FASTLANE

BEST WISHES TO JULIE STEWART

Our dear friend, Julie Stewart, has moved south to Richmond, Virginia with her fiancé Jack Wilson. We will miss Julie very much but wish them both the best of luck. We thank Julie for the hours of hard work and dedication she has given to Masters swimming in New Jersey and especially for her work as President of the NJ LMSC for almost four years. And the 100 X 100's at Rutgers that Julie organized were loved by all who could crawl out of the pool at the end (only kidding). Enjoy Virginia, Julie, but if you ever move back to Jersey, we'll find you and do our darndest to rope you back in!

USMS RULE CHANGE

Effective June 5, 2004, USA Swimming amended their rules in order to align them with FINA with respect to the use of equipment that can convey pacing information to a competitor. The change is in response to the availability of individual radio receivers that can transmit information to a swimmer from a coach or other person.

Pursuant to USMS rule 601.4.6B, USMS has adopted this change based upon the action of the Rules Committee that accepted the USA Swimming change. Thus the following change is effective immediately (the addition is underlined):

102.15.9—Swimmers are not permitted to wear or use any device or substance to help their speed, pace, or buoyancy. Goggles may be worn and rubdown oil applied if not considered excessive by the referee.

USMS will follow the interpretation of USA Swimming that indicates that pacing devices including tempo training devices and radio transmitters that allow instructions to be passed to the swimmer are forbidden.

–Leo Letendre
For the USMS Rules Committee

CHECK OUT THE SHORT COURSE TOP TEN FOR 2004

The 2004 SCY Top Ten has been posted at www.usms.org !
For individual events go to:
http://www.usms.org/comp/tt/toptenlist.php
For relays go to:
http://www.usms.org/comp/tt/toptenrelaylist.php

If you notice any discrepancies, they can be reported on line, by clicking on the link for Pieter Cath (found on the web pages).

NEW RECORDS

Congratulations to **Rebecca Kalibat** (41) for setting new LCM records in the 400 (5:01.35) and 800 (10:10.24) free at the Walnut Creek Masters meet in on June 11. **Tom Geiman** (55) receives World Champion honors at the 10th FINA World Masters Championships in Riccione, Italy (June 4-9). Tom won the 100 free, 50 back, 50 and 100 fly, and was second in the 50 free. All swims set new NJ LMSC Long Course Meters records. Congratulations, Tom!

50 Free - 26.48
100 Free - 58.77
50 Back - 31.94
50 Fly - 28.69
100 Fly - 1:06.99

INSIDE THIS ISSUE

NEW NJLMSC RECORDS SET AT THE JASON NESSEL MEMORIAL MEET HELD ON AUG. 7!

Women 19-24
Stephanie Colbry
800 free 12:06.79

40-44
Rebecca Kalibat
400 free 4:55.58

45-59
Nancy Shapiro
100 free 1:18.21
100 Breast 1:36.35

55-59
Ellen Pease
50 free 40.27
50 back 46.95
50 breast 52.29

Arlene DePolo
200 free 3:24.25
50 fly 49.03

Men 19-24
Jamie Specht
400 free 4:49.02
200 back 2:37.47

40-44
William Segal
50 free 26.79 (tie)
100 free 59.17

60-64
Jim Dragon
50 free 28.73
50 breast 37.40

80-84
100 back 2:02.42
200 back 4:40.47
50 breast 56.17

Men's Relays 200-239
400 free 4:47.85
Richard Wallace, Jerry Katz, Arthur Wein, Bill Reichle

Mixed Relay 160-199
400 medley 4:53.99
Amy Carow, Benn Doyle, Rebecca Kalibat, Ed Tsuzuki

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BABY NEWS

Hello to a couple of fair weather babies! Lorna Cialdella-Morehead, her husband Chuck and big brother Malychy welcomed little Charlie to their family on June 1. And the Fast Lane's Graphic Designer, Jeanne Coon, gave birth to precious baby Caryn Josephine Coon on July 9. So if the newsletter is a little late from time to time, you'll know why.

CARYN JOSEPHINE COON, BORN 7/9/04 AT 7:20PM, WEIGHING 8LBS, 2OZS.

SPORTS MASSAGE BACKGROUNDER

Sports massage got a real boost in America when a massage therapist named Jack Meagher wrote a book on sports massage in the 70's and 80's. Around the same time, Bob King from Chicago started teaching and writing about sports massage and began using it with marathon runners as well as professional teams such as the Chicago Bears and the Black Hawks. Since the 1970's, gradually more and more pro teams have incorporated massage into their training routines. All New York Teams Giants, Islander's, Knicks, Rangers, Jets & the U.S.open tennis tournament are just a few examples.

The strokes and techniques of sports massage come from Swedish massage, but the purpose of sports massage is to optimize the human body for a particular sport. The sports massage therapist focuses on the body parts used by the athlete in his or her sport, and the type of massage differs according to the intention: pre-event, post-event or maintenance. The purpose of pre-event is to prepare the athlete for completion, post-event is used to cool down and jump-start the healing process in the athlete after completion; maintenance massage works the body in between events to keep it functioning at a peak training level. I will go more into how sports massage can help you have the WINNING EDGE in the next issue.

– Ed Hemberger, Massage Therapist for the Navigators, Division 2 professional cycling team and also for Ofoto Lombardi from San Francisco Div 3 Cycling Team. Board member for the A.M.T.A. (American Massage Therapy Association) and Sports Chair for the New Jersey Sports Massage Team.

COMMON CHLORINE CONCENTRATIONS IN POOLS CAN CAUSE OR ENHANCE BREATHING PROBLEMS IN SWIMMERS

EVEN ATHLETES WITH NO HISTORY OF AILMENT SHOW SIGNS OF BREATHING TROUBLE AFTER SWIMMING IN CHLORINATED WATER

INDIANAPOLIS – Chlorine in pools leads to breathing trouble in trained swimmers, regardless of past history of such problems, and the likelihood increases with the amount of chlorine used in the water A study presented today at the 51st Annual Meeting of the American College of Sports Medicine (ACSM) showed an incidence rate of over 60 percent for Exercise Induced Bronchoconstriction (EIB) after several minutes of swimming in water chlorinated at a concentration commonly found in home and public pools.

Trained swimmers participated in the study by testing the capacity of their lungs after swimming in pools with different levels of chlorine and also by running and cycling next to the pools. Exercise intensity and duration remained the same for each test. Researchers then used a machine to test airflow during forced exhaling to diagnose bronchoconstriction. When the chlorine concentration was 0.5 parts-per-million (PPM) or less, the incidence rate for respiratory trouble was just under 20 percent the same as with exercise outside the pool. But when the chlorine concentration reached 1.0 PPM, a concentration commonly recommended for the care of home pools, the rate of EIB jumped to over 60 percent, regardless of prior history of such breathing problems.

"We've long suspected that chlorine has an adverse effect on the respiratory health of swimmers," said lead researcher Arthur J. Williams, M.D., of the Sport Science Institute of South Africa. "Now we know the likelihood increases significantly with

Continued on page 3

WHY ARE SWIMMING DRILLS IMPORTANT? *By Coach Kris Houchens*

Swimming is often described as a sport that not only requires physical endurance and power, but also skill and technique. A blend of these two ideas will help to bring an athlete to their optimum potential in the sport. To improve in skill and technique, a swimmer must lean how to manipulate their hands, arms, head, body, legs and feet in a specific and coordinated way. So swimming drills can be described as a certain concept (usually an exaggerated aspect of the ideal technique) that brings to focus or helps build a certain skill to improve swimming technique in a certain stroke.

Freestyle Drills	Purpose	Feedback
Catch-up Freestyle	Glide at top of stroke. Work on one arm at a time.	Be sure hands touch at top. Finish stroke past the hips.
Fist Drill	High elbow recovery. Body roll.	Finger tips only. Allow body to roll to each side.
Finger Tip Drag	Use forearm for power. Feel water, strength.	High elbow.

Everyone can benefit from drills, as we all are trying to get more efficient and faster. In swimming magazines, there is much debate on proper or precise drills, but the truth is there are many different drills and nearly all can be very helpful. The key is to know how the drill relates to your swimming stroke. Doing drills for the sake of doing drills really decreases their value when it is not directly related to a desired outcome.

For example, the Catch-up Drill (described below) helps with freestyle. One swimmer can use this drill to work on increasing the glide or extension at the point of hand entry in the freestyle stroke. This same drill can be used to help a swimmer concentrate on learning to breathe to each side (commonly called bilateral breathing). Drills can also be used in combination with each other to increase focus such as, combining the Fist Drill wit the Catch-up Drill allows the stroke turnover to slow down and the swimmer can focus on what each arm is doing individually.

DRILL DESCRIPTIONS

Catch-up Drill: One arm stays in the extended (streamline) position. Arms alternate one stroke at a time. Wait for the previous stroke to "catch up" before starting the next. Hands touch in front of the head. Allows concentration on one arm at a time.

Finger Tip Drag: Swim normal freestyle but drag the finger tips across the surface of the water on the arm's recovery over the water. The elbow is high during the recovery. Teaches the high elbow recovery and emphasizes good body roll.

Fist Drill: Swim with fist. To promote high elbow during the pull phase of the freestyle arm strokes.

Taken from 7/04 issue of Indy SwimFit, found at www.indyswimfit.com

"A POSITIVE ATTITUDE MAY NOT SOLVE ALL YOUR PROBLEMS, ABUT IT WILL ANNOY ENOUGH PEOPLE TO MAKE IT WORTH THE EFFORT."

– HERM ALBRIGHT

(CONTINUED FROM PAGE 2) COMMON CHLORINE CONCENTRATIONS IN POOLS CAN CAUSE OR ENHANCE BREATHING PROBLEMS IN SWIMMERS

the concentration of chlorine used. Swimmers should be aware of the concentration of chlorine exposure they receive, and those who care for pools should closely monitor chlorine levels."

The researchers add that caution is especially necessary since swimming is often prescribed as an effective exercise for asthmatics. They reason that it is more important that these swimmers utilize pools where the chlorine concentration of the water is kept below 0.5 PPM. They point out that recommended chlorine level for disinfecting private pools can be as high as 2.0 PPM.

"This research is the first to investigate how increases in chlorine concentrations in swimming pools can enhance respiratory problems," said Williams. "We hope people who appreciate swimming as a quality form of exercise will continue to reap its enormous physical benefits, but also be more aware of the potential hazards. We believe these hazards can be minimized through awareness and proper pool maintenance."

The American College of Sports Medicine is the largest sports medicine and exercise science organization in the world. In 2004, ACSM celebrates 50 years of leadership and scientific contribution. Today, more than 20,000 International, National, and Regional members carry on the Founders' goals of advancing and integrating scientific research to provide educational and practical applications of exercise science and sports medicine.

ANTIOXIDANT RICHES FOUND IN UNEXPECTED FOODS

BEANS, BERRIES, SPICES, AND POTATOES ARE ANTIOXIDANT POWERHOUSES

By Jennifer Warner
WebMD Medical News

June 17, 2004 -- Blueberries may be the poster children for antioxidant abundance, but a new study suggests the humble bean may be a more deserving candidate.

The largest and most advanced analysis of the antioxidant content of common foods to date shows that disease-fighting antioxidants may be found in unexpected fruits and vegetables, such as beans, artichokes, and even the much-maligned Russet potato.

Researchers found that small red beans contain more disease-fighting antioxidants than both wild and cultivated blueberries, which have been heralded in recent years for their high antioxidant content. In fact, three of the top five antioxidant-rich foods studied were beans.

The study also shows that nuts and spices, such as ground cloves, cinnamon, and oregano, are rich in antioxidants, although they are generally consumed in much smaller amounts than fruits and vegetables.

Antioxidants are believed to help prevent and repair oxidative stress, a process that damages cells within the body and has been linked to the development of cancer, heart disease, Alzheimer's disease, and Parkinson's disease.

RANKING ANTIOXIDANT-RICH FOODS

The study, which appears in the June 9 issue of the Journal of Agricultural and Food Chemistry, used updated technology to assess the antioxidant content of more than 100 foods, including fruits, vegetables, cereals, breads, nuts, and spices.

Each food was analyzed for antioxidant concentration and ranked according to antioxidant capacity per serving size. But researchers note that the total antioxidant capacity of a food does not necessarily reflect their potential health benefit.

"A big factor in all of this is what happens in the digestion and absorption process," says Researcher Ronald Prior, PhD, a chemist and nutritionist with the USDA's Arkansas Children's Nutrition Center in Little Rock, Ark. "With some of these compounds, it appears that even though they have a high antioxidant capacity, they may not be absorbed."

Cranberries, blueberries, and blackberries were ranked highest among the fruits studied. Beans, artichokes, and Russet potatoes were tops among the vegetables.

Pecans, walnuts, and hazelnuts were the winners in the nut category, and ground cloves, cinnamon, and oregano were the top three antioxidant-rich spices.

Here's the list of the top 20 food sources of antioxidants, based on their total antioxidant capacity per serving size:

Food item	Serving size & Total antioxidant capacity per serving size
Small Red Bean (dried)	Half cup 13727
Wild blueberry	1 cup 13427
Red kidney bean (dried)	Half cup 13259
Pinto bean	Half cup 11864
Blueberry (cultivated)	1 cup 9019
Cranberry	1 cup (whole) 8983
Artichoke (cooked)	1 cup (hearts) 7904
Blackberry	1 cup 7701
Dried Prune	Half cup 7291
Raspberry	1 cup 6058
Strawberry	1 cup 5938
Red Delicious apple	One 5900
Granny Smith apple	One 5381
Pecan	1 ounce 5095
Sweet cherry	1 cup 4873
Black plum	One 4844
Russet potato (cooked)	One 4649
Black bean (dried)	Half cup 4181
Plum	One 4118
Gala apple	One 3903

Researchers also found that cooking method also had a significant effect on the antioxidant content of the foods tested, but those effects were not consistent.

For example, cooked Russet and red potatoes had much lower antioxidant levels than those found in raw potatoes. Boiling also decreased antioxidant levels in carrots, but cooking tomatoes increased their antioxidant content.

PUTTING ANTIOXIDANTS IN PERSPECTIVE

Registered dietitian David Grotto says he was amazed to see that unexpected foods, such as beans, potatoes, and artichokes, were so highly ranked by the study.

"With the onslaught of 'no carbs' going on out there, it's nice that we can show that the potato brings more to the table than just carbohydrates," says Grotto, who is director of nutrition at Block Center for Integrative Cancer Care in Evanston, Ill.

"The message here is diverse diet is still optimal," Grotto tells WebMD. "You don't want to be on the all-red-bean diet because it may have the unique set of antioxidants that are attributed to beans, but it may not have many of the antioxidants that you would find in a wild blueberry."

Nor does it mean that you should limit your diet to only the foods that made the study's top 20 list or start popping antioxidant supplements.

"What we're discovering is that we only know about a thimbleful of all the antioxidants that are probably within foods," says Grotto, who is also a spokesman for the American Dietetic Association. "What's unique about eating foods vs. supplements is that there is always more bang for the buck in eating the foods, and you get a lot of those compounds that we really don't fully understand the benefits of yet."

Grotto recommends the following tips to incorporate more antioxidant-rich foods into your diet:

- Make bean cubes. Process leftover beans with a little vegetable broth in a food processor until it forms a thin paste. Pour into ice cube trays, and then use the frozen cubes to thicken soups and sauces.
- Substitute beans for meats. Most recipes that call for ground or cubed meats, such as stews and casseroles, also work with beans like lentils, chickpeas, or black beans in the starring role.
- Be berry sneaky. Toss a handful of berries on your breakfast cereal or blend them into fruit smoothies for a healthy breakfast or snack.

But don't despair if your favorite food didn't make the list. Antioxidants are only one piece of the healthy eating puzzle.

"Some of those foods that are low in antioxidants may have other positive benefits, such as fiber, minerals, and other nutrients that are important," says Prior.

SOURCES: Wu, X. Journal of Agricultural and Food Chemistry, June 9, 2004; vol 52: pp 4206-4037. Ronald Prior, PhD, research chemist/nutritionist, USDA; Arkansas Children's Nutrition Center, Little Rock, Ark. News release, American Chemical Society. David Grotto, RD, spokesperson, American Dietetic Association; director of nutrition, Block Center for Integrative Cancer Care, Evanston, Ill.

INFLAMMATION *by Edward H. Nessel, R.Ph, MS, MPH, PharmD*

Much has been written over the years, especially with the changeover from prescription to over-the-counter of various non-steroidal anti-inflammatory drugs (NSAIDS for short), about inflammation and how to keep it in check. Let me first state that, in general, inflammation is not a good thing…better not to have it happening at all if possible; but sometimes it is a necessary process that the body endures to help it return to homeostasis (original biologic condition of adequacy) after some bad physiological things happen.

Many of the body's healing processes have inflammation as a component of the cascade of events to bring a condition to resolution; and this is as it should be. We can find our way into trouble, though, if the inflammation is not resolved, or if it becomes acute to where the body needs to marshal much of its inner natural energies to get on top of the situation. If inflammation is not resolved in a timely fashion and becomes chronic, then other physiologic processes appear; none of which is good for athletic performance, and the quality of life.

To that end, it is wise to seek proper medical intervention be it medication, physical rehabilitation, a healing diet, a more healthful lifestyle, or even simple rest. This article hopefully will make the athlete aware, no matter the age, of the "three C's" of human biology: the causes, the consequences, and the cures.

WHAT IS INFLAMMATION?

Using basic concepts, inflammation is a gathering of cellular elements (white blood cells, histamine and other chemical factors) that the body releases into circulation to the particular area involved either with trauma, infection, overuse, or toxic exposure. In an acute situation, the elements released cause a whole cascade of events to occur which nature provides to, at first, try and isolate the trouble to as small an area as possible, and then to immobilize the area to hopefully prevent further spread. An often-seen consequence of this are "The Three Musketeers" of inflammation…from the Latin: calor (heat), dolor (pain), and rubror (redness). Swelling is a common addition to the above trio…all done with Nature's best intent to heal what is wrong.

If the inflammation is allowed to become chronic, a situation can emerge where the body sort of allows a "Mexican standoff" to occur. Here the main elements of the above cascade of inflammation subside but not totally disappear. The bad news here, even though the body may feel somewhat better, is that since total resolution has NOT occurred, tissue damage is allowed to continue, and a festering, if you will, begins to invade the affected site. What is even more disturbing is the possibility of altered tissue integrity…the loss of functioning capacity and even progression to a state of damaged DNA which can lead to pre-malignant or malignant states.

CAUSES AND CONSEQUENCES OF INFLAMMATION

Causative elements can come from any or all of the following: infective microorganisms, sudden and intense trauma, unhealthy lifestyle or diet, chronic overuse, or toxic exposure . With regard to microorganisms, Mother Nature has provided proper compartmentalization for resident bacteria in the body. If bacteria like E. coli, which usually are harmless in their intended place of origin (the lower gut), find their way into an area not intended for their residence (upper gut) through either contaminated food or water where swimming is allowed, those exposed can develop severe gastrointestinal inflammation…gastritis. We can also have the situation where several types of bacteria, which normally reside ON the skin, can produce serious inflammatory reactions if allowed to penetrate into deeper tissue areas due to trauma. Some to the extent that the skin can actually be eaten away, and a dangerous generalized septicemia (systemic bacterial blood poisoning) could develop that can kill.

A somewhat "high-profile" bacteria has come to the public's awareness of late: Helicobacter Pylori, better known as H. pylori. This is not a normal resident of the stomach, but when found there, it has shown a correlation of almost 100% in those with gastric ulcers. People can have H. pylori and not have an ulcer, but those with ulcers from otherwise unexplained causes will almost always test positive for this stomach invader. What is even more distressing is the fact that the chronic inflammatory condition the bacteria produces in the gut tissue could lead to a strong association between H. pylori's presence and stomach cancer. Infection with H. pylori is increasing in numbers throughout the population to where we see the older one gets, the more likely he/she will test positive. Signs or symptoms to watch for are: sudden chronic stomach upset, acid reflux (which can cause its own inflammatory response in the esophagus, or food channel), intolerance for foods that never gave problems before, and surprisingly, a constant low reading of HDL's (high-density lipoproteins) even with devout aerobic training. It seems the inflammation the bacteria causes interferes with the body's ability to metabolize fats properly. In fact a few studies have shown that getting rid of H. pylori in the gut allows for an almost 25% rise in HDL's (the good cholesterol). A logical action if an athlete constantly comes up short on HDL's would be to request a blood test for H. Pylori even if no symptoms out of the ordinary appear.

Science is not sure how infection is spread with H. pylori, but we see several avenues emanating from the gastrointestinal area: dentists are quite susceptible due to constant proximity to their patients' mouths. The bacteria can be found in poorly treated pools and can spread to those who unfortunately swim through a contaminated area. Food handlers can also be focal areas of spread.

Intense trauma that effects bony structures can most definitely produce inflammatory reactions. Bone is a constantly-changing structure, gaining and losing calcium, but it is a relatively-slow healing organ. Unlike most soft tissue trauma (other than vital organs), bone pain can last for months with severe trauma, and inflammation can find a "home" in relatively quick time. Any involvement with bone leaves the potential for prolonged and serious consequences. In fact it is almost a given that the body will produce an arthritic condition which causes calcium to be deposited at the site of injury. Even sub- acute constant trauma will eventually produce an osteoarthritic condition that makes the victim pay the price with reduced mobility and range-of-motion. To say nothing of the constant discomfort. And age is not a specific factor of the condition. High school athletes, for example, may think they've healed from a physically traumatic experience (it's good to be young). The immediate intense discomfort has dissipated, but eventually they pay the price. The "the body never forgets" its mistreatment, and they are left with a body "older than its years."

There is one soft tissue involvement, however, that can have very severe consequences, and it doesn't usually come from trauma, per say. When the coronary arteries become inflamed, the body's response is to send, by way of the circulation, the elements listed above, plus it increases the chances for calcium to be deposited in-situ (at the site). The calcium actually produces an irregular surface on the inside lining (intima) of the arteries which then allow for elevated

Continued on page 9

EIGHTH ANNUAL NEW JERSEY LMSC PICNIC

Open to all Registered NJ LMSC Swimmers and their guests.

DATE: Sunday September 26, 2004 @ 1:00 pm until ?

LOCATION: Pier Beach in Spring Lake, NJ. Located at Ocean Avenue and Brown Avenue. Free parking and Rest Rooms.

FEATURING: One-mile fun swim, volleyball, activities and games for kids. Food and Non-alcoholic beverages – Subs and Salads, Fruit, Soda, Water.

COSTS: FREE TO ALL REGISTERED NJ LMSC MEMBERS, guests 12 years and Younger – FREE, guests over 12 years old - $ 5.00. Non-registered Masters who wish to swim - $ 13.00 ($8.00 to USMS for Insurance)

Please complete the registration form and mail it to the address listed on the form. Registration must be received by September 24, 2004 so food requirements can be finalized. For last minute changes/additions call Jack Frain @ 908.596.0425, or E-mail him at jjfrain@hotmail.com.

Name:_____

Street Address:_____

City:_____ State:_____Zip:_____

Phone: _____

No. Of Guests – 12/Under:_____At $5.00:_____At $13.00:_____

Total Fees Enclosed:_____

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

Date:_____ Signature: _____

Mail To: Jack Frain
P.O. Box 702
Allenwood, NJ 08720

OCY's Fall Folly Masters Meet

To Benefit the Ocean County YMCA's Y Cares Scholarship Program

Sunday, October 17, 2004

Ocean County YMCA, Toms River, New Jersey

Approval: Recognized by New Jersey LMSC, Inc., No. 074-R05

Times: Warm-ups: 9:00 am Meet starts at 10:00 am

Pool: Twelve (12) lanes, 25 yards; two lanes set aside for warm-up and cool-down during meet.

Eligibility: **Open to swimmers.** Competitors must be 19 years of age or older and may compete in a maximum of 5 events. This is an individual competition and will NOT be scored.

Awards: Individual awards for first through sixth place.

Registration: All entries must be received by 5:00 p.m., Friday, October 15, 2004. Sorry...no deck entries.

Timing: Electronic. In the unlikely event that a malfunction occurs, the meet will continue on schedule with the use of backup (stopwatch) timers.

Seeding: Heats will be seeded slow to fast, regardless of sex or age. If you do not have a time, please give us a best estimate. Do not enter NT.

Age Groups: Individuals: 19-24,25-29,30-34, etc. through 90+

Entry Fees: Surcharge: $5.00. Individuals: $5.00 per event. Please make checks payable to Ocean County YMCA.

Events:

1. 200 Individual Medley
2. 200 Freestyle
3. 50 Butterfly
4. l00 Backstroke
5. 50 Freestyle
6. 200 Breaststroke
7. 500 Freestyle
8. 100 Butterfly
9. 50 Backstroke
10. 100 Freestyle
11. 100 Breaststroke
12. 200 Butterfly
13. 200 Backstroke
14. 50 Breaststroke
15. 100 Individual Medley
16. 1650 Freestyle

Directions: Call Ocean County YMCA for directions to meet at (732) 341-9622

Other: Complimentary refreshments provided to swimmers and officials, courtesy of Ocean County YMCA. The Sport Spot will have a sales table available.

For questions, call Gretchen Surette at (732) 341-9622 x 2221 or email gsurette@ocymca.org

OCY's Fall Folly Masters Meet

To Benefit the Ocean County YMCA's Y Cares Scholarship Program

Sunday, October 17, 2004

Ocean County YMCA, Toms River, New Jersey

Attach a copy of your registration card here. If your card is attached, it is not necessary to complete the following information, **but be sure to sign the waiver.**

NAME: _____USMS No.: _____

ADDRESS: _____
(STREET) (TOWN) (STATE) (ZIP)

PHONE: _____ AGE: _____ SEX: _____ CLUB: _____

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

Swimmers Signature:_____ Date:_____/_____/_____

(Optional: Email Address:_____)

Event #	Event	Seed Time	Event #	Event	Seed Time
1.	200 Individual Medley		9.	50 Backstroke	
2.	200 Freestyle		10.	100 Freestyle	
3.	50 Butterfly		11.	100 Breaststroke	
4.	100 Backstroke		12.	200 Butterfly	
5.	50 Freestyle		13.	200 Backstroke	
6.	200 Breaststroke		14.	50 Breaststroke	
7.	500 Freestyle		15.	100 Individual Medley	
8.	100 Butterfly		16.	1650 Freestyle	

Meet Surcharge $ 5.00
Number of Events _____ @ $ 5.00 each $ _____

TOTAL FEE ENCLOSED $ _____

Make Checks payable to: Ocean County YMCA
Mail to: Ocean County YMCA
Attn: Gretchen
1088 West Whitty Road
Toms River, NJ 08755

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INFLAMMATION

circulating cholesterol and other fats to cling, harden, and finally occlude. Thus, it should be the goal of those seeking a healthy lifestyle to try and keep the coronary arteries from becoming inflamed, so this potentially deadly cascade of events is prevented or at least diminished.

There is now a blood marker (test) that can be used with some degree of medical certainty to spot inflammation in the body. In fact, it can show itself with most types of systemic inflammation; but if there are no other inflammatory processes going on, and this marker is elevated, then prudent medical analysis would call attention to the possibility of coronary artery inflammation. This blood marker is called C-Reactive Protein (CRP).

Many physicians are now using the CRP enzyme to establish heart-attack potential. A moderately elevated serum cholesterol may not be considered as potentially dangerous as in the past if the CRP is below a certain threshold.

Unfortunately, in our modern multi-task society many seem to be deprived of the quality of life needed to lead a healthy lifestyle. The main deprivation from this way-of-life is adequate rest, especially quality sleep. There have been a few studies of late that have shown the C-Reactive Protein to rise to potentially heart-damaging levels in a sleep-deprived state. Someone who subsists on 4 to 5 hours of sleep when 7 to 8 are needed over an extended period of time can develop an elevated CRP. This probably results from increased cortisol (the anti-stress hormone) being spilled into the circulation. Add to this dietary practices that allow for excess cholesterol and triglycerides to enter the circulation, and you create the potential for coronary heart disease (CHD).

Just about every athlete who trains intensely to get to a higher level becomes at risk for overuse injury. Each sport has its vulnerable body parts. With swimmers it's mostly the articular joints of the shoulders, knees, and neck (in that order) that present targets of discomfort and inflammation. Swimmer's shoulder is the most common injury for aquatic athletes, and it involves the most important areas of the body for moving through water. Performing thousands of repetitive motions day-in and day-out will tax most anatomical areas to their breaking point. Once the shoulders become overstressed, the elements of inflammation emerge…all wreaking havoc in a small enclosed space that was never really designed to perform these intense overhead actions repeatedly. The shoulder girdle is not even a well-developed stable ball-and-socket joint. The elements that compose the inner workings of the shoulder have little space in which to navigate comfortably through the optimum range-of-motion (ROM) needed for correct form and fast swimming. If development of improper technique ensues whether from fatigue, ignorance of proper mechanics, or poor coaching, and it is not corrected (and kept from returning), the athlete is at risk for developing a full-blown inflammatory condition. Constant rubbing and continued irritation, but lacking appropriate rest and recovery…all contribute to the development of the items listed above to produce what could wind up as an aquatic-terminating condition.

The knees in breaststrokers are the most vulnerable, with the shoulders a secondary concern. The knees for obvious reasons: the requirements of the breaststroke kick, if done optimally, place much pressurized torque on the medial (inside) aspect of the knees. Ideal form requires "high heels"…where the ankles must reach all the way back and the heels approach the butt with each kick to move as much water as possible. Any inflammation that develops in the knee could lead to the condition of crepitus…where "sounds" are heard upon movement; eventually the "sounds" are joined by pain, weakness, and reduced range-of-motion…all due to arthritic (calcium) deposits. This can happen at any age, but is usually seen after several years competing in breaststroke.

The shoulders in breaststrokers (flyers, too) can develop problems due to repetitive open turns at the walls. If done correctly, one arm sustains more compression against the shoulder girdle than the other…usually the top arm on an open turn. If one turns from right to left, for example, after the touch, it is usually the right arm (the last to leave the wall) that deals with compressing the humerus (upper arm bone) into the inner workings of the shoulder structures (mostly the supraspinatus…one of the rotator cuff muscles).

Toxic exposure as a cause of inflammation should not be any more common to aquatic athletes than to athletes in other sports, but it is. Any athlete can experience toxins released with certain contaminating bacteria in food, and everyone must be vigilant to prevent this potentially debilitating condition. But the aquatic athlete, by nature of his sport, is exposed to either chemically-treated pools and/or non-treated open water. Inflammatory reactions to the skin and mucous membranes (eyes and respiratory tract) often occur in poorly maintained aquatic venues; mostly with too little active chlorine and too much chlorine-breakdown metabolites. The body biochemically can handle an acidic environment (pH 1.0-6.8) better than it can handle a basic one (pH 7.5-14). When one smells chlorine, and the nose and eyes become irritated, it is usually from a highly basic condition. Asthma in swimmers has become more prevalent. Whether it be cause-and-effect from training in a contaminated environment or the athlete bringing the condition to the sport, inflammation of the respiratory tract is the resultant.

TREATING INFLAMMATION

Some treatments are obvious and straight-forward: anti-infectives for infections; anti-inflammatory medication for simple inflammation; removal from toxic exposure or treatment of same with medication; simple lessening of movement or complete rest with overuse symptoms.

For the most part, we would be fortunate indeed if the above procedures work. To varying degrees they do, but in-depth true resolution of the inflammation syndrome at times requires some medical sophistication and biological logic. Sometimes exotic multiple antibiotics and ancillary medications are needed with complex dosing regimens to eliminate resistant strains of infecting organisms. We see this with the above-mentioned gut-invader, H. pylori. Leaving this bacteria to fester in the gut is just asking for trouble. It is not a normal gastrointestinal resident; eliminate it!

Since we are after-the-fact in treating trauma, isolating the damaged tissue and treating it vigorously is the most logical approach. Down time for an athlete is usually all negative. . As mentioned in the opening paragraph, there are now several potent over-the-counter (OTC) non-steroidal anti-inflammatory drugs (NSAIDS) that can bring about inflammatory resolution in a receptive patient. There are also new prescription medications that claim to reduce side effects while performing their seemingly miraculous work. None are without long term risks.

But there are several research studies going on presently where the anti-inflammatory substances come from natural sources. Phytochemicals (chemicals from a plant source) have presented an exciting avenue of research with their anti-oxi-

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A BAD FAT GETS WORSE WHAT'S HIDING IN YOUR CAKE MIX?

by Gloria McVeigh

You know that trans fats-added to many of your favorite processed foods-are bad for your heart. Called "partially hydrogenated" oils on food labels, trans fats increase "bad" LDL cholesterol, lower "good" HDLs, and raise heart attack risk. Now, two new studies show how dangerous they really are. Harvard researchers tested 800 healthy women and found that the more trans fats they ate, the higher their levels of tumor necrosis factor-a sign of full-body inflammation, which is an emerging risk factor for heart disease, heart failure, diabetes, and prediabetes.

A new Australian study found that among 400 adults, those with the highest trans-fat intakes--averaging 5.5 g daily, the amount in about 2 tablespoons of margarine--were twice as likely to have had a heart attack as were those averaging the lowest--1.5 g. (Experts agree that there's no safe level of trans fats.)

GOOD NEWS

These unhealthy fats disappear from your body at the rate of 15% a year once you stop eating them.

10 HIGHEST TRANS-FAT FOODS

Cake mixes
Cereal and energy bars
Chips and crackers
Dried soups
Fast food
Frozen entrées
Margarine
Nondairy creamers and whipped topping
Packaged cookies and candy
Packaged doughnuts, pies, and cakes

Gloria McVeigh is the Prevention Nutrition News Editor. Taken from 9/04 issue of Prevention magazine.

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INFLAMMATION

dant and anti-inflammatory activity. Plants such as milk thisle, tumeric, garlic, onion, and ginko biloba have all shown to possess substances that lessen inflammation when ingested. A rather well-known natural substance now used by several Olympic teams is the enzyme bromelain. Bromelain aids in muscular recovery after intense training, and it also aids digestion. Most tropical fruits possess this with pineapples having the most. The enzyme is now available in capsule form with concentrations much higher than can be ingested consuming reasonable amounts of the natural source.

Another natural anti-inflammatory that is showing great promise is the omega-class of fats. Two forms of the free-fatty acid are seen: omega-6 and omega-3. The former comes from plant sources like corn, safflower, and sunflower oils. The latter is derived from certain fatty fish: salmon, tuna, sardines, rainbow trout and sea bass, and plants sources: flaxseed oil, walnuts, and canola oil. Research has shown that it is the ratio of omega-6's to omega-3's that has the effect of either producing inflammation or reducing it. Too much omega-6, and inflammation is allowed to occur. With a dietary ratio of omega-6 to omega-3 in a 2:1 up to a 4:1 intake, the inflammatory response can be lessened. The same research is also combining these natural anti-inflammatory substances with NSAIDS to see if lower doses with less side effects can produce the same benefits over an extended period of time.

Those swimmers constantly exposed to irritating chemicals in their pool environment can develop definite breathing difficulties. Chronic exposure can lead to chronic inflammation of the respiratory tract. Anti-inflammatory inhalers and/or oral medication, bronchiole dilators, and other related medications can only treat the symptoms. Once asthma has taken hold, it usually becomes a permanent condition with variances in severity day-to-day. Some days… pretty good; some days even medication seems not to help much. Much better not to develop the condition in the first place. Therefore it is incumbent upon all places that have certified pool operators (CPO's) responsible for healthy pool conditions that the aquatic environment is kept in a swimmer-friendly condition at all times.

Some things in life can and should be prevented. Most inflammatory reactions and conditions fall into this category. When inflammation does occur due to circumstances beyond our control, it is best treated heroically and with all good intent to resolve it; letting inflammation linger, or taking a cavalier attitude about its systemic resolution could place the sufferer in a precarious position to say the least.

WHAT JUMP-STARTS AN ATHLETE?

Sprinters, weight lifters and other athletes who push themselves to the limit of exertion are familiar with muscle fatigue, and many of them blame that sore, sluggish feeling on lactic acid. But a close look at the electrical and chemical activity that occurs within muscle fibers suggests that lactic acid, far from causing fatigue, actually helps hard-working muscles keep going.

Experimenting with a single muscle fiber from a laboratory rat, researchers at La Trobe University in Melbourne, Australia and at the University of Aarhus in Denmark observed the effects of acidity on muscle action.

After a muscle fiber has worked intensely for a while, it begins to lose potassium, and that dampens the fiber's ability to contract. Lactic acid, by blocking the movement of chloride across the fiber's surface membrane, helps the muscle fiber recover its ability to work, said D. Thomas Pedersen, a doctoral student at the University of Aarhus who co-authored the study.

The fatigue an athlete feels is likely caused by the loss of potassium rather than the build-up of lactic acid, Mr. Pedersen said.

The finding may explain why some 100-meter runners find it beneficial to sprint a short distance 10 to 15 minutes before a race. "You build up a little bit of lactic acid to prepare your muscles for the coming exertion," Mr. Pedersen said.

--From New York Times, 8/24/04

Q + A WITH JANET EVANS

The swimmer, 32, who retired in 1996 and still holds three world records, hosts a meet in Long Beach, Calif., this week (6/14).

SI: Ian Thorpe is at your meet, the Janet Evans International. Just how good is he?

Evans: People used to ask me, "What makes you better than everyone else?" I said hard work. But when you watch Ian Thorpe swim, you realize this man was born to do this. It's like watching Michael Jordan on the basketball court. Ian Thorpe was put on this earth to do what he does.

SI: The Olympic pool in Athens will not have a roof. How will that affect the competition?

Evans: I don't think it's good for world records because you need to have optimal conditions. But every swimmer is in the same boat. Everyone will be suffering the heat. The backstrokers will have to look at the sun in their eyes, but that's just how it is.

SI: What's been the most impressive feat in swimming?

Evans: My gut answer is Mark Spitz winning seven gold medals, but Tracy Caulkins at one time in the '80s held an American record in every stroke. That may be the greatest feat, and it's often overlooked.

SI: At the 1996 Olympics you passed the torch to Muhammad Ali before he lit the flame at the opening ceremonies. How nerve-racking was that?

Evans: They didn't tell me it would be Ali until three hours before because they didn't want me to freak out. But I was freaking out. I knew it was going to be major, and I was scared. I didn't want to be the little swimmer who kit the stadium on fire.

SI: You were married to Bill Wilson in April at the Long Beach aquarium in front of a giant fish tank. Do you recommend an aquarium setting for all brides?

Evans: (Laughs) I recommend an aquarium setting for Olympic swimming brides.

– Richard Deitsch, from Sports Illustrated, 6/14/04 issue.

AGING UP

This August and September eighteen swimmers move up to a new age group. Happy birthday to:

George Melick	80	Mario Lepore	50	Paul Mucciarone	45
Marie McGowan	75	Robert Erlanger	50	Jack Horst	45
Toms Royal	70	Deborah Deffaa	50	Margaret Singler	25
Kate Reynolds	55	Frank Turner	50	Sarah Conley	25
Maurice Sercarz	55	Donald Smart	45	Madalena Mustillo	25
Thomas Herits	55	David Augeri	45	Joanna Carlsen	25

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 at donfink@comcast.net, workouts T at 8pm & H at 5:30am.

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

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 Ellen Weirich; 732/445-04562 or ezera@rci.rutgers.edu. 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 www.recreation.rutgers.edu.aquatics

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.bgcucaquatics.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

NJ LMSC
451 Sweet Hollow Road
Bloomsbury, NJ 08804

STAMP

ADDRESS:

MEET CALENDAR

MEETS IN NEW JERSEY

SEPTEMBER 10

ACROSS THE BAY FUN SWIM, ATLANTIC CITY. Benefits NJ Special Olympics, 300-meter flat-water bay swim. Contact Sid and Kara Cassidy, 609/653-0939; sacassidy@comcast.net.

SEPTEMBER 11

10 K FOR USA, 6.2 MILES BAY SWIM, ATLANTIC CITY. FINA World Cup Event for USA Swimming and qualifier for USA National 10 K team to World Championships. Includes a separate Masters division. Contact Sid Cassidy; 609/653-0939 or sacassidy@comcast.net .

SEPTEMBER 11-12

NJ SENIOR OLYMPICS, YMCA OF WESTERN MONMOUTH COUNTY. Entry deadline is September /8.Meet I information and entry **FORM AT WWW.GSM-SWIM.ORG**

SEPTEMBER 18

1 MILE BAY SWIM, WILDWOOD CREST. Noon start. Contact L&M Computer Sports at 609/729-3038 or www.LMSPORTS.com

MEETS OUTSIDE OF NEW JERSEY

SEPTEMBER 18

5K, 3K, 1K OCEAN SWIMS, OCEAN CITY, MD. Call 301/934-3675. 9/20 cutoff for entries.