

EAST LANE

REGULAR EXERCISE CUTS WOMEN'S SUDDEN CARDIAC DEATH RISK

EVEN TWO HOURS A WEEK MAKES A DIFFERENCE, THOUGH MORE IS BETTER, STUDY FINDS.

By *Serena Gordon*

HealthDay Reporter; FRIDAY,
May 6 (HealthDay News)—

Here's another reason to get up off the couch and get moving: Regular exercise can help prevent sudden cardiac arrest, especially if it's kept up over the long term.

Women who did no regular exercise or very low levels of exercise—less than two hours a week—faced 6.4 times the risk of having their heart stop suddenly during or soon after a workout than women who regularly engaged in moderate or vigorous exercise for more than two hours a week, according to new research presented Thursday at the Heart Rhythm Society's annual meeting in New Orleans.

Exercise does tax the heart, so the study did find an overall six-fold increase in the risk of sudden cardiac death during exercise or within the hour immediately following a moderate-to-vigorous workout.

But the researchers also found that a program of regular exercise reduced this overall risk of sudden cardiac death: Women who exercised four to seven hours a week cut their odds for such an event in half, compared to women who exercised less.

All things considered, "exercise over the long term is beneficial for the risk of sudden death. There's a transient increased risk during and right after exercise that is improved with more regular exercise," explained one of the study's authors, Dr. William Whang, a cardiac electrophysiology fellow at Massachusetts General Hospital in Boston, Mass.

Whang said it was important to note that the "absolute risk of sudden death during exercise is extremely low — about one sudden death per 18 million hours of moderate to vigorous exercise."

Dr. Stephen Siegel, a cardiologist at New

York University Medical Center, said this is an old and somewhat complicated issue.

"The performance of exercise increases the risk of sudden cardiac death, but if one exercises regularly, that risk is less," Siegel explained.

Sudden cardiac death is not a heart attack. During a heart attack, a blockage forms that stops blood flow to the heart, depriving it of oxygen. In sudden cardiac death, the heart simply stops. While this stoppage is often linked to irregular heart-beat (arrhythmia), in many cases doctors just don't know the underlying cause.

According to the Heart Rhythm Society, risk factors for sudden cardiac death include high blood pressure, diabetes, high cholesterol, sedentary lifestyle, obesity, smoking, poor diet, heart rhythm problems, a racing heart beat that comes and goes even if you're resting, and fainting with no apparent cause.

Whang and his colleagues gathered data for this study from the Nurses' Health Study, a large ongoing research effort. Information on exercise participation was collected in 1986, 1988, 1992, 1996, 1998 and 2000.

The researchers obtained information on almost 70,000 women with no history of heart disease or stroke at the start of the study. In the 18 years between 1986 and 2004, 140 women included in the study died from sudden cardiac death.

Moderate to vigorous exercise included brisk walking, plus activities more intense than that, such as running or playing tennis, according to Whang.

The researchers found that during and within an hour of a moderate-to-vigorous exercise session, the average woman's risk of sudden cardiac death rose 6.2 times higher than when sedentary. However, for "couch potato" types (women who exercised less than two hours per week) that risk was significant-

ly higher— 20.9 times higher than when sedentary.

Regular exercise brought the odds of sudden death back to more comfortable levels. Women who worked out more than two hours a week saw their risk of sudden cardiac death during exercise fall to a level of just 3.3 times higher than when sedentary.

More importantly, increasing amounts of regular exercise also appeared to reduce a woman's overall risk of dying from sudden cardiac death, regardless of the time it occurred.

The researchers found that women who exercised two to four hours weekly had about a 10 percent decrease in sudden cardiac death risk, while women who spent four to seven hours a week working up a sweat reduced their risk by 56 percent. Women who worked out more than seven hours a week had a 69 percent decrease in risk, according to the study.

After adjusting for other risk factors, such as body mass index, diet, diabetes and more, the researchers found that the threshold for real heart-healthy benefits

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LIGHT THOSE CANDLES!

