

# FAS TLANE



## DON'T FORGET TO REGISTER

If you haven't already, now is the time to re-up for another year of Masters swimming in New Jersey. Check our website ([gmswim.org](http://gmswim.org)) for the registration form. This will be the last Fast Lane issue that those who haven't registered will receive.

## TSUNAMI SWIM

Hello, my name is David Pexa, and I swim with the Orca Masters Swimming Team in Seattle.

I am mounting a drive to raise money for tsunami flood victims and promote swimming in our communities. The idea is the Tsunami swim and the goal is to have 4000 people across the country contribute \$25 and jump into a pool for the cause.

We are looking for people across the country to create this event. Please contact me with any questions you might have.

**David Pexa**  
davidpexa@msn.com  
206-447-4414

## THE ATHLETIC MINDED TRAVELER *By Cheryl Wagner*

A new book, entitled, "The Athletic-Minded Traveler," outlines how to stay fit on the road (and avoid those bathtub-sized "Olympic" hotel pools). Jim Kaese and Paul Huddle, San Diego triathletes and fitness enthusiasts, visited 1,100 hotels and fitness venues in order to write their book which recommends 500 locations and describes prices as well as features. "The Athletic-Minded Traveler" retails for \$18.95 plus shipping and can be ordered by calling 877/27-BOOKS.

— Taken from the 12/04 issue of *The Swimmer's Ear*, Potomac Valley Masters newsletter

## 100 X 100S

February 13, 8 am at Rutgers Sonny Werblin Pool is where you want to be for the infamous 100 x 100s swim. Our new chairman, Chris McGiffin, will be organizing the event and he advises that everyone arrive by 7:30 when the locker rooms will be open. Meet on the deck at 8:00 for some brief remarks and guidelines (lane options/pace, etc.) and you'll be off and swimming. The pool will be set up for short course yards so you'll get opportunity galore to work on your turns. Remember that you don't have to swim the whole distance. And don't forget to bring plenty of fluids. The pool has to be cleared by high noon. Also, a NJ LMSC board meeting will follow probably at Old Man Rafferty's in New Brunswick and this is open to all as well. Any questions, contact Chris McGiffin at [CMcGiff@aol.com](mailto:CMcGiff@aol.com).



## BUILDING OUR MEMBERSHIP

### Dear NJ LMSC Member:

As the new guy responsible for Publicity & Marketing for our organization, I am asking for your help. In order to double our membership in 2005, a little effort by a lot of folks (all of us in NJ LMSC) will make the task not only possible but easy. My request is that each of you take a personal responsibility to get one new member for 2005 via your daily contacts with folks in the pool, at work or other places. Word of mouth and personal contacts will be the most effective means of accomplishing our doubling goal.

What I have done to support your efforts is to send information about NJ Masters to about 100 pool operators in our 14 county geography asking them to post the information in their facility. The packet of information contained our NJ Masters one page flyer, a USMS color brochure entitled "Could I Be A Masters Swimmer?" and a 2005 registration form. I will also send press releases to as many newspapers, radio stations and TV stations as I can get e mail addresses for. Again, you can help me my sending me the e mail addresses of your local media organizations. The press releases will be about your local workout group activities, accomplishments of our members or general information about the benefits of Masters swimming.

Thanks for your help and please send me any additional ideas that you have that would help us spread the good word of Masters swimming so that as many of our neighbors as possible can be the beneficiaries of our activity.

**Bob Hopkins**  
swimsmart@yahoo.com  
973-729-3686



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## LIGHT THOSE CANDLES!

Happy birthday to the following 79 January and February babies:

Jim Pendergrass 85-89  
Daniel Sullivan 75-79  
John Pomianowski 75-79  
Harold DeSchmidt 75-79  
John Waters 70-74  
Paul LeWinter 70-74  
Jane Fisher 65-69  
Joan Levine 65-69  
Michael Lewis 65-69  
Jacqueline Glasser 60-64  
Dagmar Haggerty 60-64  
Joe Donahue 60-64  
Rendy Banks 60-64  
Joan Szabo 60-64  
Peter Hempel 60-64  
George Thieler 60-64  
Murray Simon 55-59  
Sally Branon 55-59  
John Zarych 55-59  
Bill Reichle 55-59  
William Kristoff 55-59  
Walter Saltzmann 55-59  
Kathy Kelly 55-59  
Susan Rardin 55-59  
Fred Lieberberg 55-59  
Judy Lee 55-59  
Kenneth Lazuruk 50-54  
Frank Goldstein 50-54  
Janet Estenes 50-54  
Tom Stearns 50-54  
Steven Treble 50-54  
Gail Baumbach 50-54  
John Quintana 50-54  
Richard Carlson 50-54  
Mark Kenworthy 50-54  
Mary Roodkowski 50-54  
Sally Kleeman 50-54  
John Uray 50-54  
Edward Goracy 45-49  
Jeanne Perantoni 45-49  
Karen Markley 45-49  
Dana Levitt 45-49  
Nancy Shapiro 45-49  
Judy Ramirez 45-49  
Alan Levine 45-49  
Donald Fink 45-49  
Dan Kamieniecxxx 45-49  
Michael McDonald 45-49  
W. Curtis Miller 45-49  
Paul Anderson 45-49  
Dan Chamby 45-49  
Howard Levine 40-44  
William Sullivan 40-44  
Greg Bassett 40-44  
Carol Helstrom 40-44  
Thomas Miller 40-44  
Kathryn Flynn 40-44  
Richard Hungerford 40-44  
Jens Volker 40-44  
Felicia DeBonis 40-44  
Thomas Haggerty 35-39  
Darek Hahn 35-39  
Margarita Montero 35-39  
Susan Thiel 35-39  
Sean Palen 35-39  
Norman Noe 35-39  
Stephanie Carey 35-39  
Alison McKinnon 35-39  
Jeffrey Jotz 35-39  
Phillip Sherratt 30-34  
Kristine Sinram 30-34  
Kaitlin Small 30-34  
Erika Maresca 30-34  
Michelle Wriede 25-29  
Matthew Grace 25-29  
Heather Kllein 25-29  
Natalia Rivera 25-29  
Lian Tay 20-24  
Kimberly Plewa 20-24





## RECORDS, RECORDS AND MORE RECORDS!

### COLONIES ZONE SCM CHAMPIONSHIPS MEET

NEW JERSEY LMSC records that were set at the Colonies Zone SCM Championships Meet records held on December 4-5 at Wheaton College. All of them, except for the mixed relay, were also new Colonies Zone Meet Records.

#### Women 40-44

##### Rebecca Kalibat, 41

200 Free 2:15.39  
400 Free 4:42.15  
100 Breast 1:21.23  
200 Breast 2:55.20  
200 Fly 2:37.04  
400 IM 5:27.08

#### Men 35-39

##### Steve Hiltabiddle, 38

200 Fly 2:25.04

#### 40-44

##### William Segal, 40

50 Free 25.24  
100 Free 54.88  
50 Fly 27.35  
100 Fly 1:01.93

#### 55-59

##### Tom Geiman, 55

100 Free 58.25  
50 Fly 28.31  
100 Fly 1:06.63

#### Relays

##### Men 160-199 400 Free

William Segal, Tom Geiman, Robert Gannon, Steve Hiltabiddle  
3:46.09

##### Mixed 120-159 400 Free

Rebecca Kalibat, George Sproul, Jacqueline Gephart, Darek Hahn  
4:28.08

### DECEMBER 11 JAM HOLIDAY CLASSIC MEET (SCM) AT THE COLLEGE OF NEW JERSEY IN EWING.

#### Women 25-29

##### Holly Noonan, 27

200 Fly 2:35.11

#### 40-44

##### Rebecca Kalibat, 41

1500 Free 18:33.31

#### 45-49

##### Judy Ramirez, 46

50 Breast 41.90  
100 Breast 1:30.59

#### 50-54

##### Heidi Remak, 52

50 Free 33.06

##### Nancy Steadman-Martin, 50

1500 Free 20:22.62  
200 Fly 2:53.29

#### 55-59

##### Arlene De Polo, 59

50 Free 41.11  
100 Free 1:28.86  
200 Free 3:17.08  
100 IM 1:50.19  
200 IM 3:53.04

#### 80-84

##### Doris Steadman, 80

200 Back 4:09.07

#### Men

##### 25-29

##### Louis de Leon, 28

400 IM 5:11.99

##### 45-49

##### William Howarth, 49

200 IM 2:22.22

##### 50-54

##### Donald Asay, 50

1500 Free 19:51.08

##### 55-59

##### Tom Geiman, 55

100 IM 1:09.13

##### 60-64

##### Richard Alexander, 60

50 Back 33.07  
Jim Dragon, 60  
50 Free 27.86  
50 Fly 29.87

##### 65-69

##### Jerry Katz, 66

50 Free 31.49  
100 Free 1:13.99  
200 Free 2:50.57  
50 Breast 41.32  
50 Fly 35.74

##### 80-84

##### George Melick, 80

50 Back 54.36  
200 Back 4:30.02  
50 Breast 55.84  
200 Breast 5:03.85

##### 85-89

##### Austin Newman, 89

1500 Free 35:02.69

#### Relays Men

##### 280-391 200 Free

Robert Stricker 76, Larry Lengle 71,  
Paul Kiell 74, Jerry Katz 66  
2:42.12

##### 280-391 200 Medley

Paul Kiell 74, Larry Lengle 71,  
Jerry Katz 66, Robert Stricker 76  
3:00.02

##### Mixed 200-239 200 Medley

Loretta Wells 47,  
Dagmar Haggerty 62,  
Tom Haggerty 38,  
David Goldberg 56  
3:01.32

### NOVEMBER 21 SCM FALL CLASSIC (NASSAU AQUATIC CENTER)

#### Women 40-44

##### Rebecca Kalibat, 41

800 Free 9:44.07  
200 IM 2:35.58

##### Laurie DiTommaso, 42

50 Breast 37.29

#### 50-54

##### Nancy Steadman-Martin, 50

50 Free 33.47  
100 Free 1:08.11  
200 Free 2:32.80  
400 Free 5:05.80  
800 Free 10:32.91  
50 Back 39.62  
100 Back 1:20.17

#### 80-84

##### Doris Steadman, 80

50 Back 52.24  
100 Back 1:57.07

#### Men

##### 50-54

##### Donald Asay

400 Free 5:04.23  
800 Free 10:20.01

##### 60-64

##### Richard Alexander

50 Back 33.44  
50 Fly 30.92

### DECEMBER 10 ASPHALT GREEN SCM MEET

#### Men

##### 45-49

##### Benn Doyle

100 Breast 1:12.20

##### 55-59

##### Richard Wallace, 57

1500 Free 21:52.22



### BUTTERFLY DRILLS

**LAST MONTH BOB HOPKINS GAVE US FREESTYLE AND BACKSTROKE DRILLS THAT HE HAS COMPILED OVER THE YEARS. NOW GET READY TO TRY THE FOLLOWING BUTTERFLY AND BREASTSTROKE DRILLS.**

Body Dolphin-push off wall face down in a streamlined position with head between arms; without kicking or using arms, undulate your body starting at your finger tips and ending at your toes in order to propel yourself forward down the pool; when you need to breathe, scull your hands to shoulder width keeping arms straight during a forward lunge; as you begin to scull your hands back together, raise your head to breathe; then put your head back down to a streamlined position on your next forward lunge

Body Dolphin with alternate fly/breast stroke-the next progression to the previous drill; as you scull to the corner, breathe on the insweep of a breaststroke pull; lunge forward and on the next scull to the corners, take a butterfly stroke without breathing; repeat the sequence

One arm fly-swim a length of fly stroking with one arm while keeping the non stroking arm in front; breathe to the side every second stroke; concentrate on your down kick as your hand enters the water in front of you and as your hand leaves the water behind you; concentrate on leaning forward on your chest on hand entry and on switching your weight back as you take your arm stroke; concentrate on gliding in a streamlined position upon hand entry; repeat the next length with the other arm; a variation is breathing to the front but front breathing tends to raise the head a lot more and you loose your streamlined position; to approximate the horizontal body position you can achieve with side breathing, you must keep your chin close to the water when you breath, that is, do not raise you head much out of the water

Bussard Drill (this is very advanced)-push off wall in horizontal position with arms extended in a streamlined position; scull to corners and begin your fly stroke and breathe; pull through to your sides, dolphin kick, and stop the stroke and glide in a horizontal position; recover your arms, kick again and glide again; the seven part drill is as follows: pull, breathe, kick, glide, recover, kick, glide; repeat the sequence for the entire length of the pool

### BREASTSTROKE DRILLS

Body Dolphin-same as Butterfly drill

Body Dolphin with alternate fly/breast stroke-same as fly drill

Body Dolphin with breast stroke-do breaststroke pull and breathe on each lunge of the body dolphin; do not consciously kick but allow the body dolphin movement to provide a natural snap to the legs at the end of the movement

Hand Kick-push off wall in a horizontal position with arms at side and hands at rear end; recover legs as in breaststroke until your feet touch your hands; grab the water with the bottom of your feet by pointing your toes to the side walls and then kick back forcefully; at the end of the kick, be sure to snap your legs together until your ankles touch

Breast Pull with Fly Kick-do breaststroke but instead of using the normal kick, do a dolphin kick instead; concentrate on your glide in a very streamlined position with head between arms after each dolphin kick

Kick on Back-lying on your back with arms extended overhead, recover your legs as in breaststroke fashion but be sure not to break the surface of the water; this teaches leg recovery in a streamlined position to reduce resistance.



## PHYSICAL ACTIVITY IN OLD AGE KEEPS MIND SHARP

**STAYING ACTIVE MAY STALL MENTAL DECLINE THAT COMES WITH OLD AGE**

*By Jennifer Warner, Reviewed By Brunilda Nazario, MD*

Dec. 28, 2004 -- Keeping your body active may help keep your mind in shape as well, according to a new study.

Researchers found that elderly men who decreased the duration or intensity of

their physical activity level over a 10-year period experienced a greater decline in cognitive skills, such as attention, memory, and language skills, than men who maintained the intensity of their physical activity.

"Our study suggests that being physically active in old age could keep the brain fit," says researcher B. M. van Gelder, of the National Institute for Public Health and the Environment in Bilthoven, Netherlands, in a news release.

Continued on page 9

# 19<sup>th</sup> ANNUAL UNOFFICIAL TEAM CHAMPIONSHIP

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.	1000 Freestyle		8.	500 Freestyle	
2.	200 Medley Relay		9.	100 Butterfly	
3.	200 Freestyle		10.	50 Backstroke	
4.	100 Individual Medley		11.	100 Breaststroke	
5.	50 Freestyle		12.	50 Butterfly	
6.	100 Backstroke		13.	100 Freestyle	
7.	50 Breaststroke		14.	200 Mixed Free Relay	

Meet Surcharge \$ 10.00  
 Number of Events \_\_\_\_\_ @ \$ 5.00 each \$ \_\_\_\_\_  
 Relays \_\_\_\_\_ @ FREE \$ \_\_\_\_\_

TOTAL FEE ENCLOSED \$ \_\_\_\_\_

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

# 19<sup>th</sup> Annual

## **UNOFFICIAL TEAM CHAMPIONSHIP**

**Saturday, February 26, 2005**

**Ocean County YMCA, Toms River, New Jersey**

- Approval:** Recognized by New Jersey LMSC, Inc., No. 075-R01
- Times:** Warm-ups: 1:30 pm      Meet starts at 2:30 pm
- Pool:** Twelve (12) lanes, 25 yards, two lanes set aside for warm-up and cool-down during meet. Electronic timing with back up timers if necessary.
- Eligibility:** **Open to all teams and swimmers.** Competitors must be 18 years of age or older and may compete in a maximum of 5 events plus relays. **Note: Teams not officially sanctioned may compete.**
- Awards:** Trophies for first through third place teams. Individual awards for first through sixth place.
- Registration:** *All entries must be received by 5:00 p.m., February 23, 2005.* Sorry...no deck entries.
- Seeding:** Heats will be seeded slowest to fastest, 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: 18-24,25-29,30-34, etc. through 90+ Relays: 19-24,25-34,35-44,45-54,55-64,65+
- Relays:** A relay must consist of two women and two men. The age of the youngest relay team member shall determine the age group.
- Entry Fees:** Surcharge: \$10.00. Individuals: \$5.00 per event. Relays: **FREE.** Please make checks payable to Ocean County YMCA.
- Events:**
- |                          |                          |
|--------------------------|--------------------------|
| 1. 1000 Freestyle        | 8. 500 Freestyle         |
| 2. 200 Medley Relay      | 9. 100 Butterfly         |
| 3. 200 Freestyle         | 10. 50 Backstroke        |
| 4. 100 Individual Medley | 11. 100 Breaststroke     |
| 5. 50 Freestyle          | 12. 50 Butterfly         |
| 6. 100 Backstroke        | 13. 100 Freestyle        |
| 7. 50 Breaststroke       | 14. 200 Mixed Free Relay |
- Scoring:** First through sixth. Individual: 7, 5, 4, 3, 2, 1 points. Relays: 14, 10, 8, 6, 4, 2 points.
- Directions:** Call Ocean County YMCA for directions to meet at (732) 341-9622
- Other:** Complimentary food will be provided to swimmers and officials courtesy of Ocean County YMCA. The Sport Spot will have a sales table available during the meet.

For questions, call Louis Petto at (732) 341-9622

## AIR AROUND INDOOR POOLS MAY HARM KIDS' LUNG CELLS *By Amy Norton*

NEW YORK (Reuters Health) — Children who make regular visits to an indoor pool may develop damage to a type of lung cell that helps prevent airway inflammation, a new study suggests.

The researchers speculate that repeated exposure to chlorine byproducts in the air around indoor pools may harm these respiratory cells, known as Clara cells.

A number of past studies have found elevated rates of airway inflammation and asthma among competitive swimmers, with researchers attributing it to inhalation of chlorine gas and its byproducts. In addition, research has suggested that trained swimmers may have poorer Clara cell function.

"We suspect that chlorinated compounds in the air of swimming pools may influence the lungs and airways so that the children might have an increased risk for getting asthma," Dr. Birgitta Jön Lagerkvist, the study's lead author, told Reuters Health.

More research, however, is needed to confirm that suspicion, said Lagerkvist, of Umea University in Sweden. Children in this study, she added, showed normal lung function, regardless of their pool use. Lagerkvist said she would not advise parents against taking their children to swimming pools based only on her team's study.

**THE FINDINGS ARE PUBLISHED IN THE DECEMBER ISSUE OF THE JOURNAL ENVIRONMENTAL HEALTH PERSPECTIVES.**

For the study, the investigators measured lung function and blood levels of an anti-inflammatory protein, known as CC16, produced by Clara cells in 57 children living in Umea. Nearly 40 percent of the 10- to 11-year-olds had visited an indoor pool for at least an hour a month for the previous six months or more; they were considered "regular" indoor pool users.

The researchers found that compared with their peers, children who regularly used these pools had a lower average CC16 concentration, which suggests damage to Clara cells.

Sodium hypochlorite, which contains one percent chlorine, was used to disinfect the pools. According to Lagerkvist and her colleagues, this makes it likely that the surrounding air contained elevated levels of nitrogen trichloride, or NCl<sub>3</sub>, which forms when chlorine reacts with organic matter, such as sweat. High levels of NCl<sub>3</sub> in the air have been shown to irritate the eyes and throat.

"Our results," the researchers report, "indicate that repeated exposure to chlorination byproducts in the air of indoor swimming pools has an adverse effect on the Clara cell function in children, such that the anti-inflammatory role of CC16 in the lung could be diminished."

Lagerkvist said that one way to reduce the chance of harming lung cells is to use indoor pools with good ventilation—ones that, for instance, do not recycle the air in order to save energy.

SOURCE: *Environmental Health Perspectives*, December 2004.



## STRESSED? BUILD MUSCLE TO HELP BLOOD PRESSURE

### BLACKS MAY BENEFIT MOST FROM BUILDING MUSCLE

*By Jeanie Lerche Davis, WebMD Medical News, Reviewed By Brunilda Nazario, MD*

Nov. 24, 2004—Hand weights, running, swimming: Just do it. For people prone to high blood pressure, having more muscle than fat helps control blood pressure during stressful times, researchers say.

Blacks—a race especially at risk for stress-related high blood pressure—stand to benefit the most, writes researcher Martha E. Wilson, with the Georgia Prevention Institute at the Medical College of Georgia in Augusta. Her study appears in the current *American Journal of Hypertension*.

Earlier studies from the Georgia research group have shown that when body mass index (BMI, an indicator of body fat) is high, the body gets overwhelmed by excess sodium during stressful times, explains Wilson. The result is a spike in blood pressure.

Studies have also indicated that blacks are especially at risk for this blood pressure spike, writes Wilson. Also, males seem to be at even higher risk, she notes.

Wilson and colleagues examined this pattern in 127 young adults. They monitored blood pressure every 15 minutes for five hours—two hours before and after a one-hour video game session.

All of the players' blood pressure increased about 5% during the video game phase, which is considered normal. However, for leaner players, blood pressure returned more quickly to normal—about 25% faster than those with more body fat, reports Wilson.


During the study the researchers also tested urine for sodium amount. The body responds to an increase in blood pressure by excreting more sodium in

urine. If the body fails to excrete enough sodium, high blood pressure may result.

The researchers found that people with more body fat did, in fact, excrete less sodium in their urine. This finding may explain the link between more body fat and higher blood pressure in response to stress.

Also, blacks in the study had higher levels of blood pressure in the stress portion of the study. This pattern is consistent with other studies, which showed that black people's blood pressure was slower in recovering to normal levels.

Being overweight and having high blood pressure are leading causes of heart disease, the nation's No. 1 killer.

SOURCE: Wilson, M. *American Journal of Hypertension*, November 2004, vol.17: pp 1023-1028. 



## WHAT HAPPENS WHEN YOU EXERCISE? *By Ed Hemberger*

Regular exercise increases vigor and promotes a general sense of well being. If done in moderation, it can help relieve the effects of stress, and has been linked to decrease in psychological depression. The fun of sports and physical activity is one of the "healthy pleasures," and greatly improves the quality of life.

Regular exercise produces positive physical results like increased muscular strength and endurance, more efficient heart and respiratory functioning, and

greater flexibility. However conditioning has been described a process of pushing the physical limits (tearing down), recovery is often overlooked, but is essential for the rebuilding phases,

and to realizing the benefits of a conditioning program. The "tearing down" phase of the adaption process often involves stiffness and soreness, especially when the movement is significantly increased from what the body has been used to in the past. Delayed muscle soreness (24-48 hours after exercise) may be caused by

any of a number of different factors. Some possible causes are minor muscle or connective tissue damage, local muscle spasm that reduce blood flow, or a build of waste products (metabolites) from energy production. Look in our next issue for "Recovery and How Massage Can Help."

*—Ed is a NJ-based Sports Massage Therapist who works with many sports teams including two pro cycling teams. You can reach him at relax54@juno.com .*



### OLYMPIC SPEEDLITE CAPS

**DID YOU EVER WONDER ABOUT THOSE NEW CAPS WORN AT THE OLYMPICS THAT LOOKED LIKE WWI PILOT'S CAPS? THEY'RE SOLD BY SPEEDO. HERE'S THEIR AD:**

SPEEDLITE(TM) CAP Worn by Speedo® sponsored athletes Jenny Thompson and Lenny Krayzelburg in the 2004 Olympic Games! Designed for the smoothest and fastest ride in, out, and in between every wall. This composite cap features full ear coverage and a wrinkle resistant design to reduce drag. More durable than traditional latex and silicone caps. Soft flexible material allows for a comfortable fit. Offered in one size-Large. For a smaller cap try the Jr. Speedlite(TM) cap. See size chart for measurements. Import.

**Available at [www.speedousa.com](http://www.speedousa.com) for \$70.**

*— Taken from the Swimmer's Ear, Potomac Valley Masters newsletter, 9/04 issue.*

## FINIS RELEASES FIRST WATERPROOF MP3 PLAYER ATTACHED TO GOGGLES



LIVERMORE, CA, October 25, 2004 -- Finis, Inc., the leading innovator of competitive aquatic training products, today announced the release of its waterproof SwiMP3 player for swimmers, triathletes, surfers, synchro-

nized swimmers and anyone involved in water activities. Unlike other waterproof players that rely on traditional air conduction technologies, the SwiMP3 player uses bone conduction – the direct transfer of sound vibrations from the cheek bone to the inner ear – to provide the swimmer with exceptional sound clarity. The SwiMP3 player is fully waterproof and can be used with all competitive swim strokes. It holds approximately 30 songs for four hours of continuous music.

"This is a revolutionary step forward for aquatic athletes," said John Mix, President,

Finis. "Swimming while listening to their favorite music is a dream many swimmers have long shared. While others have tried to produce waterproof players, results have been less than satisfactory. As the technical leader in the aquatics industry, Finis is proud to be the first to master the technology and bring high-fidelity sound to aquatic sports."

The SwiMP3 player (pronounced "Swim-P-3") allows athletes to hear the same high quality music while they're in the water that they're accustomed to hearing while running, biking or at the gym. While other waterproof players rely on the transmission of sound through water or air, often producing a muffled sound, the SwiMP3 player directly stimulates the inner ear, resulting in exceptional sound quality for the listener.

Bone conduction hearing is a safe, well-established hearing mechanism in humans that the SwiMP3 player leverages to enhance aquatic activity. Finis's application of the technology brings an entirely new level of experience to swimmers, either while working out or taking a leisurely swim.

The SwiMP3 player comes with a pair Lane 4 goggles, ear plugs, carrying case, a USB cable and MusicMatch CD. Finis has a licensing agreement with MusicMatch to provide the MusicMatch Jukebox and download capabilities to the SwiMP3 player.

The SwiMP3 is now available for purchase from [www.swiminfo.com](http://www.swiminfo.com) and additional Finis authorized dealers with an MSRP of \$249.99. For a list of dealers, please visit [www.finisinc.com](http://www.finisinc.com). The product runs on Windows and Macintosh platforms. Full system requirements are listed below. For more information, please contact Craig Stiff at 925-454-0111 x222.

#### SWiMP3 SYSTEM REQUIREMENTS

- Windows 98SE, 2000, ME, XP, Mac OS 9, OS X
- Intel Pentium II 233 Mhz or equivalent
- 128 Mb RAM, 35 Mb available hard drive space
- USB port, CD-ROM drive
- Internet connection recommended



CONTINUED FROM PAGE 4

## PHYSICAL ACTIVITY IN OLD AGE KEEPS MIND SHARP

### PHYSICAL ACTIVITY KEEPS BRAIN FIT

In the study, which appears in the Dec. 28 issue of the journal *Neurology*, researchers tracked over a 10-year period the physical activity and mental skills of a group of 295 healthy men from Finland, Italy, and the Netherlands. The men were born between 1900 and 1920.

Starting in 1990, researchers measured the duration and intensity of the men's physical activities, such as walking, bicycling, gardening, farming, sports, odd jobs, and hobbies. Their mental abilities were assessed using a standardized exam that measures skills such as attention, calculation, recall, language, and orientation to time and place.

The men were divided into four groups according to the level of intensity of physical activity. Men who participated in the lowest intensity activities at the start of the study, such as walking at a slow pace, had the strongest decline in mental skills. These men had up to a 3.5 times greater decline than those who participated in high-intensity activities like swimming.

The researchers also looked at whether the men changed their duration or intensity of physical activity over the 10 years.

Men who decreased the duration of physical activity by more than 60 minutes a day experienced a decline in mental exam scores that was 2.6 times greater than the decline in the men who maintained their duration of physical activity.

Men who decreased their intensity of physical activity experienced a decline in mental exam scores that was 3.6 times greater than the decline in the men who maintained their intensity of physical activity.

There was no decline in mental skills among men who increased the duration or intensity of their physical activity.

"Even in old age, participation in activities with at least a medium-low intensity may postpone cognitive decline," write the researchers. "Moreover, a decrease in duration or intensity of physical activity results in a stronger cognitive decline than maintaining duration or intensity."

SOURCES: van Gelder, D. *Neurology*, Dec. 28, 2004; vol 63: pp 2316-2321. News release, American Academy of Neurology.

I AM A GREAT BELIEVER IN LUCK.  
THE HARDER I WORK  
THE MORE OF IT I SEEM TO HAVE.

—COLEMAN COX

## 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.

**JCC MetroWest** Whippany location workouts are T 6-7 am and H 8-9 pm. West Orange location workouts are W 8-9 pm and Sun. 8-9 am. Contact Don and Melanie Fink; donfink@comcast.net.

**Jersey Area Masters**, Princeton Fitness and Wellness, workouts M-H 7-8 or 8-9:30 pm. Email or call Darek Hahn before you come; 609/947-3780, DHahn@princetonlightwave.com

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

**Madison YMCA** Contact head swim coach Ed Foeri; 973/822-YMCA, ext 228 or Dave Wray, ext 230. Workouts are M & W 8:20-9:30 pm.

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

**Ocean County YMCA Masters** Contact: Biran Kilpatrick; 732/341-9622, X 2210 or info@ocymca.org

**Peddie Aquatics Association Peddie Aquatics Association Masters Swim Club** Contact Paul Mucciarone and his email is pfmooch@hotmail.com (or call the Aquatics Director at 609-490-7564). The hours are M-F, 8:00 PM - 9:30 PM.

**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: Andreas Roestenber at andreas@h2ovelocity.com or www.atlanticclub.com.

**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

**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

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

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

**Monmouth Swim Hawks** Monmouth University, West Long Branch Workouts are M, W & F mornings from 7am-8am. Contact Robert Vorhees, Aquatics Director, Monmouth University; rvorhees@monmouth.edu or 732/263-5601. Or contact Murray Simon at 732/229-7623.

**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 Tink Bolster; 609/924-4222 or contact Princeton Recreation Department; 609/921-9480 and ask for Kate Herlily. Workouts are M&Ms-F, 5-6:45 am at DeNunzio Pool, Princeton University.

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

**Sussex County Masters** Contact: Bob Hopkins; 973/729-3686 or swimsmart@yahoo.com

**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

**TCNJ Masters**, The College of New Jersey in Trenton. Workout times are Mon-Fri 11-2 pm and 7-9 pm and Sat-Sun 12-4 pm. Contact Chrissy Schwebel at tcnjmasters@yahoo.com



ADDRESS:



## MEET CALENDAR

### MEETS IN NEW JERSEY

**FEBRUARY 26**  
18TH UNOFFICIAL TEAM CHAMPIONSHIPS (SCY) AT THE OCEAN COUNTY YMCA IN TOMS RIVER, entry enclosed.

**MARCH 26**  
"FEBRUARY" FRENZY MEET. Go to [www.gsm-swim.org/misc/tcnj2005.pdf](http://www.gsm-swim.org/misc/tcnj2005.pdf). Entry in next issue.

### MEETS OUTSIDE OF NEW JERSEY

**FEBRUARY**  
FEBRUARY FITNESS POSTAL CHALLENGE Hosted by the Tualatin Hills Barracudas. Go to [www.barracudas.org/ffc.html](http://www.barracudas.org/ffc.html)

**MARCH 6**  
SCY MEET, PENNSBURY/LOWER BUCKS, FAIRLESS HILLS, PA. Contact Norm Garsoe; 215/547-2369.

**MAY 29**  
JIM McDONNELL 1 & 2 MILE LAKE SWIMS LAKE AUDUBON, RESTON, VA  
[www.restonmasters.org](http://www.restonmasters.org)

**JUNE 4**  
POTOMAC RIVER 7.5 MILE SWIM POINT LOOKOUT STATE PARK, MD  
[www.crosslink.net/~cherylw/pr2005i.htm](http://www.crosslink.net/~cherylw/pr2005i.htm)

**JUNE 11**  
FLAG DAY 1 MILE SWIM NEW YORK, NY  
[www.nycswim.org](http://www.nycswim.org)

**JUNE 12**  
GREAT CHESAPEAKE 4.4 MILE BAY SWIM & 1 MILE BAY CHALLENGE, STEVENSVILLE, MD. It is now listed on the Lin Mark site (<http://www.lin-mark.com/2005sch1.htm>) as being open on 2/5/05. Check the site for updates or check [www.bayswim.com](http://www.bayswim.com). Race fills up quickly.

**JUNE 18**  
SWIM FOR LIFE 1, 2, 3, 4, & 5 MILE SWIMS CHESTERTOWN, MD [www.swimdcac.org](http://www.swimdcac.org)

**JUUL 9**  
MANHATTAN ISLAND MARATHON SWIM 28.5 MILES NEW YORK, NY [www.nycswim.org](http://www.nycswim.org)

**JULY 16**  
RACE FOR THE RIVER .5 MILE SWIM NEW YORK, NY [www.nycswim.org](http://www.nycswim.org)

**JULY 31**  
PARK TO PARK 1 MILER NEW YORK, NY  
[www.nycswim.org](http://www.nycswim.org)

**AUGUST 6**  
BOSTON LIGHT 8 MILE SWIM BOSTON, MA OW; Contact: John Werner, Race Coordinator  
Cell: 617-835-1242, Work: 617 695 2300 x 103 Email: [johnwerner@citizenschools.org](mailto:johnwerner@citizenschools.org)  
Web: <http://www.bostonlightswim.org>

**AUGUST 20**  
THE GREAT HUDSON RIVER SWIM 2.8 MILES NEW YORK, NY [www.nycswim.org](http://www.nycswim.org)

**SEPTEMBER 17**  
LITTLE RED LIGHTHOUSE SWIM 7.8 MILES NEW YORK, NY [www.nycswim.org](http://www.nycswim.org)

### CHAMPIONSHIPS

**APRIL 21-23**  
YMCA NATIONALS, INDIANAPOLIS, IN. Go to [www.YMCAswimminganddiving.org](http://www.YMCAswimminganddiving.org)

**APRIL 22-24**  
COLONIES ZONE SCY CHAMPIONSHIPS, GEORGE MASON UNIVERSITY, FAIRFAX, VA.  
Go to [www.patriotmasters.org](http://www.patriotmasters.org) or [www.usms.org](http://www.usms.org)

This is your  
LAST  
FASTLANE  
if you haven't  
reregistered!  
Go to [gmswim.org](http://gmswim.org)

**MAY 22**  
SCY USMS NATIONALS, FORT LAUDERDALE, FL.  
Information in January issue of Swim Magazine.

**JULY 22**  
SCM WORLD MASTERS GAMES, EDMONTON, ALBERTA, CANADA. Go to [www.2005worldmasters.com](http://www.2005worldmasters.com)

**AUGUST 10-14**  
LCM USMS CHAMPIONSHIPS, MISSION VIEJO, CA.  
Go to [www.mastersmvswwimming.org](http://www.mastersmvswwimming.org)