

EAST LANE



NEWS ON JASON NESSEL MEET

Meet director, Jeff Jotz, wants to get the word out that due to the FINA World Masters meet, the Jason Nessel Memorial Invitational will not be held this summer but will resume in 2007. ☹

BE THE BEST OF WHATEVER YOU ARE

By Coach Paul Hutinger

I have frequently commented to swimmers who are suffering through the challenges of illness or surgeries and trying to adjust to slower times to, "Do the best with whatever you have." That reminded me of a poem that I thought was a good tip for all of us, whether our goal is primarily for Masters competition, health and fitness or triathlons.

*If you can't be a pine on the top of the hill,
Be a scrub in the valley – but be
The best little scrub by the side of the rill;*

*Be a bush if you can't be a tree.
If you can't be a bush be a bit of the grass,
And some highway happier make;
If you can't be a muskie then just be a bass
–But the liveliest bass in the lake!*

*We can't all be captains, we've got to be
crew,*

*There's something for all of us here,
There's big work to do, and there's lesser
to do,*

And the task you must do is the near.

*If you can't be a highway then just be a trail,
If you can't be the sun be a star;*

*It isn't by size that you win or you fail –
Be the best of whatever you are!* ☹

Written by Douglas Malloch, 1877-1938. Some of the words and phrases are no longer in use. Instead of being perturbed by them, look for the important message, "It isn't by size that you win or your fail – Be the best of whatever you are!"

—From Florida Maverick newsletter, Maverick Lane Lines, 4/06 issue at www.maverickswim.org



SUMMER SWIMMING

OCEAN SWIMMING—Jack Frain will lead a group that will swim on Thursday evening 6pm in Spring Lake from Pier Beach at Brown and Ocean Ave. intersection. Weather/water temperature permitting, out to dinner afterwards at local restaurant. Contact Jack at 908-596-0425; should start early June, either the 8th or 15th.

LONG COURSE PRACTICE at the Rahway River Park pool is tentatively set for Mon., June 26 and will run through Aug. 3. Practice is M-F 6-7:30 am and Sat. 7-9 am. Cost is \$8/practice, \$35/week and \$175 season. Contact Jeff Jotz at jjotz@mac.com.

SUNDAY MORNING MASTERS PRACTICE AT HIGHLAND SWIM CLUB ON MARTINE AVENUE IN SCOTCH PLAINS. Practices will run from 8:30 – 10:00 am on the following Sundays: June 25 to July 30 (6 Sundays). Drop in fee is \$5.00. Contact Coach Bill Reichle with questions at 908/587-2053 or reichsswim@aol.com. ☹

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RELAYS FOR GSM SWIMMERS AT WORLDS

To all GSM swimmers! I will be attending the World Champs in August, and would love to pull together some relays for this meet. While I realize that some of you may not know yet whether you will be attending or not, could you please let me know, by sending me an e-mail (edtsuzuki@patmedia.net), if you plan to attend AND if you would like to swim on a relay.

There are 6 relays, all swim on Tuesday, August 8.

There will be a 200 free and a 200 medley for men, women, and mixed swum in this order:

- | | |
|----------|-------------------|
| Event 23 | 200 mixed medley |
| Event 24 | 200 mixed free |
| Event 25 | 200 womens free |
| Event 26 | 200 mens free |
| Event 27 | 200 womens medley |
| Event 28 | 200 mens medley |

If you would like to swim on a relay, also let me know (for the medley), which stroke you would like to swim. I am sure we can put together some fast and fun relays for GSM!

I will provide regular updates to you between now and August on who will be attending from GSM.

Thank you very much.

Ed Tsuzuki



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LIGHT THOSE CANDLES!

