

FAST LANE



WHY EXERCISERS NEED STRESS RELIEF

By Tracy Teare

For an energy boost, exercise beats caffeine any day. But what if you exercise regularly and still feel wiped out? You may need to manage stress better, particularly if you frequently push yourself at the gym. A recent study of college athletes showed that exercisers who used techniques such as visualization, progressive muscle relaxation and keeping a journal were less fatigued, less depressed and less likely to get injured or sick. For those of you who work out hard, these findings are relevant even if your college days are long past or you've never competed as an athlete. "The regu-

lar working person has to cope with myriad demands and stressors," says lead researcher Frank Perna, Ph.D., director of healthy psychology at Boston University School of Medicine. "Psychological skills and relaxation techniques can help."

Staying healthy is even more crucial if exercise is your No. 1 tool for handling stress (get sick, and that coping mechanism is shot). "Research suggests that having a variety of stress-management options may be the best strategy," Perna says. ☺

— From 11/03 issue of *Shape* magazine

DAIRY DOES DIETERS RIGHT

Don't be so quick to nix dairy if you're trying to lose weight. According to new research by Michael Zemel, PhD, professor of nutrition at the University of Tennessee, Knoxville, dairy increases the body's ability to burn calories. He also says most Americans get only half of the recommended three daily servings of dairy, a deficit that triggers fat-producing hormones.

Calcitriol, one such hormone, spurs fat cells to make even more fat from sugar. "It also inhibits fat breakdown and fat burning. So you are making more fat and breaking down less fat. The result is bigger, fatter fat cells," Zemel says.

Zemel recently worked with 34 obese adults to measure dairy's effect on fat loss. Half ate about 1,100 mg of calcium daily, including three servings of fat-free yogurt; the other half got about 500 mg of calcium—the amount an average

American eats. The participants who ate calcium-rich dairy foods as part of a reduced-calorie diet lost more weight and body fat than those who just cut calories (*FASEB Journal*, 2003, vol. 17, no. 5).

Adequate calcium intake suppresses calcitriol production. "We take away the stimulus that makes more fat and interferes with fat breakdown and fat burning," Zemel says.

If you still want to avoid dairy, will a calcium supplement do the trick? "It turns out milk is more than just a calcium-delivery vehicle," Zemel says. "The other compounds that coexist with calcium, that are part of dairy, work to increase fat-burning potential—to approximately double it."

— By Dena Nishek, from *Delicious Living Magazine*, 10/03 issue ☺

CORRECTION

We made an error in the records last month! Women's LCM 25-29 800 Free is **Magdalena Stovickova**, not Julie Porro, with a time of 9:54.49. Congratulations Magdalena! ☺

RECORD SETTER

At the NJ Senior Olympics on Sept 13-14 held at the Western Monmouth YMCA in Freehold, **Arlene Depolo** set the following new NJLMSC SCY records:

55-59 year old age group
50 free :36.42
500 free 8:03.46
50 fly :42.38 ☺

FAST LANE AMONG TOP TEN

For the third year in a row, the Fast Lane was selected as one of the top ten newsletters in the country for Masters swimmers. Kudos to our graphic designer, Jeanne Coon, who is top notch! The 2003 TYR / USMS Newsletter of the Year is the Splashmaster of Inland Northwest LMSC. We're gunning for the number one spot next year! ☺

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Congratulations to **Yves and Marie Baeyens** on the arrival of a baby girl named **Emma Justine**, born on October 10th. Emma's the sleepy one in the photo surrounded by her big sisters **Sylvia & Laura** and brother, **Matteo**. ☺

PREVENT HOLIDAY WEIGHT GAIN

By Dr. Jeffry Life

Q. Do you have any tips that would help me control my eating during the holidays?

A. Holiday eating is always a challenge. Here are a few tips that work for me:

- **Never go to a party or holiday dinner hungry.** I try to eat a small protein snack like a piece of cheese, a small chicken breast or a protein shake 15 minutes before I arrive. This is important since there is a lag time of about 20 minutes between the time your stomach begins to fill and when your brain picks up on it. If you eat too fast (like most of us do—especially at parties and holiday dinners) you can consume several hundred unnecessary calories during this lag time. If I eat before the party, by the time I am exposed to all the high-calorie, high-fat, high-sugar foods, I am well on my way to being full, and I can usually maintain control over my eating.
- **Sip on soup.** As soon as I arrive at a party or restaurant, I order soup, preferably a clear both or consommé. This not only helps fill me up, but significantly extends my eating time.
- **Fill up on fiber.** Fifteen minutes before eating, have a rounded tablespoon of Metamucil in an 80ounce glass of water. Metamucil is psyllium, a non-soluble fiber, which mixes with the foods you are about to eat, thereby slowing the speed of digestion and the release of sugars in to your blood stream. This really slows the entire process of eating and can give you the edge at controlling your eating during difficult times, like holidays, parties and dining out. ☺

Dr. Jeffry Life, a 1998 Body-for-Life Champion, is a former assistant professor of nutrition science at Marywood University. This article was taken from the Nov/Dec 2003 issue of Muscle Media.



MASSAGE FOR SWIMMERS *By Joe Sharlip*

Massage, often misunderstood and underrated, was first documented 2000 years ago by the Chinese as Anmo amma (press-rub) and Tui-na (push-pull). Hippocrates wrote of the medical benefits of massage, or “anatripsis”, around 400 B.C. Today USA Swimming recognizes those therapeutic benefits of massage by making therapists readily available to its swimmers – as attested by B.J. Bedford, the swim coach at the University of Hawaii, 7-time U.S. National Champion and 2000 Olympic gold medalist.

Massage therapy is proven to provide many medical benefits, including: increased vascular and lymphatic circulation for better oxygen and nutrient flow into muscles; relaxation and softening of injured and overused muscles; reduced spasms and cramping; increased joint movement and range of motion; reduced recovery time in athletes; release of natural pain killers called endorphins; relief for atrophied muscles. In fact, massage is 3-5 times more effective than rest in helping athletes recover from injury.

However, if you retain a therapist who utilizes the wrong techniques – especially during your Taper or Competition – chances are your meet performance will suffer dramatically as certain neurological patterns established in training may get “short circuited.” Further, in sports massage it is critical that the therapist understands the inner workings of the specific sport in order to effect the best outcomes.

Here are a few pointers to recognize about sports massage. As part of Restorative work, Recovery massage primarily focuses on athletes wanting to recover from strenuous workouts or competition. Remedial massage is used to treat minor to moderate injuries. Rehabilitative massage address significant injury – its goal to minimize negative compensating patterns, postural, and gait issues in the uninjured parts of the body while the injured parts heal. As a client, it is critical for you to know that each phase requires specific therapeutic strategies and techniques to insure optimal results.

More important, as Masters swimmers you need a massage therapist who understands what to do and not to do during your taper, on deck and post-event. During the Taper, the massage should be stimulating, superficial, fast paced and short in duration. No deep work should be done, and the massage should be pain free. During Competition, the therapist should concentrate on the muscles being used by employing light relaxing techniques that encourage circulation, and do not negatively “reprogram” trained muscles which could lead to cramping or loss of motor strength in the water. Post-event massage reduces muscle tension, swelling and soreness. Disruptions in fascial organization can be corrected and circulation improved into dysfunctional areas of muscle tissue.

As swimmers, recognize we all also have “sport specific” issues to consider as well. In general, most swimmers have strong backs and shoulders, are balanced

top relative to bottom, but the sport takes its toll on postural alignment, Kinesthetically, in one stroke a freestyler will: flex the wrist, flex and extend the elbow and shoulder, internally rotate the shoulder blade, both externally and internally rotate forearms while moving towards and then away from the body’s midline. In breaststroke, the distinct movement of the legs and feet during the kick creates a whip-like motion and its own set of problems. The strokes torture familiar upper body muscles like the pec major, lats, traps and rotator cuffs. In breaststroke’s legs, the hamstrings and adductor groups plus the triceps surae” in the calf take a beating. The therapist must know the strokes, the muscles involved, and their corresponding actions to be fully effective. They must understand the basic principles of restorative and event massage to provide the most appropriate treatment techniques given where you are in your training or competitive cycle.

So, if you’re in your taper or on deck and a massage therapist goes too deep into a muscle –tell them to “back off Jack”. They probably do not grasp sports massage for swimmers, and will do more harm than good. I can attest to this from an on deck experience where a therapist went way too deep. Trust me. There is nothing worse than a leg cramp that triggers right off the blocks as you hit the water. ☹️

Joe Sharlip swims for the FINA, and holds a diploma from the National Massage Therapy Institute. He can be reached at 360@yahoo.com or visit his website www.geocities.com/cpt360. This article was taken from the 10/03 issue of The Lane Line.





ASK THE SWIM DOCTOR *By Paul Hutinger*

Question: What are the effects of drugs and medications on my swim training and performances?

Answer: Many Masters swimmers are on long term drugs for heart problems, blood pressure, cholesterol, diabetes, etc., or temporary drugs for bacterial infections. Some blood pressure medications are beta blockers, which can cause a decrease in your heart rate, which can affect your performance. Medications affect patients differently, and the Masters swimmer must be aware of the side effects that may interfere with their daily training. Be sure to read the leaflet that comes with your medication, so you are aware of them. Some of the common complaints are a too low heart rate, extreme fatigue, muscle weakness, dizziness, shortness of breath, cough, constipation, diarrhea, etc. If you have any unusual symptoms, check with your doctor immediately, as he may be able to prescribe a

substitute that your body can handle more easily.

Most trained individuals do have a greater total body hemoglobin, due to the greater total blood volume. While working on my doctorate at Indiana Univ., we measured the amount of my blood, and I had 15%-20% greater than the predicted blood volume, which is based upon body size. Research studies verify this. If you train year round, three or four days a week, for 30-60 minutes, you are in a special category of a trained athlete, no matter what your age, and have more total liters of blood. With approximately 15% more blood, it appears your hematocrit and hemoglobin are lower than normal. This person may be misdiagnosed as having anemia. Sometimes, it is known as marathoner's anemia.

Roger Franks, a multi world record holder at age 75, recently experienced problems with the side effects of lipitor, a cholesterol lowering drug. He consulted with

his doctor as he became progressively weaker and ended up unable to walk without a limp, climb stairs normally, lift himself out of a chair without help and occasionally collapsed on the floor. In addition, he experienced muscle aches, cramps and spasms, especially at night. Needless to say, this was a frightening experience and his swimming was adversely affected. Be sure to inform your personal physician if you are a trained athlete. If he has a background in sport's medicine or has knowledge of your regular training, he can more adequately advise you and your special needs. As competitive Masters swimmers, we want more out of life than to just sit around in our rocking chairs and watch the world go by. ☺

Anyone wanting more info, please send a large SASE to: Dr. Paul Hutinger; 1755 Georgia Ave. NE; St. Petersburg, FL 33703. This article was taken from the Florida LMSC's online newsletter www.floridalmcsc.org, 5/03 issue.

EXERCISE AND IMMUNITY

David Nieman, Ph.D., Appalachian State University, is considered one of the country's foremost authorities on exercise and immunity. Here is a summary of information he presented at a recent American College of Sports Medicine meeting.

The most important finding that has emerged from exercise immunology studies is that positive immune changes take place during each bout of moderate physical activity. Over time, this translates to fewer days of sickness with the common cold and other upper respiratory tract infections. This is consistent with public health guidelines urging individuals to engage in near-daily physical activity of 30 minutes or greater.

Risk of upper respiratory infections (URTI) can increase when athletes push beyond normal limits. The infection risk is amplified when other factors related to immune function are present, including exposure to disease agents during travel, lack of sleep, severe mental stress, malnutrition, or weight loss. To counter this increased risk of URTI, the athlete should consider these guidelines, each of which has a separate con-

nection to the immune system and host protection against pathogens:

- Keep other life stresses to a minimum.
- Keep vitamin and mineral stores at optimal levels.
- Avoid overtraining and chronic fatigue.
- Obtain adequate sleep on a regular basis.
- Avoid rapid weight loss.
- Avoid putting the hands to eyes and nose.
- Avoid sick people and large crowds when possible.
- Get an influenza vaccination during winter months.

PERIOD OF IMPAIRED IMMUNITY

Many components of the immune system exhibit adverse change after prolonged, heavy exertion lasting longer than 90 minutes. These immune changes

occur in several compartments of the immune system and body (e.g., the skin, upper respiratory tract mucosal tissue, lung, blood, and muscles). During this open window of impaired immunity (which may last between three and 72 hours), viruses and bacteria may gain a foothold, increasing the risk of subclinical and clinical infection.

Should an athlete exercise when sick? In general, if the symptoms are from the neck up (for example, the common cold), moderate exercise is probably acceptable and perhaps even beneficial while bed rest and a gradual progression to normal training are recommended when the illness is systemic (the flu). If in doubt, consult a physician. ☺

— Taken from 10/03 Lane Line which got it from the Georgia Tech Sports Medicine Newsletter, 10/01



Colonies Zone Short Course Meters Championship - December 6 & 7, 2003



Sanctioned by NJLMSC for USMS, Inc., Sanction # 073-005

↓ #Schedule:

Saturday & Sunday

Warm-ups - 8:00 AM Meet Starts – 9:00 AM

For More Information

Alex Antoniou or Ellen Zera

Phone: (732) 445-0462

e-mail: antoniou@rci.rutgers.edu

Welcome to the 2003 Colonies Zone Short Course Meters Championship meet sponsored by the Rutgers Masters Swim Club. The indoor facility includes one 8-lane, 25 meter competition pool, two separate warm-up pools, spectator and swimmer seating, an 8 lane scoreboard, large locker rooms, and ample parking.

Meet Director: Alex Antoniou, antoniou@rci.rutgers.edu

Eligibility: The meet is open to all Masters Swimmers holding a valid 2003 USMS Registration. **A copy of this card must accompany your entry!** Swimmers may only represent the team listed on the card sent with the meet entry. Eligibility of a swimmer for a particular age group shall be determined by the age as of Dec. 31, 2003.

Entries: Must be received by **Friday, November 21**. Entries are limited to 5 individual events per day plus relays. **Make sure you enter in the correct men's (M) or women's (W) column on the registration form. You must enter a time, NT entries will not be accepted.**

Mail to: 2003 SCM Rutgers Masters Swim Meet **Fax to:** (732) 445-4189
656 Bartholomew Road
Piscataway, NJ 08854

Seeding: All events will be seeded slow to fast except for the 1500, which will be fast to slow. All times should be in SCM (Yard time divided by 0.896. For 400 free, divide by 1.143). Go to <http://www.swiminfo.com/results/conversions.asp> for time conversions. All events are deck seeded. Make sure you check in (see below).

Relays: Deck entries for all relays will be accepted. See separate relay form.

Event Check-In: **This is a deck seeded meet. Positive check is required for all events. Check in on Saturday by 8:00AM for all Saturday events. Check in on Sunday by 8:00AM for all Sunday events. Email check in permitted to: antoniou@rci.rutgers.edu. Phone in check in on Friday Dec. 5th at (732) 445-4189 prior to 10:00 PM for Saturday events, and phone in on Saturday prior to 10:00 PM for Sunday events. Anyone who fails to check in for their events will be scratched!**

Awards: Medals will be awarded to the first 3 places, ribbons for 4th through 8th in each age group. Medals for each member of winning relay. Ribbons for each relay member for 2nd through 8th. Trophies will be awarded to the top two high scoring teams in two divisions, large team and small team. Also, a male and female high point award will be given.

Host Hotels: Embassy Suites (732) 980-0500 - \$105.00 for up to 4 in a room (includes full breakfast)
To guarantee this rate you must make your reservation by November 22. Mention Rutgers Masters Swim.
Marriott (732) 560-0500 - \$79.00 (includes continental breakfast in lobby) **To guarantee this rate you must make your reservation by November 25. Mention Rutgers Masters Swim.**

Directions To Sonny Werblin Recreation Center

Route #287 North or South

Follow Route #287 to Exit 9. The sign says Highland Park & Bound Brook. Take River Road for 3 miles and turn left at the fourth light onto Metlar's Lane. Make the first left on Metlar's Lane, which is Sutphen Road. Follow Sutphen Road to the first intersection and make a right onto Frelinghuysen Road. Follow Frelinghuysen Road to the circle and take the first exit out of the circle, which is Bartholomew Road. Take Bartholomew Road to the first intersection and make a left onto Brett Road. Follow Brett Road as far as it will go. This will turn into Lots #60 and #64.

Route #18

Take Route #18 North across the Lynch Bridge until its end. Go through the light at the base of the bridge and Make the first left on Metlar's Lane, which is Sutphen Road. Follow Sutphen Road to the first intersection and make a right onto Frelinghuysen Road. Follow Frelinghuysen Road to the circle and take the first exit out of the circle, which is Bartholomew Road. Take Bartholomew Road to the first intersection and make a left onto Brett Road. Follow Brett Road as far as it will go. This will turn into Lots #60 and #64.

Route #1 North or South

Follow Route #1 toward New Brunswick. Exit onto Route #18 North. Follow Route #18 directions.

N.J. Turnpike North or South

Follow the Turnpike to Exit #9. After the toll take Route #18 North. Follow #18 North directions.

Garden State Parkway

Follow the Parkway to Route #287 or Route #1. Follow the respective directions for those roads.

Due to construction visit:

<http://www.recreation.rutgers.edu/directions-f.html>

For up to date directions

ASK DR. SWIM

Q. What are some push-up variations for swimmers' muscles?

A. Try these.

1. Put your hands closer together than at shoulder or wider width. Even try touching thumbs. These push-ups are harder to do because they go after those swimming muscles that drive your arms when they are bent 90 degrees under your stomach in freestyle.

2. Put your hands above your head instead of parallel with your shoulders. These are also harder than regular push-ups and will load up the muscles you use in freestyle after you have made the catch at the start of the stroke and are moving into the powerful front pull phase.

Note: If you have trouble doing even one push-up from your hands and toes position, you can "lighten the load" by replacing your feet with your knees or putting your hands on a stool or low chair. ☺

—Taken from 6/03 issue of NEM News

MASTERS COACH NEEDED

Princeton Fitness & Wellness is in search of an experienced Masters coach for their new, state-of-the-art aquatics facility. This is a paid position and we would like to start our Masters program as soon as possible. Please contact Bob Danskin at bob.danskin@latitude.com or call 609/683-1557. ☺

AGING UP

This November, seven swimmers move up to a new age group. Happy birthday to:

Joseph Perrine	60	Peter Kalibut	45
Eileen Nessel	55	Gregory Matthews	45
Janet Lasley	50	Chris Coghlan	30
Donald Denny	50	☺	

PLACES TO SWIM

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

COACHED WORKOUTS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The Club is located at 1050 Jeanette Ave., Union, NJ 07083 908/687-BOYS ext. 24;

Directions: www.bgcuaquatics.org; Updates: www.SwimMD.com

West Morris Area YMCA Contact: Bob Hopkins at 973/729-3686.

Westfield Masters Contact: Bill McMeeekan at 220 Clark St., Westfield; 908/233-2700.

Workouts: M, F 7:30-9pm, W 8:30-10pm.

Wycoff YMCA Masters Contact: Doug or Ray at the Y; 201/891-2081.

Workouts are T & H 7:30-8:30pm and Sat., 7:30-8:30am. During the winter call before Tues. workouts, as time june/july change due to kid's meets.

NON-COACHED WORKOUTS

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

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

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

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

Montclair Masters Contact: Omar Cruz, Montclair YMCA, 25 Pine Street, Montclair, NJ 07043;

973/744-3400x109. Workouts held M, W 6-7 pm, F 6:30-7:30 pm.

Princeton Area Masters Contact Paul Mucciarone, evenings at 609/655-0997 or at pfmooch@hotmail.com or contact Princeton Recreation Dept.; 609/921-9480 and ask for Katie Herlihy. Workouts are M-F, 5-6:45 am at the Princeton DeNunzio Pool.

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

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

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

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

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

MEET CALENDAR

MEETS IN NEW JERSEY

DECEMBER 6-7

COLONIES ZONE CHAMPIONSHIP, RUTGERS UNIVERSITY. Entry enclosed or at www.colonieszone.org and

MARCH 27 (TENTATIVE)

OCEAN COUNTY Y MEET.

MEETS OUTSIDE OF NEW JERSEY

NOVEMBER 16

7TH ANNUAL LOX AND BAGEL MEET, FAIRFAX, VA. Contact Matthew Alvin at 703/323-0880, X 32 or matta@jccnv.org

NOVEMBER 23

6TH ANNUAL ITHACA MASTERS MEET, ITHACA, NY. Contact Kevin Markwardt; 607/274-3181.

DECEMBER 7

21ST ANNUAL TERRAPIN MASTERS 1000/1650 MEET, UMD COLLEGE PARK, MD. Contact David Diehl; 301/946-0649 (H, before 9 pm), 301/314-5372 (W).

DECEMBER 14

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

JANUARY 1-31

ONE HOUR POSTAL SWIM. Entry in Sept./Oct SWIM Magazine. Contact Nancy Rideout at nancyrideout@mindspring.com

CHAMPIONSHIPS

DECEMBER 6-7

COLONIES ZONE CHAMPIONSHIP, RUTGERS UNIVERSITY. Entry at www.colonieszone.org

APRIL 2-4

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

APRIL 15-18

YMCA NATIONALS, FORT LAUDERDALE, FL.

2004 WORLDS—RICCONE, ITALY 2004

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

AUGUST 2004

LC NATIONALS. SAVANNAH, GA. Contact Scott Rabalais at scottrabalais@compuserve.com



NJ LMSC

451 Sweet Hollow Road
Bloomsbury, NJ 08804



ADDRESS:

A large, empty rectangular box with a black border, intended for the recipient's address. A faint, light-colored silhouette of a swimmer is visible in the background of the box.