

EASTLANE

1st Annual NJ Masters Swimming Banquet Coming Up!

Mark your calendars for a wonderful evening out dedicated to NJ Masters swimmers and their families and friends. The date is February 10 and the banquet will be held from 6-10 pm at the Lafayette Lodge #27 at 1550 Irving Street in Rahway. We are incredibly lucky to have landed Rob Copeland, USMS President and former NJ Masters swimmer, as our keynote speaker. There will be a pre-event workout from 3-5 pm at the Rahway YMCA for those who want to burn off some calories before the dinner. The NJ LMSC executive committee is figuring out the cost for registered swimmers and for non-USMS registered guests. Check our website at www.gsmswim.org. Special thanks to Jeff Jotz for making all these arrangements and to Chris McGiffin for getting such a great keynote speaker. Save this date. This will be a fun evening you won't want to miss!

Remember to Register

It's time to renew your USMS registration for 2007! Find the form at <http://www.gsmswim.org/membership/registration.htm>. If you have questions, contact registrar Tom Brunson: tbrunson@worldnet.att.net; 973/279-7153.

Newman and Kiell—History Repeats Itself

By Paul Kiell

In the attached photo, Austin Newman is edging me at the finish line in a 15K run. This was the classic 15K Midland Run. Austin was 75 at the time. It was 1990.

Now fast forward to the 2005 Jason Nessel Memorial Swim:

I was now in the 75-79 group and in the 200m free I was about the same distance short swimming as I was in running, failing to break Austin's New Jersey State LCM 200 meter freestyle record, a record still standing.

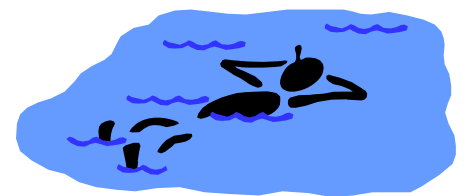


The High Price of Holiday Nibbles (Or-- All the More Reasons to Swim Some Laps)

You passed on the cookies (except for one) and the appetizers (except for a couple of tiny cheese cubes), but the problem with having just a few bites is that they can really add up. Read on to discover how those mini mouthfuls weigh in.

- 2 spoonfuls of cookie batter = 128 calories, 6 g fat
- 4 sips of eggnog = 86 calories, 5 g fat
- 2 pigs in a blanket – 72 calories, 6 g fat
- 1 head of a gingerbread man = 115 calories, 4 g fat
- 1 small handful of party mix = 60 calories, 3 g fat
- 1 small cheese cube = 69 calories, 6 g fat
- 1 slice of honey-baked ham = 70 calories, 2 g fat
- 1 large forkful of pecan pie = 101 calories, 1 g fat

–December 2006, Shape Magazine



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Light Those Candles! Happy birthday to the following 45 December babies:

William O'Brien 75-59
Robert Stricker 75-79
John Hunt 60-64
Carol Zanoni 55-59
Richard Wallace 55-59
Cathy Deats 55-59
Daniel O'Connell 55-59
Brian Fagan 55-59
Christine Rodgers 55-59
Kenneth Langlieb 55-59
Holly Houston 50-54
Robert Thompson 50-54
Carol Malone 50-54
Joe Wilson 50-54
Mike Ciolino 50-54
Ron Loria 50-54
Richard Schluter 50-54
Patricia Quinlan 45-49
Ed Tsuzuki 45-49
David Feldman 45-49
Michael Lavitt 45-49
Rich Hrabchak 45-49
Oscar Gonzalez 45-49
Brenda Ziegler 45-49
Anne Clewell 40-44
Laura Pontecorvo Noonan 40-44
Eric Marquard 40-44
Elizabeth Bromley 40-44
Jacqueline Jankewicz 40-44
Elyssa Malakoff 40-44
Andrew Wallace 40-44
Maryann Howes 40-44
Tom Edenbaum 40-44
Kathleen Hermes 40-44
Ronald LaBenski 35-39
Ann Dandurand 35-39
Debra Esposito 35-39
Krista Macaulay 35-39
Theodore Stephens 30-34
Peter Clayton 30-34
Noelle Hays 30-34
Hans Hull 30-34
Emily McKimmy 30-34
Kristy Jaheriss 25-29
Joanna Carlsen 25-29

Baby News Snafu

Last month I announced the birth of Sean Michael Cialdella to swimmers Michael and Lorna Cialdella. I didn't realize that Lorna is his sister not his wife. Coincidentally, Lorna and her husband Chuck also had their third baby just the day before Mike and his wife. So I was one baby short. Sorry about that!



