

EASTLANE



ZONE REPRESENTATIVE NEEDED

The Colonies Zone, which is the block of states that we are a part of, (Masters swimming divides the country into various zones) needs a Zone Representative. The Zone Rep is responsible for enhancing communications between the national office and LMSC's as well as between USMS committees and LMSC's. This person would facilitate activities, problem solve in the Zone and participate on the National Zone Committee.

Lynn Hazelwood, the national Zone Committee Chair adds these points:

- 1) This will be a temporary replacement until next convention when the election of zone reps is held.
- 2) If you are nominating someone, you have to have their agreement to run before they can be considered a candidate.

If anyone is interested or wants to nominate someone they should email Julie Stewart (JStewart10@aol.com). ☎



TIME TO GET PSYCHED FOR LONG COURSE NATIONALS

Most of us have completed our short course season for this year or are winding it up in Arizona. What's next, but Long Course Nationals of course. No excuses for not attending this meet as its in our own backyard at Rutgers August 13th-17th. I recently met with Alex Antoniou, Meet Director, to learn more about the status of the meet. It sounds like Alex is well on his way to hosting one of the better Long Course Championships.

The latest rumor on attendance is between 1500 to 2000 swimmers, which clearly justifies the five day format and the fact that Hi-Tek will be managing the timing system. Rutgers will be building an above ground 25 yard warm up pool with four, 8 ft. wide lanes that will be outside above the patio area.

And to pass time between events, there will be a vendor village with a large screen TV that will carry the meet and all announcements, massages, a swim flue, computer room for participants to send

and receive email, and of course an appropriately stocked snack bar.

But to make this really successful, we need volunteers. The volunteer jobs available include timers, naturally, awards table, registration and safety marshals. If you, a family member or a friend are interested in volunteering any of the days or a partial day please email Alex Antoniou at antoniou@rci.rutgers.edu or myself at jstewart10@csi.com. In the email let us know the name which day you are available, am or pm, a contact number and what job you are interested in doing. In addition, there is a need for a medical doctor to be available on site each day in case of an emergency. (This is in addition to the paramedics).

Look forward to seeing everyone there.

—Julie Stewart, Chairperson, NJ LMSC




NEW RECORDS!

These are new SCY records set at the Ocean County YMCA Unofficial Team Championships on March 30, 2003.

Women 35-39

Rebecca Kalibat, 39
50 breast 34.70

Women 40-44

Laurie DiTommaso, 40
50 breast 34.81

Jennifer Portman, 41

50 fly 29.72
100 fly 1:05.75

Women 45-49

Judy Ramirez, 45
100 breast 1:19.58

Women 75-79

Doris Steadman, 78
50 free 42.41

Women 80-84

Flo Melick, 81
50 breast 2:10.59

Men 45-49

Alan Bell, 45
100 free 54.47

Men 55-59

Jim Dragon, 58
100 IM 1:05.00

Men 60-64

Rendy Banks, 60
200 Free 2:19.42
100 IM 1:14.07

Bob Hopkins, 61

1000 Free 13:39.18 ☎

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FAB ABS: WHAT WORKS, WHAT DOESN'T?

GIZMOS AND SUPPLEMENTS PROMISE A "SIX-PACK" WITH VERY LITTLE EFFORT. CAN THEY REALLY GIVE YOU THE WASHBOARD ABS YOU'VE ALWAYS DREAMED OF? WEBMD ASKED THE EXPERTS.

By Jeanie Lerche Davis

WEBMD FEATURES: REVIEWED BY MICHAEL SMITH, MD

We've seen them advertised on TV—gadgets and potions that let you slide, swing, roll, and energize your abs into a "six-pack." Do any of them work? Will any deliver washboard abs?

For answers, WebMD talked with two pros: Alan DeGennaro, a certified athletic trainer, strength and conditioning specialist, and director of the sports performance program at the University of Pittsburgh Medical Center, and Jolie Bookspan, PhD, an exercise physiologist based in Philadelphia and author of *The Ab Revolution*.

ARE YOUR KILLER ABS BURIED UNDER FAT?

Much of your physique is dictated by genetics, says DeGennaro. While some are born lean, "other people have to do exercises every day, have to watch their diet."

It's what he calls "the whole-body approach," and it's the only way to flatten your belly, he says. "We look at 'calories in, calories out.' We teach clients about eating and exercising."

One pound of fat contains 3,500 calories, which means you need a 500-calorie a day deficit in order to lose a pound of fat a week. "It means exercise plus cutting back on little things, like crackers in the afternoon, ordering a 6-inch sub vs. a 12-inch sub—that's probably 300-400 calories right there," DeGennaro tells WebMD. Changes in diet and exercise lead to "true weight loss that's going to stick," he says.

THE BEST EXERCISES

Ab exercises often involve Swiss balls—oversized balls commonly found in gyms and workout centers. "You can lie on the ball, do your exercises. It's more functional, requires balance, so you're using more muscles to stabilize and balance while you're doing your exercises. You're working muscles through the full range of motion, getting stronger muscles."

Spot training—just doing crunches—just doesn't work, DeGennaro tells WebMD. "If you have a little bit of a pot belly, just doing crunches isn't going to make that go away. You have to burn calories. You can do 500 crunches a day, but if you have a pot belly and drink beer every night, you're not going to get washboard abs."

Diet is 85% of weight loss, so 15% of your effort should involve fitness and strengthening, he explains. "You've got to have your diet under control, then add in all your cardio and abdominal work."

"I'm not a big 'machine person,'" says DeGennaro. "When you're doing a machine, the same muscle fibers are working in the same sequence every single time. You can develop 'pattern overload'—your body becomes accustomed to that pattern, and after awhile you're not accomplishing anything. Your body plateaus, gets more efficient at burning the calories. Pretty soon, you're not burning any calories."

"You've got to add variety, do a different routine, so your body doesn't plateau," he says.

Like DeGennaro, Bookspan doesn't believe that machines, ephedra drugs, or simple crunches are the answer to flatter abs.

A SIMPLER APPROACH

She believes in an isometric approach—teaching people exercises that can subtly be integrated into your normal, daily routine. All are aimed at attaining better posture and less back pain—along with more attractive abs, she tells WebMD.

"Most people can't imagine using their abs while standing," she writes. "Yet this is what will keep your back supported and prevent pain and injury during daily activities. Use this whenever you reach overhead—from pulling shirts off to reaching cabinets, to washing your hair, to lifting weights."

"Using abs correctly will firm your abs and help you burn calories," she says. "It's a free workout you can give yourself every day."

—Taken from www.webmd.com. The article was published Oct. 8, 2002.

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SWIMMING: A PURSUIT OF PERFECTION THAT NEVER ENDS *By Paul Kiell*

The following is taken from a speech that Paul Kiell delivered recently to a group of high school swimmers that he coaches. Paul, always an eloquent and thoughtful writer, once again has insightful views regarding the development of swimmers' technique.

A hero is someone who has won over an obstacle of nature. The obstacle of nature here is yourselves, your natural endowments, your handicaps, your willingness to persevere. From the lad who went from practically drowning to becoming a credible swimmer to the championship winners and all stops in between, you have achieved hero ranking. A hero is someone who has overcome natural obstacles to bring out the very best he has.

Perhaps I can describe where you have been with this from author Pat Conroy in the prologue of his new book, "My Losing Season."

I was never a very good player, but the sport allowed me glimpses into the kind of man I was capable of becoming. I exulted in the pure physicality of that ceaseless, ever-moving sport... (and in) my chosen game, this love of my life, I was the happiest boy who ever lived.

What is the happiness he speaks of? Happiness was once defined for me by an old professor. It is not the pursuit of happiness he declared, rather happiness is the pursuit. For all of us, at any age, happiness is the quest toward a goal, any goal. And in swimming, more than any other sport I know, it is the pursuit of perfection, perfection of a sort, a perfection that you will occasionally reach but that will, for the most part, elude you, much of the time lurking just outside of your grasp, but nevertheless worthy of chasing.

Swimming is unique in such a search. Remember, our bodies were not meant to swim. All we have is our bodies, no props: No bat, no ball, no skating or skiing blade, no stick, no pads or ball to kick, nothing but just our naked bodies. But

in the pool with its water that you try to grip and launch from, and its wall that you try to spring off, you are playing in the ideal playground. Play becomes a source of satisfaction, gratification, even happiness.

The longshoreman philosopher Eric Hoffer wrote of play:

Whenever you trace the origin of a skill or practice, which played a crucial role in the ascent of man, we usually reach the realm of play.

Children play, animals play, and learn from it. So basic is the element of play that the Greeks created a god, Eros, and intuitively gave him dominion over love and play. And in the playground that is the swimming pool, you learn by playing, by making mistakes, errors and erratic movements right there in the playground where it doesn't count, that is doesn't count unless you refuse to learn from those mistakes. You learn to play much as the musician plays his instrument, learning rhythm, touch, consistency, timing, balance, the many nuances of technique, that fine tuned coordination of mind and body.

In swimming you learn the right touch when you make friends with the water. Go through it disturbing it as little as possible. The best swimmer is the quiet swimmer who has learned that the harder you hit the water the harder it will hit you back. The more splash you make the more energy you waste. Strength must be harnessed and doled out in an evenly paced way. It is like music, as in the words of Louis Armstrong, who said something like "if it sounds good it is good." In swimming, if it looks effortless and graceful, if it looks good, it is good. And it sounds good, i.e., quiet, and looks good, when the ingredient of the brain is mixed in.

The mind, through its thinking process, is an indispensable aid. The body will follow the dictates of the head both literally and figuratively in terms of positioning, of

strategy, of balance and of coordination. Swimming with smarts makes for a real difference.

Through the powers of the mind you will learn to focus and reap the benefits of a discipline. Think of what you are doing. You are traveling through a narrow semi-solid substance. Compare it to traveling through soft wood or even ice cream. Remember that you want to find the least resistance and the least resistance is where you disturb the material the least. Think of going through wood. The best way to travel and make a clean hole while still preserving the wood is by whittling rather than banging through. Just as in swimming where you roll your body trying to imitate a torpedo's flight. At the same time you want to get the best grip. To get a good grip do you use a nail or a screw? It's the latter, the analogy being you wriggle or bore through rather than push your way within the semi-solid material called water. And you retain your grip on the water by a sculling motion, the hand movement simulating the threads of the screw.

In this quest you will make mistake upon mistake, you will be frustrated more times than not, but in reaching, rather only occasionally reaching, that perfect stroke, losing it and chasing to get it back again. You will share in the ordeal, the frustration and the elation with your peers and you will revel in the camaraderie of your teammates. With them you will be making lifelong friends.

Years from now you will certainly look back on these days and realize they were among the happiest of your young lives, the times where you had the grand opportunity to glimpse into the kind of man you were capable of becoming. The time when you will have been heroes, and when you will have learned lessons that will serve you well in everything else you will ever do.



by Colleen Pierre, RD

Late in 2002, government experts issued a red alert on trans fats. These manmade fats show up in french fries, potato chips, cookies, and crackers, creating that crunchy texture we love and embalming them for longer shelf life. Unfortunately, trans fats also boost your bad LDL cholesterol and blast heart-protective HDL cholesterol, making them riskier to your heart than a hefty chunk of Cheddar. Now that's nasty!

So nasty, in fact, that the National Institute of Medicine (IOM) recently declared that there is no safe level of trans fat-laden snacks or spreads (trans fats are in margarines and salad dressings too), since researchers have yet to find anything good that they do for your body. "So minimize your intake," urges panel member Alice Lichtenstein, DSc, from Tufts University in Boston, "because the more you eat, the higher your risk."

Fortunately, this ruckus prompted the FDA to step in. Coming soon to a label near you: trans fat disclosure along with an asterisked one-liner (instead of a Daily Value) suggesting that same "minimize your intake" approach.

A NATURAL LOW

Surprise! The new labels will reveal that some nutrition-packed natural foods such as milk and lean meat or poultry deliver trans fats too. But as long as you mind your portions, there's little to worry about, for two reasons.

First, studies suggest that natural trans fat doesn't harm your health, according to Eric Rimm, ScD, from the Harvard School of Public Health and a member of the IOM trans fat committee. Trans fats from

natural foods such as milk generally show up in one or two forms in concentrations so low that their negative impact is minimal. "But trans fat from hydrogenated foods may be in 20 to 50 different forms," he says. And those are the ones that have a negative effect on your cholesterol.

Second, natural foods deliver just a drop in the trans fat bucket compared with snack fats. The IOM's best guess is that Americans average about 6 g of trans fat daily, although that may be a low estimate since trans fat data is not currently counted in national nutrition surveys. Most of it comes from stick margarine (3 g of trans fat per serving) and partially hydrogenated vegetable shortening (2.54 g/serving). So how do other foods stack up?

Along with an impressive array of proteins, vitamins, and minerals, a cup of whole milk weighs in at 0.3 g of trans fat, a slice of American cheese delivers only 0.17 g, and a cup of low-fat yogurt serves up only 0.09 g. Go fat-free, and you'll get essentially zero along with all that great nutrition. A 3.5-oz serving of turkey—bursting with protein, iron, and zinc—maxes out at 0.04 g for white meat and 0.14 g for dark. Compare that with a doughnut at 3.5 g of trans fat, 1 oz of potato chips at 2.95 g per ounce, or a medium order of fries at 7.41 g—all stingy in the nutrients they deliver, but you can see that the problem arises from the junk, not the real food.

WHERE DO LITTLE TRANS FATS COME FROM?

Until trans fats show up on nutrition labels sometime soon, you can find them

under their alias, "partially hydrogenated" fat. That refers to the way manmade trans fats are created. When hydrogen is forced into liquid oil, it makes it thicker or more solid, a shelf life-extending process known as hydrogenation. Completely hydrogenated foods become solid, and their condition is revealed as saturated fat on the label. But only partially hydrogenated liquid oils create those mean little devils called trans fats.

It's not easy, but you can find some equally delicious substitute foods made with liquid or expeller-pressed oil, not trans fats.

COFFEE WHITEOUT

Here's one source of trans fats you won't find on the new labels! Prevention ordered up independent laboratory tests of Coffee-Mate Lite and discovered a secret trans fat source that may never be revealed on a nutrition label due to portion size wizardry. Coffee-Mate Lite's 1-teaspoon serving contains only 0.13 g of trans fats, an amount that probably will be called zero under the new laws. So you might lighten 10 cups a day and think 10 times zero = zero. But in a kitchen counter test, it took four level measuring teaspoons of Coffee-Mate Lite to turn a 10-oz cup of coffee a medium color. That amount delivers 0.51 g of trans fat. Now multiply THAT by the number of cups you lighten in a day, and you're not in zero-land anymore. ☹

—Taken from Prevention Magazine's website www.Prevention.com. Author Colleen Pierre, RD, is an associate professor of aging, nutrition, and fitness at Johns Hopkins University in Baltimore and coauthor of Jerry Baker's *Giant Book of Kitchen Counter Cures* (Baker Books 2001)

RECORDS FROM ZONES

Here are the new NJ LMSC records set at the Colonies Zone SCY Championship meet, April 10-12 at the George Mason University Aquatic and Fitness Center.

Full results at: <http://www.colonieszone.org/comp/results/2003scyresults.htm>

Women 35-39

Rebecca Kalibat

50 yd breast 33.95

100 yd breast 1:13.30

Men 35-39

Brent Matheson

50 Fly 23.85

Men 55-59

Jim Dragon

50 Fly 26.31

Men 60-64

Bob Hopkins

100 Free 1:02.55

1650 Free 23:06.79

(breaking one of the oldest records

on our books—Charles Harris

swam a 25:13.59 back in 1984!)

400 IM 5:59.30



ASK DR. SWIM

Q: What are "little things" that can make my race faster?

A: Here are some for the 50 freestyle. Most of them have some application to other races, too.

1. Fine-tune your stroke at the pace you will be swimming your race. Swim one-fourth of the race distance at race pace. Do it a few times.
2. In the last few days before the race, ease up on fatigue and quantity of speed in your swim workouts. If you have been training hard, more than a few days of "taper" is in order.
3. Fine-tune your turns at race pace. The faster you are swimming the faster your legs will flip. Work on synchronizing the flip with the wall and the push-off.
4. Take real good care of yourself: enough or more than enough sleep and good but not too much food.
5. In those edgy last minutes before your race, do not think negative thoughts. Purge them the moment they surface. Some like to make their minds go blank. Some like to visualize parts of their races. Some like to chat with others. Whatever works is right for you.
6. If you are not at ease on the starting block, find yourself unsteady and fearful of false starting, use the track start. Many Olympians use it and get as good or better starts than those using the toes-of-both-feet-over-the-edge start.
7. As you wait for the starting signal, focus your mind—to the exclusion of everything else—on reacting to it instantly and fast when you hear it. Some seem to wake up when they hear it and pause before launching.
8. Enter the water in a small hole with your hands and arms together and stretched forward. It's not about the splash. It's about minimizing obstructions. Head below your arms will help keep your goggles on.
9. You are at your fastest speed in the entire race when you are under the water at the start. Try to decelerate as slowly as possible by holding your streamline for a moment or two before surfacing.
10. Turn on your kick as hard as you can before you surface to assist in decelerating as slowly as possible. Slow the kick after a few strokes if necessary.
11. Your first stroke should be the strongest possible to assist in decelerating as slowly as possible.
12. Do not breathe as you take your first stroke. You are more streamlined when you do not breathe. If it is a fifty, try to breathe only once in the first 25 yards.
13. Remind yourself to swim smoothly as well as hard as you can. Tough to do but important to maximize the amount of power converting to speed.
14. Speed up your turn. This will help you flip faster and get off away from the wall faster.
15. Flip your legs as hard and fast as you can.
16. Do not pause on the wall. Your feet should treat the wall like a hot stovetop.
17. Push off hard and in maximum streamlined position. Press those arms together hard. Head down.
18. As in a dive start, turn on your hard kick before your first stroke, make that first stroke awesome, and don't breathe until you have completed at least one arm cycle.
19. Minimum breathing if you are swimming a fifty. From one to three is the range.
20. No breathing from the flags to the wall in the last 25. "Gut it out."
21. Drive for the wall, i.e., speed up and lunge your arm straight out. Punch the touchpad instead of patting it. ↻

—Taken from the Jan/Feb/March 2003 issue of NEM News



MY MOM IS ALL WET by Nancy Martin

Thanks to Ed Tsuzuki who dug up this poem written 18 years ago by Nancy Steadman-Martin for her mom, Doris Steadman. We thought it might be fun to run it for Mother's Day 2003, especially since Nancy wrote an addendum. (The portion in italics was written this year.)

This is a poem about a mom
who swims on her back,
Ribbons and medals—
she's got quite a stack.

She's a national champ in the 100 and 50,
Watch out for her this year—
she just turned 60!

She has changed quite a bit since she
became a master,
She'll do just about anything to get a
few tenths faster.

She gives me inspiration
as she speeds down the pool,
Luckily for me
she sometimes shares her fuel.

I don't know too many sports
where you can give your mom a cheer,
When my mom is on the victory box,
I've been known to shed a tear.

Since my mom is a backstroker,
I've become one too,
If she ever beats me,
I don't know what I'll do.

Look for my mom
at your next masters' meet,
You'll probably be swimming
somewhere near her feet.

And look for me in my T-shirt
that does say,
"My mom can beat you—any day!"

After reading this poem my mom will
want to drown me,
But it was worth writing about—
The Best Mom in the Sea!

Since I first wrote the poem
about my Mom, eighteen years have
come and gone,
Both my Mom and I still swim
at the crack of dawn.

*Mom is still setting records
at age seventy-eight,
I am still hoping to do her times
when I reach that date.*

*Mom and I have competed in races
throughout the states and overseas,
Most of her competitors
still swim by her knees.*

*However, it's not the records and victories
that make my Mom number one,
My Mom's help, smile, and love make her
the best MOM under the sun!!*

With Love From Steadman #5, Nancy



28th Annual *Andrew B. Manning*
Sea Bright Ocean Mile Swim

Presented by the Sandy Hookers Triathlon Club and the Sea Bright Lifeguards

Sunday, August 3th, 2003

Sea Bright, NJ *"There's No Place Like Sea Bright"*

8:30AM Start time

Registration begins 7:30

Sea Bright Public Beach (Sea Bright Munciple Lot)

Directions:

From North: Garden State Parkway Exit 117, take Route 36 East toward Sandy Hook. Approx. 15 miles on Rt. 36, go Over Highlands Bridge, stay left lane, towards Sea Bright. Do not go into Sandy Hook. Proceed 2 miles south into Sea Bright, 2nd light make left into municipal parking area.

From South: Garden State Parkway Exit 105, take Route 36 East toward beach. At Ocean Ave make left. Follow signs for Rt. 36. 3-4 miles into Sea Bright, (7-11 on left) 1st light, make a right at second light in the middle of town into municipal parking area.

Make Check Payable and mail to: SHTC, PO Box 186, Red Bank, NJ 07701

Call Sandy Hookers at; 732-842-4317 for more information, or e-mail: sandyhookers@comcast.net

Entry Fee: \$12 - Pre-Registration until July 28
\$16 - Race Day and after July 31

Awards:
19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & up Male & Female.

T-Shirts to first 150 swimmers.

Course: To be determined day of race, depending on currents.

Cancellation of swim in the event of unsafe conditions. Buses will transport from registration area to start. Everyone meet at Reg. area.

Wetsuits Allowed but not eligible for awards

First Name _____ Last Name _____

Address _____

City _____ St _____ Zip _____ Age _____ Sex _____

Phone # (_____) _____ - _____ E-mail _____

Sandy Hook Sprint Triathlon Waiver & Release

In consideration of this entry acceptance, I hereby for myself, my heirs, executors and administrators, waive any and all claims for damages I may have against The Sandy Hookers Triathlon Club, the Borough of Sea Bright, the representatives, successors or assigns of these organization, race volunteers, and all sponsors for any injuries that may be suffered by me in this event. I will additionally permit the use of my name and pictures in media coverage. I further attest and verify that I am physically able to participate in this event. I attest that I have read the rules and regulations of the A Manning Sea Bright Ocean Mile Swim and will follow them to the best of my ability. I release the Sandy Hookers Triathlon Club, and any other organization involved in the race.

Printed

Name _____

Signed _____ Date _____

Triathletes: Bring your bikes and ride (20-30) and run (3-5) after the award ceremony

SILICONE CAPS AVAILABLE

Place your order for silicone swim caps with Ed Nessel soon, especially if you want them for LC nationals.

Specifics: either SILICONE royal blue or gold caps w/3-color logo on both sides \$10 each with the Garden State Masters logo (no name) \$13 each with logo plus last name (must order at least two caps) Contact by e-mail Ednessel@aol.com or by phone (908)-561-5339 ☎

AGING UP

This May six swimmers move up to a new age group. Happy birthday to:	
Tink Bolster	75
Penny Boorman	70
Johnathan Norton	45
William Kelly	40
Mario Souza	40
Deborah Deffaa	20 ☎

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.

SUNDAY MORNING SUMMER WORKOUTS

Looking for a place to workout outdoors on Sunday mornings during the summer? Bill Reichle (coach of the Pingry boy's swimteam) will run practice on Sundays from 8:30-10:00am starting June 1st until August 10th at the Highland Swim Club located on Martine Avenue in Scotch Plains. Highland Swim Club is a 6 lane 25m outdoor facility. Drop-in fee will be five dollars.

If you are interested or have any questions, please contact Bill at reichsswim@aol.com or (908) 587-2053.



LOOKING FOR A NEW PLACE TO SWIM?

Ron Karnaugh is now holding practices at the Union Boys and Girls Club. Ron coaches Team Triton and invites all masters swimmers to come for a freestyle training session with emphasis on proper stroke technique. Tuesdays & Thursdays 8-9pm, \$5 per session, all are welcome!

Boys & Girls Clubs of Union County
1050 Jeanette Avenue
Union, NJ 07083
(908) 687-BOYS ext. 24
Directions: www.bgcuaquatics.org
Updates: www.SwimMD.com
Contact: RonKarnaugh@aol.com
973/868-9922



COACHED WORKOUTS

Berkeley Aquatics Contact: Coach Eric Fucito at the Berkeley Aquatic Club, Berkeley Heights; 908/464-0574 or njmasters@msn.com. Workouts: M 8:30-9:30pm, W 8-9:15pm, F 8-9pm, Sun. 8:15-9:45am

Bridgewater Pool/Somerset Valley YMCA Contact: Don Fink 973/379-8884, Workouts T & F at 8pm.

Hunterdon County YMCA at Deerpath Contact: Nancy Shapiro at the Y; 908/782-1030. Practice is W 8:30-9:45pm. Sandy Carosi holds workouts T, H 9:15-10am. Contact her at 908/236-0086 or jcarosi@aol.com.

Lakeland Hills Masters Team Contact Pam Banks at swimbanks@earthlink.com or www.lhymasters.tripod.com/lhym.html

Monmouth SwimHawks Monmouth University, West Long Branch Workouts are T, H & Sun mornings from 7am-8am. Call Murray Simon at 732/263-5601 or email msimon@monmouth.edu.

Morris Center YMCA Contact: Jack Lawson at 79 Horsehill Rd., Cedar Knolls 07927; 973/267-0704.

Ocean County YMCA Masters Contact: John Morrison; 732/341-ymca.

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

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

Rutgers University Contact Ed Nessel; 908/561-5339 or Alex Antoniou; 732/445-0457.

Workouts are held at the Sonny Werblin Rec Center pool. Workouts: M-F noon-2pm, Sunday 5:30-7pm, M, T, H, F 6-7am, T & H 8-10pm, F 7:30-9pm

Stevens Sting Rays Contact: Mark Welsh in Hoboken at 201/216-5590 or mwelsh@stevens-tech.edu Workouts are M, W, F 7-9pm, T & H 6-7:30am, and Sun. 9-11am.

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

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 may change due to kid's meets.

NON-COACHED WORKOUTS

Hamilton Area YMCA Contact: Nancy Shapiro; 609/585-1014.

Workouts: M 8:30-9:45pm and Sun., 11am-12:30pm.

Hoboken Contact: Jean Magnier at 201/519-0206 or jmagnier@yahoo.com Team swims T & H 7:30-8:30pm

Newark YMCA Contact: Joy Henderson; 973/624-8900, ext. 6811.

Workouts: M-F, 6-9am, 12-2pm, 6-7:30pm, Sat. 1-2pm.

Madison YMCA Contact: Alan Sawyer; 973/822-1754. Group workouts: M-F, 6-7:30am.

Montclair Masters Contact: Omar Cruz, Montclair YMCA, 25 Pine Street, Montclair, NJ 07043; 973/744-3400x109. Workouts held M, W 6-7 pm, F 6:30-7:30 pm.

Princeton Area Masters Contact Paul Mucciarone, evenings at 609/655-0997 or at pfmooch@hotmail.com or contact Princeton Recreation Dept.; 609/921-9480 and ask for Katie Herlihy. Workouts are M through F 5-6:30 am at Princeton University in the new DeNunzio Pool.

Red Bank YMCA/Deal JCC Contact: Doug Rice; 908/741-2503.

Sussex County Masters Contact: Bob Hopkins; 973/729-3686.

Metuchen/Edison YMCA Contact: Jay Koperwhats at 908/548-2044.

Western Monmouth YMCA Contact Richard Wallace; 732/446-4589 (H). 973/482-6400, X 2256 (W), swimphil@optonline.net

Whippany Waves Masters Contact: Ben Gilbert; 201/428-9300

MEET CALENDAR

MEETS IN NEW JERSEY

JUNE 27

INDEPENDENCE DAY 1 MILE BAY SWIM, SOMERS POINT, NJ 6:30 pm start, call 609/525-9314.

JUNE 29

JOHN HOPKINS PLUNGE FOR PATIENTS, WILDWOOD, 1 and 3 Mile Swims plus 5 and 10 K beach runs. Contact Viki Anders; 410/502-5395, andervi@jhmi.edu or log on www.hopkinskimmelfcancercenter.org/news/special-events.cfm

JULY 5

BRADLEY BEACH 1 MILE SWIM, BRADLEY BEACH, 9:30 am start, call 732-776-2999.

JULY 19

7TH ANNUAL SPRING LAKE OCEAN ONE MILE SWIM, SPRING LAKE, NJ @ 8am, 732-449-8005, elsa@bytheshore.com.

AUGUST 3

THE ANNUAL ANDREW B. MANNING ONE MILE OCEAN SWIM, SEA BRIGHT, NJ 8:15am, 732-842-4317, sandyhookers@comcast.net ENTRY ON PAGE 6.

MEETS OUTSIDE OF NEW JERSEY

MAY 25

JIM McDONNELL 1 & 2 MILE LAKE SWIMS, LAKE AUDUBON, RESTON, VA. Contact Lynn Hazlewood, 703/845-SVWIM or lynhzlwd@usms.org

MAY 31

POTOMAC RIVER 7.5 MILE SWIM, POINT LOOKOUT STATE PARK, MD. Contact Cheryl Wagner; 202/387-2361 or cherylw@crosslink.net or log on www.crosslink.net/~cherylw/pr2003i.htm

JUNE 1

SC METERS LONG DISTANCE MEET. PHOENIXVILLE AREA Y, PHOENIXVILLE, PA. Contact Neal Conrad at 610-878-6690 or nconrad01@comcast.net

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

28.5 MILE MANHATTAN ISLAND MARATHON SWIM, SOUTH COVE, BATTERY PARK CITY, NYC. Contact Christopher Stephens; 646/752-1237, cstephens@nycswim.org or www.nycswim.org

JUNE 14

JACK KING OCEAN SWIM, VIRGINIA BEACH, VA.

JUNE 22

GMU PATRIOT MASTERS LC CLASSIC, GEORGE MASON UNIVERSITY, FAIRFAX, VA. Contact Peter Ward, 703/993-3930 or pward2@gmu.edu

JUNE 27 & 28

HAWAII INTERNATIONAL MASTERS SWIM MEET, MAUI, HAWAII. Contact Janet Renner; 808/573-8656 or chair@hawaiimastersswim.org

JUNE 28

MADISON MILE, MADISON, CT, open water. Contact Dave Parcels, 203/605-4137 or parcells@snet.net or www.shoreline.org

JUNE 28

12TH ANNUAL SWIM FOR LIFE, 1, 2, 3, 4, 5, MILE SWIMS, CHESTERTOWN, MD Contact Dawson Nash; 202/686-2150, swimmerdn4321@aol.com

JUNE 29

TERRAPIN 800/1500 LCM MEET, UNIVERSITY OF MARYLAND, COLLEGE PARK, MD. Contact David Diehl at 301/946-0649 (H before 9 pm) or 301/314-5372 (W) or dd119@umail.umd.edu

JULY 12

CHRIS GREENE LAKE 2 MILE SWIM, CHARLOTTESVILLE, VA.

JULY 20

COVE-TO-COVE, NYC, .5 mile, Battery Park City, South Cove to North Cove, Yacht Harbor. Apply online at www.nycswim.org

JULY 20

RACE FOR THE RIVER, NYC, 2.4 miles, Hudson River Park's Pier 62. Apply online at www.nycswim.org

AUGUST 3

PARK TO PARK 1 MILER, HUDSON RIVER, NYC. Apply online at www.nycswim.org

AUGUST 9

SWIM ACROSS THE SOUND, 25K. SWIM ACROSS THE LONG ISLAND SOUND FROM PORT JEFFERSON, NY TO BRIDGEPORT, CT. First year the race is open to amateurs (relays and individuals). Go to www.swimsound.org. Deadline is May 31.

AUGUST 3

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

AUGUST 23

THE GREAT HUDSON RIVER SWIM, NYC. 2.8 miles, starts at 79th St. Boat Basin. Apply online at www.nycswim.org

SEPTEMBER 20

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

CHAMPIONSHIPS

MAY 15-18

SCY NATIONALS—ARIZONA STATE UNIVERSITY, TEMPE, AZ. Contact Mark Gill; 480/775-1485, gill@asu.edu, 202 E Baseline Rd., #146, Tempe, AZ 85283.

JUNE 1-7

2003 NATIONAL SENIOR GAMES, HAMPTON ROADS, VA. Contact Scott Rabalais; 912/927-7016 or scottrabalais@compuserve.com; or www.nationalseniorgames.org

AUGUST 14-17

LCM NATIONALS—RUTGERS UNIVERSITY, PISCATAWAY, NJ Contact Ed Nessel; ednessel@aol.com, 908/561-5339.

2004 WORLDS—RICCONE, ITALY



NJ LMSC

451 Sweet Hollow Road
Bloomsbury, NJ 08804



ADDRESS:

