FASTLANE

UPCOMING BOARD MEETING

The next board meeting will be held after the 100 x 100s time and location to be determined. If you are interested in attending, please check the web site for details. Also if you have any issues that you would like the board to address please contact (look on the masthead in the newsletter) any one of the board members.

INSIDE THIS ISSUE

FEBRUARY FITNESS SWIM AND 100 X 100'S

The February Fitness Swim is just around the corner so we hope you're starting to get prepared to rack up some good yardage. To help us on our way, the 100 x 100's are back.

When: February TBD (watch the web site) 8:00 am to noon

Where: Rutgers University's- 50 meter pool

Who: NJ LMSC Swimmers

Why: 1) A good start on the February Fitness Challenge

2) To continue a tradition

3) For the "fun" of it

4 Or for no reason at all

Come one, come all. Please arrive early (doors open at 7:30am). We need to get started on time as we have to be out of the water at noon. Don't forget water/Gatorade to carry you through that last 100! (Note the last one doesn't have to be #100 and you don't have to do 100's. 50's work as well. Key is getting in and participating).

Any questions: please call Julie Stewart 908-598-0589 or e-mail: jstewart10@csi.com

RAISINS: A WORKOUT WONDER FOOD?

By Brett Hall, R.D.

Q. I'm getting burnt on nutritional bars and drinks during my workouts. Is there a good whole food I can use instead?

A. Pound for pound the best whole food to use during extended workouts is raisins. That's right... the little wrinkled runts that came in your box lunch as a kid. Not only are they a perfect carb source (a combo of fast-acting glucose and slower acting polysaccharides), they also contain more of the vital electrolytes (such as potassium, calcium and sodium) than a banana. Just a tiny 1-ounce serving provides 25 grams of carbs and 100 calories. So they won't weigh you down or upset your stomach during your workout. And because they're dehydrated they travel well and keep virtually forever.

There is also a new study showing that, eaten before and during intense exercise, they provide a strong dose of antioxidant defense, which has been shown to significantly decrease oxidative DNA stress. This may help enhance recuperation.

So try packing a little red box with you on your next swim or during your weight training and see what you think.

—From Jan. 2003 issue of Muscle Media

ENHANCE YOUR AEROBIC CONDITIONING THE SELF COACHED WORKOUT BY DAVID GRILLI

Aerobic conditioning for swimmers is more than just swimming a bunch of laps. Now we will still swim a bunch of laps but we will also use the pace clock which will make us swim a little harder. Notice I didn't say faster. Proper aerobic conditioning sets are designed to raise your heart rate to your aerobic threshold and keep it there for a while.

Your aerobic threshold is personal. The rule of thumb is 80% of 220, minus your age.

So if you are a 50 year old, your aerobic threshold is (220 – 50) X .80 = 136. Of course that's measured in bpm (beats per minute).

There are two ways to monitor your heart rate while working out. The first way is to go out and buy an expensive heart rate monitor. The easy way is to place your index and middle finger of your left hand on your neck below your left ear and slightly forward under the top of your jaw bone. This is where your carotid artery should be. Simply watch the pace clock for 6 seconds and count the beats. Multiply by 10 and you have your heart rate in bpm. Measure your heart rate at the end of the aerobic conditioning set. If you are in your aerobic zone, great. If not, you may have to adjust your interval.

Now a good aerobic set will achieve your bpm goals and not bore you to death. A lot of coaches will prescribe swimming 10 X 200 on 3:00 or some such thing, but I

Continued on Page 7

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RECORDS FROM ZONES!

Attached is a listing of all of the new NJ LMSC records that were set at the Colonies Zone Short Course Meters Championship held on December 7 & 8 at Rutgers University. Additionally, the times in the box were below the existing National and World records and will be submitted for consideration.

