

EASTLANE

Two Coaches of the Year

A big round of applause goes to long-time Masters swimmers Judy Lee and Bill Reichle who brilliantly coach the Pingry high school swim teams. They were each recently honored with the Coach of the Year award in Somerset County at the High School Level for their women's and men's teams.

Here's what the March 25th Star Ledger said about their accomplishments:

"Judy Lee directed Pingry of Martinsville to its finest season this decade. Sparked by two victories each by Emily Lang and Christina Daquila, the team captured its first Colonial Hills Conference title. It then finished second to Mount St. Mary at both the Somerset County and Prep A championships. Pingry advanced to the NJSIA Non-Public B final for the first time since 1999, where it was beaten again by Mount St. Mary, 116-54, and finished 10-4."

"Pingry's Bill Reichle led his team to the Non-Public B state final for the first time in nine years. In the final, Pingry, a three-time Parochial B state champion (1995-1997), bowed to Bishop Eustace of Pennsauken, 98-72. Pingry also rallied past Pennington to grab its third straight B Division title--its eighth in 11 years--at the state prep meet."

—Thanks to Susan Kirk for this information.

Workout from Coach of the Year, Judy Lee

Warm-up:

400 yards, every 4th lap kick on your side

Main Set:

- ▶ 5 x 100 (75 catch-up drill + 25 swim)
- ▶ 12 x 50 Pull (4 x 50 stroke + 4 x 50 free + 4 x 50 stroke)
- ▶ 4 x 150 Kick with fins (25 EZ + 25 fast)
- ▶ 3 x 300 Swim (200 free + 100 IM)

Warm-down:

100 EZ

Total: 3100 yards

Technique Tips:

Breaststroke Pulldown

By Glenn Mills

Keep your head stable and in line with your body.

Throw your arms back – don't simply drop them to your sides.

Keep the legs straight and tight as you fly through the water.

Shrug your shoulders to tighten the body line and round the surface that cuts through the water.

—From Swimming World Magazine, 11/06 issue excerpted from Virginia LMSC for newsletter, 3/15/07 issue



The winning team, Wyckoff, at the 21st Annual OCY Team Championships.

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Light Those Candles!

Happy Birthday to the following 38 April babies:



Nickolas Demas 75-79
Edward Eyring 55-59
Peter Gruntfest 55-59
Rita Nannini 55-59
Glenn Cantor 50-54
Michael Lyons 50-54
William Howarth 50-54
Cedric Druce 50-54
Marguerite Brennan 50-54
Howard Libov 50-54
Mark Hoffman 45-49
Elyse Dickman 45-49
Hoyt Ammidon 45-49
Karen Shearly 45-49
Kathleen Carlyon 45-49
Janet Michaels 40-44
Ping Feng 40-44
Elizabeth Grundy 40-44
Scott Yeomans 40-44
Doug Walker 40-44
Robert Gannon 40-44
Martin Scheidl 40-44
Brent Matheson 40-44
Jen Whiting 40-44
Scott Duprex 35-39
Julia Inagaki 35-39
Barry Bachenheimer 35-39
Marlene Sloger 30-34
Daniel Miller 30-34
Kristina Styraite 30-34
George Damyanidis 30-34
Barbara Kertesz 30-34
Sandy Bluhm 25-29
Stephanie Colbry 25-29
Meredith McDowell 25-29
Lance Jochims 25-29
Christine Schwebel 20-24
Ahmed Elsayed 20-24

Howard, Mac hold 'Pride' together Without the two actors, the film would sink in a sea of sports-film clichés

*By David Germain, Associated Press
March 22, 2007*

Hollywood's latest inspirational sports flick, the swimming drama "Pride," has enough buoyancy to remain afloat, though without the vigor of Terrence Howard and the charm of Bernie Mac, it likely would sink in its own sea of clichés.

"Pride" offers a few small variations that set it apart somewhat, but this is a story we keep seeing over and over again — the underdog football hero, the impossible baseball rookie, the ragtag soccer champs, the unknown golfer who goes the distance.

This time it's a group of inner-city black teens in the 1970s who are molded by a selfless mentor into a winning swim team that strikes a blow for race relations and equal opportunity.

Howard stars as Jim Ellis, the real-life coach who founded the Philadelphia Department of Recreation swim team, which has brought focus and meaning to the lives of hundreds of black kids from impoverished neighborhoods over the last 35 years.

First-time director Sunu Gonera and a team of four credited screenwriters front-load the movie's heaviest drama in a brief prologue, in which Ellis reacts with justifiable fury over racial taunts from a white crowd that doesn't want to see him, a black kid, competing in their swim meet in 1964.

The tale jumps ahead 10 years as Ellis arrives in Philly with a good education and a desire to teach. Only no one will have him, so he takes what he can get, a temporary job overseeing the dismantling of a community rec center about to be closed.

There he meets janitor and resident curmudgeon Elston (Mac), who's really an idealistic teddy bear in disguise. After a spat or two, Jim and Elston begin to bond, and the custodian quickly becomes an ally when Jim fills up the center's old pool and tries to interest a few local basketball idlers in swimming.

Before long, they've got a cocky team of five young men and a spitfire young woman, the gang learning the ins and outs of sportsmanship and team bonding through Ellis' endless stream of athletic clichés.

The story is completely predictable and shamelessly manipulative, despite a few dramatic flourishes and some violence and racial slurs that stretch the movie's PG rating.

Standard sports ingredients abound, including a training montage in which the swimmers go from amateurs clowning around the pool to fierce competitors in just a few moments.

Kimberly Elise co-stars as a city councilwoman and sister of one of Ellis' swimmers, who goes from skeptic to supporter and romantic interest for the coach.

The swimmers are given an archrival in the upscale white team from across town, led by a smug, condescending coach (Tom Arnold).

There's also a half-baked conflict pitting Ellis against a drug peddler, the two men vying for control of the youths, and, by extension, the streets themselves.

The sentimental script forces Howard and Mac further into weepy territory than these two rough, raw performers should have to go. Yet they hold the movie together with great humor and camaraderie.

One of the real lessons in sportsmanship comes from watching Howard and Mac join up as true team players, with infectious rapport and genuine kinship.

— From MSNBC.com

Stronger, Faster, Smarter

Exercise does more than build muscles and help prevent heart disease. New science shows that it also boosts brainpower – and may offer hope in the battle against Alzheimer’s.

By Mary Carmichael

A recent and rapidly growing movement in science shows that exercise can make people smarter. Last week, in a landmark paper, researchers announced that they had coaxed the human brain into growing new nerve cells, a process that for decades had been thought impossible, simply by putting subjects on a three-month aerobic-workout regimen. Other scientists have found that vigorous exercise can cause older nerve cells to form dense, interconnected webs that make the brain run faster and more efficiently. And there are clues that physical activity can stave off the beginnings of Alzheimer’s disease, ADHD and other cognitive disorders. No matter your age, it seems, a strong, active body is crucial for building a strong, active mind.

Now armed with brain-scanning tools and a sophisticated understanding of biochemistry, researchers are realizing

that the mental effects of exercise are far more profound and complex than they once thought. The process starts in the muscles. Every time a bicep or quad contracts and releases, it sends out chemicals, including a protein called IGF-1 that travels through the bloodstream, across the blood-brain barrier and into the brain itself. There, IGF-1 takes on the role of foreman in the body’s neurotransmitter factory. It issues orders to ramp up production of several chemicals, including one called brain-derived neurotrophic factor, or BDNF. John Ratey, author of the upcoming book “Spark: The Revolutionary New Science of Exercise and the Brain,” calls this molecule “Miracle-Gro for the brain.” It fuels almost all the activities that lead to higher thought.

With regular exercise, the body builds up its levels of BDNF, and the brain’s nerve cells start to branch out, join together and communicate with each other in new ways. This is the process that underlies learning: every change in the junctions between brain cells signifies a new fact or skill that’s been picked up and stowed away for future use. BDNF makes that process possible. Brains with more of it have a greater capacity for knowledge. On the other hand, says UCLA neuroscientist Fernando Gomez-Pinilla, a brain that’s low on BDNF shuts itself off to new information. In his experiments, rats were put

through weeks of running on a wheel, a workout that increased their BDNF levels. Gomez-Pinilla left half of the animals alone; in the other half, he blocked the chemical’s effects with a drug. Then he subjected both groups of athletic rats to a test of wits, encouraging them to find an object that was hidden underwater. The first group easily pinpointed its location, but the second, BDNF-deprived group wasn’t nearly as quick or sharp. Nature has conducted a similar experiment on humans. In unlucky people with a faulty variant of the gene that makes BDNF, the brain has trouble both creating new memories and calling up old ones.

Most people maintain fairly constant levels of BDNF in adulthood. But as they age, the individual neurons slowly start to die off. Until the mid-’90’s, scientist thought the loss was permanent – that the brain couldn’t make new nerve cells to replace the dead ones. But animal studies over the last decade have overturned that assumption, showing that “neuro-genesis” in some parts of the brain can be induced easily with exercise. Last week’s study, published in the Proceedings of the National Academy of Sciences, extended that principle to humans for the first time. After working out for three months, all the subjects appeared to sprout new neurons; those who gained the most in cardiovascular fitness also grew the most nerve cells. This, too, might be BDNF at work, transforming stem cells into full-grown, functional neurons. “It was extremely exciting to see this exercise effect in humans for the first time,” says Scott Small, a Columbia University Medical Center neurologist who coauthored the study with Salk Institute neurobiologist Fred Gage. “In terms of trying to understand what it means, the field is just exploding.”

The first step toward that understanding is to figure out exactly where the new brain cells are growing – and whether that is a part of the brain that needs to be rejuvenated. In Small and Gage’s experiment, the new neurons created by exercise cropped up on only one place: the dentate gyrus of the hippocampus, an area that controls learning and memory.



NJ Swimmers posed to start their medley relay at the 21st Annual OCY Team Championships.

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As far as scientists know, new neurons can't grow throughout the rest of the brain. But other regions benefit from exercise in many secondary ways. Blood volume increases with exercise, says Small: "Wherever you have the birth of new brain cells, you have the birth of new capillaries." Active adults have less inflammation in the brain. They also have fewer "little bitty strokes that can impair cognition without the person even knowing," says University of California, San Francisco, neuroscientist Kristine Yaffe. Still other researchers have found that athletes have more astrocytes, or cells that support neurons and mop up neurotransmitters after they're used to send messages from cell to cell. And even the levels of those neurotransmitters are higher in people who exercise frequently. "Dopamine, serotonin, norepinephrine – all of these are elevated after a bout of exercise," says Ratey. "So having a workout will help with focus, calming down, impulsivity – it's like taking a little bit of Prozac and a little bit of Ritalin."

Unlike neurogenesis, which can take weeks to occur, most of these additional effects appear almost immediately. Get off the treadmill after a half-hour workout, says Hillman, and "within 48 minutes" your brain will be in better shape. But alas, these benefits are somewhat transient. Like weight, mental fitness has to be maintained. New neurons, and the connections between them, will stick around for years, but within a month of inactivity, "the astrocytes shrink down again, and then the neurons don't function as well anymore," says William Greenough, a psychologist at the University of Illinois. Let your body go, then, and your brain will follow.

To keep the effects, you've got to keep working out. "If you're thinking that by exercising at age 20 you're going to have some effect on what you're like at age 70," Greenough adds, you'd better be willing to commit to 50 years of hitting the gym.

—Excerpted from *Newsweek*, 3/26/07 issue.

USA Swimmers Strong at Worlds

Swimmers from the U.S. turned in strong performances at the 12th FINA World Championships in Melbourne, Australia that ran from March 17- April 1. The Americans led the medal count with 21 gold, 14 silver and 5 bronze. The biggest upset of the event came on Friday when American Ryan Lochte became the first man to beat Aaron Peirsol in the 200-meter backstroke in seven years.



The New York Times (3/31/07) wrote "It required a torrid final lap and a record time of 1 minute 54:32 seconds. "I still don't think it's true," Lochte said, "I think that scoreboard's saying a lie. Man, I'm in shock." ...Though Peirsol was on record pace coming off the final turn on Friday, Lochte caught him with about 25 meters to go. As they churned to the finish, spray flying off their water wheeling arms, it became clear that Lochte had the lead. Peirsol finished in 1:54.80. Markus Rogan of Austria was third in 1:56.02. "The last 50, I cramped up," Peirsol said. "I didn't have it where I usually have it, but that's the name of the game."

The Worlds is the last major international meet before the 2008 Summer Olympics in Beijing and USA Today (3/29/07) wrote, "the U.S. swimmers appear on pace again to be big winners at the Games."

Heroes of Melbourne give fitting farewell

1 April, 2007

The final day of the 12th FINA World Championships provided a perfect farewell to Melbourne for two outstanding athletes of the swimming programme, Michael Phelps and Libby Lenton. Phelps claimed a record seventh gold medal, and fourth individual world record, while Lenton etched her name in the record books with a third individual title and a fifth gold medal for the championships.

Phelps' hopes for eight gold medals from these championships were dashed by Ian Crocker all-too-eager dive in the heats

of the medley relay on Sunday morning, but nothing could take the gloss off the 21-year-old's heroics in Melbourne, and he smashed his own 400m individual medley world record to top it all off. Phelps touched in a time of four minutes 6.22 seconds, 2.07 better than the time he set in winning the 2004 Athens Olympics gold medal. It wasn't all one-way traffic for Phelps, as team-mate Ryan Lochte headed him after the backstroke leg. For the briefest of moments, the world mark looked out of reach, but in 50m of powerful breaststroke he was back on track for gold and the record. He easily took both ahead of Lochte while Italian Luca Marin charged into third.

Amid all the fanfare around Phelps, Lenton's achievements in Melbourne have slipped under the radar. But her memorable grin shone again on Sunday, as she won a thrilling final of the women's 50 meter freestyle. Having already won the 100 meter freestyle, 100 meter butterfly and two relays, it meant five golds for the 22-year-old. Lenton surged late to successfully defend her world title in 24.53 ahead of Sweden's Therese Alshammer, while Marleen Veldhuis was third. Australia's second gold medal, and ninth of the championship, came in the very last event, the men's 4 x 100m medley relay. The Aussie men had failed to win any titles up to this point, but with the USA out thanks to Crocker's indiscretion, it provided an excellent chance. Freestyler Eamon Sullivan produced a grandstand finish, coming from 1.2 seconds behind at the final change to grab the gold in 3:34.93, much to the delight of Matt Welsh, Brenton Rickard and Andrew Lauterstein. Japan and Russia took silver and bronze.

But there was disappointment for the home fans in the men's 1500m, as an embattled Grant Hackett failed to take his fifth-straight world title, finishing seventh. The king was knocked off his throne in emphatic fashion by Polish teenager Mateusz Sawrymowicz. While Sawrymowicz's time of 14:45.94 was some 11.38 seconds off Hackett's world mark, it was nevertheless a personal best and good enough for gold ahead of Russia's Yuri Prilukov and Great Britain's David Davies.

(Heroes of Melbourne,
continued from page 4)

The swimming programme at the 12th FINA World Championships has become synonymous with two things, world records and American gold medals. Katie Hoff provided the final installment of both in the women's 400 meter Individual Medley. Her time of 4:32.89 was 0.70 faster than the old world mark and was easily good enough for her third gold medal of the championships. Russian Yana Martynova took silver, and Australian Stephanie Rice the bronze.

The third American gold medal for the night went to Jessica Hardy in the 50m breaststroke, as she upset Leisel Jones's quest for a clean sweep of the breaststroke events. Hardy tipped out the Australian by just 0.07 of a second, taking 0.22 of her personal best in winning the gold medal in 30.63. American Tara Kirk finished with the bronze medal.

The opening final of the last night, the 50m backstroke, was taken out by South Africa's Gerhard Zandberg. Zandberg (24.98) surged late in the race to defeat German world record holder Thomas Rupprath by 0.22 of second with Great Britain's Liam Tancock third in 25.23.

—From www.melbourne2007.com/aul



NJ-LMSC / Garden State Masters Swimming Masters Open Water Swim Clinic

Saturday, June 16 at 9am (Rain date June 17)

5th Ave. Bay Beach (at S. Bayview Ave.),
Seaside Park, NJ

**WORKOUTS, SAFETY, STARTS, TECHNIQUE,
NAVIGATON, FINISH**

USMS Long Distance All American Jeff Jotz and other experienced open water swimmers will prepare you for swimming in everything from a backyard pond to the English Channel. Clinic will consist of dryland instruction as well as swimming in the shallow waters of Barnegat Bay. Beginners and advanced open water swimmers are welcome. Pizza will be provided after the clinic for participants. Wetsuits are allowed and strongly encouraged if the water temperature is below 65F.

ENTRIES: The clinic is open to all Masters Swimmers holding a valid 2007 USMS registration card. A copy of your card must accompany your entry! Non-USMS members can register for a one-day USMS membership for an additional \$10, payable to NJ-LMSC (see www.gsmswim.org).

COST: Pre-registration required. \$25 if registered before June 4; \$30 after. Clinic size is limited to 25 swimmers.

Go to www.gsmswim.org for required registration form, payment information, driving directions, and more. Or contact Jeff Jotz at jjotz@mac.com.

The principle is competing against yourself.
It's about self improvement, about being better
than you were the day before.

- Author Unknown

Stroke Workout by Peter Hockmeyer Coach of Berkeley Aquatics

Warm-Up: 200 Swim + 200 Drill + 200 Swim

Main Set:

- ▶ 8 x 25 on 0:30 Fly breathe every 2 strokes
- ▶ 8 x 50 on 0:50 (25 Fly/ 25 Back)
- ▶ 8 x 75 on 1:10 (25 Fly/ 25 Back/ 25 Breast)
- ▶ 8 x 100 on 1:30 IM
- ▶ 16 x 25 on :30 Choice Kick

Swim Down: 1 x 200 on 3:30

Total: 3200 Yards

**Most people achieved their greatest success
ONE STEP BEYOND
what looked like their greatest failure.**

Meet Calendar: NJ

May 20 Manasquan Challenge Aquathlon

½ mile swim and 4 mile run. Proceeds will go to Manasquan's Hook and Ladder Fire Company #1. Register online at www.manasquanchallenge.com

June 16 New Jersey Open Water Swim Clinic conducted by Jeff Jotz

Rain date June 17. 5th Avenue Bay Beach at S. Bayview Ave, Seaside Park. Pre-registration required. \$25 if registered before June 4; \$30 after. Clinic size is limited to 25 swimmers. Contact Jeff Jotz at jjotz@mac.com.

August 4 Tentative date for the Jason Nessel Memorial LCM Meet in Rahway, NJ

Meets Outside of NJ

January 1 - December 31 Go The Distance 2007 Fitness Event

Contact Mary Sweat
gothedistance@swimmoregon.org
More information:
www.usms.org/fitness/content/fitnessevents

January 1 - December 31 Check-Off Challenge Fitness Event ~ Le Tour de Pool

More information and entry form:
www.usms.org/fitness/content/checkoff

June 10 Great Chesapeake Bay Swim

Lottery entry form: www.lin-mark.com
Lottery entry deadline: January 24, 2007

July 28 29th Annual Compo Beach 1 mile Point to Point, Compo Beach, Westport, CT

More information:
www.westporty.org/aquatics_events.html



Championships

May 15 - Sept 15 USMS 5K and 10K Postal Championships

Contact Susan Ingraham 210-493-0388
aquatex101@aol.com

May 17-20 USMS Short Course Yards Nationals at Weyerhaeuser King County Aquatic Center, Federal Way, Washington

Contact Jane Moore 253-759-4956
swimmoore@comcast.net

May 19 USMS 5K Open Water Championship, Gulf of Mexico, Ft. Myers Beach, FL

Contact Gregg Cross 239-462-3322
gregg.cross@usa-openwaterswim.com or
Bill Nunez 239-427-1472
billn@deangelisdiamond.com

May 27 USMS 1 Mile Open Water Championships, Lake Audubon, Reston, Virginia

Contact Gordon Gerson 703-437-0074
usna58@comcast.net or
Lynn Hazlewood lynhzlwd@usms.org
www.restonmasters.org

June 22 - July 7 2007 Summer National Senior Games - The Senior Olympics, Louisville, Kentucky

www.2007seniorgames.com/athletes.html

July 14 USMS 6+ Mile Open Water Championships (10K), Huntington Bay, Huntington, New York

Contact Bea Hartigan 631-271-3349
bea10k@yahoo.com

August 4 USMS 1-3 Mile Open Water Championships (1.76 miles), Lake Pend Oreille, Sandpoint, Idaho

Contact Larry Krauser 509-455-7789
larry.krauser@kcgl.net or Eric Ridgway 208-265-5412
sage1199@yahoo.com
Entry form:
www.usms.org/longdist/ldnats07/1.76mientry.pdf

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

More information to be posted by May 2007 at www.usms.org/comp/nationals.php

August 18 USMS 2 Mile Cable Championships, Mirror Lake, Lake Placid, New York

Contact Mary Field
maryfield@spacedmc.com or
frankfield@earthlink.net
518-583-4048(h), 518-356-9903 x14 (w) or
Ann Svenson annb48@earthlink.net
518-893-1967

September 15 - November 15 USMS 3000/6000 Yard Postal Championships

Contact Dee Turner 208-365-1166
dd@bigskytel.com or Jill Wright
208-338-5287 swimjmw@msn.com

April 15-25, 2008 FINA World Masters Championships

Perth, Australia
More information:
www.2008finamasters.org



Why P.M. Workouts Are Sometimes Best

It's no coincidence that your interval workouts often feel easier later in the day. Researchers at the University of South Carolina found that people swam a 200-meter time trial nearly six seconds faster in the early evening than they did in the morning. "This should hold true for any brief (five-minute) athletic performance, such as sprinting," says Shawn Youngstedt, the study's author. So if you've been chasing a personal best, sleep in – and do your speed sessions after work.

–From April 2007 issue of Shape Magazine

“It only hurt once, from beginning to end.”

James Counsilman, College Swimming Coach (after swimming the English Channel at the age of 58). Counsilman got his start as a swimmer at the East St. Louis YMCA. He was inducted into the International Swimming Hall of Fame as an Honor Coach in 1976.

MY ENGLISH CHANNEL SWIM

By Nancy Steadman-Martin

Editor's note: Open water season is coming up and what better way to get you psyched than to read Nancy's first person account of her amazing English Channel swim? We'll run Part I this month and finish her story in the May/June issue. So read on and maybe you'll come away with some tips you can use in your open water swims this summer.

It would take me 11 hours and 20 minutes to describe my swim across the English Channel – actually it would take even longer if I were to describe the years of training that led to the swim. However, this writing will set forth a summary of the swim and provide me with a remembrance of an awesome experience. For Distance swimmers, the English Channel is the aquatic Mount Everest. Since 1875, when Matthew Webb successfully swam across the Channel, only about 600 swimmers have completed the swim across the English Channel, even though nearly 5000 have made the attempt. The allure of the Channel grew for female swimmers on August 6, 1926, when Gertrude Ederle made her successful crossing in 14 hours and 31 minutes, making her the first female and fastest swimmer to swim across the Channel. It's estimated that Ms. Ederle had to swim 35 miles to get across even though the actual Channel distance is 21 miles. Besides the actual distance, the Channel challenges are many: cold water, strong currents, shipping traffic, jelly fish, fog, and bad weather.

Swimming the English Channel takes a great deal of preparation – physically, mentally, and emotionally. Luckily, I did all of this preparation with Michelle Davidson, my training partner and friend. It would have been difficult, if not impossible to

get to France without her. We had spent nearly every day swimming together, including swimming many hours in the Atlantic Ocean on Sundays through the fall of 2003, winter of 2003-2004, spring of 2004 and the summer of 2004. We had completed two swims around Manhattan Island in 2000 and 2003 to help prepare us for the Channel. We swam across Tampa Bay in a 24 mile race in April 2004, to know that we could go the distance of the Channel. Our winter swims in the Atlantic were sometimes in temperature of the mid-30's (that's Fahrenheit). We logged four and five hour swims with dolphins, fish, horse shoe crabs, and many jelly fish. For most of these swims, we went stroke for stroke together – sometimes racing, and sometimes just stroking.



We both arrived in Dover, England, on August 2, 2004. Our swims were scheduled for the week of August 7-14, 2004, so we had figured a few extra days to swim in the Channel prior to our scheduled swim would be a help. We stayed at the Hubert House where we received star treatment and great support for our swims. The Hubert House is owned by Peter & Jenni Hansen and other swimmers were also in residence. Peter is a swim instructor in Dover and has gone on the boats of other swimmers as a crew person. In fact, shortly before our arrival, he went with a swimmer who took over 17 hours to swim across. I didn't want to swim that long, so Peter was helpful in telling me what not to do. Evidently his swimmer argued with the boat pilot throughout the swim and added significant time to make for a lengthy swim. Jenni made sure Michelle and I had whatever we needed and served hearty breakfasts to everyone.

We both had arrived with our mothers and spent the next two days swimming in the Dover Harbour, talking with other Channel swimmers, eating, and resting. We talked with Allison Streeter, known as the “Queen of the Channel” because of her numerous crossings. She had just completed her 43rd crossing a few days before we arrived. She reached France, and then swam an extra 20 minutes to get a beer in a French pub along the coast. Allison is currently the only

woman to have completed a triple crossing! We also met Ann Cleveland, a woman from California who had just completed a double crossing. At the Pub in Dover where successful Channel swimmers sign their names, Ann had written – “Leave your mind and watch on shore when you start the Channel.” Another swimmer stated that Ann forgot to pick up her mind when she completed her double crossing. This comment actually says a great deal – you do have to be a bit crazy to want to swim 10 or more hours in cold water.

The training with the other Channel “hopefuls” was fun, but also somewhat intimidating. I wanted to check out how fast (or slow) they were compared to me. It was interesting to learn who was there for a second attempt after a failure in a prior year. We met Hugh from South Africa, who had made five prior attempts and was hoping six was his lucky number. I found myself not wanting to swim too close to Hugh in case some of the bad karma from his five prior failed attempts rubbed off on me. We met Laura, who had completed the swim in 2003, but was back to assist another swimmer across. I enjoyed talking to her and she had many helpful hints for us.

On August 6, 2004, the first day of the neap tide, we learned that five swimmers had started their journey across the Channel. One was a guy named John from Monterey, California, who had joined us on the previous mornings in the Harbour. He was a Navy Seal, who dedicated his swim to a friend who had died in Afghanistan. In addition to all this motivation for his swim, John was a fast, strong swimmer, who was conditioned to swimming in the cold waters of Monterey. Another swimmer who had started was Joe, from Colorado. He is known as “Puking Joe” because he had once been pulled from a long distance swim by race officials in Atlantic City as he had been vomiting too much during the swim. In the past year, we had competed with Joe in Tampa Bay. His time in Tampa was over two hours slower than the times of Michelle and me, but he was one of a few swimmers who completed the swim. He also had completed the Manhattan Island Swim in

(My English Channel Swim,
continued from page 7)

2004. The next morning we learned that John was the only one to have made it to France. John's time was 12 hours and 31 minutes. Joe stopped after 10 hours. Evidently, there were large swells and the swim was very tough. One swimmer only made four hours before he was pulled from the water.

The one to five ratio for success in the swims on August 6th did not help my nerves.

The other members of our support crew arrived on August 5, 2004. Misty, Michelle's sister, is an airline pilot. My brother, Ricky, is a teacher and lifeguard. Both Misty and Ricky were going to be our "designated swimmers." During our Channel swims, another swimmer can jump in and swim with you. There are many rules about this swimmer. The designated swimmers cannot come in for the first two hours. If the swimmer gets in with you, they can not get in again for one hour. They cannot lead the way and you cannot draft off of them. They cannot touch you, unless it is an inadvertent "bump." After the arrival of Misty and Ricky, all four of us swam in the Dover Harbour each morning. Now, instead of Michelle and I pacing each other, we split in to our Channel pairs. I stayed with Ricky; Michelle stayed with Misty. Ricky had brought large fins and a wetsuit vest. After the first day with the wetsuit vest, he got so chaffed he could not wear it again. Usually, Ricky tolerates cold water swimming better than me because of his years of winter surfing. However, I could tell my training in the winter paid off as I did not feel the cold at all during our morning swims and he did. Of course, it was also the difference in body fat that helped – Ricky has none. Ricky's force fins kept us evenly paced during the training swims. Misty adapted to the water and the conditions immediately and thought the water temperature was great! Her enthusiasm was always helpful.

As my swim approached, the news of the other swims was nerve wracking. I began to question myself as to whether I was ready and whether I could get to France. I even began to think about what would happen if I did not finish. Each night we called our boat pilot, Duncan Taylor, to determine whether I would be swimming the next day. Duncan had decided that the 6th was not going to be a good, so he was one of the only boat pilots who decided to keep his boat docked on that date. As evidenced by the number of failed attempts, he made the correct decision as 4 out of 5 swimmers didn't make it that day. On

August 9, 2004, I learned at 7:30 pm, that my swim was to take place the following day. I was instructed to meet Duncan at the boat by 4:00 am on August 10th.

We had a "crew meeting" that evening and I went over everything again with my crew. My crew consisted of the following individuals: My mother, Doris Steadman; My brother, Ricky Steadman; Dr. Michael Baden; Dr. Peter Dean.

I had a very special crew. My Mother has never missed an event in which I have participated. She was part of my crew on my Manhattan Swims in 1984, 2000 and 2003. She has always watched the ocean mile races I have entered from the age of eleven to present. She watched my nineteen running marathons, my triathlons and all my pool races. She has watched me win some and lose many. She was on the boat in Tampa for over ten hours without a bathroom! No matter how I do she always is happy to be there. Seeing her on the boat always gives me added confidence because she never has a doubt about my completion of a challenge. My brother, Ricky, was ready to be my designated swimmer and he would be in charge of my feedings. He had been on the boat on my first Manhattan Island Swim in 1984, so it was nice to have him on this trip.

Finding jobs for my two coroners was more difficult because I did NOT want to use their professional skills during my swim. Dr. Michael Baden is the famous forensic pathologist and is married to my law partner, Linda B. Kenney. Dr. Baden was going to assist in the feedings and he was also going to assist in putting the lanolin-vaseline mix on my body. This lanolin-vaseline mix has to be placed carefully so that all skin is covered. It helps keep me warm and prevents chaffing. It is extremely difficult to get off so I apply my front with gloves. I don't want any of the mix getting on my hands as then it could get on my goggles. With Linda's permission, Dr. Baden was going to apply it to my back. Dr. Baden would also assist in my feedings. Dr. Peter Dean, a friend of Michael's and Linda's, is the Majesty's Coroner in London. His eagerness for participation as a crew member was really special. He stayed up through the night on Monday in order to get back to Dover for my Tuesday swim. I had instructed both of these doctors that they could never touch me. Gertrude Ederle had been disqualified on her first attempt in 1925 because her trainer grabbed her from the water when he thought she was struggling. She had been angry about that and came back on August 6, 1926, for her successful swim. My doctors would be monitoring me but without any touching. **I informed them that I turn blue easily and that I slur**

my words when I'm cold. I learned how I acted after our winter ocean swims and I knew that I could go way beyond being blue and sounding drunk before hypothermia became a danger.

After our meeting, I arranged for a cab to pick us up at 3:15 am to take us to Folkestone Harbour where Duncan keeps his boat, the Mary Mayne. We had made a trial run to Folkestone a few days before to see the boat and check out where we would be meeting. Initially, it was difficult to find a cab company to pick us up at 3:15 am, but with the assistance of Jenni, the owner of our bed and breakfast, we located one. I tried to sleep that evening but I was so nervous and excited I probably only got about two hours of sleep. At 2:30 am, I got up to have a bowl of oatmeal. It has become the pre-race long distance swim meal for Michelle and me and now was not the time to make any changes. I put on my new Speedo that Michelle had gotten from the Sport Spot, a shop in Shrewsbury. We always wear matching suits and even though we would be swimming on separate days, this time was no different. The suits were a new Olympic design of red, white & blue and I had a matching red, white and blue bathing cap. I was very ready to go when the cab came at 3:15 am. Ricky, Mom, and I got into my cab. Michelle also came along to see me take off. Following in a car were Dr. Baden, Dr. Dean and Linda, who also came to see me off. It was raining and very dark when we got into the cab. The cab driver asked who was swimming and I raised my hand. He then very proudly announced that a few years ago he had driven the Argentine female swimmer who had drowned while swimming across. This comment, particularly on a rainy dark morning, was not what I needed to hear as I was about to start my swim to France. The car got quiet and I then asked if he had driven successful swimmers to the start since then. Luckily, he said yes.

There have been two swimmers in recent years who died while crossing the Channel. The Argentine female became hypothermic and continue to swim without her crew realizing that she was swimming without breathing. When they realized that she had not been breathing, it was too late. A Swiss male swimmer had been about 1/2 mile from shore, when his boat directed him to swim in to the beach. There were too many sandbars for the boat to go any closer. They never located the swimmer again. Unfortunately, the cab driver's comment reminded me that my Channel swim was just not a typical ocean swim.

-- To be continued in May/June FastLane.

Places to Swim in NJ

Please report changes to Linda Brown-Kuhn at 908-479-1038 or lbk@sprintmail.com

Coached Workouts



The Atlantic Club, Manasquan
M/W/F 6-7pm, T/Th 7-8am, Sat 8-9am
Contact Andreas Rostenberg 732-292-4372
andreas@h2ovelocity.com or www.atlanticclub.com

Berkeley Aquatic Club, Berkeley Heights
M 8:30-9:30pm, W 8:00-9:15pm,
F 8:45-9:45pm, Sun 8:30-10:00am
Contact Coach Peter Hockmeyer P_Hockmeyer@yahoo.com

Blair Academy, Blairstown
Different sessions for all ability levels.
Contact Coach Ed Dellert 973-764-5252 eddellert@warwick.net

Somerset Valley YMCA/Bridgewater
T 8:00-9:15pm, Th 6-7am
Contact Matt Donovan coachmatt76@yahoo.com

Centennial Masters, Cranford
T 7:30-8:30pm, Th 7-8am, Sat 8-9am
Contact Sally Kleeman 908-272-1854 nereid225@comcast.net

The Connection for Women and Families, Summit
M/T/Th 6-7am, M/W/F 12-1pm, M/W/Th 7-8pm (Th uncoached)
Contact Amanda Stover or Steve Honosowsky
908-273-4242 Amanda.stover@theconnectiononline.org

Drew Ranger Masters, Drew University, Madison
M/W/F 6:15-7:30am, 9:15-10:30am, T/Th 7:45-9:00pm, Sat 7-8:30am
Contact Dorsi Reynold 973-408-3002 draynol@drew.edu

Hamilton Hammerheads, Hamilton
M/W/F 8:30-9:30pm
Contact Coach Dan Cenko 609-571-5337
or Ami Lombardi, Y Aquatic Director 609-581-9622

Healthquest at Hunterdon, Flemington
T/Th 8:00-9:30pm
Coach Jean Becette
Contact Megan Grunstra, Aquatic Director
908-782-4009 x250 www.healthquest-fitness.com

Hoboken YMCA, Hoboken
M/T/W/Th 7-8pm
Contact Ignacio Sanchez, Aquatic Director
201-963-4100 x22
nacho_sanchez88@hotmail.com

Hunterdon County YMCA/Deerpath Branch, Flemington
T/Th 9:15-10:00am
Contact Sandy Carosi 908-236-0086 jcarosi@aol.com

JCC of Central NJ, Scotch Plains
M/W 7:30-8:30pm, T/Th 8:20-9:20pm,
non-coached T/Th 6:30-7:30am, T/Th 12-1pm
Contact Rebecca Rivera 908-889-8800 x219
rrivera@ccnj.org

JCC Metro West, West Orange
W 8-9pm, Sun 8-9 am
Contact Coach Melanie Fink
mfink38@comcast.net

Jersey Area Masters, Princeton Fitness & Wellness Center
M/T/W/Th 7-8pm or 8:00-9:30pm
Contact Darek Hahn before attending
609-947-3780 Dhahn@princetonlightwave.com

Lakeland Hills Masters Team, Mountain Lakes
Contact Pam Banks swimbanks@earthlink.com
www.lhymasters.tripod.com/lhym.html

Madison YMCA, Madison
M/W 8:20-9:30pm
Contact Ed Foeri 973-822-YMCA x228
or Dave Wray 973-822-YMCA x230

Metuchen-Edison YMCA, Metuchen
T 8:15-9:30pm, Th 7:45-9:00pm,
Sat 11:30am-12:30pm
Coach Jay Muldoon; Contact Jamil McEnnis
732-548-2044 x212
jamil.mcennis@metuchen-edisonymca.org

Peddie Aquatics Association Masters Swim Club, Hightstown
M/T/W/Th/F 8:00-9:30pm
Contact Paul Mucciarone pmfmooh@hotmail.com
or Aquatics Director 609-490-7564

Ricochet Health and Racquet Club, South Plainfield
T 6:15-7:15am, Fri 8-9pm
Contact Dawn Willemssen 908-753-2300
fitness@richochet-healthclub.com

Ridgewood YMCA, Ridgewood
M/T/W/Th/F 8:30-9:30pm
Contact Sue Ludzki 201-444-5600
or Andrea Luallen-Egg rymastersandrea@optonline.net

Rutgers University, Piscataway
M/T/Th/F 6-7am, M/T/W/Th/F 12-2pm,
Sun 5:30-7:00pm, T/Th 8-10pm, F 7:30-9:00pm
Contact Sean Sepela 732-445-0462
sepela@rci.rutgers.edu
www.recreation.rutgers.edu.aquatics

Stevens Institute of Technology, Hoboken
Workouts M/W/F 6:00-7:30am, M/W 7:30-9:00pm,
T/Th 8-9pm, Sun 10am-12pm
Contact Brandon Pierce 201-216-8039 x6
bpierce@stevens.edu or www.stevensaquatics.com
or Lisa Picke 201-216-8039 lpicke@stevens.edu

Stevens Sting Rays, Hoboken
M/W/F 7:30-9:00pm, T/Th 6:00-7:30am, T/Th 8-9pm,
Sun 10am-12pm
Contact Cheryl Lee 201-216-8039

Summit YMCA, Hurst Pool, Summit
T 5-6am
Contact Coach Paula Coleman
908-273-3330x143
rcoleman111@comcast.net

Sussex County YMCA, Hardyston
T/Th 5:30-6:30am, T/Th 6:15-7:00pm
Contact Coach John Postas jpostas@earthlink.net
973-209-9622

Sussex Technical School, Sparta
T/Th 6-7pm
Coach Christine Hollis
Contact Michelle Rapp 973-383-6700 mrapp@sussex.tec.nj.us

Union Boys and Girls Club, Union
Contact Ron Karnaugh 973-868-9922
RonKarnaugh@aol.com or www.SwimMD.com

Virtual Swim Masters, JCC, Bridgewater
Contact Coach John Quintana 908-581-0275
coach@virtualswim.com

Westfield YMCA, Westfield
T 6:30-7:30am, W 8-9 pm
Contact Paul Casazza 908-233-2700
pcasazza@westfieldynj.org

Wycoff YMCA Masters, Wycoff
M/W 6-7am, T/Th 8-9pm, Sat 7:30-8:30am
Contact Coach Garrett Orr 201-891-2081 x130

Non-Coached Workouts

County College of Morris, Randolph
Contact Nicole Agresto 973-328-5257
nagresto@ccm.edu

Newark YMCA, Newark
M-F 6-9am, 12-2pm, 6:00-7:30pm, Sat 1-2 pm
Contact Joy Henderson 973-624-8900 x6811

Monmouth Swim Hawks, Monmouth University, W. Long Branch
M/W/F 7-8am
Contact Robert Voorhees 732-263-5601
rvoorhees@monmouth.edu
or Murray Simon 732-229-7623

Montclair Masters, Montclair YMCA, Montclair
M/W 6-7pm, F 6:30-7:30pm
Contact Omar Cruz 973-744-3400 x109

Morris Center YMCA, Cedar Knolls
Contact Josh Wing 973-267-0704
j.wing@morriscenterymca.org

Princeton Area Masters, Community Park Pool, Princeton
M-F 5:00-6:45am at Princeton DeNunzio Pool, Sept-June
M-F 5:45-7:30am at Community Park Pool, June-Sept
Contact Tink Bolster 609-924-4222
or Kate Herlihy 609-921-9480

Red Bank YMCA/Deal JCC, Deal Park
Contact Doug Rice 908-741-2503

Rahway Branch YMCA
M/T/W/Th/F 6-7am
Contact Jeff Jotz 732-827-2190
jjotz@mac.com

Western Monmouth YMCA, Freehold
Sat 7:30-9:00am, T/Th 8:30-10:00pm
Contact Richard Wallace 732-851-5699(h),
973-482-6400 x2256(w)
swimphil@optonline.net

Whippany Waves Masters, Lautenberg Family JCC, Whippany
Contact Ben Gilbert 201-428-9300

Somerset Hills YMCA, Basking Ridge
Contact Karley Dabry 908-766-7898 x529

Sussex County Technical School, Sparta
T/Th 6-7pm
Contact Sharon Vogel 973-383-6700 x255

TCNJ Masters, The College of NJ, Trenton
M/T/W/Th/F 11am-2pm & 7-9pm, Sat/Sun 12-4pm
Contact Chrissy Schwebel
tcnjmasters@yahoo.com

FORMATIVE

Pools that have an interest in coached workouts but have none yet. Call if interested. Maybe you can get things going.

Greater Bergen County YMCA, Hackensack
Contact David Allred blueridge81@yahoo.com

West Morris Area YMCA, Randolph
Contact Kathy Fisher 973-388-1120
Kathy@wmya.com

St. Francis Community Center, Long Beach Township
Contact Linda Behr 609-494-8861
lmbhr80@aol.com

Ocean Club, Stafford Township, Manahawkin
Contact Kara Cassidy 609-653-0939
karaswims@comcast.net

Newark YMCA, Newark
Contact Janelle Uroff 973-624-8900 x6811
swim@newarkymca.org

Lawrenceville High School, Ewing
T & F 8-9pm
Contact Jim Vari 609-538-1782
jkjiv@yahoo.com





NJ LMSC

451 Sweet Hollow Road

Bloomsbury, NJ 08804