

# FAS~~T~~ILANE



## NEW RECORDS

Congratulations to the following swimmers who set new NJLMSC LCM records at the 2006 Colonies Zone Championships on August 26-27, 2006 at George Mason University.

### Women 55-59

**Sue Freeman-Patterson, 55**

50 Free :38.00

### Men 60-64

**Jim Dragon, 62**

100 Breast 1:25.52

50 Fly 28.97

### 75-79

**Nickolas Demas, 76**

100 Free 1:25.68

**Isaac Siskind, 78**

50 Fly 55.39 ☺

## A LIFELONG SWIMMER'S GONE BUT HER RECORDS STAND

Marjorie Canavan Toland passed away in her sleep at the age of 90 in July 2005. She had been involved in the NJ Masters swimming up until her 80's. She learned to swim in the Chicago River and was a champion swimmer in Chicago as a child. As a young woman she swam in the famous Billy Rose's Aquacade at the 1939 New York World's Fair. She starred in what the fair program called "a brilliant 'girl' show of spectacular size and content" with a group of other synchronized women swimmers. She continued her love for swimming as a New Jersey Masters. She still holds six SCY records -- three in the 65-69 age group and three in 70-74 including the 50 yard record of 37.94 for 70-74 for NJ LMSC. Marjorie is survived by six children and thirteen grandchildren. ☺



## AUTHOR IN OUR RANKS

Add book author to the list of Paul Kiell's many accomplishments. This long time NJ Masters swimmer recently had a book published called *AMERICAN MILER: The Life and Times of Glenn Cunningham*. It is an inspirational story of a great American athlete who overcame enormous obstacles on his journey to achieve success in his life on and off the track. Although the book is about a runner and not a swimmer Paul said, "the book transcends running and sport and should be of general interest." You can read more about it at [Breakawaybooks.com](http://Breakawaybooks.com) or [Amazon.com](http://Amazon.com) ☺

## ARE YOU UP FOR THE BRUTE SQUAD POSTAL EVENT?

**SWIM THE 1650 YARD FREE, THE 400 YARD IM, AND THE 200 YARD FLY AT ONE WORKOUT**

**Dates:** 11/1 - 12/31/2006

**Sponsor:** Washington State University Masters Swimming (sanctioned by Inland Northwest LMSC)

**Location:** Fitness/participation division - any pool. Competitive division - your local SCY pool (conversions from meters to yards not accepted)

**Results:** will be e-mailed to all participating swimmers and posted at the [www.wsumastersswimming.org](http://www.wsumastersswimming.org) website by the end of January.

**Who:** any 2006 or 2007 USMS registered swimmer.

**Questions:** contact Doug Garcia at [dougarcia@usms.org](mailto:dougarcia@usms.org). Entry form: <http://www.wsumastersswimming.org/new/s/event-forms.html> ☺

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## WANTED: GRAPHIC DESIGNER

Our graphic designer, Jeanne Coon, has done a superb job for the last five years. Thank you, thank you, thank you Jeanne! But now due to the demands of work and family she needs to step down. I'm desperately seeking a graphic designer to help me put out the newsletter. The job entails laying out copy that I will provide and emailing the PDF file of the newsletter to the printer and to the webmaster for posting on our website. The newsletter goes out 8 times a year. Graphic designer is a volunteer position, as all of our jobs are on the NJ LMSC executive committee. But you'll be getting lots of great experience with a wonderful product to show for your work and you'll be playing a big part in helping to promote Masters swimming in New Jersey! Please contact me for details at [lbk@sprintmail.com](mailto:lbk@sprintmail.com) or 908/479-1038. ☺

## ASSISTANT SWIM COACH NEEDED

The Metuchen-Edison YMCA is looking for an experienced Swim Coach for our Competitive Swim Team. The team consists of competitive athletes ranging in age from 5-18, and ranging in ability level from novice to national qualifiers. We are looking for a candidate who is a dedicated, enthusiastic, punctual, dynamic, and knowledgeable team player. Previous coaching experience is strongly preferred... Metuchen-Edison YMCA offers a positive family oriented atmosphere. Pay commensurate with experience and qualifications. Contact Jamil McEnnis via e-mail at: [jamil.mcennis@metuchen-edisonymca.org](mailto:jamil.mcennis@metuchen-edisonymca.org) or via phone @732-548-2044 ☺

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## LIGHT THOSE CANDLES!

Happy birthday to the following 51 October babies who I forgot to put in last month (sorry):

Doris Steadman . . . . .	80-84	Omar Fazal . . . . .	40-44
Paul Kiell . . . . .	75-79	Sandra Franc . . . . .	40-44
William Stern . . . . .	75-59	George Sproul . . . . .	40-44
Alfred Ferguson . . . . .	70-74	William Nelligan . . . . .	40-44
Joyce Schelling . . . . .	65-59	Gregory Schwartz . . . . .	40-44
Jeffrey Hall . . . . .	60-64	Scott Lillis . . . . .	40-44
Ronald Medhurst . . . . .	60-64	Ann Monaghan . . . . .	40-44
Lawrence Seidman . . . . .	55-59	Brian Carr . . . . .	35-39
Dennis Creter . . . . .	55-59	Cornelia Muehler . . . . .	35-39
Joel Stein . . . . .	55-59	Doug Clark . . . . .	35-39
Beth Maloney . . . . .	55-59	Soren Hastrup . . . . .	35-39
Patricia Nagle . . . . .	50-54	Joseph Rubert . . . . .	35-39
Carol Morman . . . . .	50-54	Deirdre O'Mara . . . . .	35-39
Robert Henry . . . . .	50-54	Gita Roy . . . . .	30-34
Dennis Friedman . . . . .	50-54	Cheryl Lee . . . . .	30-34
Jack Frain . . . . .	50-54	Olga Troyanskaya . . . . .	25-29
Abbe Binstock . . . . .	50-54	Victoria Livingstone . . . . .	25-29
Albert Krone . . . . .	50-54	Kristin Morris . . . . .	25-29
Jay Muldoon . . . . .	50-54	Julie Porro . . . . .	25-29
Alan Sawyer . . . . .	50-54	Meredith Forma . . . . .	25-29
Krinstine Templeton . . . . .	50-54	Kate Schepcke . . . . .	25-29
William Ruthrauff . . . . .	45-49	Amanda Stover . . . . .	25-29
Paul Jennings . . . . .	45-49	Brendan Gallagher . . . . .	25-29
Kenneth Nichols . . . . .	45-49	Sean O'Connor . . . . .	25-29
William Beaton . . . . .	45-49	Lisa Bettinger . . . . .	20-24
Mark Censits . . . . .	45-49		

## LIGHT THOSE CANDLES!

Happy birthday to the following 44 November babies:

Austin Newman . . . . .	90-94	Craig Gruber . . . . .	45-49
Kenneth Dawson . . . . .	75-79	Beth Feehan . . . . .	45-49
Joel Pitt . . . . .	65-69	Randy Miller . . . . .	45-49
Barbara Rosenbaum . . . . .	65-69	Julie Canfield . . . . .	45-49
Alan Fidler . . . . .	60-64	Donna Adamoli . . . . .	40-44
Arlene DePolo . . . . .	60-64	Michele Faul . . . . .	40-44
Robert Cenker . . . . .	55-59	Norma Fallon . . . . .	40-44
Robert Nissen . . . . .	55-59	Brett Thompson . . . . .	40-44
Irene VanVranken . . . . .	55-59	Michael Rist . . . . .	40-44
David Allred . . . . .	55-59	Karen Smith . . . . .	35-39
Paul Gondek . . . . .	50-54	Michelle Koenen . . . . .	35-39
Steven Levine . . . . .	50-54	Alexandra Lopez . . . . .	35-39
Harry Sievers . . . . .	50-54	Daniel Levine . . . . .	35-39
Donald Denny . . . . .	50-54	Cherri Marcinko . . . . .	35-39
Paul Swanson . . . . .	50-54	Brian O'Sullivan . . . . .	35-39
Morris Hawn . . . . .	50-54	Jason Sweeney . . . . .	35-39
Margaret Estlow . . . . .	45-49	Andrew Parsons . . . . .	35-39
Thomas Gortych . . . . .	45-49	Lori Kelley . . . . .	30-34
Carol Mateo . . . . .	45-49	Rebecca Rudy . . . . .	30-34
Joann Rean . . . . .	45-49	Catherine Klein . . . . .	20-24
Susan Lawson . . . . .	45-49	Sarah Bond . . . . .	20-24
Laurie Kramer . . . . .	45-49	John Delooper . . . . .	20-24

## DUO COMPLETES INAUGURAL EDERLE SWIM

SANDY HOOK, New Jersey. **Nancy Steadman-Martin**, 56, and **Michelle Davidson**, 36, completed the inaugural 17.5-mile Ederle Swim on Saturday.



MICHELLE DAVIDSON AND NANCY STEADMAN-MARTIN BEFORE THE START OF THE SWIM.  
PHOTO BY DAVID NAGER

With water temperatures in the low-60's, Steadman-Martin stopped the clock in 5 hours, 53 minutes and 12 seconds. Meanwhile, Davidson finished the epic swim in 6 hours and 27 minutes while battling four-to-six foot swells.

"Very early on, these ladies clearly demonstrated they had the dedication and commitment to conquering the elements and the course." Morty Berger, Founder, Manhattan Island Foundation and the swim's sponsor, said. "Though the conditions were unsafe for kayaker support, the Foundation's boaters had the right seasoning to safely support these swimmers on this very challenging day. Due to the adverse conditions, Lead Boat Captain Earl Sandvik said he would have ended the event if there were more than two swimmers, and if, the swimmers had not already successfully completed both the English Channel and Manhattan Island Marathon Swim."

A small flotilla including escort boats and United States Coast Guard ships accompanied the pair. The two encountered cruise ships, sail boats and tankers. Twice, they yielded the right-of-way to freighters.

"We were treated to an unbelievable display of speed, just north of the Verranzano Narrows Bridge off Bay Ridge, Brooklyn," Tim Johnson, founder of the swim, said. "Nancy and Michelle were timed at six knots over a one-mile section. Both arrived at the VN Bridge just six minutes behind the pace set by the current record holder, Tammy van Wisse of Australia. English Channel conditions prevailed: four-foot seas rocked the swimmers during their final two miles of the swim."

The swim paid tribute to a swim more than 80 years in the past. In 1925, Manhattan native Gertrude Ederle swam from the Battery in lower Manhattan to Sandy Hook, N.J., in seven hours and eleven minutes, setting a record that stood until the summer of 2006. ☺

—From *swiminfo.com*, sent in by  
Laura Smith (thanks)

## EDERLE SWIM

October 21, 2006 — 17.5 miles

Two days shy of Gertrude Ederle's 100th birthday, the Foundation honored the swimming pioneer with a race that followed her record-setting 1925 swim from Battery Park to Sandy Hook, NJ. Swimmers **Nancy Steadman-Martin** and **Michelle Davidson** easily beat Ederle's time of 7:11, but it was no walk in the park or day at the beach. Mother Nature made these ladies pay dearly for the simple prize of finishing.

The event started with the air temperature of 48°F and water temperature of 60°F. Those peaked at a still cool 57° and 62°, respectively. But the temperature was the least of the weather issues; winds speed averaged 25 knots — gusting to 29 knots — and the seas were like a washing machine, with swells recorded around five feet.

Conditions were so bad that boat captain Earl Sandvik said he would have called off the event if the two swimmers had not demonstrated such high commitment early on in the event, and did not already have English Channel and Manhattan Island Marathon Swims under belts.

In addition Earl Sandvik, special thanks to Captains Joe D'aleo, Richie Carrino and Tim Johnson for navigating the course and Anita Disney, Craig Kandell, Alan "John" Morrison and Ted Ernhardt for being boat observers and not getting TOO seasick. As always, thanks to David Nager and Faith Armonaitis for covering the event with their cameras and pens.

Next year's swim will take place on October 6, 2007, so conditions should be more favorable. Registration will go live on March 1, 2007, and spaces will be limited.

Name	Age	Hometown	Finish Time
Nancy Steadman-Martin	52	Oceanport, NJ	5:53:12
Michelle Davidson	36	Neptune City, NJ	6:27:00



—From 11/22/06 Manhattan Island Swim Foundation  
Cross Currents Newsletter

# THINKING OUTSIDE THE POOL – 2006 USMS CONVENTION REPORT

*(Editor's note: NJ was proudly represented at the convention by Chris McGiffin, Susan Kirk and Ed Tsuzuki. Here's their report).*

It's difficult to put words on paper that accurately reflect the full sense of achievement that one observes at a USMS Convention. Besides the long days of committee and House of Delegate meetings, there is much that occurs that makes attending convention fulfilling. One only need look at the wealth of knowledge and experience that each delegate brings to the event. USMS is the leading National Governing Body for masters swimming in the world, and it owes this distinction to the efforts of its hard-working and enthusiastic volunteers that input ideas and output action on a broad scale locally, nationally and internationally.

There was much recognition, for instance, of the recent 2006 FINA Masters World Aquatic Championships held recently at Stanford University. The local organizing committee directed by Michael Moore received praise and applause for their amazing effort in hosting the largest-ever international Masters competition. There was the visiting representative from Canada who reviewed and evaluated the USMS governance model with the hope of bringing similar organizational structure to the Canadian aquatics program. He remarked that USMS was the benchmark by which other international organizations measure themselves.

In this non-legislative year, the Legislation committee did entertain emergency legislation to prevent misrepresentation by a Masters swimmer who might "knowingly" provide "false information, including name, date of birth, age or gender on USMS membership applications or meet entries." The committee also proposed the addition of Pool Length Certification to meet sanction guideline forms.

The Planning committee presented its proposal to formalize a Local Development and Assistance Program, which will seek to facilitate the development of local masters swimming programs based on need and growth potential. Discussion included a review of the interpretations of the USMS mission statement, core objectives and goals. Emphasis was focused on measuring achievement of stated objectives and goals. Finally, attention was directed toward the completion of a Committee Work Matrix based on a VVMOST (Value, Vision, Mission, Objectives, Strategies, Tactics) review to be performed by each

USMS committee to identify overlap, enhance collaboration and prevent duplication of efforts.

During the LMSC Workshop meetings, the Chairman's Roundtable meeting examined best practices with regard to LMSC bylaws and grievance procedures, LMSC and Coach/Mentoring Grant Programs, effective affiliations with colleges and universities, and a host of other LMSC concerns (meet results, calendar of events, clinics, etc.).

The USMS Marketing committee meeting convened a discussion and approved funding for renewing or creating formal relationships with National Intramural-Recreational Sports Association (NIRSA) and American Aquatics Exercise Association (AAEA) and the National Coalition for Promoting Physical Activity (NCPA). Another item on the agenda was the presentation of the New Club Program, which presented a strategy to assist in the formulation of new clubs, development of recruiting plans, and producing marketing and recruiting materials. There was an initial glimpse of the concept of "Club in a Box," which would serve as new marketing tool distributed to existing and potential new clubs. It would contain information about USMS and the resources available to clubs as they seek to service, grow and retain their membership.

The Colonies Zone meeting highlights were the selection of the 2007 host sites for Zone Championship events. And the winners were ... 2007 SCY Zone Championships to GMU Patriot Masters, the 2007 LCM Zone Championships to Potomac Valley, and the 2007 SCM Zone Championship to TCNJ. Other presentations included the 2006 Colonies Zone Dot Donnelly Award which was presented to Charlie Cockrell and Ray Novitske for their service to the Zone. Members were informed of a trial virtual 2006 SCM Nationals including approximately four meets around the country. The Colonies Zone SCM championships will be a participant. Deadline for 2008 bids was discussed – deadline will remain Aug. 15 for the following year's meets. There will be some modification of the bid form to add a line for alternate dates. Discussion of working to increase pools and pool availability to Masters and especially to host meets as Colonies Zone championships; also need for volunteers to put on a meet (potential of partnering).

House of Delegate highlights were the

postponement of \$5 increase in registration fee until 2008, the development of an online registration system, and the continued pursuit of the selection of a USMS Executive Director.

As of the registration committee meeting on September 13, 2006, USMS had 41,759 members and it is anticipated by the conclusion of the 2006 registration year, it will reach 43,000 members. There were discussions about a generic USMS registration form, rolling year memberships, and the status of the online registration project. The completion of the online registration project is expected to be sometime during 2007. Registrars should be expecting more updates as this process moves closer to finalization.

The long distance committee made their selections for the 2008 Open Water Championships.

1 Mile Open Water: Connecticut Masters  
2 Mile Cable: Virginia Masters  
1-3 Mile Open Water: Wisconsin Masters  
3-6 Mile Open Water: COMA  
6+ Mile Open Water: Clemson  
One Hour Postal: YMCA Indy SwimFit  
3000/6000 Yard Postal: Swim Louisville  
5K/10K Postal: COMA

Both current and new sources of communications were discussed during the Communications committee meeting. There is an ongoing need to keep the information current in the USMS Calendar of Events, the USMS listing of Places to Swim and contact information. One of the goals for next year is to develop a plan for email to the membership from USMS. A request will be made to the Executive Committee to form a task force that will develop the requirements for a national sanctions database. There was also discussion about the ongoing efforts of creating a comprehensive meet results database and the need for cooperation from all LMSCs in submitting their meet results. Possibly adding the responsibility of meet results submissions to the meet database developer by the Sanctions Chair is under consideration.

Staying in contact with your membership, whether at a Club, LMSC, or national level, and the propagation of information are key components to effective communication. As was discussed in the communications workshop, this should be accomplished through a combination of good website development, newsletters, and emails. Specific tips and resources were offered to

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## SMILIN' DON WALSH SWIMS THE ISLE OF JERSEY

by Don Walsh (We ran an account of Don's swim last month as told by Charlie Gravett who takes teams around the island. This is Don's story.)

*The Isle of Jersey is one of the Channel Islands located 110 miles south of London and 14 miles off the coast of France. The island is five miles wide, nine miles long, and 41.5 miles around... should you ever want to swim it. On August 25, 2006, Don Walsh from New Jersey, USA, and Alice Harvey, from the Isle of Jersey did just that. Here's Don's story...*

On August 19th I was met at Gatwick Airport by friends and English Channel veterans Laura Lopez-Bonilla and Cliff Golding. Laura would be my one of my crew for the 41.5-mile swim. The next day, we flew to the Isle of Jersey, and were met by Charlie Gravett, the pilot extraordinaire who takes solo and relay teams around the island. It would be up to Charlie to determine when – and if – we could attempt our swim. With the unpredictable and ever-changing weather conditions in the Channel Islands, it was a big question whether we would find the window of 12+ hours that we would need.

After several days of sightseeing and training swims, we got the call on Thursday evening. “We’re going tomorrow,” Charlie informed us. “Meet me at the dock at 5:00 am.”

YIKES! Panic time. I had planned on using Friday to rest, hydrate, and prepare my sports drinks and “stuff” for the swim on Saturday. But with the help of my wife, Millie, and son, Sean, I

was able to run through my checklist and get everything packed for morning.

Let me just say this: “It’s very dark at 4:30 in the morning!” We assembled at the dock — Alice Harvey and her support crew; Charlie aboard “Sea Swimmer” and his mate Mick aboard “Channel Girl;” and Andy, the kayaker who would guide me through the rocks. We loaded the boats and headed through the darkness across the harbor to the official starting point at Elizabeth Castle.

As we motored out to the breakwater, Sean started to apply a generous dose of lanolin under my arms so I wouldn’t chafe during my swim. Charlie asked that he not put it anywhere else as I would foul the boat getting on and off. OOPS! I had planned on wearing five pounds of this gooey mix to prevent chafing and to help keep me warm in the 64-degree waters of the Channel.

Charlie was dead-on with his forecast. The wind stopped and the sun came up to shine over calm seas. We couldn’t have asked for better conditions. I touched the breakwater at Elizabeth Castle and said, “I’ll be back!” Then I took the first of 24,000 strokes that would take me around the Isle of Jersey.

The sun wasn’t up yet but there was enough light to follow “Sea Swimmer” across the harbor and out through the rocks on the southeast side of the island. There, Andy took over for the

next 2 hours and guided me through the rocks that jutted up from the bottom. “Sea Swimmer” was able to slide inside the rocks every half hour for my feedings, but then returned to the safety of deeper waters while Andy set my course. When we cleared the rocks and rounded the southeast corner of the island, Andy waved goodbye and shouted “good luck!” I had to take a moment and thank him for getting me through the rocks safely. Now it was up to Charlie, Laura, and Sean to get me safely around the rest of the island.

I must also mention that two good friends, Pat and Betsy Frank, flew over from Atlanta to escort Millie around the island by car. There are many vantage points to view the swim from land, and Pat was able to document my swim on film.

I had arranged with Sean to receive Accel Gel and Accelerade Sports drink every half hour. I also took mouthwash at every feeding to prevent my lips and tongue from swelling from being in the salt water all day. Believe me, it works! Sean tied the three bottles to a 60-foot length of parachute cord and floated them back to me from the boat. I rolled onto my back and took the bottles one-by-one and tried to get them down as quickly as possible. Although necessary, stopping to feed every half hour adds to the overall time of your swim, so this was a skill that I practiced during my

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### 2006 USMS CONVENTION REPORT—CONTINUED FROM PAGE X

fine tune the method of delivery to best suit the needs of your membership.

At this year's FINA World Masters Championships, The Sports Medicine, Health and Safety committee conducted a very successful and well received Sports Medicine Lecture Series. The committee is currently working hard to get this series on the web. Based upon the success of this series at Worlds, the committee would like to have another lecture series in place at SCY Nationals in 2007.

USMS Swimmer magazine has reached out to this committee for upbeat ideas for health related articles.

2008 National Pool Championships site selections were announced: Short Course Yards National Championship will be held at the University of Texas, Austin, Texas. Long Course Meters National Championship will be held at Mt. Hood Community College, Mt. Hood, Oregon.

Thinking outside the pool was the theme for this year's convention, and by all

accounts, the concept lived up to its billing. Special thanks go out to the Michigan Masters who worked tirelessly to host this year's event. The 5:30am long-course workouts, followed by local breakfast fare and entertaining conversation and the amazing hospitality suite goodies helped to boost the appeal. It has been five years since it was supposed to be the host, but the events of Sept. 11, 2001 pre-empted any gathering. Five years later, we were grateful to be in attendance at Dearborn, MI.



training. Another thing to keep in mind is not to spend too much time talking. I basically listened to Charlie, Laura, and Sean rather than trying to talk. Besides, the message soon became obvious: "swim faster!" We maintained the feeding schedule throughout the day, which was important in order to get approximately 400 – 450 calories in each hour. That's what I trained on over the past year, so that's what I knew I needed in order to keep going. I felt that I could have continued as long as needed to complete my swim.

Swimming around the Isle of Jersey is amazing; there's nothing like it in America. There is a breakwater at St Catherine's and it reaches out into the sea like a long arm. It provided Millie, Pat, and Betsy with a great vantage point to see me swimming. I'll never forget what a beautiful sight it was swimming to Gorey Castle on the east coast of the island. The castle is enormous and stands on top of a cliff, so it's visible for miles both on the approach and after I swam by it, I could see it over my shoulder for hours. I don't think it was out of my view until after I rounded the northeast corner and headed along the north shore of the island. That's where "Sea Swimmer" took me off-shore to take advantage of the current.

I didn't know until my visit to the Maritime Museum on Jersey that the flow of water in the Channel is stronger on the French side due to the earth's rotation. Go figure! I never had the feeling that I was moving fast simply because everything on the island is so large, plus I was about 2 to 3 miles off shore.

With the sun shining and no winds, I had flat waters all the way until the west side of the island where the Channel and the Atlantic Ocean meet. The rules allow another swimmer to swim along side of you for an hour, but not to pace you. We had decided before my swim that Laura would join

me in the water. Unfortunately on the west side of the island it's like swimming in a washing machine. I was able to power through it and Laura is a Channel swimmer so she was able to deal with it as well. Laura had to get out before we cleared five-mile beach, but having another swimmer in the water was very uplifting.

I continued on my own swimming through the washing machine and set my course for Corbierre Lighthouse where I made my final turn home-ward toward Elizabeth Castle. Corbierre Lighthouse is a magnificent sight. It's pure white and stands high above the landscape like the space shuttle at NASA. We had to deal with some rocks off the lighthouse, but they were nothing like the ones on the southeast corner of the island.

Once I rounded the corner and headed back toward Elizabeth Castle I knew that I would complete the swim. It didn't matter how long it took me, I was going to stay in the water until I touched that breakwater at Elizabeth Castle.

My crew kept me entertained by making faces and splashing me during the day. Charlie joked that he couldn't see much effort in my stroke while watching me from the surface, so he figured there must be a lot going on under water. I told him don't get excited, there's nothing going on there either. He also joked that he'd never seen a man my age swim all day in cold water with such a silly grin on his face. J

After 11 hours and 3 minutes of swimming, I touched the breakwater at Elizabeth Castle. I had swum at a rate of 37 strokes per minute all day long. My crew took averages and my stroke count never varied. When I entered St Aubin's Bay, my crew told me to sprint the last mile and a half in order to make it under 11 hours, but after 40 miles of swimming, there really wasn't going to be any sprinting. But I did give them a good show as I took

my stroke count up to 37 and a half!

If the swim had gone an hour longer it would have been canceled because the wind, rain, and then the fog closed out the visibility. I was so lucky! The weather was so poor that they allowed only two swims this summer -- mine and Alice's plus one other. So now I'm the first person from New Jersey to swim around the Isle of Jersey and I did it in the fewest number of strokes ... 37 strokes per minute and under 24,000 strokes for the day when you back out the time for feedings. My name will go into the Maritime Museum along with the other swimmers who have completed the round-island swim. More important, I was able to raise over \$7,000.00 for the families that lost SEALs during Operation Red Wing in 2005.

The people who helped me and whom I met while on the Isle of Jersey are the best in the world! I also thank my family for their endless support during my training and swim, as well as all my friends who encouraged me and helped me with training. Thank you to Matt Vecchione of Pacific Health Products for providing me with Accelerade Sports Drinks and Accel Gels that gave me the energy to complete the 41.5-mile swim, and to John Kiely of Kiely Equipment Company of Long Branch, NJ for his very generous financial support towards our trip. Finally, because I did this swim as a fundraiser, I thank the countless people who donated more than \$7000 to the Naval Special Warfare Foundation.

*(If you would like to support Don's efforts and give to the Naval Special Warfare Foundation. You can donate online through [www.NSWFoundation.org](http://www.NSWFoundation.org) or by mailing your donation to NSW Foundation, P.O. Box 5965, Virginia Beach, Virginia, 23471. Please reference Don Walsh on your contribution. The NSW Foundation is a national non-profit 501(c)3 corporation, 31-1728910, and your donations are tax deductible.) ☺*

## THE NORTH FACE ENDURANCE 50: 50 MARATHONS IN 50 STATES IN 50 DAYS

Most people get up, drink their coffee, put on their work clothes, and jump on the freeway to begin the daily grind. Dean Karnazes is a little different. For the next 50 days, he will get up, eat around 1,000 calories for breakfast, put on his running shoes, and run a marathon—every single day. His office is the road, his co-workers are fellow marathoners, and his goal is to run 50 marathons in 50 consecutive days in all 50 states. The daily grind takes on new meaning with this guy.

Sponsored by The North Face, Karnazes plans to add the Endurance 50 to his already bulging resume of crazy running achievements, including

winning the grueling Badwater Ultramarathon, and running 350 miles nonstop. A bit crazy? Definitely. But at least he's passionate.

Karnazes, along with The North Face, also developed a new endurance running shoe, the Endurus XCR Boa Trail Running Shoe, which Dean plans to wear for the entire Endurance 50.

"My favorite part of the shoe is the Boa lacing system," he says.

"It allows you to micro manage the tightness of your shoe by just turning a knob on the back." Karnazes also authored a best selling book: *Ultramarathon Man: Confessions of an All-Night Runner*.

Run 50 marathons in 50 days, develop running shoes, write best selling books, and travel—not a bad job description, except for that whole 50 marathons in 50 days thing. Karnazes was due to run until the 50th race: the New York City Marathon, November. 5th.

The mission of this event is to encourage, motivate and inspire people of all ages to become active, make physical wellness an essential and enjoyable priority in their lives and to promote healthy, active living across this great country. If Karnazes can accomplish this, I guess we all can manage to swim a few more laps or enter a few more races! ☺

## MODERATE EXERCISE MAY LOWER COLD RISK

### STUDY SHOWS A BRISK WALK A DAY MAY KEEP THE COMMON COLD AWAY

By Jennifer Warner

WebMD Medical News  
Reviewed By Louise Chang, MD  
on Thursday, October 26, 2006

Oct. 26, 2006 -- Women who want to reduce their sniffing and sneezing this winter may want to lace up their walking shoes and get moving.

A new study shows postmenopausal

women who exercised regularly lowered their risk of coming down with colds compared with more sedentary women.

Researchers found the protective effects of moderate exercise, like brisk walking, on preventing colds also appeared to increase over time. By the end of the yearlong study, nonexercisers had three times the risk of colds than women who exercised regularly.

"This adds another good reason to

put exercise on your to-do list, especially now that cold season is here," says researcher Cornelia Ulrich, PhD, of the Fred Hutchinson Cancer Research Center in Seattle, in a news release.

It's the first yearlong clinical trial to look at the effects of moderate exercise on fighting the common cold and suggests regular physical activity can boost the body's immune system and prevent infection. But experts say further research will be needed to confirm these results. ☺



## FITNESS MAY HELP MINDS STAY SHARP

### PHYSICAL FITNESS, KEEN MINDS GO TOGETHER IN SCOTTISH STUDY

By Miranda Hitti  
WebMD Medical News

Oct. 10, 2006 -- Chalk another point up for physical fitness: It may help the mind age better.

Scientists in Scotland report that news in Neurology.

The University of Edinburgh's Ian Deary, PhD, and colleagues studied 460 Scottish elders who were 79 years old and didn't have dementia.

Decades earlier, when the elders were 11 years old, they had taken a mental skills test that mainly covered verbal reasoning, with some questions that gauged numerical and spatial skills.

They repeated the same mental skills test at age 79.

The elders also took three fitness tests:

- Timed walk of nearly 20 feet

- Grip strength in their dominant hand (best of three trials)
- Lung function (amount of air forcibly exhaled in one second)

### FIT BODIES, SHARP MINDS

Elders with the highest fitness scores were the most likely to have scored similarly on the mental skills test at ages 11 and 79.

The results held after adjusting for other factors such as smoking, education, social class, and a form of the ApoE gene that's been linked to greater odds of developing Alzheimer's disease.

Participants only took the fitness test when they were 79 years old. So it's not clear if they had been physically fit throughout their lives.

The study doesn't show whether the elders worked out or stayed active without a formal exercise program.

Future studies should test whether fitness helps the brain age well, the

researchers note. Meanwhile, there's no reason not to be active -- at any age -- with your doctor's permission.

### ACTIVE AT ANY AGE

The CDC recommends that all adults get at least 30 minutes of moderate-intensity physical activity on five or more days per week.

Get your doctor's approval if you're new to exercise.

Aerobic endurance, strength, balance, and flexibility are all important for older adults, states the CDC's web site.

The CDC offers these ideas:

- Aerobic activities. Walking, swimming, dancing, skating, hiking, rolling a wheelchair
- Strength. Lifting weights or cans, carrying laundry or groceries, gardening, doing strength exercises while sitting in a chair
- Flexibility. Stretching, yoga, tai chi

## WALK AWAY FROM COLDS

In the study, published in *The American Journal of Medicine*, researchers divided 115 previously overweight or obese and sedentary postmenopausal women into two groups. They were all nonsmoking women.

One half was asked to engage in moderate exercise at home or at a gym for 45 minutes a day, five days a week. Among the exercise group, brisk walking was the activity of choice for most of the women. The other half of the women acted as a comparison group and participated in a 45-minute stretching session once a week.

During the study, the women recorded their exercise habits and any episodes

of allergies, colds, and other upper respiratory infections, such as flu.

The results showed that over the course of the year, the risk of colds decreased among exercisers and increased modestly among the nonexercisers. Overall, 48% of stretchers had at least one cold during the study compared with 30% of exercisers.

By the last three months of the study, the risk of colds was three times higher among nonexercisers.

"The enhanced immunity was strongest in the final quarter of the yearlong exercise intervention," says Ulrich. "This suggests that when it comes to preventing colds, it's really important to stick with exercise long term."

Ulrich says regular exercise in moderation, such as 30 to 45 minutes of brisk walking, appears to be the key. Other studies have shown that excessive, exhaustive exercise can deplete the immune system and increase the risk of colds.

"It's been shown that just a 30-minute walk can increase levels of leukocytes, which are part of the family of immune cells that fight infection," Ulrich says, which may help explain the protective effect found in the study.

*SOURCES: Chubak, J. American Journal of Medicine, November 2006; vol 119: pp 937-942. News release, American Journal of Medicine. News release, Fred Hutchinson Cancer Research Center.*

# 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.

**“IT’S NOT THE  
SIZE OF THE POOL...  
IT’S THE FRIENDS  
YOU ‘SWIM’ WITH.”**

—FROM A SHADE TREE GREETINGS BIRTHDAY CARD



## BABY TALK!

**Lorna and Michael  
Cialdella** welcome **Sean  
Michael Cialdella** into the

world, child number three for this family. Now with mom they'll have free and medley relay teams.

**BORN: Friday, September 29**

**TIME: 5:31pm**

**WEIGHT: 9 lbs, 2oz...Whew!!**

**LENGTH: 21 1/2"**

Congratulations also goes to **Doug and Hillary Clark** on the arrival of their baby girl! **Elliette Sara Clark (Ellie)** arrived on Wednesday, October 4 at 2:02 pm weighing in at 7lbs 8oz (3.4kg) and a length of 19.5" (49.5 cm)! Doug reports that Hillary and Ellie are both doing very well and that he is elated.



## COACHED WORKOUTS

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

**Berkeley Aquatics** Workouts are M 8:30-9:15 pm, W 8:9:15 pm, F 8:45-9:45 pm, Sun 8:30-10 am. Contact coach Peter Hockmeyer at 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 Cenker. 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 Cenker; 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@princetonlightwawe.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 Tues & Thurs 7:15-8:30pm; Sundays 11:30am-12:30 until 9/7. Coach is Jay Muldoon. Contact Jamil McEnnis; 732/548-2044 X 212, jamil.mcennis@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.

**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 rymas- tersandrea@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 Institute of Technology** Castle Point on Hudson Hoboken Stevens Masters; Contact: Brandon Pierce 201.216.8039 x6 or bpierce@stevens.edu or www.stevensaquatics.com Also Lisa Picek; 201-216-8039, lpicek@stevens.edu; Coached workouts : M, W, F: 6:00 - 7:30am; M & W: 7:30 - 9:00pm; T & H: 8:00 - 9:00pm; Sun: 10:00am - 12:00pm

**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.sussexcountyyymca.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.bgcuaquatics.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@morriscenteryymca.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, 5:45-7:30 at Community Park 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

**Montclair YMCA** Contact Billy Wilkenson; 973/744-3400

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

**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@wmyay.com

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

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

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



**NJ LMSC**  
451 Sweet Hollow Road  
Bloomsbury, NJ 08804



## MEET CALENDAR

### MEETS IN NEW JERSEY

**December 8-10, 2006**

**3rd Annual Holiday Classic and Colonies Zone SCM Championships, College of New Jersey.**

Meet entry is at [www.gsmswim.org](http://www.gsmswim.org) or go to the JAM website at [www.jerseyareamasters.com](http://www.jerseyareamasters.com).

**June 16, 2007**

**Tentative date for the New Jersey Open Water Swim Clinic conducted by Jeff Jotz**

### MEETS OUTSIDE OF NEW JERSEY

**December 15-17, 2006**

**New England LMSC SC Meters Championship, Boston University Fitness and Recreation Center, state of the art 2 year old pool.** Meet information is at <http://www.greatbaymasters.org/06scmchamp.php> Entries must be postmarked by Wednesday November 29 or received by Saturday December 2.

**January 1-31, 2007**

**USMS One Hour Postal Championships**  
Contact Margie Hutinger [phut@usms.org](mailto:phut@usms.org) or 727-521-1172 Entry form: <http://www.usms.org/longdist/1dnats07/1hentry.pdf>

### CHAMPIONSHIPS

**December 8-10, 2006**

**3rd Annual Holiday Classic and Colonies Zone SCM Championships, College of New Jersey.** Meet entry is at [www.gsmswim.org](http://www.gsmswim.org) or go to the JAM website at [www.jerseyareamasters.com](http://www.jerseyareamasters.com).

**April 13-15, 2007**

**Short Course Yards Zones Championships, George Mason University, Fairfax, Virginia** Contact Cheryl Ward [cherylward@yahoo.com](mailto:cherylward@yahoo.com) or 703-359-5366  
Entry form: <http://www.patriotmasters.org/ColoniesApril2007.Entry.pdf>

**May 15 - Sept 15, 2007**

**USMS 5km and 10km Postal Championships** Contact Susan Ingraham at [aquatex101@aol.com](mailto:aquatex101@aol.com) or 210-493-0388

**May 17-20, 2007**

**USMS Short Course Yards Nationals, Weyerhaeuser King County Aquatic Center, Federal Way, Washington** Contact Jane Moore at [swimmoore@comcast.net](mailto:swimmoore@comcast.net) or 253-479-4956

**May 19, 2007**

**USMS 5km Open Water Championship, Gulf of Mexico, Ft. Myers Beach, FL**  
Contact Gregg Cross at [gregg.cross@usa-openwaterswim.com](mailto:gregg.cross@usa-openwaterswim.com) or 239-462-3322; Bill Nunez at [billn@deangelisdiamond.com](mailto:billn@deangelisdiamond.com) or 239-427-1472

**May 27, 2007**

**USMS 1 Mile Open Water Championships Lake Audubon, Reston, Virginia**  
Contact Gordon Gerson at [usna58@comcast.net](mailto:usna58@comcast.net) or 703-437-0074; Lynn Hazlewood at [lynhzlwd@usms.org](mailto:lynhzlwd@usms.org) or <http://www.restonmasters.org/>

**August 10-13, 2007**

**USMS Long Course Meters Nationals, The Woodlands Aquatic Center, The Woodlands, Texas**

## REMEMBER TO REGISTER

USMS NJ LMSC membership registration is in full swing now.

Go to

<http://www.gsmswim.org/membership/registration.htm>

for a 2007 membership application form.