Men 19-24
Paul Buren, 22
50 fly 25.29 (National only, no world records maintained for 19-24 age group)

Men 35-39
Ron Karnaugh, 36
200 Freestyle 1:52.90
100 Backstroke 56.93
200 Backstroke 2:00.34
50 Breaststroke 28.75
100 Breaststroke 1:02.57
200 Breaststroke 2:17.96
50 Butterfly 25.41
100 IM 57.76
200 IM 2:03.29

Men 120-159 200 Freestyle Relay
Garden State Masters-NJ 'A'
1:35.56
1) Sawin, Curtis 31
2) Gonzalez, Oscar 42
3) Matheson, Brent
4) Buren, Paul 22

Women 19-24

100 Breaststroke	Tessler, Colleen 24	1:25.36
50 Butterfly	Hann, Jennifer 24	33.43

Women 40-44

50 Freestyle	Portman, Jennifer 40	29.28
100 Freestyle	Portman, Jennifer 40	1:03.41
400 Freestyle	Carow, Amy 41	5:18.75
800 Freestyle	Carow, Amy 41	10:39.05
50 Backstroke	Portman, Jennifer 40	33.72
100 Backstroke	Portman, Jennifer 40	1:12.27
200 Backstroke	Portman, Jennifer 40	2:35.54
50 Breaststroke	Ditommaso, Laurie 40	40.25
100 Breaststroke	Ramirez, Judy 44	1:29.19
50 Butterfly	Portman, Jennifer 40	31.95
100 Butterfly	Portman, Jennifer 40	1:11.14
100 IM	Portman, Jennifer 40	1:14.05
400 IM	Carow, Amy 41	6:14.04

Women 45-49

400 Freestyle	Martin, Nancy 48	5:12.33
50 Breaststroke	Horton, Patricia 46	43.66
100 Breaststroke	Horton, Patricia 46	1:38.14
200 Breaststroke	Horton, Patricia 46	3:30.10

Women 50-54

50 Backstroke	Pease, Ellen 53	46.80
100 Backstroke	Pease, Ellen 53	1:45.74
100 Breaststroke	Pease, Ellen 53	1:48.86

Women 65-69

50 Freestyle	Eno, Carol 67	45.30
100 Freestyle	Eno, Carol 67	1:43.18
200 Freestyle	Eno, Carol 67	4:05.47
50 Breaststroke	Eno, Carol 67	1:03.78

Women 75-79

50 Freestyle	Steadman, Doris 78	47.72

Continued on Page 6

TRICKS TO STAYING HEALTHY (PUBLIC HEALTH MEASURES FOR ATHLETES) PART 2

By Edward H. Nessel, R.Ph, M.S., MPH, PharmD.

THE HUMAN BODY'S RESPONSE TO ITS AMBIENT ENVIRONMENT

As I see it, going through life is analogous to walking over a very high-arching bridge in the deep black of night with just a few pale lights interspaced here and there for weak illumination. Surmising there is a very deep body of dark water under the bridge, we come across randomly spaced large open trap doors along the roadway that become more numerous as we travel. Logic would dictate that as we move along the bridge, we better look down and watch where we are stepping lest we fall through and disappear into the black deep. Sound like a bad nightmare? Well, life is a lot like that bridge walk. There are many "trap doors" out there waiting to have us fall through them. How we watch ourselves as we travel along can make a great difference in whether we get far on the bridge or fall through much too early.

When lecturing on Public Health I often start out with the statement: "If you all knew what was out there waiting to get you, you would all go hide in a cave…until I told you what was in the cave"…meaning that there is really no place to hide against that which could make us sick, injured or worse. It is incumbent upon ourselves to be ever vigilant as to our welfare and health; and what we do as young people all too often can present years later as cause and effect.

A lot of Public Health is logic. People need to be exposed to this logic in such a way as to incorporate it into their planned existence. A coach and athlete combination who abides by the rules of good Public Health will most probably have a training advantage over those who don't. An ounce of prevention is worth MORE than a pound of cure, every time.

