

FASTLANE

www.gsmswim.org

MARCH 2007

Boredom Buster Set

By Coach Karin Adams

Imagine a workout that's one hour, but feels like only 30 minutes! Creative sets with a mix of drills, strokes, and distances can really help beat the occasional boredom while training your speed and skills in new ways! Enjoy this boredom buster set, adjusting the intervals and/or repetitions to suit you best. These intervals should not be hard to make, so plan a rest of 0:10-0:20 for each swim, but be sure to race when the set says "FAST"! It's a great recipe if done correctly.

- 400 Warm-up

Repeat the following main set 3x

- 300 Pull with buoy, pattern of 50 free + 25 breast on 4:30
- 100 Stroke Drill (25 right arm + 25 left arm) on 2:00
- 4 x 50 Stroke FAST (same stroke as above) on 1:00
- 2 x 75 Free Drill, pattern of 25 fingertip drag + 25 hip-sweep + 25 catch-up on 1:20
- 2 x 100 Free FAST on 1:40
- 100 EZ Warm-down

About one hour & 3,350 yards

Feeling Tired? Think About This...

In the middle of a tough set, sucking wind? Take a quick breather and consider that on February 6th about 200 competitors dashed to the top of the Empire State Building.

The distance was 86 floors or 1,576 steps. Thomas Dold, a 22-year-old German won the 30th Empire State Building Run-Up for the second consecutive time with a time of 10 minutes and 25 seconds. Suzy Walsham, 33, an Australian, came in first among the women in 13:12. We can't forget to mention Albert Puma, 77, of Brooklyn who finished in 27:16 despite four knee surgeries. He placed 194th-ahead of seven others, including two men in their 20s.

—Excerpted from *NY Times*, 2/10/07

Chatter Box

“ I figure practice puts your brains in your muscles.

—Sam Snead,
about golf

21st Annual OCY Unofficial Team Championships

The threat of snow couldn't stop Masters swimmers from twenty-one teams who competed on Sunday, February 25, 2007 at the popular Ocean County YMCA Unofficial Team Championships. Wyckoff YMCA Masters won the overall championship again this year with 991 points. Way to go! Congratulations to everyone who swam and had a great time. Complete results can be found at www.ocyswim.org/docs/entries268.html Look for photos of the meet in the next Fast Lane.

Team standings are as follows:

1. Wyckoff YMCA
2. Ridgewood YMCA
3. Lakeland Hills YMCA
4. Ocean County YMCA
5. The Atlantic Club
6. Berkeley Aquatic
7. Jersey Area Masters
8. Garden State Masters
9. Red Bank YMCA
10. Sussex YMCA
11. Metro Masters NY
12. Vineland YMCA
13. Unattached
14. Burlington County College
15. The Connection
16. Princeton YMCA
17. West Orange
18. Metuchen Edison YMCA
19. 1776
20. JCC Metrowest
21. Pennypack Aquatic & Fitness Club



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Light Those Candles!

Happy birthday to the following 44 March babies:

Jean Nostrand 70-74
Larry Lengle 70-74
Lou Abel 70-74
Tom Brunson 65-59
Lynn Griesinger 60-64
Frank McElroy 55-59
Sue Freeman-Patterson 55-59
Glen Fries 55-59
Gail Baumbach 50-54
Carmen Alvarez 50-54
Linda Rashti 50-54
Julie Corpus 50-54
Donald Asay 50-54
Michael DiMario 50-54
Steven Putterman 50-54
Sheryl Walsh 50-54
Kenneth Niemi 50-54
Jim Jaffe 50-54
Anne Stich 50-54
Loretta Wells 45-49
Jean Becette 45-49
Lynn English 45-49
Mike Kriley 45-49
Nancy Conroy Leib 45-49
Mike Waldron 45-49
Rosanne Lemongello 40-44
Jennifer Portman 40-44
Louise Goldsmith 40-44
Robert O'Connell 40-44
Jeffrey Gould 40-44
Linda Bjork 40-44
Sandra Carosi 40-44
Chris McGiffin 40-44
Jonathan Briggs 40-44
Eric Schiebler 35-39
Laura Bush 35-39
Bretta Jacquemin 35-39
Bridget Sherratt 35-39
Jennifer Spoelker 35-39
Monish Dhalwani 30-34
Brian Frazer 25-29
Melinda Sulewski 25-29
Stephanie Ridilla 20-24

Cigarette Break? (Or I Wanna Keep Up With the Big Boys!)

*By Coach Emmett Hines
September 1, 1994*

VA LMSC newsletter editor's note: Emmett Hines is one of my favorite coaches and writers. This is an old article, but as true today as in 1994.

What's the hardest thing you can do in a workout? Learn a new skill. What saves you the most time and effort over the long haul? Learning new skills. Why do so many people fight the learning process? Why do some people seem to assume that just working their body harder or just swimming more laps is the answer to swimming faster? From a coach's viewpoint it boils down to one of two things - ignorance and/or apathy on the part of the swimmer. If the coach fails to get the message across that stroke improvements are necessary and desirable then ignorance on the swimmers part is the fault of the coach. However, once the message has been properly placed and reinforced, it is up to the swimmer to make consistent efforts to learn and apply new skills. Assuming the workout environment offers opportunities to acquire and fine tune skills, the swimmer then assumes the responsibility for taking advantage of the environment.

Let me make sure I've done my part in letting you know that stroke improvement is necessary and desirable. In general, swimming skill is reflected by your efficiency as measure in strokes per length.

- If you take more than 20 freestyle strokes per length of a 25 yard pool you are woefully in need of wholesale stroke repair.
- If you take more than 15 strokes when swimming at a moderate pace you have a lot of ground to make up in efficiency.
- If you take fewer than 15 strokes you need to get with your coach to determine how many more strokes you need to trim from your stroke count, if any.

(continued on page 3)

(“Cigarette Break...” continued from page 2)

“But Coach, I wanna keep up with the big boys!”

While it's true that you can improve short term speed by just increasing turnover rate - i.e. swimming harder, moving your arms and legs faster - in the long run your potential speed depends more on your efficiency than on your effort level. In general the fastest, most aesthetically pleasing swimmers take the fewest strokes per length and the slowest, ugliest swimmers take the most. Efficient, long swimming strokes use more and larger muscle masses in the back, torso, hips and upper legs to do a large portion of the work. Short, inefficient strokes utilize mainly smaller arm and shoulder muscles to do the work. When you swim with long strokes you are training all of the muscle mass needed for fast efficient swimming. When you swim with those wimpy, short, choppy strokes you are overtraining small muscle masses and neglecting the larger, stronger muscles to the detriment of your long term potential speed.

Allow me to wax tangential for a moment.

Let's say you are a logging foreman and must train a crew of 20 guys to move 40 ft. long 2000 lb. logs and toss them into a river. These 20 guys must learn to work together to lift the log from a pile without straining any backs, how to work together as a single unit to carry it across uneven ground over to the river bank and how to properly apply all their strength to toss it precisely so that it lands on the shore below so it will roll nicely into the water. They then return to the pile and repeat this process with the next log. This is a relatively complicated task that relies on the coordinated effort of all 20 men. It also requires a fair amount of physical conditioning as each man is required to carry his fair share (1000 lbs.) of the load. It has been determined that a well coordinated crew of skilled and coordinated loggers can move 20 logs in 50 minutes allowing for a 10 minute break each hour.

Your job is to get the log tossing operation up to quota quickly.

Now, you start the group working and learning. They go very slowly to begin with, learning and refining skills while they increase their conditioning level. There is a lot of trial and error. However, by the third day the group is humming along quickly enough that five of the guys are getting tired and ask to sit out and rest. As foreman, do you allow this?

Let's see. If you let these five guys sit out they will stop learning skills and coordination and then subvert the conditioning process by smoking cigarettes. When they go back to work they will be further behind in skill development and physical conditioning. This will cause them to fall behind the guys who stuck with it even sooner the next time. By the third time you'll probably be so frustrated you'll just fire those five. Then you'll have to make due with 15 workers who have to work much harder, want more money because of it and still won't be able to make quota because the crew is too small. If you hire five new guys they will start out even further behind than the guys you fired.



Learning a proper stroke technique is a lot like training that logging crew. Swimming is a complicated set of actions that relies on the coordinated effort of a lot of muscles. It also requires a certain level of physical conditioning. There is a lot of trial and error. If you are trying to perfect a long, efficient stroke remember that this technique uses more muscles and muscle fibers to get the job done than a shorter stroke does. Every time you stop applying a long stroke technique and go back to that short stroke stuff, it's just like letting those five (or maybe more) guys go on a cigarette break while the rest of the crew is still training. Rather than calling a break for some of the crew you can 1) slow the work rate down so the whole crew can keep up, thus allowing all members to stay in the learning cycle or 2) put everybody on break at the same time

(but instead of letting them smoke cigarettes why not have them do something worthwhile like working on turns or playing Nintendo).

Can we agree that the logging crew that has 20 fully skilled, coordinated and conditioned loggers has greater potential than the crew with only 15?

If you stop worrying about how fast you are going and worry more about how well you are swimming you will be able to get the whole crew skilled, coordinated, conditioned and know the job. This is the only way to maximize your potential for swimming speed down the road.

I realize that it is tempting to blow off the technique stuff and just try to keep up with the people in the next lane. And occasionally it is desirable to cut loose and blow doors just to see how much of your technique improvement is carrying over to your “automatic pilot” system. But the rest of the time you need to keep the whole crew on the job. To turn a skill you are learning into a habit you have developed takes a minimum of 100,000 yards, and then you will develop a half-assed habit.

Remember, it is always your choice whether to attempt to improve stroke length or to send part of the crew out on a cigarette break.

—Emmett Hines is Director and Head Coach of H2Ouston Swims. He has coached competitive Masters swimming in Houston since 1982, holds an ASCA Level 5 Coach Certification, was selected as USMS Coach of the Year in 1993 and received the MACA Lifetime Achievement Award in 2002.

—Article taken from LMSC for Virginia newsletter, 1/15/07 issue

[Meet Calendar]

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

May 20 Manasquan Challenge Aquathlon .5 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 Tentative date for the New Jersey Open Water Swim Clinic conducted by Jeff Jotz

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



MEETS OUTSIDE OF N.J.

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

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

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

March 23-25 New England Masters SCY Championships
More information coming soon.

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

April 12-15 YMCA Masters Nationals Swim Meet at IU Natatorium, Indianapolis, Indiana
Entry form: www.ymcaswimminganddiving.org/2007Masters/2007%20YMCA%20Masters%20total%20entry%20packet.pdf
Entries must be received by March 11.

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

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

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

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

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

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

Louisville, Kentucky
More information:
www.2007seniorgames.com/athletes.html

July 14 USMS 6+ Mile Open Water Championships (10K), Huntington Bay, Huntington, New York
Contact Bea Hartigan at bea10k@yahoo.com or 631-271-3349

August 4 USMS 1-3 Mile Open Water Championships (1.76 miles), Lake Pend Oreille, Sandpoint, Idaho
Contact Larry Krauser at larry.krauser@kcgl.net or 509-455-7789; Eric Ridgway at sage1199@yahoo.com or 208-265-5412
Entry form:
www.usms.org/longdist/ldnats07/1.76mien-entry.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 at maryfield@spacedmc.com or frankfield@earthlink.net or 518-583-4048(h), 518-356-9903 x14 (w); Ann Svenson at annb48@earthlink.net or 518-893-1967

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



Pulling Against Time

Athletes Perform Faster, Higher, Stronger—Until Age Catches Up With Them. But Training Can Curb the Inevitable Decline.

By David Brown, *Washington Post* Staff Writer, February 13, 2007

When Bob Kaehler tried out for the U.S. Olympic Rowing Team in 2004, he wanted just once more to feel the elation of flying across the water at 32 feet per second, nine human bodies and a boat fused into a perfect expression of power, balance and timing.

He'd made the team in 1992, 1996 and 2000, but he knew this time he was up against long odds. He had a family, a business, not quite enough time and a 39-year-old body. In his favor were experience, technical skill and a thing called "boat-moving ability."

He didn't make it.

As he looks back, he says there were lots of reasons. His body was just one of them, and perhaps not even the biggest one. But things were different.

"It is hard to say where my physiology really was. It was not where it needed to be. It probably would never have been where it was in 1996," Kaehler, who is 42, said last week. "When you are older, you need to get back in the game sooner. It is doable. But I would have probably needed 18 months, not six months or eight months."

PERFORMANCE

Athletic performance declines with age -- it's the one other thing that's inevitable besides death and taxes. But how does that happen? What is it that slips? And why is it that, sooner or later, when you try to roll the rock of physical conditioning up the hill, you can't get it as high as you once could?

Those are questions all world-class athletes ask when they unwillingly clean out their lockers for the last time. For others—those who retire before they have to—it comes

later. For Mike Teti, the 50-year-old head coach of the U.S. men's rowing team and a three-time Olympian, it came all at once, on a day in 2000 he still remembers clearly.

The team had a rare day off, and Teti took his newspaper to a coffee shop in Princeton, NJ to relax. He opened it and couldn't read the print. He went to the boathouse to work out on a power-measuring machine called an ergometer. He had the worst scores he'd ever seen. Getting dressed to go home, he noticed his pants were tight.

"For me, everything happened at once. Almost overnight. And you say, 'Oh my God, I'm over the hill.' "

Kaehler and Teti have long since come to terms with the fact they will never again be the athletes they were. Kaehler, who lives in Holland, PA., is a physical therapist and runs a coaching business on the side called RedLine Maximum Fitness. ("As in redlining an engine," he says tellingly). Teti exercises to stay fit ("and to eat") and helps bring other rowers to the sweet spot where body, mind and opportunity can win races.

To understand why the decline of athletic performance is inevitable with aging—and why it is partially reversible at any age—requires a little knowledge of exercise physiology. (Don't worry, it's worth it.)

Sports that combine strength and endurance—rowing is perhaps the best example—are enterprises that in many ways come down to one basic task: finding a way to deliver the most oxygen to muscles as fast as possible.

Oxygen is part of the fuel that allows muscle tissue to produce mechanical energy—to contract, in a word. Glucose (a form of sugar) or fat are the other necessary fuels. Muscles can work for short periods without oxygen—so-called anaerobic respiration. But for sustained, long-term exertion, there is no substitute for oxygen. None.

OXYGEN

Oxygen is carried in the blood, principally attached to hemoglobin in red blood cells but

also dissolved in the blood's water, or plasma. It is put into the blood by the lungs, which are basically an elaborate mechanism for exposing an extremely thin layer of blood to air. Once it reaches muscle cells, oxygen is taken up by mitochondria, a vast archipelago of microscopic power plants floating in each cell's inland sea.

When a person commences athletic conditioning, the demand for oxygen goes up. Muscles want more oxygen as fuel. The number of muscle cells increases, and the cells already present get bigger. The number of mitochondria in each cell also goes up, in some cases dramatically. For oarsmen and marathoners, it can double.

The body's capacity to use oxygen is measurable. It's called "oxygen uptake," is designated "VO₂" and is reported as the liters of gas absorbed per minute through breathing. When people train, their VO₂ goes up; when they become sedentary, it goes down.

VO₂ MAX

But there's a limit—maximum oxygen uptake, or VO₂max. A rower or runner might enhance performance beyond that point through extraordinary effort, but the extra speed won't come from oxygen-based energy. It will require anaerobic respiration—a process that produces lactic acid, makes muscles feel as if they're on fire, and can't be sustained for long.

Training not only raises VO₂max, it also dramatically increases the level of exertion a person can sustain for long periods. This is something sedentary people realize when they try to keep up with their fit friends over a mile and not just 100 yards. Trained athletes can function at 87 percent of their VO₂max for an hour and then 83 percent for a second hour. For the untrained, it is 50 percent the first hour and 35 percent the second.

In theory, many things could determine VO₂max, but in practice one thing predominates -- the heart's ability to move oxygen-rich blood around the body. That is far more important than,

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say, the lungs' ability to put oxygen into the blood or the muscles' ability to take it out.

Endurance training enhances blood delivery in several ways. The distribution system improves; blood vessels get wider; and the number of capillaries in muscle tissue goes up. But again, one variable predominates—it's the heart's pumping capacity, the volume of blood it can move per minute.

HEART RATE

Training can raise this so-called cardiac output from a maximum of about 6.6 gallons per minute in an untrained person to about 10.6 gallons in a highly fit athlete. The heart achieves this by beating faster, filling fuller after each beat and squeezing harder.

And it is all those capacities (and more) that decline with age.

Maximum heart rate declines about 5 percent per decade as the heart becomes less responsive to the adrenaline-like hormones that whip it into action. VO₂max declines 6 to 10 percent per decade after age 25, and this accelerates to 15 percent per decade after age 60.

At the receiving end, muscle strength declines 10 to 15 percent per decade starting at about age 30. This is because there is an actual loss of muscle fibers (and the nerves that drive them), and because some fibers usually used to generate brief bursts of power are transformed to longer-acting endurance fibers—a change that reduces strength overall. By age 70, a person is only half as strong as he or she was in youth.

While the performance of nearly all the body's physiological variables goes down with age, the decrement in athletic performance depends on the sport and the athlete's baseline fitness and skill. Exercise physiologists have studied this for many sports and come up with many interesting observations.

One study looked at the top 10 performances for four different length races

run by U.S. Masters Swimming in 1976, 1986 and 1996. Masters are amateur swimmers, all older than 18 but most in their 30s, 40s and 50s, who race against one another in five-year age groups. Nearly all the times were faster in 1986 than in 1976; and in 1996 more than half were faster than they had been in 1986. Interestingly, the average age at which finishing times began to rise—a sign that the swimmers had passed their peak performance—went from 33 in 1976 to 40 in 1996.

Conclusion: The whole population of adult competitive swimmers is getting faster, and the average swimmer is staying fast longer.

Other studies looked at football and baseball, sports in which cardiovascular fitness is less important to overall performance than it is in such activities as swimming. Age makes little difference in the performance of punters in the National Football League, but the passing success of quarterbacks improves significantly between ages 22 and 26. For professional baseball players, the number of hits a batter gets and the number of strikeouts a pitcher gets both peak at age 27. But the percentage of times a player walks peaks at 30, fielding percentage peaks at 31, and the earned run average (ERA) for pitchers peaks at 29.

EXPERIENCE

Conclusion: Experience and practice counts (even if you're really good) and can make up for loss of strength.

PRACTICE

A study of triathletes in their 20s, 30s, 40s and 50s competing in a half-Ironman race found that performance for each part of the event (swimming, biking, running) declined at roughly the same rate in each age group. A study of weightlifters showed that upper-body strength (measured by the bench press) declined at the same rate as lower-body strength (the squat).

Conclusion: No part of your body is spared the effects of age. So exercise it all.

That last piece of advice is the thing that

falls out of the vast, detailed understanding of exercise physiology of the past 90 years. Aerobic capacity and muscle strength can be improved with exercise even when people are in their 80s.

Peak performance for most sports may occur in a person's 20s or early 30s, but "in terms of the trainability of the tissue, that seems to be maintained even when the person has another 50 years on their bones," said Edward T. Howley, a physiologist and exercise researcher at the University of Tennessee in Knoxville. "It's never too late to start an exercise program."

EXERCISE

Still, the fact that it may be too late to win a race is a hard thing to accept. Especially if you are used to winning races.

Every Thanksgiving morning, Mike Teti, the Olympic rowing coach, runs a cross-country race with members of the Schuylkill Navy, a group of people affiliated with the clubs along Philadelphia's famous Boathouse Row. The race has been run since 1899, and the field is always fast. Teti has won it nine times, more than anyone else. His best time over six miles was 29:55. Now he comes in at 35 or 36 minutes.

"We remember what we could do. I remember that I could run 5:30 miles. We think we can do it because we could 10 years ago, and we just can't," he said wistfully last week.

Two years ago, he reached another milestone in the Thanksgiving run. A woman beat him.

"Not," he adds after a pause, "that there's anything wrong with that."



How to Succeed in Workouts Without Really Trying

By Laurie Kilmartin

(Editor's note: Laurie Kilmartin is a Masters swimmer and standup comic. Her website is www.kilmartin.com and I found out about her at www.h2oustonswims.org)

Welcome to Slacker Swimmer 101 at the Institute of Low Expectations. This class will teach you how to look as if you are training hard without all that nasty lactic acid buildup. Please sit down. May we be frank? We notice that you have lost the desire to crank out the quality swims. We do not judge because we understand. You are torn. You want the respect of your peers and the admiration of strangers, yet you're sick of giving 100%. What's a lazy old toad like you to do?

We have put together an eleven step course!

Our first three suggestions work best for swimmers who workout alone at a pool that sets aside only an hour at noon for lap swim. If you show up at 11:55, the following time wasters, if done correctly, should eat up an hour, giving you five minutes to swim. We know what you're thinking...five minutes? Gosh, what's the point of even getting wet? Exactly. Appearances are everything, and you are an actor, playing the part of an athlete with a work ethic. Rehearse in front of a mirror so that when you are poolside, your grimace is natural. People should believe that, but for these petty distractions, you would be in the water doing 400 IMs.

1) Forget Your Suit. Oh, how we love to forget our swimsuit. In fact, we use stick-ems to remind ourselves to forget our suit at least once a week. It is important to actually leave the swimsuit at home. Once we threw an impressive tantrum in the locker room only to have someone peek in our bag and say, oh here it is. To our immense disappointment, we were able to practice.

2) Sunscreen. Yes, sunscreen. Slather it on.

Remember, sunscreen goes on every square inch of your body, not just the face. Apply a second coat if necessary because this is the only type of procrastination that prevents cancer. Do not be discouraged if you swim at an indoor pool; instead switch to a lower SPF and slather it on anyway. Tell curious onlookers that you read somewhere in an article that UV rays can penetrate steel and concrete. In fact, we'll help you with this one. UV rays can penetrate steel and concrete. Now you are telling the truth, but don't get used to it.

3) Stretch. We used to think stretching was for wussies, but recently we have seen the light and become a Yogi master. It is our great delight to report that you can kill forty minutes by pulling your elbow across your chest. We recommend that you wince from pain as if you have shoulder problems. Next, we like the quad stretch. While standing, pull your foot towards your rear end. Lose your balance and fall, taking care to land on your shoulder. Uh-oh, now you have to do the elbow stretch again. Rinse and repeat. Congratulations. Lap swim just ended and now you're going to Taco Bell.

The next few suggestions are for traveling swimmer who likes to workout with a local Masters team. You are a lucky duck. As an unknown quantity, who'll be the wiser when you add ten seconds to your race pace? The following hints assume that you are in the water, looking to avoid exertion and/or get out early.

4) Goggle problems. Oh, the granddaddy of excuses. Since volumes have been written on this subject and we have much ground to cover, we shall give a condensed version of the many ways to exploit the goggle.

4a) Wear clear goggles in an outdoor pool ("The sun is in my eyes, I can't swim backstroke or IM.")

4b) Wear dark goggles in an indoor pool. ("I can't see the clock, oh was I supposed to go already?")

4c) Loose flapping straps* that slip off one's head during the slightest of streamlines. ("Help oh help, I've lost my contacts.

They're tinted blue.")

**Swedish types are recommended. Since they have two head straps, the chances of losing them on a firm push-off literally double. Of course, we eagerly await the invention of a triple strap goggle.*

4d) This goggle tip is for those of you who crave respect from the extra credit freaks. Nothing says, "I got in early and swam ten thousand," better than harsh red goggle marks. Remember, goggles ought mark only the area surrounding the eyes. Imprints on the forehead, as if you sat on the wall for thirty minutes [gossiping about some hot guy], impress no one. For best results, tighten the straps around the head until you feel your skull fracture and sit like that in a sauna for fifteen minutes.

5) Disorientation. The clever swimming tourist is always on the make for slacking opportunities. Our favorite is in the form of a question, and it goes like this, "are we at altitude?" An affirmative reply starts our lungs heaving. We are from sea level and we point this out gleefully to our lane mates at the beginning of every set. Then we draft like nobody's business.

If, however, you are from altitude and visiting at sea level, we are sorry for you. You will be setting PR's despite yourself and instead of letting you enjoy the added rest, an ambitious coach may suggest you move to a faster lane. Refrain from action and instead...

6) Feign an Illness. This is a delicate matter as you must pick an illness that nobody on the team already suffers from. For example, if you announce that you have from terminal disease X, (and never in our life have we stooped this low, except for a couple times), not only will karma assign you to a lane with a swimmer who really does have terminal disease X, but this person will invariably be doing more yardage at faster intervals than the so-called healthy people. We think you ought to pick something obscure and historical. Scurvy is effective, as in, "I am weak from scurvy." In addition to being non-offensive to all, scurvy affords you the

(continued on page 8)

("How to Succeed..." continued from page 7)

opportunity of getting out early to add Vitamin C to your diet. We recommend carrot cake.

7) Work Commitment. We love to pretend we are important, and we often skip the last set so we can have a "lunch meeting with our boss." Unfortunately for us this is a road trick only, as our home team knows that we are self-employed.

8) Grab the Wrong Zoomers. You and your lucky victim are sure to miss out on at least 100 yards of dolphin kicking as you sort out which fins fit on whose feet.

9) A Ripped Cap. This is our least favorite. Since most swimmers carry extra caps we are in a lose-lose situation: the more dismayed we behave, the more caps we are offered. Also, we require that participants in the ripped cap scheme have long hair. We have seen bald men attempt this maneuver, and while we admire chutzpah, their cries of "I can't swim without it," lack credibility and ruin this excuse for the rest of us.

10) Go to the Bathroom. Save this underused gem for a distance set. Crafty female swimmers will take off (and put back on) the entire suit instead of pulling the crotch area to one side.

11) Make a Good Impression. Truly the last resort. If you are unable to talk your way out of a sprint, fake speed. We love to leave on the fifty and pretend that we left on the top. This is how we did a 4.6 in the 25 free, from a push. If anyone questions your results, seethe a little and declare that you are, "in the Zone."

We paraphrase from page 164 of the AA Big Book when we say our guide is meant to be suggestive only. We realize the we know only a little. As previously noted, we are beholden to the sprinting community for their fine slack example but accolades also go to triathletes, especially those with a track background. We would have included some of their excuses but even we are unable to pretend that we are getting out early in order to run.

Caffeine May Ease Workout Pain

Drinking Coffee May Reduce Muscle Pain and Soreness After Workouts

*By Jennifer Warner,
WebMD Medical News*

Jan. 17, 2007—You may not want to put coffee in your sports bottle just yet, but a new study suggests drinking the equivalent of two cups before exercise may reduce postworkout muscle pain by nearly 50%.

Researchers say that's more muscle pain relief than commonly found with pain relievers like aspirin.

"A lot of times what people use for muscle pain is aspirin or ibuprofen, but caffeine seems to work better than those drugs, at least among women whose daily caffeine consumption is low," researcher Patrick O'Connor, of the department of kinesiology at the University of Georgia, Athens, says in a news release.

But caffeine's pain-relieving perks may not apply to those who regularly drink coffee and other beverages containing caffeine. Instead, researchers say caffeine appears to work best in people who don't regularly consume caffeine or exercise.

Therefore, they say, the findings may be most help to people new to exercise -- who also tend to experience the most muscle soreness.

"If you can use caffeine to reduce the pain, it may make it easier to transition from that first week into a much longer exercise program," says researcher Victor Maridakis, of the University of Georgia, in the news release.

Caffeine's Pain-Relieving Perk

In this small study, researchers studied caffeine's effects on postworkout muscle soreness in nine female college students who were not regular caffeine users and did not regularly engage in resistance training. The results appear in *The Journal of Pain*.

The women received tablets containing either the equivalent of two cups of coffee or a placebo 24 and 48 hours after a resistance-training session designed to produce muscle soreness.

An hour after taking the pills, the women were asked to perform two different exercises using their sore quadriceps (thigh) muscles. The results showed that one hour after taking caffeine, the women experienced up to 48% less muscle pain than the placebo group.

In comparison, O'Connor says previous studies of drugs containing naproxen (the active ingredient in Aleve) produced a 30% reduction in muscle soreness, and those using aspirin showed a 25% reduction. Researchers say more study is needed to examine caffeine's effects on muscle pain.

They recommend that people use caution when using caffeine before a workout. Too much may produce side effects like jitteriness, heart palpitations, and sleep disturbances.

"It can reduce pain," says Maridakis, "but you have to apply some common sense and not go overboard."

SOURCES: Maridakis, V. The Journal of Pain, Dec 11, 2006 online edition, to appear in February 2007 print addition. News release, University of Georgia, Athens.

Smile Away Sickness

Another reason to tackle your worries: Having a happy outlook makes you more resistant to colds or the flu than if you tend to feel downbeat, according to a study from Carnegie Mellon University.

—From 3/07 issue of *Prevention Magazine*

[Places to Swim]



COACHED WORKOUTS

The Atlantic Club Workouts are M, W, F 6-7 pm, T and Th 7-8 am and Sat. 8-9 am. Contact Andreas Rostenberg at andreas@h2ovelocivity.com or www.atlanticclub.com or 732/292-4372.

Berkeley Aquatics Workouts are M 8:30-9:15, 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

The Connection for Women and Families (Summit) Workouts are M, T & Th 6:00-7:00 am, M, W, F 12-1 pm and M, W, Th 7-8 pm (Th uncoached). Contact Amanda Stover or Steve Honoshowsky; 908/273-4242, Amanda.stover@theconnectiononline.org .

Drew Ranger Masters Workouts are M,W,F 6:15-7:30 am, 9:15-10:30 am, T and Th 7:45-9 pm and Sat. 7-8:30 am. Session runs from 1/15-5/5. For information contact Dorsi Reynolds, 973.408.3002 office, draynol@drew.edu

Hamilton Hammerheads Practices are M, W, F 8:30-9:30 pm. The coach is Dan Cenker. For more information call Dan; 609/571-5337 or Ami Lombardi, Aquatic Director at the Y; 609/581-9622.

Healthquest at Hunterdon Workouts are T, Th 8-9:30 pm. Coach is Jean Becette. Contact Megan Grunstra, aquatics director; 908/782-4009, X 250, www.healthquest-fitness.com

Hoboken YMCA Workouts are M,T, W and TH 7-8 pm. Contact Ignacio Sanchez, Aquatic Director at 201/963-4100, X 22 or nacho_sanchez88@hotmail.com

Hunterdon County YMCA at Deerpath Sandy Carosi holds workouts T, Th 9:15-10 am. 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, Th 8:20-9:20 pm and non-coached workouts handed out T, Th 6:30-7:30 am and 12-1. Contact Aquatic Director Rebecca Rivera, 908/889-8800, x 219 or rrivera@jccnj.org .

JCC Metro West (West Orange) Workouts are W 8-9 pm and Sun. 8-9 am. Contact Coach Melanie Fink at mfink38@comcast.net .

Jersey Area Masters, Princeton Fitness & Wellness Workouts M-Th 7-8 or 8-9:30 pm. Email or call Darek Hahn before you come; 609/947-3780, Dhahn@princetonlightwave.com

Lakeland Hills Masters Team Contact Pam Banks at swimbanks@earthlink.com or www.lhymasters.tripod.com/lhym.html

Madison YMCA Contact head swim coach Ed Foeri; 973/822-YMCA, X 228 or Dave Wray, X 230. Workouts are M, W 8:20-9:30 pm.

Metuchen-Edison YMCA Workouts are T 8:15-

9:30 and Th 7:45-9 pm, Sat. 11:30 am-12:30.

Coach is Jay Muldoon. Contact Jamil McEnnis; 732/548-2044, X212, jamil.mcennis@metuchen-edisonymca.org

Peddie Aquatics Association Masters Swim Club Contact Paul Mucciarone;

pfmooch@hotmail.com or call the Aquatics Director at 609/490-7564. Workouts are M-F 8-9:30 pm.

Richochet Health and Racquet Club, South Plainfield Wrokouts are T 6:15-7:15 am, Fri 8-9 pm. Contact Dawn Willemsen at 908/753-2300 or fitness@richochet-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 rymastersandrea@optonline.net

Rutgers University Contact Sean Sepela at sepela@rci.rutgers.edu , 732/445-0462. Workouts are held M-F noon-2 pm, Sun. 5:30-7 pm, M, T, Th, F 6-7 am, T and Th 8-10 pm, F 7:30-9 pm. www.recreation.rutgers.edu.aquatics

Stevens Institute of Technology Castle Point on Hudson Contact Brandon Pierce; 201/216-8039 X 6 or bpierce@stevens.edu or www.stevensaquatics.com. Also Lisa Picek; 201/216-8039, lpicek@stevens.edu. Workouts M, W, F 6-7:30 am, M, W 7:30-9 pm. T, Th 8-9 pm, Sun. 10 am -12 pm.

Stevens Sting Rays Contact Cheryl Lee; 201/216-8039. Workouts are M, W, F 7:30-9 pm, T and Th 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 as jpostas@earthlink.net or aquatic director Maureen Tsadilas at 973/209-9622 X210 or www.sussexcountymca.org .

Sussex Tech Adult Career Center Workouts are T and Th 6-7 pm. Contact Christine Hollis at 973/383-6700 or CHollis@sussex.tec.nj.us

Union Boys and Girls Club Located at 1050 Jeanette Ave in Union. Contact Ron Karnaugh at RonKarnaugh@aol.com or 973/868-9922. Updates at www.SwimMD.com

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

Westfield YMCA Contact Paul Casazza; 908/233-2700, pcasazza@westfieldynj.org Workouts are Tues. 6:30-7:30 am and Wed. 8-9 pm.

Wycoff YMCA Masters Workouts are M, W 6-7 am, T, Th 8-9 pm and Sat 7:30-8:30 am. Contact Garrett Orr, head coach; 201/891-2081 X 130.

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 X 6811. Workouts are M-F 6-9 am, 12-2 pm, 6-7:30 pm, Sat 1-2 pm.

Monmouth Swim Hawks Monmouth University, West Long Branch Workouts are M, W, F 7-8 am. Contact Robert Voorhees, aquatics director, rvoorhees@monmouth.edu or 732/263-5601. Or contact Murray Simon; 732/229-7623.

Montclair Masters Contact Omar Cruz, Montclair YMCA; 973/744-3400 X 109. Workouts M, W 6-7 pm, F 6:30-7:30 pm.

Morris Center YMCA Contact Ed Soder; 973/267-0704, esoder@morriscenterymca.org
Princeton Area Masters Contact Tink Bolster; 609/924-4222 or contact Princeton Recreation Department; 609/921-9480 and ask for Kate Herlihy. Workouts are M-F 5:45-7:30 am at Community Park Pool.

Red Bank YMCA/Deal JCC Contact Doug Rice; 908/741-2503.

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, Th 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, X 529.

Sussex County Technical School (Sparta) T and Th 6-7 pm. Contact Sharon Vogel; 973/383-6700, X 255.

TCNJ Masters, The College of NJ in Trenton Workouts are M-F 11-2 pm and 7-9 pm, and Sat, Sun 12-4 pm. Contact Chrissy Schwebel at tcnjmasters@yahoo.com .

FORMATIVE

(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 Allred at blueridge81@yahoo.com

West Morris Area YMCA Contact Kathy Fisher; 973/388-1120 or Kathy@wmay.com

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

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

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

Lawrenceville High School, Ewing Contact Jim Vari; 609/538-1782, jkjjv@yahoo.com



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