FASTLANE

WEBSITE UPDATE

New Jersey Masters Swimming Committee has done a number of updates to its website (www.gsmswim.org) to better serve you, our membership. We have created a few forms to gather information that will help us in the future from building up membership to creating relays. The other changes got things better organized. We have set up some of our pages so similar information is located in the same areas. The following are the changes and additions:

- Navigational Bar
- Relay Entry Form
- Club or Workout Location Form
- Club Directions
- Feedback Form
- Fast Lane Archive Area
- LMSC Officer Information Area

New Jersey Masters Swimming Committee would like to thank Ed Tsuzuki for his help and insight on changes made. Also we would ask that everyone visit the site because we would like to update our Club Information, Club Directions and other information that will help us to help you.

RELAY POWER

For those Garden State Masters who plan on swimming on relays at Short Course Nationals in April in Virginia or at Long Course Nationals at Rutgers in August don't forget to check our website (www.gsmswim.org) for the relay sign-up form. Rick Popper has agreed to coordinate but he can't do his job unless people sign up. And who doesn't want to swim a relay or two? They are a lot of fun!

BLIZZARD HELD OFF FOR THE 100 X 100'S

Thanks to all that came out on Sunday February 16's very cold morning for the 100 x 100's at Rutgers. This year we had over 55 people show up and a majority of them finished every single one of those 100's. Of course there were some diehards that had to do a few extra. Doug Clark walks away with the prize (sore shoulders and pool buoy chaffing) for doing 110–hundreds. The fastest group got out in two and a half hours and then others took full advantage of all of our pool time. A big thank you to Rutgers for once again providing us access to the facility. Hope this gave everyone a good jump on their February Fitness Challenge.

–Julie Stewart, NJ LMSC Chairperson

INSIDE THIS ISSUE

CORE CONDITIONING — BUILD A BETTER PLATFORM

If all you do is walk, cycle, or swim, with maybe occasional weight-training sessions, are you doing enough to keep yourself in shape, maintain your strength for sports (and life), and ward off backaches and other problems resulting from weak muscles? Lately, you may have heard that such conventional exercise is not sufficient, and that what you need is "core conditioning" or "core training" You're right to pay some attention. This approach may do you some good.

Core conditioning is an integrated approach that focuses on developing the muscles of the center of your body, so you can move effectively through your activities. The basic idea is that all the muscles of the trunk and spine need to be trained for strength, balance, agility, and flexibility. Rather than strengthening individual muscle groups, such as the abdominals or biceps, core conditioning typically focuses on varied muscles in the torso, back, hips, inner and outer thighs and even chest. The training emphasizes the role of proper breathing and posture, and is as much a state of awareness about your muscles as a new way to exercise.

The advantages of building a strong core are many. With a strong "platform," from which your arms and legs work, you'll be a better swimmer, cycler, and runner. If your spine and abdominal muscles are a powerful base for your legs, you'll be able to run or walk farther and faster. You'll hit a golf ball or a tennis ball more effectively. Core training strengthens your lower back by improving posture. It may reduce the likelihood of injuries.

IF IT SOUNDS FAMILIAR, OR EVEN IF IT DOESN'T

But if you think you've heard all this somewhere before, you may have. Several kinds of "movement therapies," including Pilates training have always emphasized the core muscles. Pilates exercises are designed to stretch and strengthen the muscles in those areas. Some of the exercises have to be done on special Pilates machines; some are done on a mat. You do need a trained instructor to

Continued on Page 7

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
etsuzuk@corus.jnj.com

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*
137 Washington St./D1
Morristown, NJ 07960
973/401-1574
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

ASK DR. SWIM

Q. Will fins help my swimming?

A. One way or another, yes.

Swims fins, or flippers as some call them, will certainly add to your swimming experience. Whether by muscle, endurance, flexibility, form or swimming at speed, they can affect your swimming for the better.

Much controversy over size, flexibility, and fit. Dr. Swim favors medium length, medium flexibility and snug fit. No one really knows what's best for you. Whatever you wear, make sure they do not chafe or worse. Check them out on your feet before buying or ask if can return them.

No matter how hard you use them, it's most unlikely you can "overdo" it by using them too hard—unlike hand paddles and possible shoulder problems. So no excuses with the fins, no matter how you use them. The following are for freestyle swimmers but backstrokers can adapt some of it.

The commonest use is as a "rest" in a workout, i.e., swimming a distance at a leisurely pace and perhaps even chatting with other swimmers doing the same thing. Limited athletic value. Better is a set of shorter swims where the leg muscles work hard enough to hurt or burn and simulate race conditions. Pyramids when you swim a series of increasingly shorter distances are another way. Kicking on your back with or without a kickboard over your head is a good alternative. Kicking on one side with no kickboard and the upper arm stretched above your head and the lower arm at your side forces you to kick under the water.

Some say all kicking should be with the feet staying under the water or barely breaking the surface. This kind of kicking adds to ankle flexibility, an essential part of a powerful and efficient kick. With their increased load on the feet, fins aid ankle "stretching."

Try full stroke swimming with fins on. You will be surprised by how the speed feels and how you feel more turbulence at the higher speeds. That's something to work on, too.

Use fins for up to 25% of your workout, especially if you're a sprinter.

–Taken from NEM News, 6/02 issue

NEW REGIONAL MEET COORDINATOR

Eric Fucito, our Webmaster, has agreed to take on the added responsibility of Regional Meet Coordinator. The aim here is for him to stay in touch with the LMSCs in nearby states (CT, NY, PA) to avoid meet scheduling conflicts. He will try to see that we don't have meets on the same date as neighboring LMSCs so our members and their members can go to all the meets we all want to go to. Communication is the key and thanks to Eric for forging those links!

ARE YOU IN THE TOP 3%?

In September, the National Academy of Sciences upped the ante, telling Americans to aim for 60 minutes of moderately intense activity per day. The Centers for Disease Control (CDC) estimates that only 3 percent of Americans exercise 60 minutes a day.

—Taken from 12/02 Swimmer's Ear Newsletter

HOW MUCH WATER DO YOU REALLY NEED? *By David Kennedy*

A NEW STUDY SUGGESTS THE OLD 8-GLASSES-A-DAY "RULE" IS ALL WET, WHILE OTHER RESEARCHERS SAY THIS STUDY DOESN'T HOLD MUCH WATER FOR ANYONE BUT THE AVERAGE SPUD ON THE COUCH.

Jim Shank, Sr., of Niagara Falls, New York, just about fell out of his chair after reading the front page newspaper article explaining why he doesn't need to drink at least eight glasses of water a day. The article was based on a new study published in the American Journal of Physiology, which found no basis for the idea that a person should drink at least eight 8-ounce glasses of water daily.

Shank was totally taken aback and said, "I have been a water drinker for years, even during periods of unhealthy eating and not exercising. I can truthfully say that unless I get a minimum of eight glasses of water a day, I feel tired, unfocused and thirsty. Additionally, when I get my eight glasses a day, my skin is less dry and my face, fingers and feet are not bloated, even after a weekend of pizza, chips and beer. I do not need any scientific study to tell me that!"

Indeed, it seems this new research has really struck a nerve in countless fitness-minded individuals, who find the study's conclusions more than a little hard to swallow.

Dr. Heinz Valtin, a professor emeritus at Dartmouth Medical School and the scientist who headed up this controversial new research, says he undertook an exhaustive hunt for evidence backing all this water advice with his effort coming up mostly, well, dry.

"After 10 months of careful searching of this scientific literature, I have found no evidence that we need that much water," Dr. Valtin says. "We don't know where this notion came from. I've searched for it."

He can't say for certain how this advice started, but one theory he has stems from a 1945 document from the food and nutrition board of the National Research Council. There, the board gave the rule of thumb of one milliliter of water per calorie of food eaten, and that comes out to about eight 8-ounce glasses of water a day. "But, in the very next sentence, the food and nutrition board stated that most of that water can come from solid food," Dr. Valtin says. He thinks it's possible the second sentence was overlooked. And thus, he surmises, one of many water myths was born. Indeed, Dr. Valtin's 51-page report suggests the subject of hydration is waterlogged with urban legends. Another of what he says is a misconception about water is the thinking that thirst is a poor indicator of water needs and that if you relied on your thirst alone for proper hydration, you'd put back only about half of what you need. Dr. Valtin says he could find no hard scientific evidence to support this.

Agreeing with him on this point is noted exercise physiologist Dr. Mauro Di Pasquale, M.D. "There are ways the body can tell almost immediately whether or not you need water or have drunk enough," Dr. Di Pasquale says. "For example, we've all experienced a loss of thirst within seconds after drinking, way before the water has even had a chance to be absorbed and detected in the blood," he says. "That's because local gastrointestinal mechanisms work almost immediately to prevent the overhydration that would occur if thirst went unabated until the water entered the systemic circulation, triggered the appropriate brain mechanisms, which in turn decreases thirst."

In other words, Dr. Di Pasquale says thirst can indeed be a fairly good indicator of water needs. "Water balance and thirst are detected by complex systems in the body that are extremely sensitive and react quickly and accurately to fluid balance in the body," he says.

Another of the misconceptions about water Dr. Valtin discusses in his report is the idea that coffee, tea, sodas and other caffeinated beverages dehydrate us.

"The proponents of 'eight by eight' always admonish that caffeinated drinks do not count toward the total because caffeine is known to be a diuretic, which means it increases urine flow, and thereby defeats the amount of water," Dr. Valtin says. "But that notion I think is wrong, and I think it was proven to be wrong in a peer-reviewed study published in 2002."

The study Dr. Valtin is referring to is a paper appearing in the June 2002 edition of the International Journal of Sports Nutrition and Exercise Metabolism, which suggests that athletes and fitness enthusiasts alike will not incur detrimental fluid-electrolyte imbalances if they consume caffeinated beverages in moderation and eat a typical U. S. diet.

In comparing caffeine (100 milligrams to 680 milligrams) to water or placebo, the researchers report that they didn't find any statistical difference in urine volume. "In the 10 studies reviewed, consumption of a caffeinated beverage resulted in 0 to 84 percent retention of the initial volume ingested, whereas consumption of water resulted in 0 to 81 percent retention," note the researchers. Further, they say tolerance to caffeine reduces the likelihood that a detrimental fluid-electrolyte imbalance will occur.

DOES THIS NEW RESEARCH HOLD MUCH WATER FOR ATHLETES?

Admittedly, Dr. Valtin says his review pertains to the average Joe or Jane. And, as we all know in this era of escalating obesity, people who engage in intense physical exercise are really anything but "average."

"It is to be emphasized that the conclusion is limited to healthy adults in a temperate climate leading a largely sedentary existence…" Dr. Valtin says. "Equally to be emphasized, lest the message of this review be misconstrued, is the fact, based on published evidence, that large intakes of fluid, equal to a greater than 8 X 8, are advisable for the treatment or prevention of some diseases and certainly are called for under special circumstances, such as vigorous work and exercise, especially in hot climates."

Indeed, several studies have shown that mild dehydration limits both aerobic and anaerobic exercise performance and affects maximal oxygen uptake and work capacity. "Even a 1 to 2 % drop in water in the body will cause problems in performance," said Kristine Clark, Ph.D., R.D., director of sports nutrition at the Center for Sports Medicine at Penn State University. "The earliest symptoms are loss of concentration and fatigue."

Research shows the more dehydrated you are, the more exercise performance suffers. A 3% to 5% drop in water level can create headaches, cramping, dizziness and nausea. Studies have shown that being as much as 3% dehydrated can cause a 10% drop in contractile strength and an 8% drop in speed.

Continued on Page 6

THE PERFECT RACE: JANET EVANS' 400M FREE AT THE 1988 OLYMPICS

Ever wondered how great swims happen? Is it the stroke rate? The time off the blocks? The flip-turns? Every month USA Swimming analyzes a new perfect race in swimming history, pointing out all the important factors that were critical in producing these great swims. All data and race analysis will be submitted by the USA Swimming National Team Technical Support staff.

This month's race is Janet Evans' World record-setting, gold-medal swimming the 400m free on September 22 at the 1988 Olympic Games in Seoul, South Korea, a record that has stood for 14 years.

WATCH THE RACE.

Janet Evans steps onto the block in Lane 4 to compete in the Olympic final of the women's 400m freestyle. The 17 year-old from Placentia, Calif., stands 5'5" and weighs 99 lbs, but looks much smaller surrounded by rivals Heike Friedrich and Anke Mohring who approach 6 feet in height. Evans had a solid preliminary swim, but the two German swimmers look extremely strong. In the prelims, each had posted lifetime bests that approached the world record of 4:05.45 that Evans had set nine months earlier.

Janet started the Games on a good note for the United States by winning the gold medal and setting an American record (4:37.76) in the 400 IM during the first night of competition. That had been the only bright spot for the American women to this point. The German women's team, lead by Kristin Otto (who would win 6 gold medals at this Games), was well on its way to the last of its five dominating Olympic team performances influenced by the infamous East German sports system.

THE START: AN EARLY LEAD

As the race started, Evans grabbed a small early lead using a smooth start and fast tempo stroke with a somewhat unusual straight-arm recovery. Janet turned in 59.99 at the first 100 meters, which was a conservative .4 seconds off her world record pace. As the race progressed to 150 meters, Friedrich and Mohring hung at her shoulder, but the rest of the field fell off, unable to maintain the blistering pace set by the frontrunners. At 200 meters, Evans had expanded her lead to a body length but was still 0.6 seconds off World record pace at 2:02.14.

THE HUMAN WATER BUG

Evans' stroke was different from all others in the race. The recovery portion of the stroke has been described using the terms "windmill" and "water bug." Her arms move quickly over the water, but with lessarm bend than traditional strokes. Her underwater the stroke is outstanding. It is extremely clean with no bubbles carried with the hands and a very high elbow position at entry.

Body rotation starts after the hand entry is initiated by a strong downbeat of the kick on the opposite side of the body from the arm stroke. She uses a two-beat kick throughout the race, driving rotation and balancing her head, which moves up and forward when she breathes. Her hand accelerates all the way through the pulling pattern with fingertips pointed at the bottom of the pool through the finish.

HEAD-TO-HEAD

At 300 meters, Mohring had fallen back to accept the bronze medal, but Friedrich had increased her kick and erased Janet's lead. They turned together .6 seconds under World record pace, with Evans clinging to a small lead of .16 seconds. The crowd erupted, realizing that they were seeing an outstanding head-to-head battle and anticipated an upset, as Friedrich was one of the greatest finishers in the history of the race. Evans quickly responded to the challenge, using the wall to change gears and explode into the last 100 meters. Her tempo increased significantly and she began to move steadily ahead of the German. She was not only holding off Friedrich, but also pulling away!

BREAK IT DOWN

Evans used a series of impressive racing strategies in the last half of this race. In the first 200 meters she swam in the middle of the lane breathing on the right for 5 or 6 cycles then switching to the left to see her competitors on both sides of the pool. At 200 meters, she moved from the center of the lane to the side closer to Friedrich. This allowed her to stay in contact with her closest competitor in Lane 2 and reduced the ability of Mohrig — who is falling back in the lane next to her — to be aided by drafting.

At 250 meters, she changes her breathing pattern to the side that Friedrich is on and for the remainder of the race breaths only twice to the other side off of each turn to make sure that Mohrig had not made a move back into the race for the gold. She also changes speed (increases her tempo) right off of the turn, which takes less energy than making the same move in the middle of the pool and takes advantage of a "soft" turn by Friedrich at 300 meters. Knowing that her stroke is driven by tempo, Evans held the two beat kick and slipped into a pattern of six cycles, breathing every three cycles and three cycles with no breath to balance her rotation and maintain the fast turnover that is often lost during the extra time it takes to breathe.

Accelerating through the final 50 meters, Evans touched the wall a body length ahead of Friedrich to claim her second gold medal of the Games. (She would go on to win a third gold in the 800 Free). The world's best swimmer had realized a performance beyond what even she believed possible. She had set a world record for the sixth time in her young career, but it was not a typical improvement. She had destroyed her previous mark by 1.6 seconds with a time of 4:03.85. "I can't believe it! It didn't hurt! I wasn't even tired!" she yelled from the deck to her coach Bud McAllister in the stands. [Free Swimming Time: 3:37.74 (89.3 %) Time spent under water: 18.52 (7.8 %) Turns Time: 7.59 (3.1 %) Under water distance swum: 49 (12.3 %) Total Cycles taken: 196.5]

NEGATIVE SPLITS

The last half of this race is what sets it apart in history. A negative split strategy is rare at this distance, and this was the only time in her career where she used it. Evans covered the last 200 meters in 2:01.71, which was within a second of her lifetime best in the 200m free and would have qualified her for the 2000 Olympic team on the 800 free relay. Splits: (100s) 59.99-1:02.15-1:01.26-1:00.45 (200s) 2:02.14/2:01.71

14-YEAR RECORD

The record has stood for 14 years, and no other woman has broken 4:05 in the event. The silver medal time by Fredrich remains the 5th fastest ever and is the fastest time Evans swam against. This race stands as one of the greatest performances in swimming history, not only because the record time has stood for so many years, but also because Evans needed that perfect race to win the Olympic Gold medal.

— Taken from Connecticut Masters Newsletter 2/03.

The 1st Annual Bruce Hutchinson Memorial Masters Classic

SUNDAY APRIL 13th, 2003
Warm Up: 8:00 AM Starts: 9:00 AM
At The Bruce Hutchinson Natatorium on the campus of Southern Connecticut State University, New Haven, CT

Sanctioned by the Conn Masters LMSC for USMS, Inc. # TBA

This meet is being held in memory of long time SCSU Mens Swim Coach, Dr. Bruce Hutchinson. "Hutch", who passed away in June of 2002, was not only an incredible coach, but was a tremendous friend to all involved in the sport of swimming. All proceeds from the meet will go towards a scholarship fund that has been set up in his memory at SCSU.

Meet Director: Eric Burns 203-366-0045 or Eburns@unitedmedia.com

Facility

The Bruce Hutchinson Natatorium is one of the finest aquatic facilities on the East Coast. Many pool records are held by past Olympians. 8 lane/25 yard, 6ft-14 ft depths. Colorado Timing. 7 lanes will be used, 1 lane will be designated for warm-down.

Order of Events

In memory of Hutch, the 200 Fly will be the first event as this was his specialty!

1. 200 Fly
2. 200 IM
3. 50 Breast
4. 100 Back
5. 50 Freestyle
6. 50 Fly
7. 200 Free
8. 200 Backstroke
9. 200 Breast
10. 100 Fly
11. 100 IM
12. 100 Free
13. 50 Back
14. 100 Breast
15. 500 Free *

*Swimmers must provide their own counters.

Eligibility & Registration

Open to current USMS Registered 2003 Masters Swimmers. All entrants must read & sign the USMS liability release waiver before competing. USMS registration will be available on race day.

Entries & Fees

Entries must be postmarked by Wednesday, APRIL 9th, 2003 or delivered by April 11. The Fee for the total meet is $20.00 including relays.
Deck entries will be accepted until **8:15 am SHARP, no entries will be accepted after this time.** Fee for deck entries is $25 + $3 per individual event. **Please mail your entries in!**
An entrant may participate in 5 individual events.
Please detach & mail the registration form along with your payment and a copy of your USMS card.

