

Though he's been to Argentina only twice, the well trained (and at 5'8" and a rotund 210 pounds, presumably quite buoyant) Strel says he's ready. "River is river, and water is water," he says. "No matter where you are."

After he reaches Buenos Aires, Strel will return to Slovenia to prepare for his next project: In June 2004 he plans to head to China for a 3,900-mile swim down the Yangtze, the third longest river in the world. ☎

—Julia Morrill

—Taken from the 11/17/03 issue of *Sports Illustrated*

TRY THIS WORKOUT

This workout comes to us from Judy Lee, coach of the women's swim team at Pingry and a Masters swimmer at Berkeley Aquatic Club.

- 300 swim warm-up
- 6 x 100 25 swim /25 drill
- 6 x 100 25 kick on back either flutter or dolphin/ 25 swim
- 6 x 100 all 25 free swim/ 25 no free swim
- 6 x 100 IM swim
- 6 x 50 kick on side
- 300 warm down



AGING UP

This December two swimmers move up to a new age group. Happy birthday to:

Robert Stricker	75
Ed Tsuzuki	45 ☎

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

Madison YMCA Contact: Jon Seigel; 973/822-YMCA, ext. 228 or marinersSwimming@aol.com or www.marinersswimming.com. Workouts are M & W 8:20-9:30pm.

Monmouth Swim Hawks Monmouth University, West Long Branch Workouts are T & F mornings from 7am-8am. Call Murray Simon at 732/229-7623.

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: Cheryl Lee 201/216-8039. Workouts are M, W, F 7:30-9 pm; T & H 6-7:30 am and 8-9 pm; Sun 10-12.

The Atlantic Club Contact: Stephanie Crofto; 732/223-2100, ext. 318.

Union Boys and Girls Club Ron Karnaugh at RonKarnaugh@aol.com or call 973/868-9922.

The Club is located at 1050 Jeanette Ave., Union, NJ 07083 908/687-BOYS ext. 24; Directions: www.bgcuaquatics.org; Updates: www.SwimMD.com

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 June/July 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.

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-F, 5-6:45 am at the Princeton 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

DECEMBER 14

READING YMCA, READING, PA. Contact Doug Brown; 610/378-4733.

JANUARY 1-31

ONE HOUR POSTAL SWIM, Entry in this issue. Contact Nancy Rideout at nancyrideout@mindspring.com

FEBRUARY 14-15

VIRGINIA MASTERS WINTER INVITATIONAL, MIDLOTHIAN, VA. Contact Nancy Miller; 804/741-7077 or nancymillr@aol.com

CHAMPIONSHIPS

APRIL 2-4

COLONIES ZONE CHAMPIONSHIP, GEORGE MASON UNIVERSITY, FAIRFAX, VA. Contact Peter Ward; 703/993-3930 or www.patriotMasters.org

APRIL 15-18

YMCA NATIONALS, FORT LAUDERDALE, FL.

2004 WORLDS—RICCONE, ITALY

2004

SC NATIONALS. INDIANA UNIVERSITY, INDIANAPOLIS, IN. Contact Mel Goldstein; 317/253-8289 or Goldstein@mindspring.com. Entry will be in SWIM magazine

AUGUST 2004

LC NATIONALS. SAVANNAH, GA.

Contact Scott Rabalais at scottrabalais@compuserve.com



NJ LMSC

451 Sweet Hollow Road
Bloomsbury, NJ 08804



ADDRESS: