

EAST LANE



SWIMMER OF THE WEEK: PAUL KIELL

(This article about our own wonderful Paul Kiell comes from the Aug. 2005 Manhattan Island Foundation newsletter called MIF Weekly Newsletter)

If you've swum in an open water event, you've probably noticed Dr. Paul Kiell. At 74-years of age, the tireless Kiell —

who has participated in five relay swims around Manhattan (2001-2005) and numerous individual events such as the Governors Island Swim, the Chesapeake Bay 4.4-Miler and the Alcatraz swim — tends to stand out even on the rare occasions when he isn't the oldest swimmer present.

A competitive swimmer in high school and at Washington and Jefferson College — where he was named co-captain during his senior year — Paul abandoned swimming and joined the jogging boom of the late 1960s. Over the next 30-odd years he ran more than 50 marathons — including Boston 17 times — and several ultramarathons.

Paul “reluctantly” returned to swimming a few years ago when a serious leg injury forced him off the roads. He became involved in open water swimming because “it's the closest thing to road races. You

can get lost in the crowd, look at nice scenery and enjoy the camaraderie of a shared ordeal with some extraordinary people.”

To Paul's disappointment, few of those extraordinary people are in his age group. “I wonder why more people my age haven't gotten involved. We're doing something that is natural and basic — we're playing.” Should any of his contemporaries seek to take up his challenge, he offers this advice: “Stay active in everything you do and stay young, which at my age is accomplished by avoiding looking in the mirror and not taking too many pictures.”

Like any good doctor, he follows his own prescription. In addition to the psychiatry practice he's maintained for more than four decades, Paul is the author of two books: *Keep Your Heart Running: A Graduated Total Health and Fitness Program for People of All Ages* (written with Joseph Frelinghuysen) and *Exercise and Great Minds*, which examines the exercise practices of some of the great thinkers of the 20th

Century. A third book, on the life of Glenn Cunningham, a world-record runner in the 1930s, is set for publication next year.

In his spare time, Paul enjoys gardening, reading historical novels, listening to Louis Armstrong's recordings from the 20s and 30s, and spending time with his family. He and Benita, his wife of 49 years, have four daughters and one son — all of whom have run at least one marathon with their father — and six grandchildren.

How can you best sum up a man like Paul? Oddly enough, the best answer comes from a man who doesn't even know him, a fisherman who, during the 2004 Manhattan Island Marathon Swim, spotted Paul swimming steadily up the East River and yelled out, “He's my hero!” ☺



NEW RECORD SET

Congratulations to **Patric Mills, 63**, who set a new NJ State LCM record at the DCRP

(Washington, DC) 2005 Summer Meet on July 24, 2005.
60-64 Men
200 Breast 4:26.70 ☺

ANOTHER NJ SWIMMER HEADS SOUTH

Best wishes to Millicent Kaplan who has recently moved to the Ft. Lauderdale area in Florida. She has a teaching job and is enjoying the weather, swimming everyday either in a pool or in the ocean. We will miss Millicent and appreciate her many contributions to Masters swimming in New Jersey during her years spent as our marketing and publicity whiz. ☺

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LIGHT THOSE CANDLES!

Happy birthday to the following 42 September babies:

Gershen Konikow 85-89	David Augeri. 45-49
George Melick. 80-84	Paul Mucciarone. 45-49
Lainey Dooman 75-79	Jack Horst 45-49
Ron Engelhardt. 75-79	Eric Schott. 45-49
Isaac Siskind 75-79	Frank Bozich 45-49
Henry Fallon 70-74	Diane Panzera 40-44
David Harrington 65-69	Daniel Morgan 40-44
Ann Ferguson. 65-69	Sandra Parham. 40-44
Toms Royal 65-59	Richard Clew 35-39
Ernest Nosedo 55-59	Helen-Anne Bigham 35-39
Maurice Sercarz 55-59	Robert Barrish. 35-39
Thomas Herits. 55-59	Curtis Sawin. 30-34
Dennis Funk. 50-54	Jesse Smith. 30-34
Karen Ristuccia 50-54	Justin Pickard 30-34
Deborah Deffaa 50-54	Arland Macasieb. 25-29
Frank Turner. 50-54	Huybert Groenenda. 25-29
Martin Rothfelder. 45-49	Maddalena Mustillo. 25-29
Fran McManus 45-49	Sara Schupsky. 25-29
Karen Sacks 45-49	Gabriel Nieves. 25-29
Antony Bambrouglxx 45-49	Aaron Weiman. 20-24
Susan FitzGibbon 45-49	Annelise Lunde. 20-24