…..……detach here and mail……...……

Entry Form (please print)

Name: _____ USMS#…….

Address: ……

Phone: …… Club Name:……..

DOB:……

AGE: (as of 4/13/03) ……. Female Male (*circle)*

Event # _____ Seed Time……...

Event # _____ Seed Time……..

Event # _____ Seed Time……..

Event # _____ Seed Time…….

Event # _____ Seed Time…….

Make Checks payable to: **SCSU FOUNDATION. Memo Portion of Check to read: Bruce Hutchinson Endowed Scholarship Fund**
Mail this entry form, Check and copy of current USMS card to:
ERIC BURNS 86 VESPER STREET FAIRFIELD, CT 06825

DIRECTIONS:

From New York Merritt Parkway North: Exit 59. Turn right on Whalley Avenue. Continue on Whalley to Fitch Street. Turn left onto Fitch Street, which bisects the campus.
From New York I-95 North: Exit 44 (Kimberly Ave., Route 10). Turn right at the end of the exit onto Kimberly Avenue, then left at the stoplight onto Ella Grasso Boulevard, Route 10. Ella Grasso Boulevard ends at Crescent Street, near the south entrance to the campus.
From New London I-95 South: Exit 47 (Downtown New Haven). Go to the end of the connector and exit onto Frontage Road. Continue on Frontage Road (Route 34), which ends at Ella Grasso Boulevard. Turn right onto Ella Grasso Boulevard, which ends at Crescent Street, near the south entrance to the campus.
From Hartford Wilbur Cross Parkway South: Exit 60 (Dixwell Avenue). Head south on Dixwell Avenue to Arch Street. Turn right at Arch Street, and left at Fitch Street, which bisects the campus

CHLORINE LEVELS CAN CAUSE HEALTH PROBLEMS

I don't know of one Masters swimmer who doesn't grouse on a regular basis about the condition of the pool water where they swim. It's either too cold, too hot, too cloudy, or too dirty. Complaining about the water goes right along with grumbling when a new set is announced or griping about the swimmer who strays into the middle of the lane or who can't keep track of the intervals.

But there are those instances, which I hope are rare, when the condition of the water dips into the realm of being unhealthy. The following is an excerpt from an article, which appeared in the James Madison University's student newspaper in November of 2001:

After chlorine levels in Godwin Hall's pool became so high that members of the JMU swimming teams began losing hair and suffering from skin irritation and respiratory problems, the university had to close the pool to neutralize the dangerous levels. Swimmers have had trouble breathing, irritation to their skin, hair coming off arms and legs and eyebrows, skin rashes and hacking and coughing said women's swimming coach Gwynn Harrison.

Senior Tommy Quimby, a member of the men's swimming team who suffered similar effects of the increased chlorine levels, said, "I've been swimming all my life and I've never swam in a pool that caused my hair to fall out and my skin to get irritated. This is the worst I've ever swam in. My hair fell out of my arms and legs. Not all of it, but a majority of it. It bleached my eyebrows and the hair on my head. My skin is extremely dry, red and irritated. If my arm rubs against my side it will get really red and irritated. A lot of other guys that I know, their hair has fallen out and their skin is irritated. This is really extreme."

Lenny McDorman, who manages the pool for athletic facilities, said he "took chemical readings showing an abundance of combined chlorine in the pool." He said there were chloramedes, which he said are bad. "The chlorine level was off our charts," McDorman said. He used an oxidizer, which burns up the combined chlorine. We put 10 times the amount of oxidizer in…" This problem should not get anywhere near this magnitude in the future. We'll take chemical readings much more often then we have been," said McDorman. "The earlier you catch it, the less problems you have."