Happy birthday to the following 90 May and June babies:

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Florence Melick	80-84	Randi Hawkins	40-44
William Haynes	75-79	Diane McKay	40-44
Tink Bolster	75-79	Bruce Car	40-44
Robert Fischl	70-74	Maureen Weir	40-44
Penny Boorman	70-74	Doug Eiel	40-44
Diane Mattola	65-69	Marie Lauer	40-44
Michael Donnelly	65-69	Mario Souza	40-44
Bruce Burner	65-69	Yukari Shimomura	40-44
Dieter Wunderlich	65-69	Scott Feinstein	40-44
Barbara DeFeo	65-69	William Segal	40-44
Ray Hurst	60-64	Steve Hiltabiddle	35-39
Bob Hopkins	60-64	James Curd	35-39
Jim Dragon	60-64	Graham Hill	35-39
Richard Alexander	60-64	James Bernard	35-39
George Allison	60-64	Regina Papini	35-39
Donald Walsh	55-59	Cheryl Shiber	35-39
Robert Hengeveld	55-59	Paul Nelson	35-39
Robert Goldberg	55-59	Yves Baeyens	35-39
Robert Cashel	55-59	Chris Strahle	35-39
Ellen Pease	55-59	Kathe Newman	35-39
Gail Seelig	55-59	Bari Erlichson	35-39
Arthur Wein	55-59	Joseph DeVico	35-39
Arthur Carmano	50-54	Michelle Davidson	35-39
Dave Siconolfi	50-54	Trebor Wright	35-39
Michael Keltos	50-54	Jodi Barrish	30-34
George Mimozo	50-54	Paul Bayliss	30-34
Glenn Rothenberg	50-54	Daniel Jacquemin	30-34
Wayne Snead	50-54	Ivan Ermanoski	30-34
Jack Huston	50-54	Colleen Hemhause	30-34
Gail Stevancsecz	50-54	Veronique Sigu	30-34
John Decker	45-49	Jeff Mitchell	30-34
Andrew Maggion	45-49	Humphrey Bohan	30-34
Kenn Lowy	45-49	Christop Martin	25-29
Chris Loughran	45-49	Matthew Donovan	25-29
Gregory Kelly	45-49	Sean Smith	25-29
David Schmitt	45-49	Gregory Wriede	25-29
Jonathan Norton	45-49	Emily Kreger	25-29
Gerri Callahan	45-49	Tara Martin	25-29
Jan Hartman	45-49	Todd Sudol	25-29
Linda Brown-Kuhn	45-49	George Tarr	25-29
Guy Dorgan	45-49	John Forrestal	25-29
Susan Kirk	45-49	Michael Rosati	20-24
Randi Anderson	40-44	Carolina Bolado	20-24
Jeffrey Schobel	40-44	Deborah Deffaa	20-24
John Baliko	40-44	Jeanette Franko	20-24





RECORDS FALL

Congratulations to the following NJ LMSC swimmers who set new NJ State records at the TCNJ "February" (March) Frenzy Meet at on March 26, 2005.

Women 55-59

Arlene DePolo, 59
500 Free 7:35.14

60-64

Patric Mills, 62
50 Free 38.16

Men 19-24

Brendan Gallagher, 24
50 Back 24.77

55-59

Frank McElroy, 56
400 IM 5:22.07
75-79

Robert Stricker, 76
500 Free 8:37.92

Relays Mixed 35+

400 Free 4:22.09
Nancy Wilderotter
Eric Schiebler
Robert Cashel
Steven Levine

Mixed 45+
400 Free 4:39.27
Greg Romano
Nancy Shapiro
Patric Mills
Dan McConnell

MORE RECORDS KEEP FALLING!!

Congratulations to the following NJLMSC swimmers who set new NJ State records at the FINIS Meet on April 30, in Philadelphia.

Women 60-64

Patric Mills, 62
100 Breast 1:43.66
50 Fly :44.89

Men 40-44

William Segal, 40
100 Free 49.67

35+ 800 Free Relay 7:44.67

William Segal, 40
Darek Hahn, 38
Robert Gannon, 40
Steve Hiltabiddle, 38

RECORDS SET AT COLONIES ZONE MEET

Congratulations to the following NJLMSC swimmers who set new NJ State records at the Colonies Zone Meet on April 22-24, 2005.

*Jim Dragon and Richard Alexander also set new Colonies Zone Meet Records

Men 35-39

Steve Hiltabiddle, 38
50 Fly 23.53
100 Fly 53.27

55-59

Frank McElroy, 56
1000 Free 11:41.96

60-64

Jim Dragon, 60
50 Free 24.65*
50 Breast 32.67
50 Fly 26.34*

Richard Alexander, 60

50 Back 30.02*
100 Back 1:08.02*
100 IM 1:07.20

80-84

George Melick, 80
50 Back 46.73 Ⓢ

SWIM LAPS, BUILD BONE

For the first time, scientists have evidence that swimming can strengthen young women's bones. In a study of female lap swimmers ages 8-26, researchers found that their lower-leg bones had higher mineral content, more elasticity and better internal structure --- all factors important for bone strength -- compared with the legs of nonswimmers. Lead researcher Bareket Falk, PhD, an exercise physiologist at Brock University in St. Catharines, Ontario, Canada, says she isn't sure why, but "it may have to do with the high number of pushes from the pool wall at each turn or with the pressure of the water on the bone." The study was reported in the British Journal of Sports Medicine. Ⓢ

—Mary Ellen Strote(taken from May '05 issue of Shape Magazine)

Continued from page 1

REGULAR EXERCISE CUTS WOMEN'S SUDDEN CARDIAC DEATH RISK

more than four hours a week. At that point, risks for sudden cardiac death begin to noticeably decline.

"One of the most critical things to do to improve your cardiac health and well-being is to exercise on a regular basis," advised Siegel. "Although not without risk, the overall benefit of exercising far exceeds the temporary risk."

Both Whang and Siegel said anyone who hasn't been active should start off slowly, and for most people, it's a good idea to check with their doctor first.

According to Siegel, anyone who has been sedentary and has risk factors for heart disease, such as smoking, diabetes, high

blood pressure, high cholesterol or a family history of heart disease, should definitely see their doctor before beginning an exercise program.

He also cautioned that individuals who experience any chest discomfort or pain during a workout should immediately stop exercising and seek medical attention.

MORE INFORMATION

The Heart Rhythm Society has more information about sudden cardiac death (www.hrspatients.org).





OUTDOOR SUMMER WORKOUTS

- **Highland Swim Club** on Martine Avenue in Scotch Plains. Sunday morning practices from 8:30 - 10:00 am starting June 26 until August 14. Pool is outdoor 6 lane 25m facility. Drop in fee is \$5.00. Coach Bill Reichle Contact Information: (908) 587-2053 or reichsswim@aol.com.

- **Long course practices return to Rahway River Park in Rahway** this summer. Jeff Jotz will be taking over the program from Ed Nessel who coached Masters at Rahway for 20 years. Practices begin on Monday, June 27 through Friday, Aug. 19 Mon-Fri, 6-7:30 am and Sat., 7-9 am. Cost is \$210/summer, \$35/week or \$8/day. E-mail Jeff at jjotz@mac.com or call (732) 827-2190 for more information.

- **Spring Lake open water practices** Thursdays at 6pm. Swim starts at Pier Beach at Ocean and Brown Aves. in Spring Lake. The swims are approx 1+ miles, weather permitting. Apres swim dinner for those who want usually at the Parker House - (there is a Prime Rib special that night, dining on the outside porch-casual). Contact Jack Frain at jjfrain@hotmail.com or 908-596-0425. Start date depends on the ocean temp but it should be OK by June 23. Bring a wetsuit! May be additional swims on Sunday morning. Contact Jack if interested.

JAM SWIMMER & COACHES CLINIC HELPS BUILD SUPPORT FOR MASTERS SWIMMING IN NJ

The Jersey Area Masters Swim Club hosted its' first clinic on Saturday April 9th at the new John C. Witherspoon School in Princeton. This was the first event of any kind



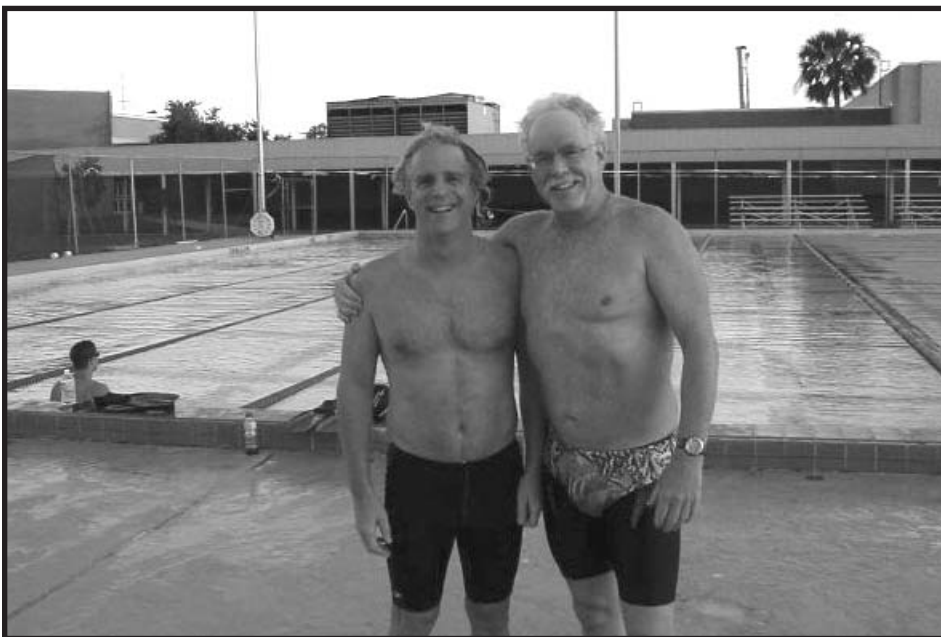
held at this pool and the facilities are very nice!! Karlyn Pipes-Neilson, from Hawaii, was the clinician for the day, due to a grant from USMS. USMS has put this grant system in place to encourage clubs or Local Masters Swim Committees (LMSC's), not only help swimmers swim

better, but to help the LMSC's build programs by offering clinics for coaches.

In the coaches clinic, eight new or active swim coaches took part in topics taught by Karlyn such as Coaching the Masters Swimmer and Coaching the NEW Adult Swimmer, while Darek Hahn, Head Coach of Jersey Area Masters offered views into the Differences between Masters Swimmers. All the coaches discussed, with three of the board members from the New Jersey Local Masters Swim Committee (NJ-LMSC) how together NJ-LMSC and the coaches can help them build their respective programs. This section of the clinic was focused on the goal, which the NJ-LMSC set for itself; to double NJ-LMSC membership over the next two years. To do this we need coaches to start programs and this clinic is the beginning of that process.

The swimmers clinic was held in the afternoon as Karlyn offered nearly 25 swimmers insights into the value of change, motivation and training tips. Karlyn introduced her wide entry freestyle, power at the beginning of the pull phase stroke which swimmers had a chance to try in the water along with a stroke of their choice. Swimmers had the opportunity to see themselves video taped underwater before the clinic began and again at the end of the clinic.

The Jersey Area Masters Swim Club plans to hold another swimmer/coaches clinic this August with the topics related to the feel for the water!! This clinic will focus on "feeling" your way into good swimming (verses, "thinking" your way into good swimming). More information will be available in the coming months. ☺



TOM GEIMAN VACATIONED IN FLORIDA AND HOOKED UP WITH ED NESSEL FOR SEVERAL WORKOUTS.

JASON E. NESSEL MEMORIAL INVITATIONAL

Saturday, August 6, 2005

MEET ENTRY FORM

Name (print): _____ **DOB:** _____

Address: _____

City: _____ **State:** _____ **ZIP:** _____ **USMS #:** _____

Club: _____ **Phone:** _____ **E-mail:** _____

EVENT	TIME	FEEES
1. 50m freestyle		Meet surcharge \$10
2. 100m breaststroke		
3. 400m freestyle		Events x \$4 _____
4. 100m butterfly		No deck entries!
5. 200m I.M.		Relay x \$8 _____
6. 100m backstroke		TOTAL _____
200 Choice of one:		Enter times in LCM
7. 200m freestyle	circle one	Attach copy of USMS card.
8. 200m backstroke		
9. 200m breaststroke		
10. 200m butterfly		
11. 50m butterfly		Send meet entries to:
12. 50m breaststroke		Jeff Jotz
13. 100m freestyle		P.O. Box 873
14. 50m backstroke		Rahway, NJ 07065
15. 400m mixed free relay		By Aug. 1, 2005

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. (rule book article 203.1)

Signature: _____ **Date:** _____

New Jersey LMSC Presents

Masters Open Water Swim Clinic



Saturday, June 18, 9 am
5th Ave. Bay Beach (at S. Bayview Ave.)
Seaside Park, NJ



WORKOUTS ■ SAFETY ■ STARTS
TECHNIQUE ■ NAVIGATION ■ FINISH

USMS Long Distance All American Jeff Jotz and other experienced open water swimmers will prepare you for swimming in everything from a backyard pond to the English Channel. Clinic will consist of dryland instruction as well as swimming in the shallow waters of Barnegat Bay. Beginners and advanced open water swimmers are welcome. Pizza will be provided after the clinic for participants.

Wetsuits are allowed and recommended if the water temperature is below 65F.

ENTRIES: The clinic is open to all Masters Swimmers holding a valid 2005 USMS registration card. A copy of your card must accompany your entry!

COST: \$25 if registered before June 4; \$35 after June 4. Clinic size is limited to 25 swimmers. Make checks payable to "New Jersey LMSC" and mail to Jeff Jotz, P.O. Box 873, Rahway, NJ 07065

DIRECTIONS: Garden State Parkway to Exit 82 (Rt. 37/Seaside Hts.). Follow Rt. 37 E approx. 9 miles to Route 35 S. (Central Ave.) Seaside Park. Follow Central Ave. south and turn right at 5th Avenue (right before police HQ). Beach is one block ahead, on the corner of 5th & S. Bayview Aves.

For more information contact Jeff Jotz at (732) 827-2190 or jjotz@mac.com.

NAME:	ADDRESS:
USMS NUMBER:	DAYTIME PHONE:
E-MAIL:	EVE. PHONE:

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, EVENT SPONSORS, EVENT COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE EVENT OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (Rule Book Article 203.1)

Signature _____

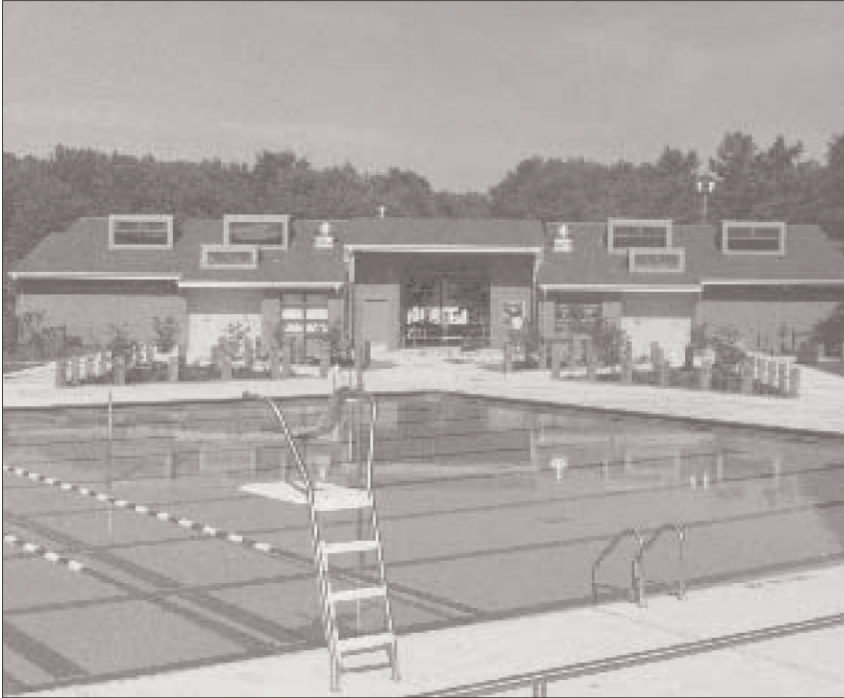
Date _____

JASON E. NESSEL MEMORIAL INVITATIONAL

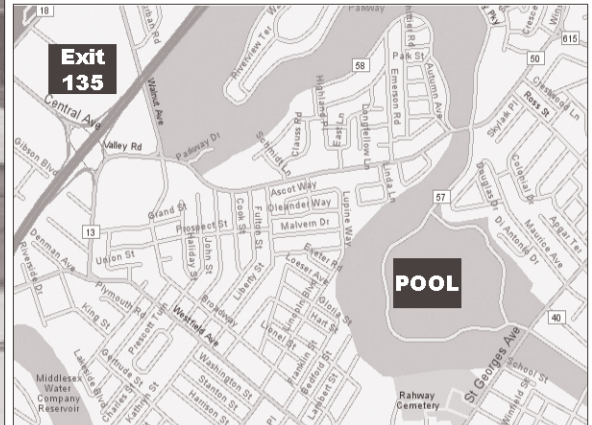
Saturday, August 6, 2005

7:15 am warmup, 8 am start

Sanctioned by NJLMSC for USMS, Inc. Sanction #075-004



Walter E. Ulrich Pool
Rahway River Park
Rahway, New Jersey



- ENTRIES:** The meet is open to all Masters Swimmers holding a valid 2005 USMS registration card. A copy of your card must accompany your entry! Enter times in long course meters.
- FACILITIES:** Pool is 8 lanes, each 50 meters long. Depth ranges between 3-5 feet. Electronic timing. Bring your own lawn chair.
- AWARDS:** Custom awards for First through Sixth place.
- COST:** \$10 meet surcharge. \$4/ individual event and \$8/relay. Mail payment to Jeff Jotz, P.O. Box 873, Rahway, NJ 07065
- DIRECTIONS:** *Garden State Parkway Southbound:* Exit at Exit 135 (Clark/Westfield) and immediately bear left towards Rahway. When you pass under the Parkway, make your second right onto Valley Road. Follow Valley Road through traffic light for 1 mile and turn right into park at sign. Pool is 1/2 miles ahead on left.
- Garden State Parkway Northbound:* Exit at Exit 135 (Clark/Westfield) and immediately bear left onto traffic circle. Make your first right onto Valley Road and follow directions above.

For more information contact Jeff Jotz at (732) 827-2190 or jjotz@mac.com.

THE WATER CURE: A FITNESS LESSON

LEARNED FROM INJURED ATHLETES

By KEVIN HELLIKER ; Staff Reporter of *THE WALL STREET JOURNAL*

April 12, 2005; Page D1; A sudden knee pain near the end of an 18-mile run turned out to mean that I wouldn't be racing as planned in a coming marathon. "Nothing but swimming," said the doctor. "For a month."

A whole month! I went swimming in a bad mood. But I had no idea how fortuitous his prescription would turn out to be.

The wounded have long been relegated to the pool, and just now the lanes should be filling up with them. That's because the growth of the health-club industry is being led these days by people over age 55, says Harvey Lauer, founder of American Sports Data Inc., which tracks fitness trends. And with age comes the tender joints to which gravity-defying water is so kind. Just ask Mr. Lauer: A knee injury has pushed the 62-year-old accomplished runner into the pool, as well.

Yet for many people the pool has all the appeal of a rehab center. The perception is that swimming is hard to learn and hard to do well even if you do know how, it messes up your hair, and it's boring—unlike with running, the scenery never changes. Although the number of Americans swimming for fitness has edged up this decade to about 16 million, it remains far below the 1990 number of 19 million, says Mr. Lauer, whose data show that Americans prefer most other exercises to swimming.

By some counts, more than a third of adults say they can't swim the length of a 25-yard pool. So fitness swimming's unpopularity may reflect a widespread failure to try it. This is why an injury can be a blessing. When I look back over three decades of backbreaking cycling, stair-climbing, swimming, yoga, racquetball, weight-lifting and running, I'm grateful for the inflamed knee that 17 years ago forced me into the pool. Nothing beats swimming.

Saying that runs counter to my interests: The nine-lane pool at my gym is uncrowded, and I'd like to keep it that way. But no outbreak of swimming is likely to happen overnight because this sport is an acquired love.

Most newcomers to lap swimming find that letting the mind wander—a major benefit of running—isn't easy at first, what with every gasp for air causing one's feet to sink. Boredom is also a problem. It helps to train the way great swimmers do. Unlike runners, swimmers usually don't swim a mile without stopping, but instead will tackle 16 100-meter intervals, with a short break between each. It doesn't take long for your mind to master this routine while fantasizing about that big triumph you're about to achieve at the office. In my experience, swimming is much more intellectually engaging and psychologically satisfying than running.

Many who don't know how to swim believe it is too late. Tell that to the 80-somethings whom New York coach and author Jane Katz has taught to swim. "Senior mermaids," she calls them.

Many who can swim believe that lap swimming is the province of those who have worn Speedos since grade school. In truth you don't need to wear a Speedo. You don't need to learn all four strokes (butterfly, back, breast and freestyle). And you don't need to do complicated flip turns. I don't flip, and I'm faster off the wall than most swimmers who do.

Improvement doesn't require expensive lessons. Those who can swim a few laps of freestyle are qualified to join their local master's group. Many communities have such organizations, which offer organized practices and workshops with coaches. My local group costs just \$30 a year, separate from the cost of joining a swim facility. Of course, paid lessons can make a difference. A popular workshop called Total Immersion offers weekend seminars around the country for \$445.

Dutch gold medalist Inge de Bruijn. Swimming builds muscle and has aerobic benefits; a cap can protect your hair.

Fitness swimming doesn't destroy your hair. For proof of this check out the locks of the Dutch gold medalist Inge de Bruijn. It's true that hours of chlorine mixed with sun can wreak hair havoc—but that's the recreational swimmer's problem. Fitness swimmers wear caps. The women with whom I swim have great

hair and offer these tips: Soak hair in tap water before swimming and afterward use a conditioner.

At a time when fitness experts are arguing that a solid program requires flexibility exercises, resistance training and a cardiovascular routine (who has time for all that?) here is the beauty of swimming: It combines all three. Its aerobic benefits are famous. Less known is that swimming is an exercise in stretching, and that pushing against water is a powerful form of resistance training.

It isn't clear that swimming provides the osteoporosis-fighting benefits of weightlifting. And some sports scientists debate whether swimming burns calories and aids with weight management as effectively as running.

But swimming builds muscle, which consumes calories at an extraordinary rate long after the workout is over. When I quit lifting weights and devoted that time to extra swimming, I gained rather than lost muscle in my arms, chest and legs. Muscle gained from swimming, moreover, tends to be rounded and natural looking, compared with the so-called "cut"—or "I-live-in-the-weight-room"—appearance of barbell lifters.

Even the best-known feature of swimming—its kindness to joints, muscles and limbs—is under-appreciated. During the height of my running, cycling and weightlifting phase, I read a fitness article in which a physician said he took an aspirin a day in part to ease the pain of his workouts. "Amen," I remember saying. But since transferring virtually all of my fitness hours to the pool, where I go at it just as hard, I don't have any workout pain.

It's my belief that if Americans overcame their fear of water and insecurity about swimming competency, the nation would need to build more pools. In the United Kingdom, where learning to swim is an elementary-school requirement, the most popular fitness activity among adults is swimming. ☺

**“GREAT
OPPORTUNITIES
TO HELP OTHERS
SELDOM COME,
BUT SMALL ONES
SURROUND US
EVERY DAY.”**

—SALLY KOCH

LET'S WORK IT!

MAIN SET

This is a workout from the noon workout at the Hilltop YMCA in Virginia Beach. Laura Peter is the coach.

3 X 50 (3 or 4 times through)

1st and 2nd 50's are kick

3rd 50 is swim – build

Set an interval for about 5 sec rest on the kick.

450 Swim

Alternate fast/easy by 25's

4 X 100 (2 or 3 times through)

1st and 2nd 100's are pull

3rd and 4th 100's are swim

The challenge is to have the swims as fast as the pulls. Set interval for 15-29 sec rest on pulls and add 10 sec rest for swims.

— Taken from April 15, 2005 issue of
VMST Newsletter



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

The Atlantic Club Workouts are M, W, F 6-7pm, T & H 7-8am and Sat. 8-9am. Contact: Andreas Roestenberg at andreas@h2velocity.com or www.atlanticclub.com or 732/292-4372.

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

Blair Academy (in Blairstown) Different session for different ability levels. Contact coach Ed Dellert days at 973/764-5252 or eddellert@warwick.net.

Bridgewater Pool/Somerset Valley YMCA Contact: Don Fink at donfink@comcast.net, workouts T at 8pm & H at 5:30am.

The Connection for Women and Families (Summit) Workouts are T & H 6:30-7:30am, W 7-8pm. Contact Amanda Stover or Steve Honoshowsky; 908/273-4242, amanda.stover@theconnectiononline.org.

Hoboken YMCA Workouts are M, T, W and Th 7-8 pm. Contact Ignacio Sanchez, Aquatic Director at 201/963-4100, ext 22 or nacho_sanchez88@hotmail.com

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 Metro West (West Orange) Workouts are W 8-9pm and Sun 8-9am. Contact Coach Melanie Fink at mfink38@comcast.net

JCC Metro West (Whippany) Workouts are H 8-9pm. Contact Coach Melanie Fink at mfink38@comcast.net

Jersey Area Masters, Princeton Fitness and Wellness, workouts M-H 7-8 or 8-9:30pm. 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.

Metuchen-Edison YMCA Workouts are T & H from 8:15-9:30 pm. Contact Jay Muldoon at jmuldoon@att.com

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

Peddle 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 YMCA Workouts are M & F 8:30-9:30 pm. Contact Sue Ludzki at 201/444-5600 or Andrea Luallen-Egg at rymastersandrea@optonline.net

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.

Somerset Valley YMCA (Bridgewater) Contact Melanie Fink; 908/526-0688, mfink38@comcast.net

Sussex Tech Adult Career Center Workouts are Tues and Thurs 6-7 pm. Contact Christine Hollis at 973/383-6700 or CHollis@sussex.tec.nj.us

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

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

County College of Morris Contact: Nicole Agresto, pool coordinator; 973/328-5257, nagresto@ccm.edu

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.

Morris Center YMCA Contact Ed Soder; 973/267-0704, esoder@morriscenterymca.org

Princeton Area Masters Contact Tink Bolster; 609/924-4222 or contact Princeton Recreation Department; 609/921-9480 and ask for Kate Herlihy. Workouts are M-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.

Montclair YMCA Contact Billy Wilkenson; 973/744-3400

Westfield YMCA Contact Paul Casazza; 908/233-2700, pcasazza@westfieldynj.org

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

Somerset Hills YMCA Contact Karley Dabry; 908/766-7898, ext 529.

Sussex County Technical School (Sparta) Tues and Thurs 6-7 pm. Contact Sharon Vogel; 973/383-6700, ext 255.

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

FORMATIVE (this new category refers to pools that have an interest in coached workouts but aren't there yet. Call if interested. Maybe you can get things going)

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

Greater Bergen County YMCA Contact David Allerd at blueridge81@yahoo.com

West Morris Area YMCA Contact Kathy Fisher; 973/388-1120 or kathy@wmay.com

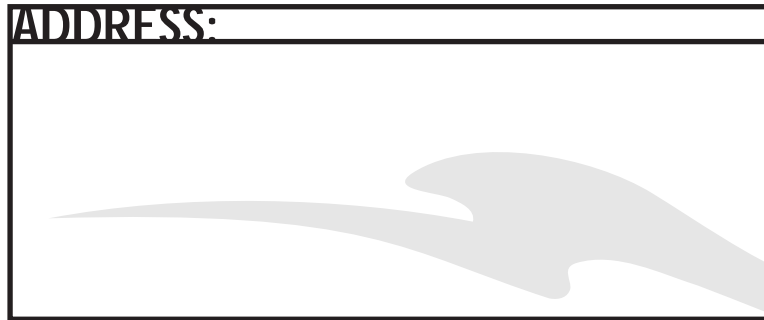
St. Francis Community Center Aquatic Center (Brandt Beach, Long Beach Island) Contact Linda Behr; 609/494-8861, lmbehr80@aol.com

Ocean Club (Stafford Twsp, Manahawkin) Contact Kara Cassidy; 609/653-0939, karaswims@comcast.net

Newark YMCA Contact Janelle Uroff; 973/624-8900, ext 6811, swim@newarkymca.org



NJ LMSC
 451 Sweet Hollow Road
 Bloomsbury, NJ 08804



MEET CALENDAR

JUNE 11
 HALL MASTERS MEET, SETON HALL UNIVERSITY, SOUTH ORANGE. For entry go to www.besmarttinc.com

JUNE 26
 PLUNGE FOR THE PATIENTS 1 AND 3 MILE SWIMS, WILDWOOD, NJ. Go to <http://www.Insports.com>

JULY 2
 BRADLEY BEACH 1 MILE OCEAN SWIM at 9:30am. Call 732-776-2999 during the day for more info.

JULY 8,9
 GARDEN STATE GAMES AT GCIT. Go to www.besmarttinc.com

JULY 16
 SWIM FOR THE DOLPHINS, WILDWOOD. Go to <http://www.Insports.com>

JULY 24
 SWIM FOR CANCER proceeds to benefit cancer program at Columbus Hospital in Newark. Meet held at Drew University in Madison.

JULY 30
 OCEAN CITY MASTERS 1 MILE SWIM, OCEAN CITY. Go to <http://www.Insports.com>

AUG. 6
 JASON NESSEL INVITATIONAL, RAHWAY RIVER PARK, RAHWAY. Registration form available in June at <http://www.gmswim.org>.

MEETS OUTSIDE OF NEW JERSEY

JUNE 11
 FLAG DAY 1 MILE SWIM NEW YORK, NY www.nyc-swim.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/2005schl.htm>) Check the site for updates or check www.bayswim.com.

JUNE 12
 22ND ANNUAL JACK KING 1-MILE OCEAN SWIM, VIRGINIA BEACH, VA. Contact Suzanne Giersch, suzgiersch@earthlink.net or 757/518-9824.

JUNE 18
 SWIM FOR LIFE 1, 2, 3, 4, & 5 MILE SWIMS CHESTERTOWN, MD www.swimcac.org

JULY 9
 MANHATTAN ISLAND MARATHON SWIM 28.5 MILES NEW YORK, NY www.nycswim.org

JULY 16
 RACE FOR THE RIVER .5 MILE SWIM NEW YORK, NY www.nycswim.org

JULY 16
 2005 EASTERN STATES 2-MILE CABLE SWIM, CHRIS GREENE LAKE, CHARLOTTESVILLE, VA. Contact Dave Holland; 804/282-6224, dholland@rmc.edu

JULY 31
 PARK TO PARK 1 MILER NEW YORK, NY www.nyc-swim.org

AUG 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 Web: <http://www.bostonlightswim.org>

AUG 20
 THE GREAT HUDSON RIVER SWIM 2.8 MILES NEW YORK, NY www.nycswim.org

SEPT 17
 LITTLE RED LIGHTHOUSE SWIM 7.8 MILES NEW YORK, NY www.nycswim.org

CHAMPIONSHIPS

JULY 22
 SCM WORLD MASTERS GAMES, EDMONTON, ALBERTA, CANADA. Go to www.2005worldmasters.com

AUG 10-14
 LCM USMS CHAMPIONSHIPS, MISSION VIEJO, CA. Go to www.mastersmvswimming.org