COACHES CORNER *by Dave Samuelsohn*

Each summer many of us go outdoors and have first contact with an outdoor pool that is unheated and often a little chilly or we opt for a nippy lake or ocean swim instead. Observation of the behavior of my fellow swimmers led to the development of...

TOP TEN WAYS YOU KNOW THE WATER IS TOO COLD

- Reason #10:** You arrive late to workout and everyone is still behind the blocks staring at the water.
- #9:** The air is frigid but there's no steam coming off the pool.
- #8:** Everyone jumping in ahead of you pops up, exhales audibly, then sprints for the far wall.
- #7:** The fat, bald guy that looks like a Beluga whale...really is a Beluga whale.
- #6:** All the guys are underwater checking out the gals and smiling.
- #5:** The guys are underwater checking out themselves and they're not smiling anymore.
- #4:** The ducks are stuck.
- #3:** You're not wearing your glasses on the deck but all the little guys seem like they're wearing tuxedos.
- #2:** You hear barking and a swooshing sound approaching from the fog off the water.
- And the #1 Way You Know the Water is Too Cold...**It was tough getting in but you just had your best workout all year! ☺

— Taken from Connecticut Masters Newsletter, 07/05 issue

FOR SOME ATHLETES, A LITTLE PROTEIN GOES A LONG WAY *By Peter Rubin*

If you think your workouts are tough, you should try Patience Cogar's.

Come Saturdays, you can find this Pilates instructor from New Orleans in full triathlon-training mode: cycling, running and swimming for hours at a time in the region's infamous heat and humidity. It's a workout that begs for a sports drink to hydrate and fuel the body. "Carbohydrates, carbohydrates, carbohydrates," said the 29-year-old Ms. Cogar, echoing the endurance athlete's traditional mantra.

Last year, though, intrigued by some research that has been causing a buzz among her training peers, she decided to add a little protein to her on-the-go intake - "just to see if it was going to help me or not." She now adds to her water bottles Endurox R4, a powder that contains a gram of protein for every four grams of carbohydrates. "I can go longer and stronger now," Ms. Cogar said.

For years, carbs have enjoyed a stranglehold on sports nutrition. Carbohydrates are in fact an ideal fuel for the body during and after exercise: they are digested easily and quickly, and they replenish the glycogen (a form of stored sugar) that powers muscles. Protein, long believed by physiologists to slow digestion and hydration, was until recently recommended only after a workout - to repair muscle damage.

But in the last year, studies have suggested that ingesting carbohydrates and protein in the proper ratio during exercise may provide surprising benefits, including increased endurance, enhanced

hydration, and even faster muscle recovery after the workout. And although the jury is still out on the validity of the findings, the data are spurring many endurance athletes to switch sports drinks. "Recovery drinks" infused with protein are becoming the drink of choice for some of the world's fittest people, and, some experts predict, they may soon become the next generation of sports drinks for average exercisers.

Most sports drinks containing protein are the kind you can mix yourself with protein powders. Popular brands include Endurox R4, Cytomax Recovery, PowerBar Recovery and Spiz, a nutrient-heavy meal replacement used by some ultramarathoners - who race distances longer than the traditional 26.3 miles. All of those contain ingredients in high concentrations that can be difficult for the body to digest during exercise.

More recently, drink makers have pared down recipes to create products that are easier on the stomach during exercise. These include Hammer Nutrition's Sustained Energy, Champion Nutrition's Revenge Pro and PacificHealth's Accelerade.

The market is still small. Recovery drinks amount to about \$10 million in sales each year, said Dr. Robert Portman, who founded PacificHealth Laboratories in Matawan, N.J. That is but a sliver of the sports-drink pie, which last year reached \$3.9 billion in retail and vending-machine sales, according to Mintel International Group, a market research company. But sales of recovery drinks and other

drinks with protein have seen significant revenue increases in recent years.

"If you were going to look at the next new opportunity in fitness beverages, protein would be a likely place to look," said Gary Hemphill, a managing director of Beverage Marketing Corporation, a research and consulting firm in New York. "Serious athletes really lay the groundwork for the development of the market."

Converts are spreading the word on Internet message boards. One cyclist wrote on Bikeforums.net in May that when he takes a bottle of Accelerade with him, "I'm good for three-plus hours of hard riding in the summer heat." And a marathoner, posting in the Runner's World forums last month, credited drinking Accelerade during long runs with faster recovery: "I have to say my after-run soreness has substantially decreased."

Lee Gardner, 33, a triathlete from New York, recently tried a number of protein-enriched beverages, finally settling on diluted Accelerade for workouts longer than an hour and Amino Vital for postworkout recovery. "I seem to be recovering these days quicker than I did before," he said.

The science justifying drinking protein during a workout may be preliminary but to some it is intriguing. Researchers from James Madison University looked at the effects of protein drinks on cyclists pedaling to exhaustion. Their study, published in May in the journal *Medicine & Science in Sports & Exercise*, found that a 4-

to-1 carbohydrate-protein solution taken during exercise could decrease muscle damage.

A second study by the same scientists found that cyclists who drank Accelerade (a 4-to-1 carbohydrate to protein mix) could ride significantly longer than those who drank Gatorade. The extra endurance could not definitively be attributed to the extra protein, however, because the athletes who drank both carbohydrates and protein consumed more total calories than those who drank carbohydrates alone.

A recent study in Spain found that a 4-to-1 carbohydrate-protein solution is more quickly absorbed by the stomach during exercise than a carbohydrate-only beverage is. And research financed by PacificHealth (which makes Endurox R4 and Accelerade), found Accelerade to be 15 percent more effective than Gatorade and 40 percent more effective than plain water for the purpose of rehydrating athletes.

Many in the medical community remain skeptical. "I'm cautious," said Dr. Domenic Sica, an internist at the Virginia Commonwealth University Medical Center in Richmond, who works with the school's athletic department. "There are some data that exercising to the point of exhaustion can be improved upon by provision of protein. But it's just an observational phenomenon. Mechanistically it's not been proven yet."

Dr. Eugene Hong, the chief of sports medicine at Drexel University College of Medicine in Philadelphia, said, "The big problem

with most of these studies is that a very small number of people is being studied."

Molly Kimball, a nutritionist with the Ochsner Clinic Foundation in New Orleans, is less skeptical. "Carbohydrates are our muscles' main source of energy, but protein seems to make the cells open up and accept that fuel more readily, so you're looking at more efficient entry," she said.

Ordinary exercisers may not benefit as much from drinking protein midworkout.

"Elite athletes are looking to maintain glycogen stores for as long as possible," Dr. Hong said. "For your average athlete that's less of a necessity." But that does not necessarily mean the average athlete will not want to try protein-laced recovery drinks. Gatorade, after all, started as a drink for elite athletes.

"Most of the people using Gatorade, the closest they come to being an athlete is drinking it on the couch watching football," Dr. Portman of PacificHealth said. "But by drinking it, they can call themselves an athlete. That took 30 years for Gatorade. We're trying to do it much sooner."

For now, most protein-bolstered drinks are available online or in specialty shops like GNC or Performance Bicycle. And most are still only sold as powders. Only Accelerade comes ready-to-drink (it is available at Rite-Aid stores). A spokesman for the drugstore chain said it has seen a "significant year-to-year increase" in Accelerade sales since it began selling it in 2002.

Armchair athletes, as we know from the Michael Jordan era, don't care

nearly as much about the science of a drink as who is drinking it.