Chlorine is a powerful chemical and it has to be kept in balance. This is a heads-up article to keep you vigilant about the water quality in your pool. There is a pool in our state with Masters swimmers that is currently experiencing similarly serious problems to those above. So we all need to pay attention to this issue. If you think the water quality is seriously bad or slipping toward that state, don't be afraid to voice your concerns to the person in charge of the water or to management. We swim to improve our health, not to put our bodies at risk.

--Linda Brown-Kuhn

HOW MUCH WATER DO YOU REALLY NEED? *Continued from Page 3*

TOO MUCH OF A GOOD THING?

Given the countless physiological functions of water — flush toxins, transport nutrients, cellular hydration or cell "volumization" (which is a prerequisite for protein synthesis or muscle building), healthy skin function, etc. — it's easy to see how some folks are prone to overdo it.

According to Patrick J. Bird, Ph.D., of the University of Florida's College of Health and Human Performance, it is indeed possible for people to drink too much water. It's a condition known as "water intoxication" or hyponatremia, and it isn't at all uncommon among marathoners and triathletes. In fact, water intoxication was reported in 18% of marathon runners and 29% of finishers in the Hawaiian Ironman Triathlon in studies recently published in the Annals of Internal Medicine and in Medicine and Science in Sports and Exercise, respectively.

SO HOW MUCH WATER SHOULD YOU DRINK?

In light of Dr. Valtin's recent research, it seems the average spud on the couch can get away with simply obeying his or her thirst when it comes to meeting their water needs.

For the rest of us, the research shows we may indeed need at least 8 glasses of water a day, if not more, depending upon the intensity of our workouts and the conditions (i.e., climate) in which we're exercising. To ensure you're well-hydrated without hitting any extremes, Dr. Di Pasquale offers a few simple guidelines for fitness enthusiasts:

- The amount of fluid you need to drink goes hand in hand with the duration of exercise, and most importantly how much you're sweating. "The more you sweat, the more you need to drink to keep you ahead of the game," Dr. Di Pasquale says. "Even with the body's efficiency in protecting water balance, it's not a bad idea to drink ahead if you know you're going to be doing some long-term exercise and/or sweating excessively."
- As a rule of thumb, within an hour or so of training, drink a glass of water so you start well-hydrated. "But don't overdo it since hyperhydration can also affect exercise performance, as seen in a recent study on horses that found hyperhydration reduces the amount of oxygen that's carried in the blood," he says.
- While training, you can drink a glass or so of water for every 15 minutes you train, especially if you're sweating it out. However, even during times of heavy sweating, don't take in more than 1/1/2 quarts of water per hour. "After training, especially if you've been sweating heavily, take in a few glasses of water before taking a shower," Dr. Di Pasquale says. "A recent study shows that taking in more rather than less water after training was better for replacing lost fluid and for plasma volume restoration."
- As far as how much your daily intake should be, The American College of Sports Medicine suggests that 12 quarts is the maximum amount to drink in a 24-hour period. "In my view, however, you're really pushing the envelope if you drink this much on a daily basis, and you risk the chance of over hydrating yourself," Dr. Di Pasquale says.

—Excerpted from Muscle Media, 2/03 issue

CORE CONDITIONING— BUILD A BETTER PLATFORM

Continued from Page 1

tailor the routines to your needs. Trained athletes, as well as dancers, often use Pilates as an adjunct to other training, but the method is also adaptable for older people and those with arthritis.

Another type of exercise that concentrates on the core, and is especially concerned with breathing, is yoga — a very popular form of fitness activity focusing more on physical than spiritual benefits these days — though approaches vary from one instructor to another. Again, it's best to learn yoga from an experienced teacher, who can adapt the poses to your ability and can help you concentrate on the core muscles, for strength, flexibility, better posture — even for a better golf game, or whatever your goals are.

Adding a new form of training to your fitness routine is never a bad idea. It can freshen up your workouts, as well as give you a chance to re-evaluate your goals and maybe add new ones — such as better posture, more endurance, or better breathing techniques. Many gyms and health clubs offer core-conditioning classes, as well as Pilates and yoga classes. There may even be a new program called "Yogilates," which (you may have guessed!) amalgamates the two. IN addition, some types of exercise equipment in gyms and dome homes can be used for core training — exercise balls, for example, and balance boards.