Hiltabiddle's On a Roll!

Congratulations to Steve Hiltabiddle, 40 who set new NJLMSC SCM records at the 2006 New England Championships on December 15-17, 2006 at Boston University.

40-44
50 Free :24.71
50 Fly :25.96
100 Fly :58.88
200 Fly 2:24.51

2006 NJ LMSC Membership Promotion Campaign: A Recap

It was just over a year ago that the New Jersey Local Masters Swimming Committee (NJ LMSC) determined that the experience and benefits of adult aquatic fitness had been a secret long enough.

Based on the direction of the Ad-Hoc Membership Promotion committee, and buoyed by the recent NJ LMSC Survey results, the opportunity was seized to grow current membership through a series of member referral contests. The goal of the three contest periods was aimed at increasing the registered USMS membership within the NJ LMSC geographic area.

By most accounts, United States Masters Swimming (USMS) member registration within the NJ-LMSC had plateaued at approximately 500 swimmers over the last several years. The time had come to spread the word – that the experience and benefits of membership in an organized adult aquatic fitness program were available and awaiting potential new members.

I am extremely pleased to announce that the program, recently completed on October 31, 2006, was a resounding success. The results are in, and the addition of 220 new members, fueled by 109 by member referral, has pushed our membership total to new heights.

At the close of the 2006 membership year, the NJ Masters swimming community has swelled to

a record 602 registered USMS members!

Our previous record, achieved in 2003, was 542 swimmers. We certainly have much to celebrate, and there are many members who helped us reach this objective. While all members help to advertise masters swimming by word of mouth, special recognition goes to those 48 members whose referrals were actualized. The top three finishers (only registered members qualified) were Lisa Picek (34), Darek Hahn (10), and Sue Kirk (4). Remember to redeem your awards with the Registrar, Tom Brunson. The redemption deadline is 12/31/2006.

The good news of a new milestone is worth celebrating. But that celebration is tempered by the concern that many of our members (27% of 2005 members) do not renew their membership on a continual basis. Understanding and addressing the challenge of retaining our members is our next step.

Stay tuned to your local swimming network of communication. In the 2007 membership year, we intend to pursue new goals that we hope will address this concern:

- 1) Promote the experience and benefits of being a continuous USMS member in NJ
- 2) Encourage membership renewal to retain current USMS membership levels
- 3) Reduce the “churn” from members who do not renew their USMS membership.

Finally, even though the New Membership Promotion program has concluded, we should keep spreading the word to inform those around us of the compelling reasons for joining United States Masters Swimming.

Once again, thanks to you all for your support of NJ Masters Swimming and USMS. We appreciate your dedication and contributions to making membership count.

Warmest Holiday Wishes,

Chris McGiffin
NJ LMSC Chair

Lots of Records from Colonies Zone Championships!

Congratulations to the following swimmers who set new NJLMSC SCM records at the 2006 Colonies Zone Championships (and JAM Holiday Classic) on December 8-10, 2006 at TCNJ.

Individual Women

- 18-24: Lauren O'Donnell, 24
50 Free :29.15
100 Free 1:03.90
50 Fly :30.86
- 25-29: Lisa Picek, 27
100 Breast 1:22.42
- 40-44: Jennifer Portman, 44
50 Free :29.12
- 45-49: Amy Carow, 45
50 Free :29.85
100 Free 1:05.27
200 Free 2:24.84
400 Free 5:10.29
1500 Free 20:18.16
- 50-54: Nancy Steadman-Martin, 53
200 Free 2:30.56
800 Free 10:30.28
200 Fly 2:52.32
400 IM 6:07.39
Cathy Morra, 51
50 Fly :38.09
- 55-59: Christine Rodgers, 55
100 Breast 1:57.93
200 Breast 4:13.12
- 60-64: Arlene DePolo, 61
50 Free :40.00
400 Free 6:46.14
Patric Mills, 64
800 Free 16:22.02
- 65-69: Barbara Rosenbaum, 65
400 IM 9:50.79
- 70-74: Jane Fisher, 70
50 Breast 1:02.97
100 Breast 2:21.87
50 Fly 1:03.90

Men

- 25-29: Peter Economou, 26
50 Free :25.09
- 40-44: Steve Hiltabiddle, 40
100 Back 1:07.60
50 Fly :26.17
100 Fly :59.05
William Segal, 42
50 Free :24.88
200 Free 2:05.58
Scott Yeomans, 42
400 IM 5:19.34
- 45-49: Mike Kriley, 47
50 Free :25.95
100 Free :59.68
50 Fly :28.29
- 65-69: Jerry Katz, 68
100 Breast 1:37.48
- 70-74: Edward Breisacher, 74
100 Free 1:12.78
- 75-79: Isaac Siskind, 78
200 IM 4:25.95
- 80-84: William Haynes, 80
50 Free :40.96
100 Back 1:48.34
200 Back 3:54.77
George Melick, 82
50 Breast :54.19
200 Breast 4:58.93

Relays - Women

- 160-199: 800 Free: BERK 12:31.04
Anne-France Saillot, 44
Anne Clewell, 44
Rosanne Lemongello, 44
Susan Kirk, 46
- 400 Medley: GSM 5:04.83
Michelle Davidson, 36
Laurie DeTommaso, 44
Nancy Steadman-Martin, 52
Amy Carow, 45

Relays - Men

- 160-199: 800 Free: JAM 9:22.41
Rick Hrabchak, 47
Gregory Kelly, 49
Dan Drury, 26
William Segal, 42
- 200-239: 800 Free: GSM 11:45.94
Larry Lengle, 73

Kevin Lynott, 54
Bob Hopkins, 64
Douglas Miller, 34

- 280-319: 200 Free: GSM 2:40.30
Jerry Katz, 68
Paul Kiell, 76
Larry Lengle, 73
Bob Hopkins, 64

Relays - Mixed

- 160-199: 400 Medley: JAM 5:35.12
Leigh Segal, 41
Kurtis Baker, 46
Rich Hrabchak, 47
Nancy Shapiro, 48
- 200-239: 400 Free: JAM 5:39.99
Lajoy Collins, 49
David Goldberg, 58
Loretta Wells, 49
Kurtis Baker, 46
- 800 Free: JAM 12:16.80
Nancy Shapiro, 48
Lajoy Collins, 49
David Goldberg, 58
Kurtis Baker, 46
- 200 Medley: JAM 2:50.52
David Goldberg, 58
Lajoy Collins, 49
Loretta Wells, 49
Kurtis Baker, 46
- 240-279: 200 Free: JAM 2:55.72
Glenn Cantor, 53
Patric Mills, 64
Peter Worms, 73
Christine Rodgers, 55
- 800 Free: JAM 15:41.07
Glenn Cantor, 53
Patric Mills, 64
Peter Worms, 73
Christine Rodgers, 55
- 200 Medley: JAM 3:46.93
Patric Mills, 64
Charles Woodford, 73
Christine Rodgers, 55
Peter Worms, 73
- 400 Medley: JAM 7:32.67
Patric Mills, 64
David Goldberg, 58
Christine Rodgers, 55
Peter Worms, 73

Meet Calendar

February 25 OCY Unofficial Team Championships Ocean County YMCA TomsRiver, NJ
Contact information: Louis Petto 732-341-9622 x2222 lpetto@ocymca.org
Entries must be received by 5pm February 13th, 2007

March 24 JAM's March Madness SCY Swim Meet at TCNJ
More information: <http://jerseyareamasters.com/events/2007/marchmadness/>
Entry form: <http://jerseyareamasters.com/events/2007/marchmadness/MarchMadnessMeetSheet07.pdf>
Entries must be received by March 14, 2007

June 16 or 23 Tentative date for the New Jersey Open Water Swim Clinic conducted by Jeff Jotz

August 4 Tentative date for the Jason Nessel Memorial LCM meet in Rahway

Meets Outside of NJ

January 1-February 28 Jon Steiner Memorial Mile TAM's Postal 1650
Entry form: <http://www.tammasters.org/poolmile.html>

January 1 - December 31 Go The Distance 2007 Fitness Event
Contact information: Mary Sweat gothedistance@swimoregon.org
More information: <http://www.usms.org/fitness/content/fitnessvents>

January 1 - December 31, 2007 2007 Check-Off Challenge Fitness Event~~ Le Tour de Pool
More information and entry form: <http://www.usms.org/fitness/content/checkoff>

February 1 - 28 February Fitness Challenge 2007 Postal Event
More information: <http://www.barracudas.org/ffc.php>
Entry form: <http://www.barracudas.org/Forms/FFCEntry2007.pdf>

March 3rd & 4th 30th Anniversary Maryland Masters Winter Meet 2007 UMBC Catonsville, MD
Entry form:

http://maryland.usms.org/PDF/WinterMeet2007_entry_form.pdf
Entries must be received by February 17.

March 11 Sixth Annual Spring Fling Yard Meet Nassau County Aquatic Center East Meadow, NY
Entry form: <http://www.metroswim.org/entryforms/031107YardMeetEntry.pdf>
Entries must be received by 6:00pm on Thursday, March 1.

March 23-25 NEM SCY Championships
More information coming soon.

June 10 Great Chesapeake Bay Swim Lottery entry form: <http://www.linmark.com/>
Lottery entry deadline: January 24, 2007

July 28 29th Annual Compo Beach 1 mile Point to Point Compo Beach, Westport, Ct
More information: http://www.westport.org/aquatics_events.html
Entry form: not available yet

Championships

April 12-15 YMCA Masters Nationals Swimming Meet IU Natatorium Indianapolis, Indiana
Entry form: <http://www.ymcaswimminganddiving.org/2007Masters/2007%20YMCA%20Masters%20total%20entry%20packet.pdf>
Entries must be received by 6:00pm March 11.

April 13-15 Short Course Yards Zones Championships George Mason University Fairfax, Virginia Contact Cheryl Ward cherylward@yahoo.com 703-359-5366
Entry form: <http://www.patriotmasters.org/Colonies.April2007.Entry.pdf>

May 15 - Sept 15 USMS 5km and 10km Postal Championships
Contact Susan Ingraham aquatex101@aol.com 210-493-0388

May 17-20 USMS Short Course Yards Nationals Weyerhaeuser King County Aquatic Center Federal Way, Washington
Contact Jane Moore swimmoore@comcast.net 253-759-4956

May 19 USMS 5km Open Water Championship Gulf of Mexico, Ft. Myers Beach, FL Contact Gregg Cross gregg.cross@usa-openwaterswim.com 239-462-3322; Bill Nunez billn@deangelisdiamond.com 239-427-1472

May 27 USMS 1 Mile Open Water Championships Lake Audubon Reston, Virginia Contact Gordon Gerson usna58@comcast.net 703-437-0074; Lynn Hazlewood lynhzlwd@usms.org <http://www.restonmasters.org/>

June 22 - July 7 2007 Summer National Senior Games-The Senior Olympics Louisville, Kentucky
More information: <http://www.2007seniorgames.com/athletes.html>
Entry form: <http://www.2007seniorgames.com/content/2007IndividualRegForm.pdf>
Entries must be postmarked by February 15, 2007

July 14 USMS 6+ Mile Open Water Championships (10km) Huntington Bay Huntington, New York
Contact information: Bea Hartigan beal0k@yahoo.com 631-271-3349

August 4 USMS 1-3 Mile Open Water Championships (1.76 miles) Lake Pend Oreille Sandpoint, Idaho
Contact information: Larry Krauser larry.krauser@kcgl.net 509-455-7789; Eric Ridgway sage1199@yahoo.com 208-265-5412
Entry form: <http://www.usms.org/longdist/ldnats07/1.76mientry.pdf>

August 10-13 USMS Long Course Meters Nationals The Woodlands Aquatic Center, The Woodlands, Texas

August 18 USMS 2 Mile Cable Championships Mirror Lake Lake Placid, New York
Contact information: Mary Field maryfield@spacedmc.com, frankfield@earthlink.net 518-583-4048(h) 518-356-9903 x14 (w); Ann Svenson annb48@earthlink.net 518-893-1967

September 15 - November 15 USMS 3000/6000 Yard Postal Championships
Contact information: Dee Turner dd@bigskytel.com 208-365-1166 or Jill Wright swimjmw@msn.com 208-338-5287

Stillwater's Lengle survives escape from Alcatraz

Wednesday, November 15, 2006
By VERN MILLER JR.
Herald Sports Writer

Officially, no one ever survived an escape from Alcatraz Island, the waters of the surrounding Bay were too rough and frigid for any swimmer bold enough to attempt the swim to San Francisco.

So, of course it made perfect sense for 73-year-old Stillwater resident Larry Lengle to give it a shot.

At the urging of lifelong friend and fellow New Jersey Master swimmer Paul Kiell, Lengle took part in the 26th annual "Escape From the Rock" swim on Oct. 15.

Lengle swims three days a week at the Somerset Hills YMCA, and competes on a regular basis. He and Kiell hold several Garden State Masters relay records.

"Swimming is so beneficial in promoting good health and fitness," Lengle said. "It's a lifetime sport, the closest thing you can get to the 'Fountain of Youth.'

"You can't play football or field hockey your whole life, but you can swim."

Lengle learned to swim at Camp Dennis in Stillwater when he was 9.

He enjoyed spending August in the country, far removed from the sizzling streets of downtown Newark where he was raised.

He attended Eastside High in Newark, and finished second in the breast stroke in the city championships. He set the record in the backstroke while winning the city championship.

Lengle transferred to Westside High, finished fourth in the state in the breaststroke before graduating in 1951.

He joined the Navy at 19, swimming in the Brigade Championships. Marriage

and a family put a temporary end to swimming, and Lengle took night classes at Rutgers while fixing appliances for RCA during the day.

At the age of 40, Lengle graduated with a Bachelor's in English, a teaching certificate and a member of the Honor Society.

In 1974, he began a 26-year career as an English teacher at Newton, and became a high-school swimming official. He began swimming again at Kittatinny, and then with a program at Sussex Tech.

He became part of the New Jersey Masters program in the early 1980s, and began competing in 1990.

Kiell encouraged Lengle to take part in the Escape From the Rock program, where Kiell (swimming), his son, Charles (biking) and friend Joe Buden (running) competed in the relay triathlon event.

In 2006, Lengle accepted his friend's challenge.

"I try to adhere to the Army's slogan of 'be the best you can be,'" Lengle said. "You always have to have a goal, and when you reach that goal you look for a new one. You have to keep extending yourself.

"Paul kept telling me about open water swimming, which I had never really done and it sounded exotic."

Lengle began training with Kiell over the summer. He took part in four open water events, where he adjusted his technique and tried to acclimate his body to competition outside the pool.

But nothing could prepare him for the mid-50's temperatures of San Francisco Bay, or the thoughts that gave pause to an always confident swimmer.

"Before the race I was very quiet and introspective," Lengle said. "I was aware of how cold the water was and I had a mild concern about what might be waiting for us, that I didn't want to be dinner for something down there.

"Paul, a psychiatrist, joked that his son, a neurosurgeon, should talk to me and coax me out of my catatonic state."

Lengle was quickly and immediately brought back to reality when he jumped off the boat and entered the frigid water.

The shock from the immediate temperature change has been known to shut down a swimmer's body for a minute or two, but Lengle swam around and stayed loose, awaiting the starting gun as over 120 swimmers made their way off the boat.

As the gun sounded a "madhouse" of swimmers — bumping, kicking and inadvertently swatting one another — began what was billed as a 1.4-mile swim to the shore, the strong currents of the bay pushing and dragging them off course.

"They say it's 1.4 miles, but that's as the fish swims," Lengle said. "You swim more than that, as you have to compensate for the current sweeping you sideways. I tried to keep my sight lines to the directional buoys intact, and I counted strokes, changing my breathing to the left and then the right side.

"I didn't care about winning, I just wanted to finish."

When he hit the beach, 44 minutes and two seconds after he began, the event's second-oldest participant had finished first in his age group and 61st overall.

Many of the 49 swimmers who followed him were less than half of his age.

As he ran up onto the beach, Lengle felt the exhilarated rush of finishing the competition, but the thrill of accomplishing his mission was followed by a brief mood swing.

"I felt very happy, very satisfied, almost a high, saying 'I did it, I really did it' to myself," he said. "I had spent so much time thinking about the race, focusing on Oct. 15, training in May, swimming open water events in June, July and

August. But then it was done and after the race was over it was kind of a letdown.

"But Paul's working on me already and I know I'll open water swim again."

Lengle, an Adjunct Professor who teaches English two nights a week at Sussex County Community College, will continue swimming with the NJ Masters and encouraging others to join the program, open to all swimmers over the age of 18.

He says that swimming serves both the ideals of fitness and competition, an individual sport where "you measure yourself against yourself while you keep the aging process from slowing you down."

And for those folks who are worried about how they look in a swimsuit, or concerned that others might be looking and judging, Lengle's advice is don't worry, be happy.

"People aren't thinking about you, they're thinking about themselves," he said. "Measure yourself against yourself and take satisfaction from that. Failure is never trying.

"But if you try, even if you don't achieve everything, you're still a success."

For information on the NJ Masters Swimming Program or about the Morning Adult Swim Workout Club contact Bob Hopkins at (973) 729-3686 or e-mail swimsmart@yahoo.com.

Lengle & Kiell Take on Alcatraz Together

By Larry Lengle

I was not the only person from our area to do the swim. Paul Kiell also did the Alcatraz swim. He was part of a three man triathlon team, with his son doing the bike portion and one of Paul's friends from high school days, Dr. Joseph Boodin, doing the run. I believe this was Paul's eighth or ninth foray into the cold water of San Francisco Bay for the "Escape from Alcatraz".

As for me, although I competed back in my high school days--I graduated in 1951--and I've competed at the Masters level since the early 1990's, I had never done an open water swim until this year. Paul and I work out together at the Somerset Hills YMCA, and I heard him talk of the "Alcatraz Swim" several times. I was looking for a new goal, so I decided to try the "Escape from Alcatraz" swim. To prepare (if anyone can really prepare for that) I did four one-mile open water (ocean) swim over the summer with Paul.

The day of the Alcatraz swim (October 15) was overcast throughout the day. The air temperature was 60 degrees and the water temperature was in the mid to upper 50's. All the swimmers are taken out to the side (right side as one faces the island) of Alcatraz Island on a ferry boat. We jump in the water three at a time, and swim to an imaginary starting line; then wait until everyone is ready. There is a line of kayaks to fix the starting point. The first boat whistle signals everyone to get ready, and the second whistle indicates the start.

All the swimmers wear ankle bands which send an electronic signal when the race begins, and register a time as one crosses the finish line on the beach. My time was 44:02 for the 1.4 mile swim, although the actual swim is a little farther because one has to compensate for the currents.

Kick-bored

by Terry Laughlin

It's a sure-fire applause winner in every adult swim camp I hold. We're talking about training aids--fins, paddles, buoys and the like--and I've just declared that most people would be better off if they never picked up a kickboard. Next thing I know, I'm looking into the kind of happy faces that must have greeted the Allies at Dunkirk. The liberation of the weak kickers, many of them triathletes and fitness swimmers.

Kickboards, those tombstone-shaped foam slabs, are a common torture device self-inflicted by people willing to endure kicking laps like medicine in the mistaken belief that it will help them swim better. Their poor kick is holding them back, they reason, and they suppose that they need to strengthen their legs with those mind-numbing laps on the board. No matter that when they grip the board and churn away they go nowhere--except for a few who travel backwards. They keep plugging grimly along, clinging to the hope that clinging to the board will eventually do them some good.

It probably won't, for two reasons. First, whether you swim every day or just when the weather's too lousy for running or cycling, chances are your kick isn't what's holding you back. Your hips and legs are dragging, and that's no good, but it's not your kick that's letting them sag. That's from poor balance, probably the most common and most easily corrected stroke error of them all. Instead of hours on the board, it's effectively fixed by redistributing your weight, making the front end of the body "heavier" by leaning on your chest ("pressing the T") while swimming. Like a seesaw, your rear end will ride up where it belongs. Even a weak kick, my students are delighted to discover, can't hold back a balanced body.

Where a stronger kick does come in handy is in gaining speed after you've improved your balance. This means not just muscle strength, but flexibility, something we all can use, whatever our sport. Many elite swimmers can sit on

he deck, legs out in front and knees straight, and touch their toes to the floor in front of them. Most novice swimmers are lucky if they go half that far. Hyper-mobility (unusual ranges of flexibility) in any joint comes at the cost of diminished joint stability, and a highly flexible ankle on a runner is a sprain waiting to happen. So even though step one to kicking better is ankle stretching, don't overdo it if you run or play squash or tennis or basketball.

But what if you're concerned with leg strength in or out of the pool? That's step two, but again kick sets gripping the board aren't the answer even if swimming is your prime sport. For one thing, they throw your balance off. How can you lean on your chest and kick correctly while your arms are propped up on a board?

Second, gripping the board freezes your hips. You can't rotate them and rhythmic hip and trunk rotation integrated with your arm stroke are where the power comes from in each stroke cycle. The kick is an integral part of that rolling action since it both provides the external torque for hip roll and acts to counter-balance trunk rotation. Kick on a board with hips locked in place and you lose the whole dynamic. The interaction of hip and leg muscles is changed enough that whatever leg strength you do gain is different from that which helps you swim faster.

The best way to put muscle in a weak kick? Fins, for two reasons. First, ankle flexibility. The extra pressure created by the blade as you kick down on each beat stretches the foot more than a "naked" kick. Second, improved leg strength. Again the blade gets the credit. The increased surface area of the blade puts a greater load on your leg muscles like a wet weight workout. Drilling with fins can work even better, since drills force you to use your legs than you do when swimming. They'll not only get stronger but it will be strength you can use when swimming because the drill closely mimics the way the body moves in swimming. And you'll kill two birds with one stone because you'll be improving your stroke efficiency

while strengthening your legs.

Try kicking on your side with one arm extended out front. Roll and change arms several times each length. When kicking on your side, neither fin blade will break the surface, giving your legs a higher quality workout. You can get a similar effect by kicking underwater. The increased water pressure adds load to your leg muscles.

Finally, wear fins on some of your swimming sets. Most of us don't kick very much when we swim, and the farther we swim the less we kick. But when you wear fins, your kick improves enough to make kicking worth the effort and you end up using your legs more. Naturally this gives the highest transfer of strength because you're strengthening your legs exactly as you use them.

And what kind of fins should you use? Many new swimmers and cross-trainers have been attracted to the new cut-off, so called "speed" fins or Zoomers. This fin works best for those who already have good ankle flexibility and a strong kick. Less skilled and less experienced swimmers and those who need to develop ankle flexibility and a stronger kick will do so much faster using a bladed fin. The extra surface area of a full blade is valuable. Of the bladed fins, my favorite is the Slim Fin. It gives your legs more of a boost, while reducing leg fatigue. They're hard to find, but if you want info on them, e-mail me your postal address and I'll send mail order info.

So, if all you want for your time today is a good leg workout, you'd be better off on an exercise bike. But if you're looking for strength that could help move you down the lane smoothly, where do kickboards fit in? In the pile on the deck.

--Taken from *Swim City* at www.swim-city.com

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PERSONAL HEALTH

To Avoid 'Boomeritis,' Exercise, Exercise, Exercise
By **JANE E. BRODY**

An apology to all baby boomers and beyond: I'm afraid that in our efforts to get everyone to become physically active, we've sold you a bill of goods. A 30-minute walk on most days is just not enough. There is much more to becoming — and staying — physically fit as you age than engaging in regular aerobic activity. (Of course, the same applies to those younger than 60.)

In addition to activities like walking, jogging, cycling and swimming that promote endurance, cardiovascular health and weight control, there is a dire need for exercises that improve posture and increase strength, flexibility and balance. These exercises can greatly reduce the risk of injuries from sports and endurance activities, the demands of daily life, falls and other accidents.

Musculoskeletal injuries are now the No. 1 one reason for seeking medical care in the United States. And falls, the Centers for Disease Control and Prevention reported last month, have become the leading cause of injury deaths for men and women 65 and older.

Unless you do something to slow the deterioration in muscle, bone strength and agility that naturally accompanies aging, you will become a prime candidate for what Dr. Nicholas A. DiNubile, an orthopedic surgeon at the Hospital of the University of Pennsylvania, calls "boomeritis."

"By their 40th birthday, people often have vulnerabilities — weak links — and as the first generation that is trying to stay active in droves, baby boomers are pushing their frames to the breakpoint," Dr. DiNubile said in introducing a November press event in New York sponsored by the American Academy of Orthopedic Surgeons and the National Athletic Trainers' Association.

“Baby boomers are falling apart — developing tendinitis, bursitis, arthritis and ‘fix-me-itis,’ the idea that modern medicine can fix anything,” he said. “It’s much better to prevent things than to have to try to fix them.”