"Whether protein makes it into the next generation depends on who believes in it and puts it in their drink," said Darren Rovell, the author of "First in Thirst" (Amacom, 2005), a book about Gatorade. If famous professional athletes say they need protein in their drinks, their fans will want protein too, Mr. Rovell said.

Accelerade has won some professional converts, including the standout marathoner Meb Keflezighi; head trainers for the New York Rangers and Colorado Avalanche hockey teams; and a handful of professional football teams. (Though, Dr. Portman claims, the teams' agreements with Gatorade prohibit them from publicizing their use of Accelerade.)

Dr. Robert Murray, an exercise physiologist and the director of the Gatorade Sports Science Institute in Barrington, Ill., said protein won't be added to Gatorade drinks anytime soon. Some protein-enriched beverages feel clumpy on the tongue or taste odd, Dr. Murray said - problems that many endurance athletes already complain about.

"I only like the orange and the lemon-lime," Mr. Gardner, the New York triathlete, said of Accelerade. "The fruit punch flavor is disgusting."

Taste is only one roadblock to the acceptance of recovery drinks. "At the end of the day," Mr. Rovell said, "you're going to have to convince the mass consumer that protein belongs in a drink." ☺

— Taken from *NY Times*, 8/11/05

ASSISTANT SWIM TEACH COACH NEEDED

The West Essex YMCA in Livingston seeks an Assistant Swim Team Coach to train the Junior groups ranging in ages from 9 to 12, including many Junior Olympic qualifiers and YMCA State Championship qualifiers. The immediate position is for our Fall-Winter Season of September through March, but the position may be expanded to year-round. Applicants should have competitive swimming experience, preferably as both a swimmer and a coach, but coaching experience is not required, as job training will be provided. Applicants must be dedicated and enthusiastic, assisting in our goals to develop excellent competitive swimmers who also learn the YMCA principles of respect, responsibility, honesty, and caring.

The candidate should be available to train Junior groups on Monday, Tuesday, Thursday, and Friday evenings (Wed off), plus variable weekend hours to include home meets, away meets, or training hours. M/T/Th/F hours are a minimum of 6:30-7:45pm, and may be increased according to the candidate's availability. Sat/Sun hours vary throughout the fall-winter season, and can range from 4 to 12 hours per weekend. Pay is hourly, and rate is commensurate with experience, ranging from \$11 to \$14 per hour. Total pay for the season (September 9 through March 30) may range from \$3900 to \$5000 depending on base hourly rate and weekly hours the candidate commits to the program. Driving expenses to and from swim meets will be reimbursed. Hotel and meal expenses at meets will be paid for by the program. Swim team coaches at

the West Essex YMCA also gain full membership privileges to the YMCA, including use of the fitness center (free weights and Cybex), cardio equipment, gymnasium, pool, and family activities.

Applicants: Send emails to Head Coach Karin Adams at kadams@metroymcas.org. Come join us for a fun season of competitive swimming!

MASTERS COACH NEEDED FOR NEW PROGRAM

The Sussex County YMCA is looking for a Masters (aka Adult Fitness) swim coach for a program that will start this fall. The YMCA is located two miles south of Route 23 in Hamburg, NJ. If you are interested, contact Maureen Tsadilas, Aquatic Director at 973-209-9622 extension 210. ☎

ISHOF: HALL TO GET OVERHAUL *By Sharon Robb*

(from South Florida Sun-Sentinel, 5/22/05)

Relic swimsuits are faded and threadbare. Displays have deteriorated. Chunks have broken off statues of Olympians and world-record holders. The International Swimming Hall of Fame off Fort Lauderdale beach, has fallen on hard times.

What started with a shoebox collection and ultimately grew into a million-dollar operation as the showcase and archives of swimming and other aquatic sports hit rock bottom when more than two dozen swimmers, divers and coaches threatened to remove their memorabilia in May 2004.

Disgusted with management and the upkeep of the inductees' displays and memorabilia for more

than a decade, swimming legends Mark Spitz and Donna DeVarona, diver Greg Louganis and Olympic coaches Ron O'Brien and Jack Nelson were among the outspoken behind the force retirement of Sam Freas after 15 years at the helm of the Hall of Fame.

Two weeks ago, a new regime, headed by president and CEO Bruce Wigo of Fort Lauderdale and Spitz, chairman of the board of directors, and board member DeVarona vowed to "preserve the legacy of our sport." Spitz and Wigo hope to modernize the museum with interactive kid-friendly displays. But first there is money to raise and fences to mend with city officials.

Wigo, 55, a lawyer who coaches the South Florida Water Polo Club

and whose son Wolf is a three-time Olympian, has had success in turning around financially troubled businesses. The former exec director of USA Water Polo helped bail out the nearly bankrupt sport's federation.

"It is going to take a while to rebuild this," Wigo said. "I am hopeful we can rebuild our credibility instantly because of our new board and new philosophy. We will be a great institution again. We have great stories to tell. Who knew George Washington wouldn't be president if he didn't know how to swim? We've lost that connection to history here.

"The short-term objective is to restore our credibility. The long-term goals are to create a world class interactive museum that will

Fitness Level Declines Dramatically With Age

EXERCISE MAY COUNTERACT AGE-RELATED DECLINE IN PHYSICAL FITNESS *By Jennifer Warner*

WebMD Medical News

July 25, 2005 -- Our fitness levels naturally begin a slow decline after our 20s and plummet once we reach our 70s, according to a new study.

But the good news is that regular exercise may compensate for some of those natural losses and help your body feel years younger.

Researchers measured the decline in maximum exercise capacity -- as measured by VO2 max, which measures the amount of oxygen the body consumes during peak exercise performance. While age per se results in a decrease in maximum exercise capacity, age-related decreases in the amount of

muscle and vigorous physical activity also contribute to this decline, write the authors.

As maximum exercise capacity declines, physical activity and fitness levels generally decline as it takes more effort to exercise or walk up a flight of stairs, and a person becomes more easily exhausted.

"This study does not mean that older people can't improve their fitness," says researcher Jerome L. Fleg, MD, a cardiologist at the National Heart, Lung, and Blood Institute in Bethesda, Md., in a news release.

"Over time, your aerobic capacity (exercise capacity) will decline, but

at any given age someone who exercises will have a higher capacity than someone who is a couch potato," says Fleg. "By participating in a training program, you can raise your aerobic capacity 15% to 25%, which in our study would be equivalent to being 10-20 years younger."

AEROBIC CAPACITY DROPS IN OLD AGE

In the study, researchers followed the change in aerobic capacity in more than 800 men and women aged 21 to 87 over a period of nearly eight years. Researchers calculated the participants' maximum exercise capacity during treadmill tests about every four years.

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inspire young athletes to pursue their dreams."

After Wigo took over his duties of the non-profit corporation, he called on friends and experts from the sports and business worlds. He enlisted the help of business leader Ken Blanchard, author of *The One Minute Manager*, and Dennis Carey, a consultant for the executive search firm Spencer Stuart. Carey helped recruit a new board for Tyco International after its corporate scandal.

Carey, a former English Channel swimmer and longtime Wigo friend, convinced the 21-member board, which had unanimously selected Wigo, to resign and allow Wigo to start fresh and appoint a scaled-down, 12-member "world-class corporate board." Carey and

Tod Spieker, chairman of Spieker Properties of Palo Alto, CA (and Masters swimmer) are also on the board. The board will be finalized by Sept. 4.

"This is a positive step in the right direction," said O'Brien, eight-time Olympic diving coach.

Carey sent the Hall of Fame \$15,000 to buy back medals and other Olympic memorabilia stolen and sold in December and since impounded at the Fort Lauderdale Police Department. "Our cash flow didn't allow us to pay off the bills owed to good-faith purchasers," Wigo said. The Hall of Fame's \$1 million endowment dwindled to \$400,000 because of a lack of fund raising, sponsors and poor investments. The money was used for day-to-day expenses.