No exercise system, including core conditioning, can work magic, nor can it take the place of brisk walking, swimming, cycling, or other forms of aerobic exercise. Weight training is important, too. If you have injuries, back problems, or any limiting medical condition, you should check with your doctor and/or physical therapist before adding core conditioning to your exercise program.

— *Taken from the Lane Line, 2/03 issue which got it from the U.C. Berkley Wellness Letter, 2/03*

AGING UP

This March six swimmers move up to a new age category. Happy birthday to:

Larry Lengle	70
Lynn English	45
Laurie Thomas	45
Robert O'Connell	40
Tracy Bunting	35
Daniel Fishman	30

PLACES TO SWIM

Please let me know if changes need to be made at any time. I rely on you to keep this list updated. You can contact me (Linda Brown-Kuhn) at 908/479-1038 or lbk@sprintmail.com. -Thanks.

COACHED WORKOUTS

Berkeley Aquatics Contact: Coach Eric Fucito at the Berkeley Aquatic Club, Berkeley Heights; 908/464-0574 or 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

March 30
Ocean County Y Meet Contact Jack Frain at jjfrain@hotmail.com or 732/528-8482

MEETS OUTSIDE OF NEW JERSEY

March 1 & 2
Maryland Masters Winter Meet, University of MD. Contact Barbara Protzman, swimbarb@htomail.com

March 2
Lyman Schermerhorn Memorial Masters Swim Meet & Pentathlon, Fairless Hills, PA.

March 2
2nd Chinn Aquatics Swim Meet, Woodbridge, VA. Contact Harry DeLong at hdelong@comcast.net or 703/368-0309 (no calls after 9).

March 16
Bill Crawford Memorial Winter Classic at Villanova University. Entry form enclosed.

March 29
Albatross Open (SCM), North Bethesda, MD. Contact Helen Beven at 301/897-2947 or hbevenintheusa@cs.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.

June 14
Jack King Ocean Swim, Virginia Beach, VA. June 27,28 Hawaii International Masters Swim Meet, Maui, Hawaii. Contact Janet Renner; 808/573-8656 or chair@hawaiimastersswim.org

July 12
Chris Greene Lake 2 mile swim, Charlottesville, VA.

July 20
Cove-to-Cove, NYC .5 mile, Battery Park City, South Cove to North Cove,Yacht Harbor. Apply online at www.nycswiwm.org

July 20
Race for the River, NYC 2.4 miles, Hudson River Park's Pier 62. Apply online at www.nycswiwm.org

August 3
Park-to-Park One Miler, NYC Battery Park city to Hudson River Park's Pier 25. Apply online at www.nycswim.org

August 23
The Great Hudson River Swim NYC, 2.8 miles, starts at 79th St. Boat Basin. Apply online at www.nycswim.org

September 20
Little Red Lighthouse Swim, NYC 7.8 miles, Hudson River Park's Pier 62. Apply online at www.nycswim.org

CHAMPIONSHIPS

April 11-13
Colonies Zone SCY Championship, George Mason University in Fairfax, VA. Entry deadline is 03/28.

May 15-18
SCY Nationals—Arizona State University, Tempe, AZ. Contact Mark Gill; 480/775-1485, gill@asu.edu, 202 E Baseline Rd., #146, Tempe, AZ 85283.

June 1-7
2003 National Senior Games, Hampton Roads, VA. Contact Scott Rabalais; 912/927-7016 or scottrabalais@compuserve.com; or www.nationalseniorgames.org

August 14-17
LCM Nationals—Rutgers University , Piscataway, NJ Contact Ed Nessel; ednessel@aol.com, 908/561-5339.

2004 Worlds—Riccone, Italy

FASTLANE

NJ LMSC
451 Sweet Hollow Road
Bloomsbury, NJ 08804

STA
MP

ADDRESS: