

EAST LANE



ANNUAL MEETING TO BE HELD IN NOVEMBER

To: All USMS Registered NJ Masters Swimmers

From: Chris McGiffin, NJ-LMSC Chairperson

Re: NJ-LMSC Annual Meeting

Time: Sunday, November 20, 2005, 10:30 am

Place: Berkeley Aquatic Club
649 Springfield Avenue
Berkeley Heights, NJ 07922

NJ Masters Swimmer,

The time has arrived for the annual meeting hosted by the NJ Local Masters Swimming Committee. This meeting is a great opportunity for USMS-registered masters swimmers to get involved with the many facets of NJ Masters swimming. Your NJ-LMSC Board is an all-volunteer committee that currently consists of the following positions: Chairperson, Vice-Chair, Registrar, Treasurer, Top Ten/Records, Newsletter Editor, Officials Chair, Fitness Chair, Sanctions & Safety Chair, Secretary, Webmaster, Ad Hoc Clinics Coordinator, Social Chair, Open Water Chair, and Ad Hoc Publicity & Marketing.

Regardless of your masters swimming experience, the invitation to participate is open to all interested USMS-registered NJ Masters swimmers. Nominations for each of these positions are now open. If you or someone you know has a passion for masters swimming, feel free to submit a candidate for consideration. As a member of the NJ-LMSC, the commitment includes attendance to four meetings held throughout the year.

We welcome your interest and your active participation during the 2005-2006 season and beyond. Many thanks to our current NJ-LMSC Board members—Darek Hahn, Tom Brunson, Ed Tsuzuki, Linda Brown-Kuhn, Jeanne Coon, Judy Ramirez, Jack Frain, and Bob Hopkins—for their contributions to making the 2004-2005 season a success.

The meeting will follow a workout at Berkeley (open to all) that runs from 8:30-10 am. Refreshments will be served. Berkeley is two blocks west of Plainfield Avenue at 649 Springfield Avenue. Feel free to contact me at 908/630-0166 (H) to answer questions or take nomination submissions.

Best Regards,
Chris McGiffin
NJ-LMSC Chairperson



SWIMMERS LEARNED HOW TO NAVIGATE OPEN WATER

Under sunny June skies, a handful of masters swimmers braved the shallow waters of Barnegat Bay in Seaside Park for the Garden State Masters first open water swim clinic. A few swimmers never competed in open water before and picked up a few pointers on safety, navigation, training and race techniques from coach Jeff Jotz and experienced open water swimmers Jack Frain and Judy Ramirez.

Any USMS swimmer looking to learn about the thrills of swimming with no lane lines, starting blocks and flip turns is invited to attend the 2006 clinic, tentatively scheduled for Saturday, June 17, 2006. An entry form will be available in the Fast Lane and on the GSM web site next spring.

Coach Jotz is presently looking for a location for the 2006 clinic. If you provide any assistance, please e-mail him at jjotz@mac.com or call (732) 827-2190. ☺

FITNESS + CONDITIONING SWIMMING & MASTERS SWIMMING PROGRAM AT SUSSEX TECH

The Sussex Technical School Adult Program is offering an adult Fitness & Conditioning Swimming & Masters Swimming program beginning on Sept. 13-Nov. 1. The pool is in Sparta on White Lake Road. The sessions will run from 6:00 PM to 7:00 PM Tuesdays and Thursdays and cost \$80. Here is the link to their web site with the information:

<http://adultcareer.sussex.tec.nj.us/cgi-bin/display.cgi?eDBKey=70>

You can register on their site. ☺

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LIGHT THOSE CANDLES!

Happy birthday to the following 37 October babies:

Doris Steadman 80-84	Bill Beaton 45-49
Alfred Ferguson 65-59	George Sproul 40-44
Jeffrey Hall 60-64	Gregory Schwartz 40-45
Lawrence Seidman 55-59	James Archer 40-44
Dennis Creter 55-59	Ann Monaghan 35-39
Joel Stein 50-54	Cornelia Muehler 35-39
Beth Maloney 50-54	Doug Clark 35-39
Farid Soliman 50-54	Victor Egg 35-39
Dennis Friedman 50-54	Mary Kuzmich 35-39
Jack Frain 50-54	Joseph Ruberto 35-39
Albert Krone 50-54	Gita Roy 30-34
Robert Danskin 50-54	Cheryl Lee 30-34
Claudia Feeley 50-54	Gilbert Olvera 25-29
Kristine Templeton 45-49	Julie Porro 25-29
William Ruthrauff 45-49	Justine Schramke 25-29
Paul Jennings 45-49	Karen Scott 25-29
Kenneth Nichols 45-49	Lisa Bettinger 20-24
Wayne Rebarber 45-49	Pui Wah Alice Kong 20-24
Jeff Bodenman 45-49	☺

SUMMER RECORD SETTERS

Congratulations to the following NJLMSC swimmers who set new NJLMSC LCM records at the Jason Nessel Memorial meet on August 6, 2005 in Rahway.

Women 18-24

Jenifer Banas, 24
100 Free 1:07.20

45-49

Nancy Shapiro, 47
100 Free 1:14.77
100 Breast 1:33.63

50-54

Abbe Binstock, 50
400 Free 7:06.79

55-59

Christie Whitehouse, 55
100 Free 1:39.47

60-64

Arlene DePolo, 60
50 Free 41.19
200 Free 3:21.66
400 Free 7:11.99
50 Fly 45.89

Patric Mills, 63

50 Breast 53.58
100 Breast 2:00.00

Men

Mike Betts, 26
50 Free 25.16

Willam Segal, 41

50 Free 26.41
100 Free 57.13
50 Fly 27.33
100 Fly 1:03.06

Richard Clew, 40

200 Back 2:35.44

Jens Volker, 40

200 Fly 2:58.16

45-49

Mike Kriley, 46
50 Free 26.64

55-59

Frank McElroy, 57
200 IM 2:58.05

Jack Zakim, 60

100 Free 1:08.35
200 Free 2:28.84
400 Free 5:25.08

Jim Dragon, 61

50 Fly 29.67

75-79

Nickolas Demas, 75
50 Free 33.94

Paul Kiell, 75

400 Free 6:48.61
800 Free 13:58.28

80-84

George Melick, 81
50 Back 52.78
200 Back 4:36.76
50 Breast 54.27

Relays

Women 160-199

400 Free
JAM 5:41.42
Nancy Shapiro, 47
Leigh Segal, 40
Abbe Binstock, 50
Deborah Kemp, 44

400 Medley

JAM 7:49.60
Leigh Segal, 40
Terry Christie, 49
Deborah Kemp, 44
Abbe Binstock, 50

Mixed 200-239

GSM 6:12.80
Robert Hengeveld, 59
Donna Adamoli, 43
Carol Malone, 51
Stephen Angeli, 52





David Costill, PhD, is one of the foremost exercise researchers in the world.

As the director of Ball State University's Human Performance Laboratory, which he founded in 1966, Costill was a pioneer in helping to identify fast and slow twitch muscle fibers, the necessity for drinking fluids during exercise, the benefits of tapering a workout regimen, and the importance of glycogen for endurance. In his career, he has written more than 400 publications, including six books. Now 69 years old, Costill remains an emeritus professor at Ball State. An accomplished Masters swimmer, he set national records in the 60-64 age group in the 100-yard and 200-yard butterfly. He and his wife, Judy, live in Muncie, Ind. He has two daughters and two grandchildren.

CJ: How did you get into the field of exercise physiology?

Costill: I was a college swimmer at Ohio University. I subsequently coached in the public schools in Ohio for about three years. I was teaching biology and science. I realized that I didn't want to do that for the rest of my life. I already had a Masters degree in zoology and physical education, so then I went to Ohio State. I got intrigued by the physiology of exercise, because that subject was in its infancy at that time. I just thought that was a nice fit with my interests. After about one year at Ohio State, I was offered a job at the State University of New York in Cortland. They wanted me to teach physical education and to coach cross-country and swimming. Although I'd been a swimmer, my real love was in running. But I was a terrible runner. My best ever was 3:16 in a marathon. I

was never much more than a middle-of-the-packer. At Cortland, I became even more fascinated by running, because I was able to recruit what turned out to be three All-Americans and one national champion in two years. But I realized I was never going to get to do research there—it was such a small college. Then the job opened up at Ball State in 1966 and I got the job. At that time there was no laboratory there per se. It was just a wish on the part of the faculty that they'd develop one. When I got there it was a blank slate.

What was the conventional wisdom regarding exercise in those years?

If you were a runner you were really weird. I remember I was only 30 then. I had been running when I was at Cortland and continued when I got here.

Everyone—the guys that I taught with—thought that a long run was one mile. I convinced them we had to go at least four. They thought that was horrendous. At cocktail parties all the guys wanted to do was talk about my running. My feeling was if they were so dammed interested, why didn't they start running themselves?

What did you focus on in your research?

The overall interest was to identify things that would optimize exercise performance, whether it was running or swimming or cycling. I was always looking for new insight into nutrition or training methods.

Tell us about your research on tapering.

Tapering is the most underappreciated training method. People are always training so hard. Most peo-

ple are preoccupied with the work side of training rather than the rest component. When you rest you have a situation where (muscle) growth can have a chance to take place. You see guys who train themselves to death.

Tell us about your work with slow twitch and fast twitch muscle fibers.

A lot of that was trying to understand the muscle fiber and trying to find out the best way to train. This research had been done in animals. A couple of guys I worked with in the early 1970s were doing some of the work directly with athletes. I would say we were the first to sort of popularize it. At the start, we felt that whatever you were born with, that is what kind of muscle fiber you had. That is only partially true. We learned over the years that muscle can be modified. Some of the guys I studied around 1970, we followed them for about 25 years. This group included Frank Shorter and Steve Prefontaine, and we were able to study them for a number of years—although obviously not Steve Prefontaine. A number of those guys weren't training anymore, and their muscle composition had shifted back to kind of 50-50 between slow twitch and fast twitch.

What was the significance of your glycogen studies?

Glycogen is the primary fuel you use along with fat in muscle. Our main finding was that some muscle fiber uses the glycogen a lot faster. The key was to find out how to restore it. We found that eating a rich carbohydrate diet helped.

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RULE CHANGES

BREASTSTROKE

Stroke—From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time.

Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on, under, or over the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn. During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

Kick—After the start and after each turn, a single downward butterfly (dolphin) kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly (dolphin) kick is not permitted except as provided here in. breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

Turns and Finish—At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or

below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

INTERPRETATION: The official interpretation for the changes to the breaststroke is that during or at the end of the arm pull-down of the first stroke after the start and after each turn, a single downward butterfly kick is allowed, but not required, followed by a breaststroke kick. During the pull-down, if a downward butterfly kick is taken, it must be followed by a breaststroke kick. It is not permissible to take only a downward butterfly kick without then taking a normal breaststroke kick. The downward butterfly kick is not permissible prior to the arm pull-down. In addition, there is not a requirement for all movements of the legs to be “in the same horizontal plane and without alternating movement.” This was previously not included in our rules.

BACKSTROKE

Backstroke start. All courses—The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the starting grips. Standing in or on the gutter or placing the toes over the lip of the gutter or bending the toes over the lip of the gutter before or after the start is prohibited. A backstroke starting block may not be used.

Stroke—Standing in or on the gutter or curling the toes over the lip of the gutter immediately after the start is not permitted. The swimmer shall push off on the back and continue swimming on the back throughout the race. Some part of

the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn, at the finish, and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water.

Turns—Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast, after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to execute the turn. The swimmer must have returned to a position on the back upon leaving the wall. Note: The swimmer who turns past vertical and, in a continuous motion, grabs the wall before pushing off with the feet while on the back is considered to have executed a “continuous turning action.”

Finish—Upon the finish of the race, the swimmer must touch the wall while on the back.

INTERPRETATION: The official interpretation for the change to the backstroke rules is that the toes are no longer required to be under the surface of the water at the start. However, the toes are still not allowed to be above the lip of the gutter or curled over the lip of the gutter. The change was made so that when full-face pads are used (pads that extend above the gutter) there is no requirement to have the toes under the water. From a practical standpoint there is no change when using touch pads that hang on the pool gutter. ↻

—Take from the Convention meeting minutes that can be found at www.usms.org

INTO THE DEEP END

AN INJURED JOGGER AND RELUCTANT POOL NOVICE FINDS EVEN SHE CAN BE A MASTERS SWIMMER

By Meghan Gibbons

Special to The Washington Post

Swimming was not my first choice as a fitness activity. A devoted jogger for 15 years, I never thought I'd match the high I got from my nightly runs. I took pride in my fitness and discipline. Swimming was not a sport I associated with such virtues. Until my back went out.

It started with slight pain in a hamstring. Thinking it was a muscle pull, I did more stretching but the pain moved down the back of my leg and up into my lower back. Soon I couldn't sit for long, and running made the pain worse. Visits to numerous doctors produced varying theories—a bulging disc, sciatica, fibromyalgia—but no definitive diagnosis. I tried muscle relaxers, anti-inflammatories, physical therapy, all in search of a return to running. None helped enough. I was crushed.

So I stopped running and started eating. And ate my way into a 20-pound weight gain in a year. Self-pity and lack of exercise are a dangerous combination.

Mortified, I dragged myself to a local pool (as my doctor had been urging for a year), put on an ill-fitting swimsuit and started to do laps: back and forth, back and forth. Self-pity began to return. But then I noticed some people who seemed to be enjoying their swim. They swam in a group with a coach on the deck urging them on. But they weren't kids—they were in their twenties, forties and up through their sixties. They joked in the lanes and chatted in the locker room.

Could I do that, I wondered—until

I learned they were “Masters” swimmers. Oh, experts. No wonder. Forget it. Today, as one of them, I know I was wrong. But then lots of people have misperceptions about Masters swimming—and swimming in general. Take these, for example:

MASTERS IS ONLY FOR REALLY FAST SWIMMERS.

Not at all. The term “Masters” refers to age, not expertise.

A physician and career naval officer, Ransom Arthur became fascinated with measuring the health benefits of regular swimming and convinced that swimming was an exercise you could do well into your later years. He organized the first Masters swim meet in 1970 in Amarillo, TX. The program is now nationwide and includes more than 42,000 adult swimmers on 450 teams.

Participation assumes a basic ability to get from one side of the pool to the other. (Walking the edge doesn't count.) Beyond that, speed and swimming skill vary widely. Wherever you start, you'll likely improve.

When I first joined the group, I struggled to keep up, gasping for air between laps. Then someone suggested that I move down a lane, since they're organized by speed. In lane one are the ex-college athletes and triathletes (who are the minority). Lane two is for the less-speedy swimmers, lane three for the moderately paced. I'm in lane four.

The move helped a lot. Initially I still had to stop and rest between laps, but as my fitness level increased, I improved. Now I can

finish a practice without extra rest.

Masters swimmers are grouped into teams or clubs based on the pool where they swim. “Teams” doesn't mean that you have to compete in races and, in fact, I never do. Jeff Roddin, registrar for the 23 local Masters programs in the Washington area, says 90 percent of members swim primarily for fitness; the rest do it to compete.

SWIMMING WON'T INCREASE MY AEROBIC FITNESS.

You're all wet. Nicholas DiNubile, an orthopedic surgeon specializing in sports medicine, reports that the most fit athletes are those who tax their upper and lower bodies at the same time. The more muscles calling for increased blood supply, the harder the heart works. DiNubile notes that swimmers may not feel they are getting a vigorous workout because water cools the body and you don't sweat. But swimming provides excellent aerobic conditioning.

SWIMMING MAKES YOU SO HUNGRY YOU CAN'T LOSE WEIGHT.

Well, that depends. According to calorie expenditure charts, swimming can burn at least as many calories as running when adjusted for your weight and exertion level. But some people don't lose weight swimming because they start eating more. Some studies suggest that lowering your body temperature—by, for example, swimming in an 80-degree pool—increases your hunger, but it's not clear how—or even if—this works. In any case, if you can keep the munchies under control (or at least substitute healthy snacks),

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you can definitely burn enough calories to lose weight.

Over the course of a year, I lost 20 pounds, which had as much to do with the indirect benefits of swimming as the calorie burn. Once I got into a routine of swimming three times a week, I felt a lot more energetic and was drawn to healthier foods. I also felt more relaxed and slept more soundly, so I had fewer urges to eat out of nervousness.

If you are really looking to lose weight in the pool, swimming at a moderate pace (about 60 percent of your full effort) for a longer period of time may be wiser than shorter, more-intense workouts. Weight loss ultimately depends on total caloric expenditure, so the more you swim, the more you'll burn.

IF YOU'RE INJURED, IT'S BETTER TO REST THAN TO START SWIMMING.

If that's your doctor's order, then follow it. But increasingly physicians are urging patients to keep moving while they recover from an injury.

We know that inactivity leads to muscle loss and diminishes aerobic fitness, which compounds the negative effects of the original injury. But swimming, because it takes the pressure off joints and provides buoyancy, is ideal for those with injuries and disabilities who want to keep active. For some patients, swimming is a temporary fix as they rehabilitate from an injury or surgery. For others, it may be a permanent alternative to more jarring land exercises.

I've met many Masters who switched to swimming after back or knee problems. As a knee

specialist, DiNubile endorses swimming for a host of injuries such as cartilage and ligament tears, as well as for chronic conditions like arthritis.

"Water is much kinder to your frame than other types of exercises," said DiNubile. "I recommend swimming and water-based exercise more to patients than just about any other form of exercise. For postoperative [knee] patients, I put them right in the water to regain motion rapidly."

SWIMMING'S ALSO GOOD FOR THE PREGNANT AND THE ELDERLY.

Water activities were the only exercise I could do without back pain. Swimming laps was out in the beginning—most strokes accentuate the natural curve in your lumbar spine—so I used an AquaJogger belt, one of those styrofoam flotation devices that fit around your hips, to tread water in the deep end. The AquaJogger helped stabilize my lower back and get me moving again while my back calmed down. I did have trouble getting my heart rate up significantly, which is why I moved to laps as fast as possible.

I still have back pain, but it is much less severe and tends to come and go depending on my activity level, sleep and stretching. The only constant is that swimming helps with the pain. I also get that endorphin rush that reduces my pain significantly for four to five hours after a good swim.

SWIMMERS WON'T ADVERTISE THIS, BUT YOU CAN GET INJURED SWIMMING, TOO.

Yes, swimming has its trademark injuries. Shoulders are the main sore spots since swimming

requires repetitive motion that is not common in daily life. Like baseball pitchers, swimmers can tax the rotator cuff (the four small muscles that hold the humerus, the arm bone of the upper arm, in its socket), irritating it through overuse.

But it doesn't have to be that way. Sports medicine specialist Lewis G. Maharam says that 10 minutes a day of shoulder rolls and other simple exercises can go a long way toward preventing such injuries. A sample exercise: Standing straight with your arms at your sides, palms forward, raise one arm until it's parallel to the floor and then slowly lower it. Do this with each arm 50 times (or use a two- or three-pound weight and do far fewer). While swimming, rolling your hips from side to side reduces strain on your pulling shoulder by helping you glide through the water with less resistance.

I developed a shoulder problem myself, but only after years of swimming and increased yardage. My doc said it was biceps tendinitis, an inflammation of the tendons on the front of the shoulder. So far, I've been able to control it by doing stretching exercises before and after swimming and using free weights and elastic tubing to strengthen my biceps and rotator cuff. I'll also ice my shoulder right after a long swim—which for me is about two miles, or 120 lengths in a 25-meter pool.

THERE'S NO NEED TO JOIN A CLASS SINCE YOU CAN JUST SWIM LAPS ON YOUR OWN.

Don't believe it. One of the challenges of swimming alone is boredom—that black line on the bot-

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tom of the pool is your only friend. In Masters you are always distracted by the coach's instructions: focus on form, try a new breathing pattern, speed up your interval. These interactions take the sting out of the repetition. I can swim twice the distance with a Masters team that I can on my own. The silent solidarity of swimming the same set with others is an amazing motivator.

The number of swim sessions available varies from pool to pool. (Mine offers six sessions a week.) Individual swimmers attend three times a week on average, but there's no minimum requirements.

Another benefit of Masters swimming: You get reserved lanes, since the teams pay pools for workout times (generally \$3 to \$5 per person per 90-minute session). This means that you won't get stuck sharing the water with "civilian" swimmers, who can clog up lanes with very different speeds. You also get a coach, who is usually an enthusiastic ex-college swimmer who welcomes newcomers.

Although I learned to swim as a young child, swimming was a summertime diversion, not a fitness method. When I joined Masters at age 27, I had to learn to make swimming a workout, and great coaching helped. My stroke is now much more efficient and I swim year-round, three times a week.

YOUR COACH WILL MAKE YOU KEEP SWIMMING EVEN IF YOU NEED TO CATCH YOUR BREATH.

No way. You can always stop and hang on to the wall for a few laps. I did this a lot in the beginning and still do it now if I'm really winded. The great thing about Masters is

the peer-pressure effect. No one will razz you for sitting out a lap or two, but you start to feel like a blob if your lane of six swimmers circles past you too many times. So you'll usually get yourself going again.

RUNNING WILL STILL GIVE YOU A BETTER WORKOUT.

See Misperceptions 2 and 3.

But there is an element of truth to this. The same buoyancy that protects your joints also aids your heart in its job of circulating blood. "Because of the pressure of the water, your heart circulates more blood with less effort," says Robert McMurray, professor of exercise science at the University of North Carolina, Chapel Hill. "So to get your heart rate up, you are going to have to work harder" than on land.

Who am I to argue? But I've never had a Masters practice where there wasn't an opportunity to work hard.

SWIMMING WILL HELP PREVENT OSTEOPOROSIS.

Alas, no. If limiting bone loss is your top priority, most experts agree that swimming alone won't do it. To get bone-loss prevention, you'll have to add weight-bearing exercise such as walking or weight training. In my case I use the StairMaster twice a week and lift weights two or three times (which also helps stave off rotator cuff problems.)

SWIMMING IS INCONVENIENT AND HARD TO WORK INTO A SCHEDULE.

In the beginning, schlepping to the pool seemed like a big effort compared with lacing on my running shoes. I was always forgetting something—goggles, towel, sham-

poo. Now I know it's helpful to have a single gym bag just for swim gear. I leave mine in my car so I don't have to remember to bring it with me every day. (I hang my swimsuit on my rearview mirror to dry overnight).

As for getting to and from the pool, I go straight from work (like most evening swimmers), so it's just part of my commute. We even have a saying about the temptation to stop home between work and swimming: Don't do it! Once you sit down on your couch, you'll never see the water. (For morning people, most programs have swims that start well before work time—5:30 or 6 a.m.)

I wish I could say that swimming has completely cured my back problem. But I still have some pain on most days, take meds, do stretches, basically learn to live with it. But swimming has helped immensely. It has allowed me to stay aerobically fit, maintain my weight and given me a low-cost, natural analgesic.

Swimming is such an integral part of my life now that my envy of runners is officially gone. I know that I have something just as good or better. Sometimes when particularly proud runners jaunt by me on the street, I imagine that I hear a slight grinding from their joints. And I think to myself—not without a small dash of condescension—swimming will be here when you need it. ☺

When not swimming, Meghan Gibbons is writing her dissertation at the University of Maryland.

So what does that say about the Atkins diet?

Well, he wasn't talking about a guy running 10 miles. If you really were trying to lose weight on a diet that had a lot of fat and protein, what it does is blunt your appetite. But if you're trying to exercise, you don't want to go on that diet at all —notwithstanding the fact that a high fat and protein diet is probably not that helpful for your cardiovascular system.

What did you learn about exercise and the older athlete?

We've done follow-up studies for 35 years with some people. The guys that continue to train, up through their mid-50s, they can continue to perform extremely well. What you find is that if you stay fit by training, at the age of 50 or 60 or older, you can be quite superior to the average 20- to 25-year old. You can offset a huge amount of what would normally be considered aging. Everything that applies to the young athlete applies to the older athlete. You have to train hard to reach a high level, but you don't need to train as hard to stay there. Every other

day might be fine.

What about your own Masters experience?

My talent really lies in swimming. I was an above average swimmer in college, but when I started swimming in Masters, I had a 25-year lapse when I had been running. These days the pools are faster and with the changes in technique, at the age of 51 I swam faster than I did in college. I would say for a 200-yard freestyle swim, I was probably eight or nine seconds faster. My training was much better, and that made a huge difference. I think that pools are a lot faster, because they are deeper. A good racing pool is nine feet deep, so the turbulence is much less. You're swimming on calm water most of the time. At the age of 65, I just about equaled my college 200 individual medley time. I was within about eight-tenths of a second. In swimming, the clock doesn't lie. You can win a race really big but do a crappy time and you're p.o.'d. There are good sides and bad sides to that, but I never look at the guy I'm competing against. My major goal is to go against the clock.

How are you staying in shape these days?

I swim about a mile a day. If I start training seriously, I'll double that, and increase the speed. I'll have longer rest periods and do faster intervals.

Do you think Masters competition is a good thing?

It gives some people something to focus on in addition to good health. I think it's just a very positive thing, not that it fits every philosophy of life. Like a lot of guys, as I come up to the next age group, I may get in shape and see what I can do.

How much can exercise stave off the aging process?

Even at 51, I was not as good as I would have been if I had trained equally hard when I was 30. It's a gradual slope. From about 40, it's a very slight slope at first, but when you get around 60, 65 or 70, it's pretty strong. You don't run as fast, you don't swim as fast. Biology takes over. ☹

—Taken from the Fall 2005 issue of *GeezerJock* magazine.

BURLINGTON COUNTY COLLEGE MASTERS SEEKS NEW SWIMMERS

The BCC Masters Swim Club located in Pemberton (near Fort Dix) will begin their fall semester training on September 27th. The team coach will be Barbara Long. Supervised practices are held Tuesday and Thursday evenings from 8-9 pm. Unsupervised morning practices are also available. For additional information contact Cheryl Eddins at ceddins@bcc.edu or 856/222-9311 or 609/894-9311, ext 1496. ☹

**“USE WHAT TALENTS
YOU POSSESS:
THE WOODS WOULD
BE VERY SILENT IF NO
BIRDS SANG THERE
EXCEPT THOSE THAT
SANG BEST.”**

—HENRY VAN DYKE

GIVE THIS WORKOUT A TRY

This workout comes
to us courtesy of

Tristan Forman, current
coach of the Masters team at
Berkeley Aquatic Club. It will keep
you moving...and thinking.

Warm Up:

200 Swim, 200 Drill, 200 Kick,
200 Swim

Drill Set:

12 x 125 done like this: 25 Catch
Up Stroke Free (CUS)—focus on
rolling hip to hip, big legs, slide
hands in smoothly, 25 Choice
swim, 25 CUS, 25 Choice swim,
25 CUS. Pick an interval from
2:05 to 2:50.

Main Set:

2 sets of 4 x 100 Free breathe
every three strokes, 4 x 50 no
free swim. 100s are descending
1-4 each one faster, 4th one of
each set FAST. All freestyle swim-
ming focus on taking two strokes
off of each wall before taking your
first breath. Pick a 100 interval
from 1:20 to 2:20 and a 50 inter-
val from 50 seconds to 1:30.

Kick Set:

16 x 25 Choice kick, alternating
easy and hard, fins optional

Swim Down:

300 easy

Total: 4,200 yards 🏊

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@h2oveloccity.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 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

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 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@westfieldnj.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

MEET CALENDAR

MEETS OUTSIDE OF NEW JERSEY

NOVEMBER 6, 2005

MASTERS MEET, POUTSMOUTH, NH. Contact Marc Scheele at MAScheele@aol.com , or Patrick Stevens atpstevens2@oakpoint.com .

NOVEMBER 13, 2005

MAINE MASTERS SPRINT MEET, BATH AREA YMCA, BATH, ME. Meet Director: Richard Derector at 207-442-8681 or frontstreet@hotmail.com

CHAMPIONSHIPS

DECEMBER 2-4

COLONIES ZONE SC METERS CHAMPIONSHIP, WHEATON COLLEGE, BALFOUR NATATORIUM, NORTON, MA. More information to follow, check www.swimnem.org .

JAN. 1-31

USMS 1 HOUR POSTAL CHAMPIONSHIPS, O*H*I*O* MASTERS. Contact Tom Spence at 216/299-3858 or talltom13@msn.com

APRIL 2006

YMCA MASTERS NATIONALS, FT. LAUDERDALE, FL

MAY 11-14

USMS SHORT COURSE YARDS NATIONALS, CORAL SPRINGS, FL. AUGUST 4-17, 2006
MASTERS WORLD CHAMPIONSHIP, STANFORD, CA.

MAY 18-21

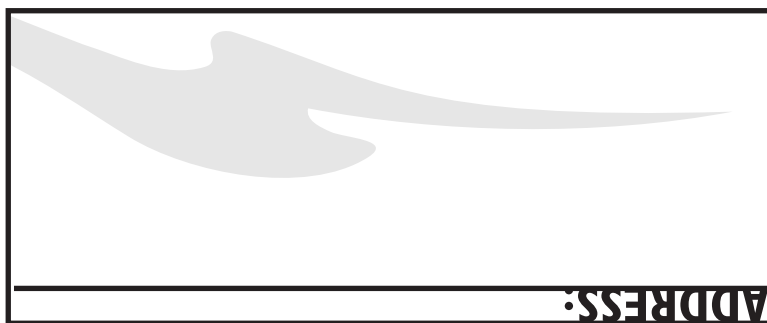
YMCA MASTERS NATIONALS, FORT LAUDERDALE, FL.

AUGUST 4-11

XI FINA MASTERS WORLD CHAMPIONSHIPS, STANFORD, CA.

“YOU MISS 100% OF THE SHOTS YOU NEVER TAKE.”

—WAYNE GRETSKY



NJ LMSC
451 Sweet Hollow Road
Bloomsbury, NJ 08804