Public Health lesson number one is to try and put a balance in one's life. But to make vigorous athletic training on a par with the rigors of today's demands in the classroom and with modern socialization in general, the successful athlete has to be made aware of all that can tear at him, both physically and emotionally. Just as a successful competitive swimmer must learn to "make friends with the water" and move through it with an economy of effort that belies the ease spectators see, so must the athlete "move through life." Those athletes engaged in long-term training toward a specific goal must heed and avoid all possible roadblocks to continued efforts to improve. The ability to train hard (day-to-day) requires devotion to making the right choices (day-to-day)…not an easy task for most young healthy people. Most take good health for granted (don't we all). They seem to think they are "bullet-proof" and that they can expect their bodies to respond to all demands quickly and successfully. The thought of getting sick or injured just doesn't seem to be an important possibility. The ideal is to educate the athlete to the point just shy of being obsessive.

TRYING TO KEEP THE BODY HYDRATED

INFECTIOUS DISEASES

The biological dictum of "cause-and-effect" is what steers us through the day-to-day activities that comprise our existence. There is a cascading series of events that usually rule how we react to our surroundings. How the body is prepared to deal with its ambient environment is what drives Public Health to its importance in our everyday lives.

There is a "three-foot rule" in Public Health which states that if you can separate yourself from someone who is sick with a cold or other upper respiratory infection by at least three feet for the short time you may share ambient space, your chances of coming down with the infection are greatly reduced. I want to emphasize the fact of a short time of exposure which means just a few minutes at best.

In dealing with viruses and bacteria that cause the vast majority of upper respiratory infections (URI's) in man, there are three main components to consequential infection: (1) the infecting load or amount of actual exposure, (2) the length of time exposed, and (3) the condition of the body and its immune system at the time of the exposure. The absolute simplest procedure is to blow your nose after exposure to help eliminate many of the infecting organisms in the upper respiratory tract. It takes several hours for many of the infecting organisms to bury themselves into the mucous membranes of the nasal passages and bronchial tubes and cause trouble. To make this work even better, the body needs to be hydrated throughout the day.

An extremely important time of year to make sure hydration is kept to an optimum is when the seasons change from the humid summer to the cooler, brisk fall and winter months in most locales. Hydrating the body does several things to keep it on an even keel and running smoothly (homeostasis). In dealing with infectors of the upper respiratory system, the body has, as its first line of defense, an elaborate mechanism to produce a protective covering to all openings to the outside environment. This coating is mucus. When supplied with adequate moisture, the mucus becomes more liquefied and better able to trap infecting organisms. Thick mucous plugs are kept at a minimum and respiratory infections are kept down.

In addition to drinking enough fluids so one does not become thirsty throughout the day, a simple but very effective procedure to help the body hydrate the mucous membranes is to take a long steamy shower before bedtime. But what affords the body even better hydration longer is to have a hot steam vaporizer running in the bedrooms throughout the night. Hot steam because what comes out of the vaporizer is sterile, warm, moist, and soothing…with little chance to spread molds, bacteria or viruses. By using cool mist humidifiers, the potential to spread infecting organisms is greatly enhanced. Of course, upon awakening, the bedroom windows should be opened to allow for proper circulation and ventilation…this to prevent the possibility of mold and bacteria growth.

Never sleep with the windows open if it is CLEAR and COLD enough outside to see your breath. This would mean that the relative humidity is below 50% which the body needs at least to keep properly hydrated. Warm up this outside air in the bedroom, and the relative humidity drops even more…sometimes down to an extremely dry 10% to 15%…much too dry to allow the body to protect itself.

The tell-tale signs of "cotton mouth" or scratchy throat with post-nasal drip and the feeling of mucus in the back of the throat signal too dry an ambient atmosphere.

Do not be fooled by the fact that swimmers train in a liquid medium. The chlorine used to keep the water safe in which to swim can most definitely dry out the mucous membranes, and, if the pool chemistries are not correct, can really

Continued on Page 4

OH WHERE, OH WHERE IS MY FAT BURNING ZONE? *By Cheryl Wagner*

It may not be a fountain of youth, but a workout that would magically burn off fat while getting you in shape would be almost as good! Here are some tips for how to get into that magical "fast burning" zone when exercising. There appear to be two principles involved in burning fat while exercising:

- Staying at a very low intensity (25% of your aerobic capacity) or
- Exercising for a very long time (an hour or more) so that your body is forced to draw upon stored fast as fuel.

Paradoxically, the fitter you are, the more efficiently your body burns fat while exercising. But even the "aerobically" impoverished can take steps to burn fat.

As you begin to exercise, all of your energy comes from glycogen stored in your muscles. However, over the next 20 minutes, fat breakdown (plus some blood glucose) begins to supply about half of your energy requirement. As exercise continues, fat catabolism increases – supplying up to 70% of the energy requirement. Low-intensity exercise (or exercise at 25% of aerobic capacity), even for relatively short periods, is also fueled almost totally by fat combustion.

Fat is a great source of energy. For example, the body's energy reserves from carbohydrates could power high intensity running for a bout an hour and a half. However, the fat reserves would last 75 times longer. While it outlasts carbohydrates as an energy source, fat oxidation produces energy at a slower rate, which is one of the reasons for the decrease in your exercise capacity after several hours of exertion – when you're primarily burning fat as fuel.

The contribution of fats to the energy burned during exercise requires its release from the fat storage sites and delivery to muscle tissue. The fitter you are, the better your body is at burning fat and delivering it to the muscle tissues. Depending on a person's state of nutrition and fitness, the intensity and duration of the activity and their fat "supplies", fast-burning will supply anywhere from 30-80% of the energy for physical activity. With aerobic training the athlete acquires:

- more capillaries and
- an increased quality of enzymes
- improved fatty acid transport to the muscle fibers

All of these affect how well the person can utilize fat as a fuel for activity. World class endurance athletes can perform at 85-90% of their maximum aerobic capacity for long periods.

Of course, it's probably true that the better your body is at fat-burning, the less you need to burn that excess fat. Regardless, following the above principles will help you "feel the burn" in a whole new way.

Source: Essentials of Exercise Physiology (second edition) by William Dr. McArdle, Frank I. Katch, and Vitor L. Katch Copyright 2000 Lippincott Williams & Wilkins.

— Taken from Sept. 2002 Swimmer's Ear

TRICKS TO STAYING HEALTHY (PUBLIC HEALTH MEASURES FOR ATHLETES)

Continued from Page 3

irritate the mucous linings of the upper respiratory system; if the eyes are burning, you can rest assured, the mucous membranes are also being irritated.

Vigorous Training

Though one would think no sweating goes on in a liquid environment, it does. In fact, it is quite common to loose up to two pints of fluid per practice. One pint equals about one pound in weight. Weighing oneself before and after (if no liquids are consumed during workout) would show a weight drop of up to two pounds.

It is not adequate to just drink water, though that is better than nothing. The modern sports drinks have electrolytes (various salts) which not only add the correct elements to the body's natural fluids, but also make you somewhat thirsty so you will want to drink throughout the training session. I recommend taking in 32 ounces of this type of liquid, half before practice, half throughout the practice.

There are now even more sophisticated hydrating and energy re-supplying supplements on the market, but that will be discussed under a different topic.

The muscle fibers need moisture to bathe them in their contractile activity. If there is not enough hydration, the fibers can "seize" just like an automobile engine with insufficient motor oil. A major cause of muscle cramping is the simple fact of being dehydrated. A relatively pale yellow urine signifies adequate hydration during physical exercise. The Public Health dictum with regards to fluids is: "drink before you are thirsty and after you are not."

BEING FIT MAY NOT BE ENOUGH

Over the years the fit and fat controversy has been the subject of a lot of debate. A new study has shed some light on whether weight doesn't matter and it's enough to be fit to reap the benefits that exercise has to offer. A new study has shed some light on this controversy by showing that weight matters and that regular exercise doesn't cancel out the health risks of being overweight or over fat.

It seems that the people who live the longest are the ones who are fit and of normal weight.

The findings in this study (published in the American Journal of Epidemiology 2002; 156:832-841) are based on over 5,000 men and women who were followed from 1972 to 1998. During that time their fitness levels and body mass index were regularly assessed. They were then grouped into four categories: fit and not fat; fit and fat; unfit and fat; and unfit and not fat. Among both women and men, the unfit and fat group faced the greatest risk of death. But though exercise helped boost longevity in the overweight group, it did not erase all the negative effects of the excess weight. Likewise, people who were thin but unfit also faced a shortened life span, results showed.

The bottom line is it's best to keep fit and keep your weight under control.

—From Jan. 2003 issue of Muscle Media

TELL DR. SWIM

RE: HIGH ELBOW REPORT MONTH

FROM: ERIC JENSON, AN ENGINEER AND A NEW ENGLAND RECORD HOLDER

I can't claim to match the research of big-league coaches, but I've been selling a high-elbow stroke for years. It's simple rocket science. In order to move one pound of your body one-foot forward, you have to move a little more than one pound of water one foot backward. (Or a couple of pounds a half-foot—it's the product that counts. The "little bit more" a counts for drag—which is a study in itself." But the important point is that it is water moved backward that counts. Water moved sideways or downward doesn't help. (If the water moves down and back, the "back" part moves you forward; the "down" part just raises you in the water.)

So we want to move as much water as far backward as possible in as short a time as possible. In theory, the longest pull should result from reaching as far forward as possible, laying the arm and hand flat on the surface, then pointing the fingertips downward to get a grip. Next, straighten the fingertips while bending the fingers to the vertical position. Follow this by bending the wrist while straightening the fingers, so that the whole hand is vertical. Now straighten the wrist while bending the elbow, and finally move the shoulder. The last half of the stroke reverses this motion, cracking the whip to leave the arm at full stretch along your side.

That may be the longest motion, carrying the most water, but there are a few problems with it. Human arms don't bend that way, and the muscles aren't matched to the varying loads this strategy proposes. Give up a little of the stretch, and you can get a much easier and faster turnover. (Again, it is the product of speed and distance that counts.) Hitting the water perfectly flat on the entry puts a heavy load on the shoulder, but leading just a little with the fingertips is quite effective. So I suspect we will see quite a few high elbow strokes with a pretty flat entry in the record books in the future.

—Taken from Nov. 2002 NEM News

RECORDS FROM ZONES! *Continued from Page 2*

Men 19-24

50 Freestyle	Buren, Paul 22	23.17
200 Backstroke	Curry, Rob 19	2:34.73
50 Breaststroke	Buren, Paul 22	31.02
50 Butterfly	Buren, Paul 22	25.29
100 Butterfly	Buren, Paul 22	58.01
100 IM	Buren, Paul 22	1:01.80

Men 25-29

400 Freestyle	Bise, Ryan 29	4:29.16

Men 30-34

50 Backstroke	Sawin, Curtis 31	26.87
100 Backstroke	Sawin, Curtis 31	58.75
200 Backstroke	McKenna, Matthew 30	2:15.60

Men 35-39

50 Freestyle	Matheson, Brent 35	24.27
200 Freestyle	Karnaugh, Ron 36	1:52.90
50 Backstroke	Karnaugh, Ron 36	26.87
100 Backstroke	Karnaugh, Ron 36	56.93
200 Backstroke	Karnaugh, Ron 36	2:00.34
50 Breaststroke	Karnaugh, Ron 36	28.75
100 Breaststroke	Karnaugh, Ron 36	1:02.57
200 Breaststroke	Karnaugh, Ron 36	2:17.96
50 Butterfly	Karnaugh, Ron 36	25.41
100 Butterfly	Matheson, Brent 35	59.53
100 IM	Karnaugh, Ron 36	57.76
200 IM	Karnaugh, Ron 36	2:03.29

Men 40-44

50 Butterfly	Kriley, Michael 43	28.32

Men 45-49

100 Freestyle	Popper, Richard 45	1:01.99
100 Breaststroke	Uchiyama, Winston 45	1:15.19
100 IM	Uchiyama, Winston 45	1:07.24
200 IM	Uchiyama, Winston 45	2:28.35
400 IM	Uchiyama, Winston 45	5:28.21

Men 50-54

100 Freestyle	Geiman, Tom 53	58.19
50 Butterfly	Geiman, Tom 53	28.46
100 Butterfly	Geiman, Tom 53	1:04.68
100 IM	Geiman, Tom 53	1:08.47

Men 55-59

100 Freestyle	Zakim, Jack 57	1:04.46
200 Freestyle	Zakim, Jack 57	2:19.71
400 Freestyle	Zakim, Jack 57	5:06.33
800 Freestyle	Wallace, Richard 55	11:37.83
200 Backstroke	Zakim, Jack 57	2:56.01
100 Breaststroke	Dragon, Jim 58	1:20.98
100 Butterfly	Seidman, Larry 55	1:17.03
200 Butterfly	Seidman, Larry 55	3:11.53

Men 60-64

100 Freestyle	Hopkins, Bob 60	1:10.70
200 Freestyle	Hopkins, Bob 60	2:41.35
400 Freestyle	Hopkins, Bob 60	5:39.49
800 Freestyle	Hopkins, Bob 60	11:54.60
100 Backstroke	Hopkins, Bob 60	1:23.86
200 Backstroke	Hopkins, Bob 60	3:00.78
50 Breaststroke	Loewe, Raymond 60	38.39
100 Breaststroke	Loewe, Raymond 60	1:23.73
100 IM	Hopkins, Bob 60	1:24.37
200 IM	Hopkins, Bob 60	3:06.68
400 IM	Hopkins, Bob 60	6:54.69

Men 70-74

50 Breaststroke	Lewinter, Paul 71	45.70
100 Breaststroke	Lewinter, Paul 71	1:44.69
200 Breaststroke	Lewinter, Paul 71	3:57.45
50 Butterfly	Waters, John 71	58.53

Men 120-159 200 Freestyle Relay

Garden State Masters-NJ 'A' 1:35.56

1) Sawin, Curtis 31 2) Gonzalez, Oscar 42
3) Matheson, Brent 4) Buren, Paul 22

Men 160-199 200 Medley Relay

Garden State Masters-NJ 'A' 1:51.65

1) Sawin, Curtis 31 2) Landrua, Jose 43
3) Matheson, Brent 35 4) Geiman, Tom 53

Men 200-239 200 Medley Relay

Garden State Masters-NJ 'A' 1:57.36

1) Alexander, Richard 58 2) Doyle, Ben 44
3) Dragon, Jim 58 4) Gonzalez, Oscar 42

Mixed 160-199 200 Medley Relay

Garden State Masters-NJ 'A' 2:13.23

1) Martin, Nancy 48 2) Moore, Aaron 37
3) Uchiyama, Winston 45 4) Carow, Amy 41

GSM CAPS STILL AVAILABLE

Silicone Garden State Masters swim caps are still available in either BRIGHT BLUE with gold and black trim or BRIGHT GOLD with blue and black trim and with your name on the cap or not.

Costs: $10.00 each (no name)
$13.00 each (with name)

If you'd like to place an order contact Ed Nessel at ednessel@aol.com or 908/561-5339.

"I JUST DECIDED, I'M NEVER GOING TO WASTE ANOTHER DAY THINKING ABOUT TOMORROW. THIS IS IT. TODAY IS ALL I HAVE."

— LANCE ARMSTRONG, SPORTS ILLUSTRATED'S SPORTSMAN OF THE YEAR

AGING UP

This January, eleven swimmers move up to a new age category. Happy birthday to:

John Pomianowski	75	Donald Fink	50
Bill Reichle	55	Daniel Nies	40
William Kristoff	55	Bill Hester	35
Irwin Mittleman	50	Susan Thiel	35
Nancy Shapiro	45	Daniela Cerruti	30
Michel Corboz	45		

Continued from Page 1

ENHANCE YOUR AEROBIC CONDITIONING

like a set with variety. My favorite aerobic conditioning set is to swim a 300, 200, 3 X 100, 200, 300 all freestyle. Choose an interval based on your favorite 100s interval. For example, if you swim your 100s on a 1:30 interval with a fair amount of effort, then the 300s will be on 4:30, the 200s on 3:00. Whatever interval you choose, make sure you achieve your aerobic threshold.

To sculpt your workouts properly, mix aerobic sets with technique sets. Here's an example:

1. 500 warm up
2. 4 X 25 on :30
   4 X 25 on :25
   4 X 25 on :20 These intervals are arbitrary. Choose an interval that makes the first 4 easy and the last 4 difficult. Keep telling yourself, "it's only a 25."
3. 300, 200, 3 X 100, 200, 300 – all free on your aerobic interval.
4. 6 X 50 on an interval you make easily but work on your technique.
5. 200 IM, 3 X 100 IM, 200 IM. Again, select an aerobic interval.
6. 12 X 25 choice on an easy interval.
7. 2 X 100 cool down.

— Taken from October 2002 NEM News

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\lhyms.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: Julie Veremy; 609/490-7547 (W) or 609/371-0334 (H).

Ridgewood Y Contact Garret Orr; gso@entrepreneur-equity.com or 201/934-4222. Workouts are M & F 8:30-9:30pm.

Rutgers University Contact Ed Nessel; 908/561-5339 or Alex Antoniou; 732/445-0457. Workouts are held at the Sonny Werblin Rec Center pool. Workouts: M-F noon-2pm, Sunday 5:30-7pm, M, T, H, F 6-7am, T & H 8-10pm, F 7:30-9pm

Seton Hall University Masters Contact: Jeanne Coon; 973/401-1574 or jeannecoon137@aol.com. Practices are M, W, H 7:30-9pm, & Sat., 11:30-1:30pm.

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

TBA

Ocean County Y Meet, details in upcoming newsletters

MEETS OUTSIDE OF NEW JERSEY

January 26

SCY Winter Blitz Meet, Goodwill Games Pool, Long Island. Entry due 1/18. Contact Lisa Bowman 516/294-7946, or get entry at www.aquafit.com

February 15

SCY Valentine's Day Meet, at King's Pt. Merchant Marine Academy, Long Island. Contact Steve Shtab at sshtab@aol.com or get entry at www.aquafit.com

February 2

NH Meet, Exeter, NH. Contact Tracy Grilli 603/437-1375 or tracyswims@mindspring.com.start

February 15 & 16

Virginia Masters Winter Invitational, Midlothian VA. Contact Nancy Miller; 804/320-2143 or nancymillr@aol.com.

March 1 & 2

Maryland Masters Winter Meet, University of MD. Contact Barbara Protzman, swimbarb@hotmail.com

March 2

Lyman Schermerhorn Memorial Masters Swim Meet & Pentathlon, Fairless Hills, PA.

March 16

Bill Crawford Memorial Winter Classic at Villanova University. Entry form available at www.bee.net/dcastell/billcrawfordmemorialwinterclassicmeet.html or email stephswim1@aol.com

June 8

Great Chesapeake Bay Swim (4.4 mile) & Chesapeake Challenge (1 mile) Bay Swim. Contact www.lin-mark.com or 856/468-0010.

CHAMPIONSHIPS

Jan 1 through 31

2003 USMS One Hour Postal Championship, sponsored by Tualatin Hills Barracudas in Oregon. Contact Kristine Lewis; 503/641-9486 or OneHour@swimoregon.org or www.usms.org/longdist/ldnats03/1hrentry.pdf

April 11-13

Colonies Zone SCY Championship, George Mason University in Fairfax, VA. 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.

August 14-17

LCM Nationals—Rutgers University , Piscataway, NJ Contact Ed Nessel; ednessel@aol.com, 908/561-5339.

2004 Worlds—Riccone, Italy

FASTLANE

NJ LMSC
451 Sweet Hollow Road
Bloomsbury, NJ 08804

STAMP

ADDRESS: