

EASTLANE

NJ Record-Breakers & USMS Nats Scorers

Congratulations to James Ryan for establishing a new NJLMSC record at the UMD Masters 800/1500 LCM Meet on July 7 at the Martin Luther King Pool, in Silver Springs, MD.

Men 55-59
James Ryan, 55
1500 Free 20:22.92

Congratulations to Frank McElroy for establishing a new NJLMSC record at the 2007 New England Long Course Meters Championship on June 22-24 at the Middlebury College Natatorium.

Men 55-59
Frank McElroy, 59
1500 Free 21:09.82

Congratulations to Jane Fisher for establishing new NJLMSC records at the 2007 Senior Games SCY in Louisville, KY on June 27 through July 2.

Women 70-74
Jane Fisher, 71
100 Breast 2:06.53
50 Fly :51.95
100 Fly 2:04.23

Congratulations to Bob Hopkins for establishing new NJLMSC records at the Wilton Masters Summer Sizzler LCM Meet on July 15.

Men 65-69
Bob Hopkins, 65
400 Free 6:44.58
200 Back 3:23.26
200 IM 3:33.50

Keep Swimm'n' Fast!

USMS SC Nationals

New Jersey was well represented at the USMS Short Course Yards Nationals held May 17-20 at the Weyerhaeuser King County Aquatic Center in Federal Way, Washington. Special congratulations go to Steve Hiltabiddle who took first place in the 50 fly for his age group! Below are team placings for the New Jersey teams and results for our state's swimmers up to 10th place.

Stevens Technical Institute - 53rd 105 points
Garden State Masters - 63rd 79 points
Jersey Area Masters - 96th 33.50 points



CONGRATULATIONS

NJ Swimmers!

Women 25-29

Lisa Picsek, 27
50 Breast 33.70 (7th place)
100 Breast 1:12.73 (6th place)
200 Breast 2:40.44 (9th place)

Maggie Singler, 27
50 Back 29.95 (8th place)
100 Back 1:05.56 (7th place)
50 Fly 27.96* (4th place)
100 Fly 1:05.60 (3rd place)

Women 30-34

Jennifer Bauman, 34
200 Breast 2:51.11 (9th place)
100 Fly 1:13.75 (5th place)
400 IM 5:32.00 (7th place)

Men 18-24

Thomas Alne, 18
200 Free 2:20.60 (8th place)
500 Free 6:30.46 (3rd place)
1650 Free 23:35.27 (2nd place)

Men 25-29

James Esposito, 27
50 Breast 27.51 (3rd place)
100 Breast 59.16* (2nd place)
200 Breast 2:15.88 (7th place)

Men 30-34

Peter Hezky, 31
100 Back 54.33 (2nd place)
200 Back 1:58.98 (2nd place)
100 Fly 53.54 (3rd place)
200 Fly 2:02.76 (2nd place)
100 IM 55.56 (4th place)
200 IM 2:01.58 (4th place)

Men 40-44

Steve Hiltabiddle, 40
50 Free* 21.94 (2nd place)
100 Free 48.73 (2nd place)
50 Fly* 23.08 (1st place)
100 Fly* 51.86 (2nd place)
100 IM* 55.63 (2nd place)

William Segal, 42
50 Free 22.43 (3rd place)
100 Free 49.12 (4th place)
200 Free 1:49.15 (5th place)
50 Fly 24.17 (2nd place)
100 Fly 54.40 (8th place)

Men 50-54

Greg Romano, 51
100 Fly 1:01.33 (10th place)

*NJLMSC Record

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Light Those Candles! Happy Birthday to the following 97 July and August babies:



Marie McGowan 75-79
Charles Woodford 70-74
Peter Worms 70-74
Jay Lynch 70-74
Carol Eno 70-74
Jerry Katz 65-69
Donald Cox 60-64
Jack Zakim 60-64
Peter McCoy 55-59
John Jacobs 55-59
Kevin Lynott 55-59
James Ryan 55-59
Daniel McConnell 55-59
Richard Cahayla-Wynne 55-59
Nancy Titko 50-54
Stan Konopka 50-54
Pam Banks 50-54
Nancy Steadman-Martin 50-54
William Beardsley 50-54
Mario Lepore 50-54
Robert Kristen 50-54
David Juchneiwicz 50-54
Kathleen Hurley 50-54
Steven Becker 50-54
Arthur Bilenker 50-54
Marcia Postallian 50-54
Greg Yang 50-54
Tom Steel 50-54
Maureen Koziol 50-54
LaJoy Collins 50-54
Doug Myers 50-54
Sarah Sangree 50-54
Scott McNees 50-54
Lorraine Fitzsimmons 45-49
Jack Szymanski 45-49
Charles Daniel 45-49
Clayton Paterson 45-49
Benn Doyle 45-49
Louis Conte 45-49
Dorothy Durkin 45-49
Michael Leddy 45-49
Nancy Wilderotter 45-49
Kieran Cummings 45-49
Donald Smart 45-49
Karen Charen 45-49
Amy Motzenbecker 45-49
Godfrey Allen 45-49
Joseph Jankewicz 45-49
Deborah Kemp 45-49
Amy Carow 45-49
Fred Nitting 45-49
Charles Freund 45-49
Daniel Sexton 45-49
Laurie Ditommaso 45-49
Carlos Molina 40-44
James Muir 40-44
Rebecca Kalibat 40-44
Alvaro Polar 40-44
Peter Knapp 40-44
Lorna Cialdella-Morehead 40-44
Margaret Martonosi 40-44
Craig Hubert 40-44
Matt Sweeney 40-44
Jeffery Scott 40-44
Chuck Fowler 40-44
Melanie Fink 40-44
Trevor Clarke 40-44
Chris Mathes 40-44
Lisa Campbell 40-44
Craig Prince 40-44
Karen Meyer 35-39
Aimee Fielding 35-39
Murray Resinski 35-39
Robert Morrison 35-39
Ron Farina 35-39
Jack Wright 35-39
Jennifer Harnett 35-39
Ellen Sommerlad 35-39
Heather Agriogianis 35-39
William Blumentals 35-39
Karin Adams 35-39
William DiGiacomo 30-34
Peter Hezky 30-34
Lindsey Sniegos 30-34
Michael Nusbaum 30-34
Tiffany Brennan 30-34
Gered Doherty 25-29
Jacqueline Gephart 25-29
James Esposito 25-29
Sarah Merriman 25-29
Lisa Picek 25-29
Maggie Singler 25-29
Laura Yonych 25-29
Dan Drury 25-29
Robert Tucker 25-29
Christine Larkin 25-29
Elyse Turr 20-24

Watch Out, Janet

Broken by Kate Ziegler, the world's oldest swimming record. Ziegler, 18, of Great Falls, Virginia, swam the **1500-meter freestyle** at the TYR Meet of Champions in Mission Viejo, California, in **15:42.54**, lowering Janet Evans' 1988 mark by nearly 10 seconds. Ziegler also won three other races at the meet. Evans holds the new oldest swimming record: her 1989 mark of 8:16.22 in the 800-meter freestyle.

—From *Sports Illustrated*, 6/25/07 issue



Online Update

Same great website,
but we've got a
new URL!

We've changed from
www.gmswim.org
to

www.njmasters.org

So fix your address book,
make a note or
do whatever you do
to keep track of
new website addresses
and go check it out!

Cardio vs. Weights: The Battle Is Over

By Laura S. Jones
Special to The Washington Post
Tuesday, April 24, 2007

Among the fitness questions we receive, some are perennial favorites. Like this one: Which is better for scorching up calories: cardio workouts or weight training?

The short answer is -- you're not going to like this -- you need to do both. Quit your groaning. It's not as hard as it seems. But first, an explanation.

"The calorie-burning debate gets complicated quickly," says Miriam Nelson, author of "Strong Women Stay Slim" and director of the John Hancock Center for Physical Activity and Nutrition at Tufts University. "You are probably burning more calories when you are actually moving a heavy weight than when you are doing aerobic exercise. But you are taking breaks, so over 30 minutes the actual number of calories burned doing strength training will be less."

Time factors into the contest another way, too: "You are limited in the amount of strength training you can do," says Nelson, a fellow of the American College of Sports Medicine. The ACSM advises you weight-train no more than two to three times per week, to give the body time to repair microscopic muscle tears produced by training that are key to gaining strength. "But you can do cardiovascular exercise every day," Nelson says.

"Ideally, you want a combination of moderate to vigorous aerobic exercise and moderate-intensity strength training. But if vigorous aerobic exercise and vigorous weight training went head-to-head for calories burned, vigorous aerobic exercise would win."

Nelson's call is supported by the ponderously named "Compendium of Physical Activities Tracking Guide." The guide is used by the ACSM and the Centers for Disease Control and Prevention, among other august authorities, to classify hundreds of physical activities by energy expenditure. The expenditure is measured in METs, or metabolic equivalents. The more METs an activity requires, the harder the activity and the more calories burned.

Doing circuit training (a series of exercises using different muscle groups, with minimal rest in between) requires eight METs, the same as running at a speed of 5 mph. To increase to 6 mph (a 10-minute-mile pace), you need 10 METs. Heavy weight lifting, by contrast, requires only six METs; light weight lifting, three. In other words, you

have to work very hard at a non-cardiovascular exercise such as weight lifting to get to the same MET level reached by less-intense cardiovascular exercise. And only cardio will take you into the highest calorie-burning realm.

However, says Nelson, the cardio-vs-strength debate overlooks two factors that are key to weight loss and weight maintenance. One is calorie intake. You can burn as many calories as you like with exercise, but if you eat them back, you won't lose weight. "Most people will eat to compensate for calories burned unless they are very careful."

The second factor, Nelson says: "All movement matters. It is the total volume of exercise over the day that is most important. Both planned exercise and lifestyle activities count." So you can't take just one dose of exercise and do whatever you want for the other 23 hours.

To combine cardio and strength training, you can either look at your week or your workout as a place to mix it up. If you exercise six days a week, you could use three days for 60-minute cardio workouts and three days for 30 minutes of cardio plus 30 minutes of strength training. Or you could order the combo platter.

If a new client wanting to lose weight came to Lance Breger, head trainer at Mint Fitness in Northwest Washington, he would recommend "circuit-style strength training" because it keeps the heart rate elevated, increases caloric afterburn and builds muscle. The exercises can be all strength exercises (switching muscle groups from chest to back or arms to legs) or a combination of strength and cardio exercises (a set of pull-downs followed by a lap around the track or three minutes on a bike).

Breger explains that a good program for general fitness involves a combination of cardio and strength. The bottom line for Breger is that "to burn more calories during exercise, you need to increase oxygen consumption [another measure of energy expenditure], which means you have to work harder."

So the debate is over. Shake hands, boys. It's a tie. Cardiovascular exercise and strength training can go have a small, low-fat, low-sugar, moderate-protein smoothie together and chuckle about the days when they were adversaries competing for our attention.

Laura S. Jones is a freelance writer living in Charlottesville. She is certified as a health fitness instructor by the American College of Sports Medicine.



Lady Liberty Swim

May 27, 2007 — 1 Mile

While most people in the NYC area were enjoying a relaxing long weekend, 118 swimmers kicked off summer the right way, with the third annual Lady Liberty Swim. New Jersey Master's swimmer, Jeffrey Jotz, was the first swimmer out of the 61°F water in 23:16, repeating his victory from last year, with top female finisher Megan Griffis just six seconds behind. And, as always, David Nager was there to take photos (see photo at right).

—From Manhattan Island Foundation's newsletter, *Cross Currents*



Man Becomes First To Swim At North Pole

TORONTO, July 16, 2007

(AP) A British explorer has braved sub-zero temperatures to become the first person to swim at the North Pole. **Lewis Gordon Pugh took to the freezing waters on Sunday to highlight the devastating impact of climate change on the natural world. It took him 18 minutes and 50 seconds to swim 0.6 miles in waters created by melted sea ice at temperatures of 29°F, the coldest a human has swum in.**

"I am obviously ecstatic to have succeeded but this swim is a triumph and a tragedy," the 37-year-old British lawyer said after coming out of the water.

"A triumph that I could swim in such ferocious conditions, but a tragedy that it's possible to swim at the North Pole." Pugh said he hoped that his swim will make world leaders take climate change seriously.

"The decisions which they make over the next few years will determine the biodiversity of our world," he said.

"I want my children, and their children, to know that polar bears are still living in the Arctic — these creatures are on

the front line up here."

Swimming has given him a unique perspective on climate change, **Pugh says on his Web site. "I have witnessed retreating glaciers, decreasing sea ice, coral bleaching, severe droughts and the migration of animals to colder climates.**

"It's as a result of these experiences that I am determined to do my bit to raise awareness about the fragility of our environment and to encourage everyone to take action."

Calling it the hardest swim of his life, Pugh said Sunday that the water was black when he jumped in. "It was like jumping into a dark black hole. It was frightening. The pain was immediate and felt like my body was on fire," said Pugh, who's an ambassador for the World Wildlife Fund UK.

"I was in excruciating pain from beginning to end and I nearly quit on a few occasions." Colin Butfield of WWF UK called the challenge "a bittersweet victory, as this swim has only been possible because of climate change."

Pugh is known for his epic swims in waters from the Antarctic to the Indian Ocean. His ability to raise his body temperature in anticipation of a swim in cold waters has intrigued top sports scientists and has earned him his "Polar Bear" nickname.

(Thanks to Susan Kirk for this brrrrry cool article)

Happy News for Fit People

You already know that breaking a sweat can turn a stressful day into a distant memory. Now, a study hints that exercise helps protect your heart from the physical damage that mental strain can cause, too.

Whenever you're emotionally taxed, your immune system churns out inflammatory chemicals that can contribute to clogged arteries. But if you're fit, you may be protected: when researchers at University College London measured mental stress in middle-age-adults, the fittest volunteers had one-fifth the amount of these chemicals in their blood as those who weren't active. "Exercise may 'tune up' the nervous system so it can take a reasonable amount of stress in stride, instead of putting your immune system on read alert," says lead author Mark Hamer, PhD.

To get the same benefit, work out vigorously (jog, cycle, swim) at least twice a week.

—Sari Harrar

—From Prevention Magazine, 8/07 issue

Just Beneath the Surface

By Akiko Busch

In graphic design, the word “river” refers to the white space between words that sometimes connects in a rippling vertical pattern down the printed page. Such a river is to be avoided because it can interrupt the flow of text in an irregular pattern and distract the reader’s eye from the horizontal progression of the printed words. But just as it may be a distraction, that space between words also confirms their meaning. If a river can both separate and connect on the printed page, it is capable of doing this all the more in the natural world.

My preoccupation with swimming across rivers started in 2001. A close friend had died, my own half-century mark was approaching and my 12-year-old twin sons were in an adolescent landscape furnished with clothes, language and activities all incomprehensible to me. There was little I could do about any of these things. But for that reason, it occurred to me to find a divide that could be crossed. And more and more I came to imagine that swimming across a river might be a way to do this. Now, six years and nine rivers later, swimming across rivers has drifted toward another purpose. It seems clear now, in that way that the unexpected can sometimes take hold of intent, thwarting and subverting it, that following the path of the river is as important as crossing it. A river can connect every bit as effectively as it divides.

Maybe because there is something so essentially primal about swimming, I had always thought of it as a solitary endeavor. In ordinary circumstances that’s what it tends to be. Swimming is, by nature, asocial; in the subaquatic realm, the human community is peripheral. **The very substance of water puts you at a remove, and solitude is inevitable. You don’t speak, you can’t hear and though you may not be alone, it is easy to believe that you are.** Swimming demands social disengagement, and unless you happen to be involved in some kind of synchronized swimming, contact and conversation are impractical. All of which is part of its beauty. In “Haunts of

the Black Masseur: The Swimmer as Hero,” the British writer and swimmer Charles Sprawson goes further, suggesting that “the swimmer’s solitary training, the long hours spent semi-submerged, induce a lonely, meditative state of mind. Much of a swimmer’s training takes place inside his head, immersed as he is in a continuous dream of a world under water. **So intense and concentrated are his conditions that he becomes prey to delusions and neuroses beyond the experience of other athletes.**”

I don’t know that I would agree with swimmers being delusional. That swimming is solitary and rhythmic tends to put the swimmer in a reflective frame of mind **where the water can comb out the concerns and anxieties of ordinary life**, and possibly there are times that shutting out anxieties could be called delusional. But certainly the sense of distance you feel underwater confers a kind of comfort.

Still, whether it was Sprawson’s discouraging diagnosis or simply the impulse to test my own assumptions, I was assailed from time to time with the notion of swimming as a communal, possibly even social, activity. Certainly swimming and eroticism are natural colleagues. **I can think of no other sport that is so innately sensual. It is not only in the way the water caresses your skin but also in the way it is all about reaching as far as you can. Swimming is about touching the surface of the water and drawing yourself across it, it is about remove and submersion and sometimes it is also about submitting to the strength and current and direction of the water.**

Even Sprawson, once he has established the idea that the swimmer is a lonely neurotic, doesn’t hesitate to note that swimming is also an enterprise that can establish a romantic bond and has been catalogued doing exactly that exhaustively by writers through the ages. For Lord Byron, water was just another venue in which to pursue his famous liaisons; lame from birth, it was only in the water that Byron felt complete physical freedom and in swimming that he cultivated emotional attachments to

men and women alike. **To be Lord Byron’s swimming partner was almost certainly to be his lover.** From F. Scott Fitzgerald’s *Dick Diver* to Tennessee Williams’s *Sebastian*, the history of literature is full of swimmers who, for all their delusions and lonely neuroses, find in water the catalyst for erotic attachments.

If you accept the idea that swimming can cultivate an erotic bond, surely it can establish other ties as well. And just as a river can take you from one place to another, so too can it deliver you to a sense of purpose. In September 2002, Martin Strel, a 47-year-old music teacher from Slovenia, took on the entire length of the Mississippi River. That was the 10th anniversary of the diplomatic ties between the United States and the recognition of an independent Republic of Slovenia, and it was Strel’s intention to swim 11 hours a day, day after day, until he had swum the entire 2,320-mile course of the river to further the alliance between the two countries and to promote “peace, friendship, and clean water.” And Christopher Swain, a swimmer from Burlington, Vermont, has made it his mission to swim American rivers to raise environmental awareness. He has swum the entire length of the Columbia River (1,243 miles), the Hudson River (315 miles), the length of Lake Champlain (125 miles) and the Charles River (80 miles). If you are a swimmer, then, and one equipped with a sense of purpose, a river may be what you want; its flow can support single-mindedness and reconfirm conviction and determination.

--Taken from the New York Times magazine, 7/8/07. To read the rest of the article go to www.nytimes.com/2007/07/08/magazine

“Maybe it is simply because the body is about 70% water, but swimming in a river confers a sense of intimacy with the natural world that isn’t easy to come by.”

-- Akiko Busch, NY Times writer and river swimmer

What's the Best Time to Exercise? Experts offer tips on finding the best time of day for your workout.

By Leanna Skarnulis
WebMD Weight Loss Clinic-Feature
Reviewed by Louise Chang, MD

Some people swear by a 6am jog to get their hearts racing and get them psyched up for the day. Others wouldn't dream of breaking a sweat before noon, preferring a walk around the neighborhood after dinner. But is any one time of day the best time to exercise? The truth is that there's no reliable evidence to suggest that calories are burned more efficiently at certain times of day. But the time of day *can* influence how you feel when exercising. The most important thing, experts say, is to choose a time of day you can stick with, so that exercise becomes a habit.

Your Body Clock

Your body's circadian rhythm determines whether you're a night owl or an early bird, and there's not much you can do to alter it. Circadian rhythm is governed by the 24-hour pattern of the earth's rotation. These rhythms influence body functions such as blood pressure, body temperature, hormone levels, and heart rate, all of which play a role in your body's readiness for exercise. Using your body clock as a guide to when to go for a walk or hit the gym might seem like a good idea. But, of course, there are other important considerations, such as family and work schedules, or a friend's availability to walk with you.

The Perks of Morning Exercise

If you have trouble with consistency, morning may be your best time to exercise, experts say.

"Research suggests in terms of performing a consistent exercise habit, individuals who exercise in the morning tend to do better," says Cedric Bryant, PhD, chief science officer with the American Council on Exercise in San Diego .

"The thinking is that they get their exercise in before other time pressures interfere," Bryant says. "I usually exercise at 6am, because no matter how well-intentioned I am, if I don't exercise in the

morning, other things will squeeze it out."

He recommends that if you exercise in the morning, when body temperature is lower, you should allow more time to warm up than you would later in the day.

When Insomnia Interferes

Unfortunately, hitting the snooze button repeatedly isn't exercise. But, if you've suffered insomnia the night before, it can seem a lot more appealing than jumping out of bed and hitting the treadmill. Good, regular bedtime habits can help you beat insomnia. They include winding down before bedtime.

"Your body needs to get ready for sleep," says Sally A. White, PhD, dean and professor in the College of Education at Lehigh University in Bethlehem, Pa. "You want your heart rate and body temperature in a rest zone. It starts the body getting into a habit of sleep."

Exercising or eating too late sabotages your body's urge to sleep.

"Both exercise and eating raise your heart rate and temperature," White tells WebMD. "That's not conducive to sleeping."

When Later Is Better

White, who studies achievement motivation in exercise and other areas, says that in spite of good intentions to get up early and get her exercise over with, she is more likely to exercise after work.

"It's easier to get my body into a rhythm because I'm not fighting my body the way I do in the morning," she says.

For some people, lunchtime is the best time to exercise, especially if co-workers keep you company. Just be sure to eat *after* you work out, not before.

"Don't exercise immediately following a meal," says Bryant, who lectures internationally on exercise, fitness and nutrition. "The blood that needs to go to your muscles is going to your digestive tract. Give yourself 90 minutes after a heavy meal."

You don't have to be an expert on circadian rhythms to determine the best time to exercise. Steven Aldana, PhD, advises trying different times of the day.

Work out in the morning for a few weeks, then try noon, then early evening.

Which do you enjoy most and which makes you feel best afterward? Also,

consider the type of exercise, and other daily commitments.

"Most of all, find a time that helps you make your exercise a regular, consistent part of your life," says Aldana, a professor of lifestyle medicine in the department of exercise sciences at Brigham Young University in Provo, Utah. "This is more important than the time of day."

Establishing the Exercise Habit

One day, you'll reach a point where daily exercise comes as naturally as breathing. At that point, you may want variety.

"In an effort to stay regularly active, some people change the type of exercise they do and the time of day they do it," says Aldana, author of *The Stop & Go Fast Food Nutrition Guide*. "Keeping it fresh makes it more enjoyable and more likely to be continued."

But if you're still at the point where exercise is hit or miss, scheduling it for the same time each day will help you make it a habit. Whether you choose morning, lunchtime, or after work to exercise, make it part of your routine.

"People who are just starting out and who exercise randomly are more likely to drop out," White says.

She adds that starting out can be as simple as changing the route you come home from work so that you drive by a gym. "Get into the habit of going that way, and keep a bag of exercise gear in your car or at work," she says.

—Taken from WebMD.com on 6/2/07

Good News about Twilight Workouts

Not an early bird? No sweat. Your body may be primed to exercise later in the day. A University of South Carolina study found that swimmers worked out harder – getting a greater calorie burn and more heart benefits – at 11pm than at 5am. Body temperature rises during the day, so muscles are more flexible and exercise feels easier. **Still, the best time for a workout is when you're least likely to skip.** If you choose evening, do it as soon as you get home—before dinner or other tasks interfere.

—From Prevention Magazine, 8/07 issue
(Editor's note: Call me picky but I wouldn't want to swim at 11pm or 5am!)

3000 YARD "SKILL" WORKOUT by BOB HOPKINS

Notes to assist in reading this fantastic workout:

1. "x" and "y" depend on your personal skill and conditioning level; the faster (y) you swim each repeat, the longer the interval (x) will need to be.
2. Drills in this workout are in quotations. Look to the bottom and to the right of the workout to find full instructions for each drill.

Warm-Up (250 Skill Drills)

- 50 Free "side balance with roll"
- 50 Free "single arm with breathing to stroking side"
- 50 "body dolphin alternate breast & fly pull"
- 50 Back "side balance"
- 50 Back "single arm"

Main Set (2500)

- (5) 200 Free on x holding y
- (5) 200 IM on x holding y
- (10) 25 Free Sprint on 1:00 holding y
- (10) 25 Stroke Sprint on 1:00 holding y

Warm-Down (250 Skill Drills)

- 50 Free "catch-up"
- 50 Back "switch"
- 50 Fly "single arm"
- 50 Breast "kick on back"

FREESTYLE DRILLS

"Side Balance" - lie on your side with your arm extended overhead and your ear on your shoulder with the other arm resting on your side that is facing up; kick gently on your side maintaining horizontal balance in water by pressing on your armpit; you should be looking at the bottom of the pool; monitor your horizontal position by observing the arm that is on your top side; it should be completely out of the water; if the water level is at your elbow, you need to press more on the armpit of your extended arm to regain the horizontal balanced position needed for streamlining; swim one length on the right side and the next length on the left side; when you need to breathe, roll your whole body so that your face is out of the water and breathe; do not raise your head but keep your ear on your shoulder as you roll; return immediately to the face down position and make sure you have not lost your balanced position.

"Side Balance with Roll" - same as "Side Balance" except that you will incorporate a roll from one side to the other side and take a breath; start the same way as in "Side Balance" but recover your arm that is on your top side; as the recovering arm is even with your ear, grab the water with the arm that is extended and roll to your other side as you continue to recover your arm; as your recovering arm enters the water your face should be out of the water on the opposite side so you can breathe; after you breathe, rotate your head to a face down position and hold that position and regain your horizontal balance; then repeat the rolling movement to the other side.

"Single Arm, breathe to stroking side" - with non stroking arm at side, stroke with the other arm and breathe on the side you are stroking with at the completion (push phase) of the stroke; at the completion of the stroke, the shoulder of your stroking arm should be out of the water via body rotation; upon entry of the stroking arm, the shoulder of your non stroking arm should be out of the water via body rotation; each shoulder should go near vertical as you balance on your other side.

"Catch up" - swim normal freestyle leaving your non stroking hand in front of you in a streamlined position until your stroking/recovering hand touches it; once your recovering hand touches your gliding hand, start your pull motion with your gliding hand; this drill forces you to glide in an exaggerated manner.

BACKSTROKE DRILLS

"Side Balance" - same as in freestyle except that your face is looking at the ceiling not the bottom of the pool; gently kick one lap on your right side with your right arm extended, your head kept straight and looking upward and your left shoulder out of the water, almost vertical, pointing up toward the ceiling; the water level should be between your eyes and ears; swim the next lap with your left arm extended and your right shoulder and arm out of the water; maintain horizontal balance by monitoring the surface of the water on your top arm; your entire arm and hand should be completely out of the water lying on your side; if the water level is near your elbow, you are not balanced in a horizontal position and you need to press down on the armpit of your extended arm to raise your legs closer to the surface so your arm is out of the water right down to your wrist or, best case, to your finger tips.

"Switch" - same as above, except six times per length take a stroke with the extended arm and roll from one side to the other; after each roll, make sure you regain your horizontal position; your head position should be steady during the entire cycle

"Single Arm" - pull an entire length with one arm only; if you are pulling with your right arm, make sure that your left shoulder is out of the water as your right arm enters; equally important, make sure your right shoulder is out of the water as you complete the stroke with your right arm; you accomplish this rotation to your left side by pushing yourself to the left side as your complete the stroke with your right arm; as you do this drill, both shoulder must come out of the water during each cycle.

BUTTERFLY DRILLS

"Body Dolphin" - push off wall face down in a streamlined position with arms extended overhead and your head between your arms; without kicking or using arms, undulate your body starting at your finger tips and ending at your toes in order to propel yourself forward down the pool; when you need to breathe, scull your hands to shoulder width keeping arms straight during the forward lunge; as you begin to scull your hands back together, raise your head to breathe; then put your head back down to a streamlined position on your next forward lunge.

"Body Dolphin with alternate fly/breast stroke" - the next progression to the previous drill; as you scull to the corner, breathe on the insweep of a breaststroke pull; lunge forward and on the next scull to the corners, take a butterfly stroke without breathing keeping your head down facing the bottom; repeat the sequence.

"Single Arm Fly" - swim a length of fly stroking with one arm while keeping the non stroking arm in front; breathe to the side every second stroke; concentrate on your down kick as your hand enters the water in front of you and as your hand leaves the water behind you; concentrate on leaning forward on your chest on hand entry and on switching your weight back as you take your arm stroke; concentrate on gliding in a streamlined position upon hand entry; repeat the next length with the other arm; a variation is breathing to the front but front breathing tends to raise the head a lot more and you lose your streamlined position; to approximate the horizontal body position you can achieve with side breathing, you must keep your chin close to the water when you breath to the front, that is, do not raise your head much out of the water.

BREASTSTROKE DRILL

"Kick on Back" - lying on your back with arms extended overhead, recover your legs as in breaststroke fashion but be sure not to break the surface of the water with your knees; this teaches leg recovery in a streamlined position to reduce resistance.

Meet Calendar: NJ

For upcoming New Jersey meets, check Fast-Lane Newsletter in September as well as our Meet Calendar at www.njmasters.org.

Meets Outside of NJ

January 1 - December 31 Go The Distance 2007 Fitness Event

Contact Mary Sweat
gothedistance@swimoregon.org
More info: www.usms.org/fitness

January 1 - December 31 Check-Off Challenge Fitness Event ~ Le Tour de Pool
More info and entry form: www.usms.org/fitness

Championships

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

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

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

More info at www.usms.org. Mail in entry form available in May/June USMS Swimmer magazine.
*Special note: The correct zip code to mail in your entry form is 03053.
Online entries: www.usms.org/comp/lcnats07

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
Entry form: www.usms.org/longdist/ldnats07

August 18-19 Colonies Zone LCM Championships, College Park, MD

Contact Jeff Strahota 240-472-1481
jstrahota@usms.org
Entry form: www.pvmasters.org
Entries must be postmarked by Friday, August 3 or received by Sunday, August 6.

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
Qualifying times:
www.2008finamasters.org/index.php?id=1200

April 24-27, 2008 (tentative) USMS SCY National Championships, University of Texas, Austin, Texas

May 15-18, 2008 YMCA Masters National Championships, Hall of Fame Pool, Ft. Lauderdale, Florida

More info to be posted soon at
www.ymcaswimminganddiving.org

August 14-17, 2008 USMS LCM National Championships, Mt. Hood Community College, Mt. Hood, Oregon

2007 OPEN WATER CALENDAR

Compiled by Jeff Jotz
* Indicates "Event not yet confirmed."

Sat, Aug 11 Atlantic City Around the Island 22.5 mile Marathon Swim, Atlantic City, NJ
www.acswim.org

Sat, Aug 11 Ocean County YMCA 1.5 mile Mid Summer Ocean Swim, Seaside Park NJ
732-341-9622 x 2214 or www.ocymca.org

Sat, Aug 11 Sound-to-Cove swim 1 mile 5K and 10K swims, Glen Cove, NY
www.swimcrossamerica.org/nassau_suffolk

***Sat, Aug 18** Lavallette Beach Patrol 1 mile Ocean swim www.lavalletteboro.com

Sun, Aug 19 Ray Licata Memorial 1 mile ocean swim, Long Branch, NJ
www.raylicatamemorialschwim.com

***Sun, Aug 19** Breezy Point 2.5 or 5 km Swims - Brighton Beach, NY
www.metroswim.org

Sat, Aug 25 Little Red Lighthouse 5.85 mile Swim, New York, NY www.nycswim.org

***Sat, Aug 25** 1 mile Yates Swim, Atlantic City, NJ 609-347-5466 www.acbp.org

***Sun, Aug 26** 12th Annual 1 Mile Ocean Swim at Manasquan Beach, 8am Manasquan, NJ 732-681-4094 tkrug@optonline.net or www.raceforum.com/08/manasquan

***Sun, Aug 26** 1 Mile Brigantine Bayfest Swim - Brigantine, NJ; Brigantine Elks Lodge, 609-266-9826

Sun, Aug 29 Cove to Cove 1/2 mile Swim, New York, NY www.nycswim.org

***Sat, Sept 1** Atlantic City Pageant 1.5 mile Ocean Swim, Atlantic City, NJ 609-347-5466 www.acbp.org

***Sun, Sept 2** John Daly 1 Mile Ocean Swim, Long Beach, NY



Sat, Sept 8 Brooklyn Bridge 1 km Swim, New York, NY www.nycswim.org

Sun, Sept 17 1 Mile Fanny's Return (Across The Narrows) - Brooklyn, NY
www.metroswim.org

Sat, Sept 23 September Splash 2 mile, 1 mile and 1/4 mile Swims, Wildwood, NJ
www.lmsports.com

Sat, Sept 29 Freedom Tower Aquathon 1/2 mile swim, 3 mile run, New York, NY
www.nycswim.org

Sat, Sept 29 Cove to Cove Swim 1/2 mile, New York, NY www.nycswim.org

Sat, Oct 6 Ederle Swim 17.5 miles, New York, NY www.nycswim.org

Good News for Boston Open Water Swimmers

The first official Charles River Swim Race was held in July and that's big news around there because the Charles River, running between Boston and Cambridge, had been officially off-limits to swimmers for more than 50 years. The River has undergone a multi-million-dollar cleanup and officials recently gave it a grade of B+ which means it's fit to swim in most of the time. Now that's progress.

—Taken from 7/21/07 NY Times

2nd ASUA Pan American Masters Swimming Championships 2007

Amateur Swimming Union of the Americas will be holding the 2nd A.S.U.A./U.A.N.A. Pan American Masters Swimming Championship from August 30 to September 3, 2007 in San Juan, Puerto Rico.

"I encourage you to consider taking advantage of this opportunity to experience the flavor of international competition; as Masters Swimmers from all around the Americas come together in this world class facility, to meet and compete with other adult athletes and share in masters Swimming."

The Natatorium of San Juan is located in the "Parque Central" and is the most modern aquatic facility in the Caribbean. The facility construction was based on the Atlanta Olympic Pool and has ample parking available.

Travel note to US Citizens: USA passports are NOT required for travel between USA and Puerto Rico. US citizens returning directly from a US territory are not considered to have left the United States and do not need to present a passport.

For more information and online entries, please go to the 2nd ASUA Pan American Masters Swimming Championships website at www.asua-aquatics.org.

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@h2velocity.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
Summer Workouts are T/Th 6:30-7:30pm, Sat 8-9am
Contact Sally Kleeman 908-272-1854 neredid225@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 Honoshowsky
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 Reynolds 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
rivera@jccnj.org

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

Jersey Area Masters, TWO LOCATIONS:
Princeton Fitness & Wellness Center
M/W 7:00-8:30pm, T/Th 5:00-6:30am (unofficial), Sat 7:30-9:00am
Robert Wood Johnson Health & Fitness Center
T/Th 7:00-8:30pm, W/F 5:00-6:30am (unofficial), Sun 7:30-9:00am
Contact Christine Larkin JAMSwimMembership@gmail.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/Th 7:15-8:30pm, Sun 10:30am-12:00pm
Contact Kristine Sinram 732-548-2044 x212
Kristine.sinram@metuchen-edisonymca.org

Peddie Aquatics Association Masters Swim Club, Hightstown
M/T/W/Th/F 8:00-9:30pm
Contact Paul Mucciarone pfmooch@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@ricochet-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
No Coached Workouts During the Summer
Open Swim Times are M-F 11:00am-12:00pm and 5:30-8:30pm
Contact Sean Sepela 732-445-0462
sepela@rci.rutgers.edu
www.recreation.rutgers.edu.aquatics

Somerset Valley YMCA, Bridgewater
T 8:00-9:30pm, Th 6:00-7:00am
Contact the YMCA at 908-526-0688

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@virtuallswim.com

Westfield YMCA, Westfield
T 6:30-7:30am, W 8-9 pm
Contact Paul Casazza 908-233-2700
pcasazza@westfieldnj.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
June-Sept M-F 5:45-7:30am at Community Park Outdoor 50M Pool
Sept-June M-F 5:00-6:45am at Princeton DeNunzio Pool,
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@wmay.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