Dr. DiNubile pointed out that evolution had not kept up with the doubling of the human life span in the last 100 years. To counter the inevitable declines with age, we have to provide our bodies with an extended warranty.

Assess Your Fitness

In their recently published book, “Age-Defying Fitness” (Peachtree Publishers), two prominent physical therapists, Marilyn Moffat of New York University and Carole B. Lewis of Washington, D.C., provide the ingredients to help you make the most of your body for the rest of your life: a quick quiz and a five-part test to assess the status of your posture, strength, balance, flexibility and endurance, followed by five chapters with step-by-step instructions on how to safely improve the areas in which you are lacking.

The therapists describe what happens to these “five domains of fitness” as you age. Posture begins changing as early as the teenage years, the result of activities like prolonged sitting, carrying a heavy purse or briefcase, or working at a computer.

Strength declines as muscle fibers decrease in size and number and as the supply of nerve stimulation and energy to the muscles diminishes. Balance deteriorates as muscles tighten and weaken and joints lose their full range of motion.

Flexibility declines because connective tissue throughout the body becomes less elastic. And endurance falls off because of reduced flexibility, weakened muscles, and stiffer lungs and blood vessels.

Still not convinced you need to work on your fitness? See how you do on the therapists’ quiz:

- > Are you not standing as straight and tall as you once did?
- > Is walking up a flight of stairs a strain at times?
- > Are you getting up from a chair more slowly than you used to?
- > Is it getting harder to look to the left and right while backing up?
- > Do you get stiff sitting through a long movie?
- > Is standing on one leg to put on your shoe difficult or impossible?
- > Do you trip or lose your balance more easily?
- > Does walking or jogging a distance take longer than it used to?

As a daily exerciser I consider myself a physically fit 65-year-old, and I did well on the quick quiz, but I flunked the tests for balance and flexibility. So I’ve added exercises to my weekly regime to improve these two domains of fitness. “The antidote to aging is activity,” the therapists wrote. “Inactivity magnifies age-related changes, but action maintains and increases your abilities in all five domains.”

No Time to Waste

Dr. Vonda J. Wright, a sports medicine specialist at the University of Pittsburgh Medical Center, said at the New York meeting that “boomers are 59, and we must intervene now to head off what happens to those who age in a sedentary way.”

Injury and arthritis are the main reasons people stop exercising, she said. She urged those in need of a joint replacement not to postpone the surgery, which she likened to repairing a pothole.

Marjorie J. Albohm, a certified athletic trainer affiliated with OrthoIndy and the Indiana Orthopedic Hospital in Indianapolis, cautioned against “cookbook recipes” for exercise. “The key to a good workout is Customization,” based on a professional assessment of flexibility, cardiovascular endurance, strength and balance, she said. “The goal is to minimize symptoms and prevent new injuries,” Ms. Albohm said, and she urged people to listen to

their bodies to avoid making things worse.

Ms. Albohm emphasized flexibility, saying it is “not optional” as you age. “To prevent stiffness and maintain joint mobility you should stretch daily for 15 to 20 minutes,” she said “using slow, controlled movements, before or after your exercise program.”

For cardiovascular endurance, she recommended alternating between weight-bearing (walking, jogging) and non-weight-bearing (swimming, cycling) aerobic activities three days a week for 30 to 45 minutes each time.

Muscle strength, Ms. Albohm noted, can be increased at any age, even in one’s 90s, to protect against falls, maintain mobility, prevent new injuries and empower individuals. Especially important is strengthening the muscles in the front and sides of the thighs, which help support the knees, and strengthening core muscles of the trunk (back, buttocks and abdomen) to protect the spine and support the entire body.

Finally, we need to worry about our bones. At least 1.5 million “fragility fractures” occur annually in the United States. These are breaks that result when someone falls from a standing height or less, trips over the cat or lifts something heavy, and they affect men as well as women, Dr. Laura Tosi, an orthopedic surgeon at Children’s National Medical Center in Washington, D.C., said at the New York event. “A history of a fragility fracture is far more predictive of future fractures than a bone density test,” Dr. Tosi said, adding that a major cause is a shortage of vitamin D, which lets calcium into bones.

“The current standard for vitamin D is not adequate,” she said, and predicted it would soon be raised to perhaps 1,000 International Units a day. Vitamin supplements are crucial, because adequate amounts of vitamin D cannot be absorbed through diet and sunshine alone.



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