The Swimming Hall of Fame was created by Buck Dawson in December 1965 with the induction of 26 charter members including Duke Kahanamoku, Johnny Weissmuller and Buster Crabbe during a nationally televised international swim meet at the city's old Casino Pool. At that time, it existed only on paper, like many new sports halls of fame. The first pool opened in 1966, with funding and a grant from the City of Fort Lauderdale, the building was completed and museum exhibits were in place by 1974.

"Somehow it's been forgotten, the significance the Hall of Fame has had and the role it played in the aquatic facility," Wigo said. ↻

— Taken from the VMST Newsletter, 8/15/05 issue

SWIMMING AWAY FROM HOME

If you are traveling and want to find a place to swim anywhere in the world try the following website: <http://www.swimmersguide.com/> This swimmer's guide lists more than 15,000 publicly-accessible, full-size, year round pools in 8,662 cities and towns in 153 countries. There are also reviews of 2,000 of the pools by people who have swum in them. ☺

“IN MATTERS OF STYLE, SWIM WITH THE CURRENT; IN MATTERS OF PRINCIPLE, STAND LIKE A ROCK.”

—THOMAS JEFFERSON

TURN UP THE HEAT

Swimmers have long complained that pool time doesn't help them lose weight. Now there's one possible explanation: University of FL researchers tracked the energy used by 11 students as they rode a stationary bicycle submerged in water—first in a 68 degree pool and then in 91.4 degree water. After each 45-minute session, students were let loose at an all-you-can-eat buffet. Those who braved the frigid waters ate 44% more than their warm-water peers, even though they only burned 12 more calories in cold water. The study author said it's difficult to pinpoint why cold-water exercise might increase hunger. But at least now you have a good reason to turn up the heat in the pool. ☺

—Liz Neporent, *Prevention Magazine*, 10/05

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@h2ovelocity.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.bgcuaquatics.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. 681 I. 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 Dept; 609/921-9480 and ask for Katy Herlihy. Workouts through Labor Day are M-F, 5:45-7:30 am and Sat. 6:30-8 am at the Princeton Outdoor Community Pool.

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, Imbehr80@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 681 I, swim@newarkymca.org



Continued from page 6 **Fitness Level Declines Dramatically With Age**

EXERCISE MAY COUNTERACT AGE-RELATED DECLINE IN PHYSICAL FITNESS

The results showed that aerobic capacity declined each decade in men and women but at a much greater rate in the older age groups.

For example, aerobic capacity declined 3% to 6% each decade in the 20s and 30s, but after age 70 the rate of decline accelerated to more than 20% per decade.

The study also showed that after age 40, men's fitness levels declined at a faster rate than women, regardless of their level of physical activity.

"These results are even more striking given that we were looking at the best-case scenario," says Fleg. "Participants were required to have no previous heart attack

or stroke and to be healthy and agile enough to walk on the treadmill. The rate of decline in the population-at-large is probably somewhat greater than what we observed here, because many older people will have disease-related deficits in addition to those brought on by age."

The accelerated rate has substantial implications with regard to functional independence and quality of life, not only in healthy older persons, but particularly when disease-related deficits are superimposed, they write.

Given the importance of aerobic capacity in activities of daily living, efforts to increase and maintain

higher levels of VO₂ max, in addition to strength training, in older adults would likely improve their ability to live independently with a higher quality of life, they conclude. ↻

SOURCES: Fleg, J. Circulation: Journal of the American Heart Association, July 26, 2005; vol 112. News release, American Heart Association.

MEET CALENDAR	
CHAMPIONSHIPS	
OCT. 5-7	WORLD SENIOR GAMES, ST. GEORGE, UT. Contact 1-800-562-1268 or www.seniorgames.net
DEC. 2-4	COLONY ZONE S.C. METERS CHAMPIONSHIP, WHEATON COLLEGE, NORTON, MA.
APRIL 2006	YMCA MASTERS NATIONALS, FT. LAUDERDALE, FL
MAY 2006	SHORT COURSE NATIONALS, CORAL SPRINGS, FL
AUGUST 4-17, 2006	MASTERS WORLD CHAMPIONSHIP, STANFORD, CA.