Happy birthday to the following 99 May and June babies:

Florence Melick	85-89	John Basil	45-49
Robert Fischl	75-59	Timothy Christian	40-44
William Mackolin	75-79	Rich Callaghan	40-44
Penny Boorman	70-74	Erik Werfel	40-44
Diane Mottola	70-74	Jackie Fokkens	40-44
Michael Donnelly	70-74	Mario Souza	40-44
Barbara DeFeo	65-59	Michael Cialdella	40-44
Ray Hurst	65-69	Lauren Green	40-44
Patric Mills	60-64	Eva Andrews	40-44
Bob Hopkins	60-64	William Segal	40-44
Jim Dragon	60-64	Aaron Moore	40-44
Richard Alexander	60-64	Jeanne Smith	40-44
George Allison	60-64	Steve Hiltabiddle	40-44
Donald Walsh	60-64	James Curd	40-44
Robert Hengeveld	60-64	Graham Hill	40-44
David Goldberg	55-59	Mark Laccetti	35-39
Robert Cashel	55-59	Regina Papini	35-39
Ellen Pease	55-59	Cheryl Shiber	35-39
Gail Seelig	55-59	Richard Crisco	35-39
Arthur Wein	55-59	Joanne Ploch	35-39
Robert Faillace	55-59	Robert Wedeking	35-39
Michael Keltos	50-54	Yves Baeyens	35-39
George Mimozo	50-54	Chris Strahle	35-39
Michael Fanelli	50-54	Bari Erilchson	35-39
Jack Huston	50-54	Healthier Ely	35-39
Linda Ridilla	50-54	Diane Marolda	35-39
Gail Stevancsecz	50-54	Michelle Davidson	35-39
Jane Riff	50-54	Jodi Barrish	35-39
Millicent Kaplan	50-54	Brent Ferguson	35-39
John Decker	50-54	Daniel Jacquemin	35-39
Andrew Maggion	50-54	Jennifer Harnett	35-39
Gregory Kelly	45-49	Tristan Formon	30-34
Jordan Lewis	45-49	Colleen Hemhauser	30-34
Robert Franks	45-49	Jeff Mitchell	30-34
David Schmitt	45-49	Jonatha Meade	30-34
Jonathan Norton	45-49	Alex Hemida	30-34
Gerri Callahan	45-49	Claudia Lee	30-34
David Fabian	45-49	Tony Nitti	30-34
Linda Brown-Kuhn	45-49	Peter Hockmeyer	30-34
Susan Kirk	45-49	Humphrey Bohan	30-34
Zhenyu Duanmu	45-49	Matthew Donovan	30-34
Randi Anderson	45-49	Kelly Evans	25-29
Jeffrey Schobel	45-49	Michelle Clark	25-29
John Baliko	45-49	Anna Cominsky	25-29
Randi Hawkins	45-49	Daniel Kaskawits	25-29
Diane McKay	45-49	Carolina Bolado	20-24
David Swanekamp	45-49	Deborah Deffaa	20-24
Alan Voorhees	45-49	Jeanette Franko	20-24
Bruce Car	45-49	Avigayil East	20-24
Maureen Weir	45-49		

AND BABY MAKES FIVE (KIDS)!

Congratulations to Yves and Marie Baeyens on the birth of Thomas Yves on April 11th at 1:47 pm. He was 9 pounds 12 ounces and nearly 22 inches. He was welcomed home by his sisters Sylvia, Laura and Emma and brother Matteo. All of the family are doing great! ☺

EXERCISE TRUMPS DIET FOR WEIGHT LOSS

ACTIVE MONKEYS STAY LEAN, SEDENTARY ONES GET FAT -- NO MATTER WHAT THEY EAT

By Daniel DeNoon

Reviewed By Ann Edmundson, MD

April 14, 2006 — Active monkeys stay lean, while couch-potato monkeys get fat — no matter how much they eat.

The findings come from a research team led by Judy Cameron, PhD, senior scientist at Oregon National Primate Research Center and professor of behavioral neuroscience and obstetrics/gynecology at Oregon Health & Science University.

"Far and away the biggest predictor of weight gain was how active the monkeys were — that overrode how much food they were eating," Cameron tells WebMD.

The study may explain why people who try to lose weight by dieting alone rarely succeed.

"These findings were surprising to us as scientists," Cameron says.

"We always assumed food intake was the main control of body weight and that dieting was the best way to control this. From these results, you are forced to think how active you are is more important than how much you eat."

Cameron and colleagues report their findings in the early online edition of the *American Journal of Physiology: Regulatory, Integrative and Comparative Physiology*.

EXERCISE TRUMPS CALORIES

Cameron studied 18 middle-aged, female rhesus monkeys. All of the animals had their ovaries removed to simulate human menopause. Earlier studies show that such monkeys tend to gain weight, as do middle-aged women.

The researchers put the monkeys on a high-fat diet — that is, the 35%-fat diet of most women in the Western world. They let the animals eat as much or as little as

they liked. And they let them exercise in their cages as much or as little as they wanted.

Over a nine-month period, the researchers measured the monkeys' activity level using a measuring device they wore around their necks. They also kept careful track of the animals' weight, food intake, and metabolic rate.

Some animals ate a lot. Some did not. It didn't make any difference in the monkeys' weight.

Some animals were very active. Some weren't. The difference was remarkable: The most active monkeys were eight times more active than the most sedentary monkeys. It made a huge difference in how much the monkeys weighed.

"We suspected if you ate a lot of food you would be more likely to gain weight. But we did not find that," Cameron says. "Some individual monkeys that ate a large amount did gain a lot of weight, but others who ate a lot gained virtually no weight. Very active monkeys did not gain weight over time. Very sedentary monkeys did gain weight, even if they were not eating a lot of food."

In a new study that hasn't been published, Cameron's team put overweight, inactive monkeys on a strict diet. They didn't lose much weight.

"I don't think most people who try to diet will be surprised," Cameron says. "The body immediately tries to compensate for calories you are not taking in by dropping your metabolic rate and lowering your activity level. There was no way to get around the fact that activity matters a great deal.

Altogether, our feeling is that activity is very, very important in controlling body weight."

CAN OBESE HUMANS BECOME ACTIVE?

A lot of studies show that obese people aren't as active as lean people are. Cameron's study now suggests that it isn't obesity that turns people into couch potatoes — it's inactivity that makes people obese.

However, it may not be a simple thing for overweight or obese people to become more active. Cameron says it's possible to predict how active monkeys will be when they're only 1 week old.

"Why are some monkeys more active? You would think it was what situation they were living in," Cameron says. "But we looked at monkeys with acres to run around in and many playmates. You would expect them to be very active. And if you move them indoors with fewer playmates, they should not be as active. But that was not true. A sedentary monkey was just as sedentary, and an active monkey was just as active no matter the setting. And we find this remains true over time."

It remains to be seen whether human couch potatoes can switch to an active lifestyle. But Cameron's work may have put one myth to rest: It's not your metabolism.

People who gain or don't gain weight often point to their inherent metabolic rate as the culprit. For monkeys, at least, this isn't so. Monkeys' metabolic rates didn't vary much. And those with the highest metabolic rate were no more likely to gain or lose weight than those with the lowest metabolic rate.

SOURCES: Cameron, J.L. American Journal of Physiology: Regulatory, Integrative and Comparative Physiology, published online April 13, 2006. Judy Cameron, PhD, senior scientist, Oregon National Primate Research Center; and professor of behavioral neuroscience and obstetrics/gynecology, Oregon Health & Science University, Portland.

TRAINING ALONE DURING YOUR POOL'S LAP SWIM

By Robert Boder

The first reaction to the idea is "It can't be done". This is quickly followed by "those old timers will run you out of the pool and you will never be able to swim sprints". If you are under 50 and looking for national recognition you might be right. However if your goals are more modest, not only can it be done but it has been done in a crowded 4 lane 25 yard YMCA pool. I made two men's 60-64 national top ten times swimming alone without coaching or fixed workout plans! Here is what works for me.

My goal is to make New England top ten times in as many long course events as I can. I swim all year but limit my serious training to the spring and summer.

SWIMMING ALONE

Swimming alone is a mixed blessing. On one hand you can set the pace without anyone thinking you are dogging it on bad days. On the other hand it is hard to stay focused and push during speed work.

A big issue is maintaining or improving your technique. To maintain technique I rarely swim more than 200 yards of a stroke without switching to just kicking or a different stroke. Avoiding bad habits is the hardest part of swimming alone.

CROWDED POOL ADVISE

Here are some general rules to follow when training in a crowded pool:

1. Choose a lane based on the speed of current occupants and when they are likely to leave the pool. If there are too many swimmers just pick a lane for kicking until space opens up. This is less frustrating than bumping into people. Look for opportunities to switch lanes as conditions permit.
2. Do kick down and swim back laps. This will slow down your pace to fit in with the traffic flow. On the swims limit yourself to only 2 or 3 breaths per length.
3. Get a pair of training fins and just stand and kick in place in the deep end of the slowest lane. You can also do this during water exercise classes.
4. Swim only front crawl in crowds. Breaststroke kicks hurt. Backstroke arms sweep too wide. Forget that butterfly even exists.
5. Switch direction to avoid a swimmer traffic jam at the turn. It is a good way to get 25 yards of open water before you overtake the slowpokes.

The bottom line is to learn how to make your time productive while respecting fellow swimmers. It is not always easy but it can be done. Be flexible and remember there is always tomorrow. Train multiple times a day if possible. Also some pools, like the one I use, are kept too warm to push for extended periods. After 15 minutes of fast swimming I need to slow down. In my workouts I never stop. Why? For the simple reason if I have half a lane to myself or am circling with compatible swimmers the last thing I want is another swimmer coming into the lane. Defend your turf but just don't be a pain in the ass about it.

WORKOUT SUGGESTIONS

I do a lot of distance in full stroke sets of 100 or 200 yards. Between swims I will kick 50 yards on my back or side.

Remember to defend your turf by never stopping! If you are resting on the wall someone will jump in and join you. In any case don't dwell on lap counting or following a fixed workout. Your body and the wall clock will tell when you are done. If you adopt this approach to workouts it is important to have a good sense of pace. I try to do 1500 to 2000 yards in total and complete the distance in about 30 minutes. My daily goal is 3000 to 4000 yards. I frequently have to settle for less.

Whenever you get a chance time yourself in 100s or 200s. You must know how fast you are swimming. I avoid repeat sprinting sets with short rests of more than four swims. Don't be stupid in your quest for glory. Do this for fun and a healthy life style.

If you find someone to swim with follow their workout plan if they suggest one. You may pick up a routine you like. One I learned is to do 3 sets of four swims each. The sets go 4x200, 4x100 and 4x50 yards. The rest between swims is the time it took in the previous swim. In each of the four swims try to swim faster than the previous one. Take longer breaks between the sets.

I also like to do kick down swim back drills of 200 yards or more. This helps in two ways. I can focus on technique or speed in the swim. The kick portion eases the pain of my always sore rotator cuffs. Add aerobic content by breathing only 2 or 3 times in each swim length.

When alone in a lane practice butterfly and breaststroke if you plan to race these. Breaststroke can be a nice intellectual exercise to learn to swim correctly. There are great web sites that explain

how to do both strokes. Applying what you learn helps avoid the tediousness of the same workout day after day. Experiment, it makes you feel good about the days you don't want to work hard.

Kicking and slow drills should be done when the pool is full of swimmers. I read that the legs are the first part of your body to fail in long course races so I put more emphasis on kicking and use fins to do vertical kicking during the water exercise classes. I was much stronger in my long course swims after doing this.

A TIP I WOULD OFFER IS:

Try warming up at your home pool before going to local meets. My second daily workout always feels better when it comes within a few hours of the first one. The warm up at home serves the same purpose. This has an added benefit of avoiding the crowds during a meet's allotted warm up period. Spend less time swimming and more counting strokes from the backstroke flags or just seeing the walls for flip turns at the meet warm up.

I need to stretch more, pay closer attention to eating habits and become acquainted with swimmers at the meets. I will investigate using post exercise recovery drinks for this summer's training. Being sore all day is not much fun. The end result of hard work should be enjoyable. There aren't many things better than making a new friend.

CLOSING THOUGHTS

As an older swimmer looking for advice, I find articles about older swimmers' success but very little about their training or attitude towards competition. I want to know just how much aerobic stress is reasonable. How much can or should we push without causing harm to our bodies?

I compete in close to home mini-meets. One of these days I may even get my wife to watch. My fifteen-year-old son was my "coach" at the MIT mini-meet last summer. It was a great experience for both of us. He saw me turn in two national top ten swims. Share swimming with family members and make friends.

Don't let the challenges of training alone during lap swim periods stop you from setting and accomplishing goals. It can be done and the benefits can't be beat. Keep your goals reasonable and enjoy any success you may have. By improving your health you win every day. Get in the water and keep going!

—From USMS website, www.usms.org, written 11/05

SUMMER 2006 OPEN WATER SWIMS

Compiled by Jeff Jotz

JUNE**Sat. June 17****Park-to-Park 1 mi. Swim, New York, NY**

www.nycswim.org

Fri. June 23**Independence Day 1 mi. Swim, Somers Point, NJ**

www.lmsports.com

Sat. June 24**Manhattan Marathon 28.5 mi. Swim, New York, NY**

www.nycswim.org

Sat. June 24**Plunge for Patients 1 mi. Swim, Wildwood, NJ**

www.plungeforpatients.org

Sun. June 25**Lehigh River 1 & 2 mi. Swims, Allentown, PA**

www.emacswim.org/competitive/LC%20meet%20info/River%20Swim%202006.pdf or emacswim@rcn.com

JULY**Sat. July 1****8th Annual Bridge to Bridge 5 km and 1.3 mi. bay swims, Atlantic City, NJ** www.acacswim.org**Sat. July 1****Bradley Beach 1 mi. Swim, Bradley Beach, NJ**

www.raceforum.com or bbguard1@msn.com

Sat. July 8**Avon 1 mi. Swim, Avon By-the-Sea, NJ** *8:00am.

Contact Ronald Farina, 973-761-9594 fax 973-761-9675, www.shupirates.com

Sat. July 8**3rd Annual Asbury Park Ocean Mile Swim, 6:15pm****Asbury Park NJ** (732) 449-3976 E-mail: pjnria@verizon.net***Sun. July 9****Metro 5K Open Water Swim Champs, Huntington Bay, NY** www.metroswim.org**Sat. July 15****Swim for the Dolphins 1 mi. Swim, Wildwood, NJ**

www.lmsports.com

Sun. July 23**Cove to Cove 1/2 mi. Swim, New York, NY**

www.nycswim.org

Sun. July 23**Race for the River 2.4 mi. Swim, New York, NY**

www.nycswim.org

Sun. July 23**Grimaldo's Mile II - Brighton Beach to Coney****Island 1 mi. Swim, Brooklyn, NY** www.metroswim.org

(Sanctioned by MR LMSC #066-07)

Sat. July 29**32st Annual Andrew B. Manning Ocean Mile Swim, 6pm Sea Bright NJ**

www.sandyhookers.org/swim/index.htm*

Sat. July 29**Around Governor's Island 2 mi. Swim, New York, NY**

www.nycswim.org

Sat. July 29**Ocean City Masters 1 Mile Swim, Ocean City, NJ**

www.lmsports.com

AUGUST**Sun. August 6****Rainbow Channel 1 & 2.6 mi. Bay Swims, Ocean City, NJ**

www.rainbowchannelchallenge.com

Sun. August 6**Metropolitan Masters 1 Mile Open Water Swim****Championships, Point Lookout, NY** www.metroswim.org**Sat. August 12****Atlantic City Around the Island 22.5 mi. Marathon****Swim, Atlantic City, NJ** www.acswim.org**Sat. August 19****Ocean County YMCA 1.5 mile Mid Summer Ocean****Swim, Seaside Park NJ** (732) 341-9622 x 2214 E-mail: jsellito@ocymca.org**Sat. August 19****Sound-to-Cove swim 1 mile, 5K and 10K swims,****Glen Cove, NY** www.swimacrossamerica.org/nassau_suffolk/ns_home.html**Sun. August 20****Ray Licata Memorial 1 mile ocean swim, Long****Branch, NJ.** www.raylicatamemorials swim.com**Sun. August 20****Riverside Park Tune Up 1.5 km Swim, New York,****NY** www.nycswim.org**Sun. August 20****Breezy Point 2.5 or 5 km Swims - Brighton Beach,****NY** www.metroswim.org (Sanctioned by MR LMSC #066-09)**Sat. August 26****10th Annual 1 Mile Ocean Swim at Manasquan****Beach, 8am Manasquan NJ** (732) 681-4094 E-mail: tkrug@optonline.net ***Sat. August 26****Little Red Lighthouse 5.85 mi. Swim, New****York, NY** www.nycswim.org**Sun. August 27****Metro 1 Mile & 5K Open Water Swims in****Oyster Bay, NY**

SEPTEMBER**Sat. September 2****Atlantic City Pageant 1.5 mi. Ocean Swim, Atlantic City, NJ** 609-347-5466 www.acbp.org**Sun. September 3****John Daly 1 Mile Ocean Swim, Long Beach, NY****Sat. September 9****Brooklyn Bridge 1 km Swim, New York, NY** www.nycswim.org**Sun. September 17****1 Mile Fanny's Return (Across The Narrows) - Brooklyn, NY** www.metroswim.org (Sanctioned by MR LMSC #066-11)**Sat. September 23****September Splash 2 mile, 1 mile and 1/2 mile Swims, Wildwood, NJ** www.lmsports.com** UNCONFIRMED at this time. Please check back or contact the race director for more information.***LACTIC ACID GETS AN IMAGE MAKEOVER****DURING INTENSE TRAINING, LACTIC ACID CAN FUEL MUSCLES, STUDY SHOWS.**By Miranda Hitti
WebMD News Center

April 21, 2006—Lactic acid may go from being disrespected to desired by athletes, based on new research.

When skeletal muscles work (such as during exercise), they release lactic acid. If lactic acid builds up during intense exercise, it can make muscles sore.

But lactic acid has more to offer than that, report George Brooks, PhD, and colleagues. Brooks is a professor of integrative biology at the University of California, Berkeley. He specializes in exercise physiology and metabolism.

Brooks and colleagues report their latest findings on lactic acid in the

American Journal of Physiology—Endocrinology and Metabolism. Their article, currently in press for the journal's print edition, recently appeared in the journal's online edition.

LACTIC ACID AS FUEL

Brooks' team studied lactic acid (also known as lactate) in cells taken from rats' skeletal muscles. They found that under certain conditions, those cells' powerhouses, called mitochondria, can use lactic acid as fuel.

Those findings could translate to intense interval training in people, Brooks says, in a news release. Interval training involves brief bursts of extreme effort, followed by gentler recovery periods.

"The world's best athletes stay competitive by interval training," Brooks says, in the news release. "The intense exercise generates big lactate loads, and the body adapts by building up mitochondria to clear lactic acid quickly. If you use it up, it doesn't accumulate."

Of course, most people aren't elite athletes. The findings shouldn't be taken as a license to go overboard in your workouts. Brooks' study focuses on the science of how cells use lactic acid. It doesn't provide any exercise tips to make the best use of lactic acid.

SOURCES: Hashimoto, T. American Journal of Physiology—Endocrinology and Metabolism, in press (published online on Jan. 24, 2006). News release, University of California, Berkeley.**WITH THE WIND ON THEIR BACKS**

Three Chesapeake Bay Paddlers, three Chesapeake Bay Boston Whalers and three U.S. Coast Auxiliary patrol boats accompanied five swimmers across the mouth of the Patapsco on Sunday morning, May 21st. With the winds on their backs, Maureen Rohrs, Jack Frain, Richard Wallace, Sue Megaw and Joe Stewart finished their 4.4 mile crossing in 2:11,

2:11, 2:16, 2:35 and 3:04 at North Point State Park where they were cheered in, warmed and well fed by Patapsco/Back River Tributary Team members, representatives of many urban watershed organizations, Port of Baltimore, Baltimore Maritime Exchange, Private Sector Port Coalition, Maryland Department of Natural Resources

and Maryland Department of Environment and others.

Live bay-friendly music, neat educational displays, a big 300th birthday cake for the port, hot dogs and hamburgers contributed to a festive celebration and wade-in captured by Fox TV for Sunday 10 PM News. Over \$6,000 was raised in pledges and contributions.

**“BE AWARE OF
WONDER.
LIVE A BALANCED
LIFE — LEARN
SOME AND THINK
SOME AND DRAW
AND PAINT AND SING
AND DANCE AND
PLAY AND WORK EVERY
DAY SOME.”**

— ROBERT FULGHUM (AMERICAN AUTHOR ROBERT FULGHUM IS BEST KNOWN FOR HIS BOOK ALL I REALLY NEED TO KNOW I LEARNED IN KINDERGARTEN, WHICH DOMINATED THE NEW YORK TIMES BEST-SELLER LIST FOR NEARLY TWO YEARS. HE WAS BORN IN 1937 IN TEXAS. IN HIS YOUTH HE WORKED AT ODD JOBS, INCLUDING DITCHDIGGER, RANCH HAND, AND SINGING COWBOY. AFTER A SHORT CAREER AT IBM, HE BECAME A UNITARIAN MINISTER. HE HAS WRITTEN SEVEN BEST-SELLING BOOKS OF ESSAYS. HIS ANECDOTES OF EVERYDAY LIFE ENCAPSULATE HIS DOWN-HOME PHILOSOPHY. HE LIVES IN SEATTLE AND CRETE.)



NJ SENIOR OLYMPICS

Swimmers 50 and over may want to keep July 29th and 30th clear for the NJ Senior Olympics swimming competition. The events will be held at the Atlantic City High School's 25 meter indoor pool. Information and entry forms can be obtained at <http://njso.us/>

In addition, a Senior Exhibition will be held that weekend at the Atlantic City High School and is expected to draw 15,000 visitors. Before or after your races, you may want to check this out too. ☺

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 Roestenber at andreas@h2ovelocality.com or www.atlanticclub.com or 732/292-4372.

Berkeley Aquatics Workouts are Mon 8:45-9:45 pm,W and F 8-9:15 pm, Sun 8:30-10 am. Coached by Tristan Formon and Peter Hockmeyer. Contact Tristan at tristan@juno.com or 908/464-0574 or P_Hockmeyer@yahoo.com.

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

Somerset Valley YMCA/Bridgewater Pool Workouts are T 8-9:15 pm, H 6-7 am. Contact Mel or Don Fink at mfink38@comcast.net.

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. Workouts are M,T,H 6-6:55 am, M,W 7-7:55 pm. Workouts provided other times. Coached by Amanda Rudd and Andrea Falcone at 908/273-4242 X 109 or amanda.stover@theconnectiononline.org.

Drew Masters Contact Dorsi Reynolds, 973-408-3002. The club will begin with a limited schedule at Drew University in November and December (Nov. 21, 28, 30, Dec. 5, 7, 9, 12, 14, 16, 19, 21) All workouts run 6:15am-7:30am. The club will run a 16 week session beginning Jan.9 that will offer 4 practices per week Mon.,Wed., Fri. 6:15-7:30am and Saturday 7:30-8:45am.

Hamilton Area YMCA Practices will be held M,W,F from 8:30 to 9:30PM. The coach is Dan Cenko. For more information call Dan at 609/571-5337 or Ami Lombardi, Aquatic Director at the Y at 609/581-9622.

Hamilton Hammerheads Workouts are M,W,F 8:30-9:30 pm. Contact Ami Lombardi or Coach Dan Cenko; 609/581-9622, Alombardi@hamiltonymca.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 of Central NJ in Scotch Plains Workouts are M,W 7:30-8:30 pm, T, H 8:20-9:20 am and non-coached workouts handed out T, H 6:30-7:30 am and 12-1. Contact Aquatic Director-Rebecca Rivera 908-889-8800 ext 219 or rrivera@jccnj.org

JCC Metro West (West Orange) Workouts are W 8-9pm and Sun 8-9am. 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 8:15-9:30 pm. Coach is Jay Muldoon. Contact Jamil McEnnis; 732/548-2044 X 212, jamil.mccennis@metuchen-edisonymca.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.

Rahway Branch YMCA Workouts are M-F 6-7 am. Contact Eric Klimkowich or Jeff Jotz at jjotz@mac.com or 732/827-2190.

Ricochet Health and Racquet Club, South Plainfield. Workouts are Tues. 6:15-7:15 am, Fri 8-9 pm. Contact Dawn Willemssen at 908/753-2300 or fitness@ricochet-healthclub.com

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

Rutgers University Contact Sean Sepela at sepela@rci.rutgers.edu , 732/445-0462. 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.

Summit YMCA Workouts are Tues 5-6 am in the Hurst Pool. Contact coach Paula Coleman at 908-273-3330, X 143 or rcoleman111@comcast.net.

Sussex County YMCA Workouts are T,Th 5:30-7 am and Sun 10-11:30 am. Contact Coach John Postas at jpostas1@earthlink.net or Aquatic Director, Maureen Tsadilas at 973-209-9622, X 210 or go to www.sussexcountymca.org.

Sussex Tech Adult Career Center Workouts are T & H 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

Virtual Swim Masters Jewish Community Center, Bridgewater. Workouts scheduled through Coach John Quintana. Contact at coach@virtualswim.com or 908/581-0275.

Westfield YMCA Contact Paul Casazza; 908/233-2700, pcasazza@westfieldnj.org Workouts are Tuesday 6:30-7:30 a.m. and Wednesday 8:00-9:00 PM

Wycoff YMCA Masters Workouts are M & W 6-7am, T & H 8-9 pm and Sat 7:30-8:30am. Contact Garrett Orr, Head Coach, Masters Swimming - 201.891.2081 x130.

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 Voorhees, Aquatics Director, Monmouth University; rvoorhees@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

Montclair YMCA Contact Billy Wilkenson; 973/744-3400

Western Monmouth YMCA Workouts are Sat. 7:30-9 am, T, H 8:30-10 pm. Contact Richard Wallace 732/851-5699 (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)

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 INSIDE NEW JERSEY

June 23

Swim Independence Day 1 Mile Swim, Somers Point. Go to <http://www.lmsports.com/>

July 15

Swim for the Dolphins, Wildwood. Go to <http://www.lmsports.com>

July 29

NJ Senior Olympics for 50+Atlantic City High School. Go to <http://njso.us/>

MEETS OUTSIDE OF NEW JERSEY

June 24

Manhattan Island Marathon Swim, 28.5 miles, NYC. Go to www.nyccswim.org

June 24

Madison Mile Swim, 1 mile open water, Surf Club, Madison, CT. Go to www.force5sports.com

July 8

Terrapin Masters' Terrapin Cup, University of Maryland Natatorium, College Park, MD. Contact Michael Lee at 301/474-1178 before 8 pm or email Korthain@yahoo.com

July 15

Buzzards Bay Swim, Buzzards Bay, MA. Go to www.savebuzzardsbay.org/events.htm

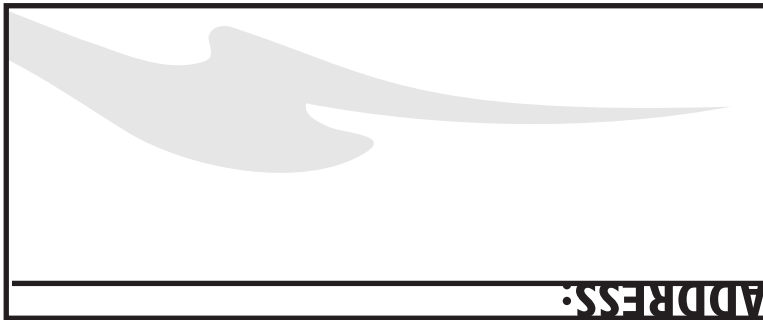
July 23

Cover to Cove Swim, 0.5 mile, NYC. Go to www.nyccswim.org

CHAMPIONSHIPS

August 4-11

XI FINA Masters World Championships, Stanford, CA.



451 Sweet Hollow Road
Bloomsbury, NJ 08804

NJ LMSC