

# EASTLANE

## Record-Breaking Swims!

Congratulations to the following NJLMSC swimmers who established new NJLMSC SCY records at the Ocean County YMCA 21st Unofficial Team Championships on February 25, 2007.

### Women 50-54

Danielle Ogier, 54  
50 Breast 37.92  
100 IM 1:11.87  
Sherry Walsh, 52  
100 Breast 1:26.65

### Women 55-59

Sue Freeman-Paterson, 55  
50 Free 33.46  
100 Back 1:32.56

### Women 70-74

Jane Fisher, 71  
100 Breast 2:09.97  
200 Breast 4:37.74  
100 Fly 2:13.40  
200 Fly 4:53.15

Congratulations to the following NJLMSC swimmers who established new NJLMSC SCY records at the March Madness Meet on March 24, 2007 at The College of New Jersey.

### Women 45-49

Jennifer Portman, 45  
50 Free 26.59  
100 Back 1:06.28  
200 Back 2:23.57  
100 Fly 1:03.97  
Amy Carow, 45  
100 Free 59.67

### Women 50-54

Sherry Walsh, 52  
200 Free 2:16.23  
100 Breast 1:26.09  
200 IM 2:47.81  
Nancy Steadman-Martin, 52  
100 Back 1:11.94  
100 Fly 1:13.12

### Women 55-59

Christine Rodgers, 55  
200 Breast 3:51.43

### Women 85-89

Flo Melick, 85  
100 Back 4:04.72

### Men 60-64

Jack Zakim, 61  
100 Free 59.78  
200 Free 2:09.57

### Men 75-79

Kenneth Dawson, 76  
50 Fly 40.08

### Men 80-84

William Haynes, 80  
50 Back 43.16  
100 Back 1:35.74  
200 Back 3:45.87

## Little Bit of Everything Workout

Thanks to Pam Banks, Coach of the Lakeland Hills Masters Team for this workout!

### Warm-up

100 free  
100 back  
100 IM stretch  
100 kick on side

### Pull Set

100 free pull  
50 butterfly pull  
50 breast stroke pull

### Kick Set

100 butterfly kick  
100 breast stroke kick  
100 flutter kick  
100 IM kick

### Main Set

4x100 free @ 1:45  
4x50 breast stroke @ 1:10  
4x100 IM @ 2:00  
4x50 back @ 1:00

### Drill Set

200 IM drill  
4x50 (25 fly drill + 25 back) @ 1:00  
200 free drill  
100 backstroke drill

### Warm-Down

8x50 swim @ 1:15, Odds breathe only once in the middle, once right before the turn, once coming out, once in the middle again. Keep the heart rate low on these, and work towards as little breathing as possible. Evens DPS (distance per stroke) with finger tip drill and 1 less stroke on the way back. Roll the entire body bringing the deltoid right into the chin as the eyes look straight down.

Total: 3,300 yards



**Congratulations  
NJ Record Breakers!**



*"I'm a fresh water person. When I swim in the ocean, I feel like I'm swimming in chicken soup. Who wants to swim in flavored water?"*

— Kurt Vonnegut, 1922-2007

--Taken from 4/18/07 Cross Currents, newsletter of the Manhattan Island Swim Foundation

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## **Light Those Candles!**

### **Happy Birthday to the following 104 May and June babies:**



Florence Melick 85-89  
William Haynes 80-84  
Tink Bolster 75-79  
William Mackolin 75-79  
Penny Boorman 70-74  
Ralph Hemecker 70-74  
Bruce Burner 70-74  
Dieter Wunderlich 70-74  
Ray Hurst 65-69  
Patric Mills 65-69  
Bob Hopkins 65-59  
Jim Dragon 60-64  
Richard Alexander 60-64  
George Allison 60-64  
Donald Walsh 60-64  
Robert Hengeveld 60-64  
Robert Goldberg 60-64  
David Goldberg 55-59  
Barbara Rushman 55-59  
Robert Cashel 55-59  
Ellen Pease 55-59  
Gail Seelig 55-59  
Arthur Wein 55-59  
Robert Faillace 55-59  
David Siconolfi 55-59  
Thomas Bennett 55-59  
Michael Keltos 55-59  
Don Peters 55-59  
Sue Wharton 50-54  
Michael Fanelli 50-54  
Linda Ridilla 50-54  
Gail Stevancsecz 50-54  
Douglas Coy 50-54  
Bill Davis 50-54  
John Decker 50-54  
Andrew Maggion 50-54  
Susan Olesky 50-54  
Stanley Fromhold 50-54  
Robert Franks 50-54  
David Schmitt 50-54  
Jonathan Norton 45-49  
Gerri Callahan 45-49  
David Fabian 45-49  
Linda Brown-Kuhn 45-49  
Nicola Knipe 45-49  
Susan Kirk 45-49  
Randi Anderson 45-49  
John Baliko 45-49  
Diane McKay 45-49  
Alan Voorhees 45-49  
Stephen D'Angelo 45-49  
Bruce Car 45-49

Lan Ge 45-49  
Steve Sherman 45-49  
Rich Callaghan 45-49  
Lisa Spiller 40-44  
Erik Werfel 40-44  
Michael Cialdella 40-44  
Todd Sarett 40-44  
Michael Sirkin 40-44  
Lew Gillett 40-44  
Joye Allen 40-44  
Larry Bishof 40-44  
Lauren Green 40-44  
William Segal 40-44  
Maureen Coe 40-44  
Michelle Lozina-Cohen 40-44  
Aaron Moore 40-44  
Monica Episcopo 40-44  
Lau Glasser-Nicunsanti 40-44  
Jennifer LaTorre 40-44  
Steve Hiltabiddle 40-44  
James Curd 40-44  
Graham Hill 40-44  
Lynn Ascione 40-44  
Regina Papini 40-44  
Cheryl Shiber 40-44  
Joanne Ploch 35-39  
Rocco Celentano 35-39  
Yves Baeyens 35-39  
Diane Kottakis 35-39  
Chris Strahle 35-39  
Bari Erlichson 35-39  
Jennifer Sheedy 35-39  
Michelle Davidson 35-39  
Jodi Barrish 35-39  
Brent Ferguson 35-39  
Douglas Miller 35-39  
Elizabeth Crist 35-39  
Kevin Appelget 30-34  
Jonatha Meade 30-34  
Andi Sawin 30-34  
Carol Yoon 30-34  
Peter Hockmeyer 30-34  
Humphrey Bohan 30-34  
Matthew Donovan 30-34  
Billy James 25-29  
Vanessa Foti 25-29  
Alison Mellage 25-29  
Mark Jamieson 25-29  
Carolina Bolado 25-29  
Christopher Levin 18-24  
Leslely Barnet 18-24  
Thomas Alne 18-24

## Eating and Exercise: How to Find the Right Mix

By Sally Squires

Figuring out what to eat and drink before, during and after exercise can give your brain a real workout.

Do you reach for carbohydrates or protein? Should you sip a sports drink or stick with water? And what about those energy bars? Can they really rev up your workout?

"There are a number of exercise myths out there right now," says Leslie Bonci, director of sports medicine nutrition for the University of Pittsburgh.



Take the widely held notion that it's best to exercise on an empty stomach. "A lot of people think, 'The food will make me sick or slow me down when I work out,'" says registered dietitian Nancy Clark, author of "Nancy Clark's Sports Nutrition Guidebook" (Human Kinetics, 2003). "But just as you put gas in your car before you take a ride, it's good to put food in your body to have stamina and endurance."

Exercising when you're hungry also isn't likely to boost fat burning -- another widespread misconception. "When you're hungry, it means that your blood glucose [sugar] levels are starting to get low," notes Jeffrey Potteiger, chairman of exercise science at Miami University of Ohio.

If you try to be active when you're running on empty, you'll undercut your workout. Besides, doing this can also cause fatigue and worse effects, including dizziness and even fainting. Since you can't exercise as hard when your stomach is crying out for food, you also burn fewer calories. And because your body must marshal resources to keep you fueled, "you may even wind up burning a little muscle, too," Bonci notes, further undermining your efforts.

For the best workout results, sports nutritionists say, eat well throughout

the day so that your body is well nourished. Then have a mini-meal of about 200 to 300 calories about 60 to 90 minutes before you exercise.

Some easy pre-workout options include a bowl of whole-grain cereal with skim milk; graham crackers and peanut butter; low-fat yogurt and a banana; a granola bar and a decaf latte; or string cheese and an apple. Those snacks cover the nutritional bases by providing lean protein, complex carbohydrates and a little healthy fat.

If you don't have time to eat a mini-meal, try to grab a lighter snack about 30 minutes before you exercise. "A small piece of fruit is something very light to give your body a little bit of fuel," Bonci says. And if there's even less time, have a tablespoon of honey or a little Jell-O. "You want a simple carbohydrate that your body doesn't have to wait to digest," she says. These foods can also fuel those who work out before breakfast.

Contrary to popular opinion, there's no need to load up on protein -- even if you're trying to build muscle or drop a few pounds. People think that "carbs are fattening," Clark says. "The truth is that excess calories are fattening. Carbs are actually the best fuel for their muscles."

It's also important to refuel after working out -- something a lot of people skip because exercise briefly suppresses your appetite. "You've just worked out, you're warm and sweaty, and you can't think of eating," Bonci says. But that's the prime time to help the body begin to recover. "Have some grapes or a Popsicle," Bonci says, noting that either "is easy to get down and very refreshing."

Bonci, who counsels U.S. Olympic athletes on nutrition and is the dietitian for both the Pittsburgh Pirates and Pittsburgh Penguins professional sports teams, also advises eating 100 to 200 calories within 15 to 30 minutes to continue recovery and "seal the deal" of exercising. Some options include a banana, a handful of Cheerios or half of a granola bar.

As for boosting protein to help repair muscles after a workout, you don't need much, just about 12 to 15 grams

or about the amount found in a cup of low-fat chocolate milk. "It's not as sexy as having protein powder, but it works," Bonci says. "And it's a whole lot cheaper."

Sports drinks, such as Gatorade and Powerade, are other options. They are designed to replace the sodium, potassium and other electrolytes lost through perspiration, especially for those who exercise intensively for at least 60 minutes. But avoid the urge to drink them like water, because they pack a lot of calories.

"This is always one of the things that I get a chuckle at in the gym," Potteiger says. "I see people drinking Gatorade or Powerade on the treadmill. They're undermining what they are trying to do."

*—From the Washington Post, 4, 1/10/07*

## What Do You Eat and Drink Before a Swim?

You've read what the Washington Post has to say about eating and exercise, but swimming is an exercise like no other I think because it's done in water. Do swimmers fuel up differently than those involved in land-based sports? We sent out an email to NJ Masters swimmers and got some interesting responses. Here's what you wrote:

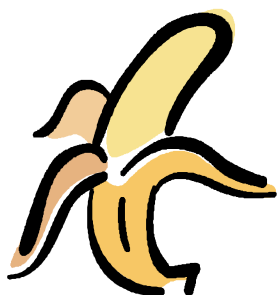
\* Ann Mancuso swims with the Masters at Metuchen YMCA in the evenings. On days she works out she says "I eat a good breakfast (usually cereal and fruit) and splurge at lunch as I do not eat dinner. So I'll have a higher calorie (and usually higher fat) lunch than usual. Then at 6:00pm I have Gatorade and either a Power Bar or a pack of Granola bars and 1/2 banana. That's it. I am always surprised at practice when I hear other swimmers say that they are still full from a big dinner or that they can "taste" what they had for dinner. Some of them eat big meals before swimming at night. I could never do that. As far as after....I go home and shower and have a nice glass of Chardonnay while reading before bed. And always LOTS of water before, during and after swimming."

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## ("What Do You Eat and Drink Before a Swim?")

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\* Bill Reichle (coach of the year at Pingry) writes: "My pre-workout choice for AM sessions is BOOST (chocolate or Chocolate malt flavor). Otherwise I do not have a preference for evening workouts...I always eat something that will raise my blood sugar level. As far as swim meets, I will eat a balanced meal with emphasis on proteins assuming I have consumed carbohydrates prior to upcoming meet date(s). Stay away from Dunkin' Donuts but the coffee (caffeine) works wonders.



\* Anne Clewell keeps it simple: "Best thing for me is a banana about 1/2 hour before my workout."

\* Janet Estenes writes: "My best breakfast before our

Sunday morning swim is oatmeal. I mix raisins and a sliced banana with milk. I use only Splenda for sweetening. I have a 4 oz glass of OJ and a cup of tea with milk. When I finish this I am ready to roll, and I don't have a problem retasting the food as I do when I eat a bagel. I usually drink water during the swim as Gatorade while exercising seems to make me nauseous."

\* Lynn Ascione from Berkeley Aquatics tells us: "Before my early morning workout I have energizing soy protein mixed with 8 oz milk. My recovery drink is Shaklee Physique mixed with OJ and water."

\* Here's what Ed Tsuzuki has to say: "For 'instant energy' on the run, I like Gu. Not because it is a superior food product, but because it is so convenient. I can throw little packets of Gu in my gym bag for a quick hit anytime. Typically, I don't consume any food during a workout. My workouts don't last that long anyway! I like to have at least two hours from my last meal until I swim, but if it is an early morning workout - a bowl of cereal and milk and some orange juice right before

workout is OK. And of course, I like to eat - lots - right after a workout!"

\* Here's Mike Lavitt's routine: "I just drink water. I leave at least 90 minutes and preferably 2 hours between when I eat and when I swim a workout. I might have something very small like a granola bar 1 hour before. When I was running track in high school, I often threw up at practice. I'd hate to do that when swimming. I do try to eat a banana any day that I'm going to swim.

\* This is what works for Gerri Callahan: "This may sound silly, but I've found for a hard work out, if I drink Powerade (not water, Gatorade, or some other sports drink), I have more energy. Water works fine for lighter workouts, but for a hard workout, Powerade does it for me."

\* Jeff Jotz's recipe for success: "During workouts and even competition, all I want is plain old water. Nothing more, nothing less. I'm not into those sports bars and drinks much. Before a race, all I can probably keep in my stomach is a banana. However, after a grueling workout or fast race, look out...I can eat for three people! About 10 years ago, at YMCA Masters Nationals in Indianapolis, I went out for some White Castle hamburgers before my 800 free and then swam my best time!

Thanks to all who shared their food and drink preferences. If anyone else wants to divulge their pre- or post-workout fare, feel free to email me at [lbk@sprintmail.com](mailto:lbk@sprintmail.com) and I'll include it in the next Fast Lane.

# Just Married

**Congratulations to newlyweds Stan Konopka and his wife Patricia on their May wedding! We wish them years of happiness and fast swimming!**

## From Europe, a No-Chlorine Backyard Pool

By Steven Kurutz

Mike Hilleary, an industrial designer who builds zoo exhibits and trade show displays, and who expanded into residential pools five years ago, has found that Americans have a clearly defined idea of what constitutes a proper swimming pool.

"It's a white-tiled thing," said Mr. Hilleary, whose company, Total Habitat, in Bonner Springs, Kan., specializes in what could be called the opposite of the white-or blue-tiled things found in millions of backyards across the country.

The "natural pools" that Total Habitat builds are bordered with wood, planted with lush vegetation and free of chemicals like chlorine; they resemble nothing so much as a swimming hole. "It's natural looking, like a pond," Mr. Hilleary said. "But the water looks so clean. People really want to swim in it, more than in a farm pond.

Natural swimming pools are self-cleaning pools that combine swimming areas and water gardens. Materials and designs vary - the pools can be lined with rubber or reinforced polyethylene, as in the case of Total Habitat's, and may look rustic or modern - but all natural pools rely on "regeneration" zones, areas given over to aquatic plants that act as organic cleansers.

The pools have skimmers and pumps that circulate water through the regeneration zone and draw it across a wall or rocks, loose gravel or tiles, to which friendly bacterial attach, serving as an additional biological filter.

The pools, which cost about the same or slightly more than conventional ones, depending on landscaping, appeal to gardeners because of the great variety of plant life that can be grown in them, as well as to green advocates and others who don't want to swim in chlorinated water.

"Many, many people don't like chlorine," said Bryan Morse, who runs a landscaping company in Vista, Calif., called Expanding Horizons that builds water features and branched into natural pools five years ago.

Whether Americans will go for the natural pool remains to be seen. For those who do install them, Jim Smith, who has such a pool in Wichita, Kan., offered some advice born of experience. "I wouldn't say they're for everyone," he said. "You can't be uptight and unable to wait on nature to repair things."

-Excerpted from the NY Times, 4/5/07 issue.

## MY ENGLISH CHANNEL SWIM

By Nancy Steadman-Martin

*Editor's note: In the last Fast Lane we ran Part 1 of Nancy's account of her inspirational English Channel swim. What follows is her narrative of the swim portion of the experience. Read on and get psyched for your open water season!*

We arrived at the boat early and had to stand in the rain as Captain Taylor prepared the boat for our journey. Linda and Michelle wished me luck and headed back to Dover in the cab. It was the first long distance swim that I was starting without Michelle being by my side and I really felt the "solo-ness" of the Channel. By the time the crew and I got on the boat everyone in my crew was soaked. It was dark and cold and the water did not look very inviting. On the boat was a deck hand named "Baz" and my "Channel Swimming Official Observer," named Ann. It was Ann's job to see that I did everything by the rules and that I was safe throughout my swim. Ann took some basic information from me and lightened my spirits when she expressed her disbelief that I was fifty years old.

Once we were all on the boat, we headed off to Samphire Hoe, which would be my official starting place. It was right near Shakespeare's Cliff and near the Chunnel entrance. On the way to the start, I began the process of spreading the lanolin and Vaseline all over myself. Dr. Baden assisted with my back. We tried to be as neat as possible but it was dark and rainy and the boat was bopping up and down in the swells. The stuff is very messy. Almost as soon as I completed the lanolin application, Captain Taylor called for me to start and gave me some last minute instructions. He directed me to swim to a ladder on the Chunnel bulkhead. My swim would officially begin when I climbed the ladder to get my feet out of the water and he would toot his horn.

I jumped in the water and was pleasantly surprised that the water did not feel especially cold. I began to swim in

the opposite direction of France in order to climb the ladder. I soon found the ladder and, for a fleeting moment thought I should just keep climbing to dry land. **I heard the toot of the horn and realized I had a boatload of people and many others back home who were counting on me to make it to France or at least try to make it to France.** I hopped off the ladder care-



fully so I didn't disturb my goggles. I began to swim and just told myself to keep stroking one arm after another.

The first few hours passed relatively quickly. I was drinking Accelerade and eating Accel Gel every hour. After a few hours, I ate parts of a peanut butter & jelly sandwich. The rain was heavy at times and my crew on the boat looked pretty wet. Everyone had their hood up as they watched me stroking through the Channel. At five hours, I began to feel the cold. I tried to distract myself from these cold thoughts. I had heard that the water gets significantly warmer on the France side of the Channel, so I eagerly anticipated the warmer water. At six hours, Ricky told me I was more than half way there and that sounded good. I thought I had a shot at making it and those thoughts warmed me up. I began to pray for some sun as I could see some breaks in the clouds.

Finally, somewhere at the half-way point, the sun came out. I could feel it on my back and it was nice to see everyone on the boat take off their hoods. Unfortunately, with the sun came the wind and the chop. Captain Taylor kept me very close to the boat and the swells would roll over my right side, hit the boat and roll onto my left side. **I felt very small as the water swelled beneath me. I could**

**see barges and ocean liners in the distance as I swam. Captain Taylor frequently gave me the "thumbs up" sign and I returned the sign as I swam.** It was reassuring to know he was watching me very carefully. My race official started catching lots of fish, which I later learned were mackerel. I tried looking for these fish underwater but I couldn't find any. I did see some large, strange-looking jelly fish and I got stung once on my hand.

I was beginning to slow at the nine hour mark. I knew it, but there was not much I could do about it despite trying to swim faster. Then I saw Ricky getting his fins on to join me for an hour. As I watched him getting ready, I perked up immediately. When he got in, I expected that I would stay up with him as I had on our training swims. However, he was much too fast! He turned on his back and kicked with the fins and that helped me keep a better pace. The boat crossed to the other side of me to try and break the swells. The hour was up very quickly and Ricky had to get out in order to comply with the rules.

Dr. Baden helped me smile while swimming as I watched him on the boat. Occasionally, I would see Captain Taylor instructing him to sit in one place as he moved to get some photographs or assist with my feedings. Dr. Baden was following his "Do Not Touch Me" instructions so carefully, that at one feed when I asked for a Fig Newton cookie, he tossed it at me. I missed the catch and he probably made some fish's day!

By this time, I could see France pretty clearly. Unfortunately, it looked like it didn't get any closer as I kept swimming. I kept stroking and remembered that the water had gotten warmer as I approached France because I no longer felt so cold. Captain Taylor shouted that I had only 1000 meters to go. This sounded great! Ricky got in again with about 500-700 meters to go. He had to stroke behind me as the rules required that I land on the beach first. The boat had to remain where it was because of

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the sandbars. As we approached beach, I saw many people sunning themselves and I also saw children on boogie boards. These people looked great and the beach looked warm. I caught a small wave and rode it to shore. Land never felt so good. It was difficult to stand at first, but I quickly wanted to get to dry sand and let my swim be over. Once on the beach, I turned and raised my arms so Captain Taylor would know I was on dry land. He tooted the horn, marking that my swim was concluded.

Ricky joined me on shore and congratulated me. He told me that I had just done an awesome thing. I felt more relief than elation at that moment. **I knew that my father, Dick Steadman, was looking down on me from Heaven watching my finish. I had felt him with me along the way.** We then had to swim back out to the boat.

As I approached the boat from the water, Ann the official observer, shouted that if I didn't touch the boat, I could swim back to England and make it a double! I could not even smile at that joke until a few days had passed!

When I got in the boat, Captain Taylor told me my time and I looked for dry towels and clothes. Everything had gotten so wet in the five hours of rain, that there did not seem to be anything dry on board. Luckily, Linda had insisted that Michael bring a blanket from their hotel and she had placed it in a plastic bag. As I huddled in the blanket, I realized Linda was the smartest person I knew for three reasons: 1) she married Michael who is an incredible person; 2) she forced Michael to take a blanket on board and had the sense to put it in a plastic bag; and 3) she did not come on the boat during my crossing! As much as I know that Linda would have gotten her Prada shoes soaked for me, watching her standing in the rain for five hours as the boat rocked back and forth through the Channel would have been too much for me!

The three and one-half hour boat ride back to England passed fairly quickly for me as a curled up in a corner by Captain Taylor and fell asleep. Captain Taylor

did not let anyone disturb me, including my husband after he had been called about my successful crossing.

After arriving back in Dover, I shared my thoughts about the swim with Michelle and a few other Channel swimmers who were waiting to cross. I was ecstatic and energized. I made many calls to the States to share the news with family and friends. Luckily, the time difference allowed me to continue calling until 3:00 am. For the next few days in Dover, I also received numerous calls from those who heard about my swim. My Uncle Chris in Connecticut had notified two relatives in England. These relatives called me and their joy about my crossing made me feel very special. My brother, Billy, got tears in eyes when I called him after the swim. He was thinking of our father and how he must have been watching me throughout the swim. Those sentiments were very special to me.

For the next few days after my swim, I was worrying that Michelle may not get to cross. The wind and currents were not favorable for the next few days and since the neap tide was to end on August 14<sup>th</sup>, there was a possibility that she might not swim. This was extremely stressful for her, but I couldn't thoroughly enjoy my swim until she completed hers. Luckily, on the evening of August 13, 2004, we learned she would begin her swim the night of August 14<sup>th</sup>. Michelle was familiar with being out to sea at night because she had just completed a paddle from Cuba to Key West, Florida in June 2004, as part of an all-women's relay team that set a world record.

I saw Michelle off on her swim, which began at 9:47 pm on August 14<sup>th</sup>. I called Captain Taylor throughout the evening and early morning hours to see how she was doing. I had to leave for the airport at noon on August 15<sup>th</sup>, and I learned at 11:32 am that she had touched France. I had walked on the beach at Cap Gris Nez, but she landed at Cap Blanc Nez so she touched a cliff instead of walking on a beach. Her swim was further than mine because of the tides and currents, but WE BOTH MADE IT!! Since the percentage of success on first attempts is about 20%, we had beaten the odds!

There is a pub in Dover called "White Horse" where all successful Channel swimmers sign their names, dates and times. I had signed my name before leaving for home and on the 15<sup>th</sup>, Michelle added her name to the wall next to mine and wrote "Team SeaShell Solos" between us.

**Since my swimming name is NanSea and hers is MeShell, we are called "Team SeaShell." We became the only two New Jersey females to successfully swim the Channel aside from Gertrude Ederle!**

It's nice to have completed a challenge and join the small group of distance swimmers who can say "I swam the English Channel." I'm giving myself some time to reflect on our swims and decide what's next. Many people have been giving me suggestions. One suggestion was to climb Mt. Everest because it's unlikely that someone swam the Channel and climbed Everest. For right now, I think I'll let "Nansea" be just "Nancy!"

## Chlorine and Breathing Problems

*Reuters Health* reported on April 9, 2007 that swimming teachers and other people who spend a lot of time near chlorinated pools face an increased risk of breathing problems, Dutch researchers report. Chlorine reacts with substances such as urine and sweat to create byproducts that can irritate the respiratory tract, most importantly chloramines, explain Dr. Jose Jacobs of the University of Utrecht in The Netherlands and colleagues in a report in the *European Respiratory Journal*. The research team surveyed 624 swimming pool employees and sampled air at six swimming pools. They measured trichloramine levels at all 38 pools included in the study to estimate long-term exposure among employees. Trichloramines are the most volatile type of chloramine, and are known to irritate the eyes and upper respiratory tract. Compared to pool workers with the least exposure to trichloramines, such as catering employees or receptionists, swimming instructors were 2.4 times as likely to suffer frequently from sinusitis or sore throat, and faced a 3.4-fold greater risk of chronic cold, the researchers found.

*Taken from American Lung Association website: [www.lungusa.org](http://www.lungusa.org)*

## Meet Calendar: NJ

**June 16 New Jersey Open Water Swim Clinic conducted by Jeff Jotz**  
Contact Jeff Jotz at [jjotz@mac.com](mailto:jjotz@mac.com)

**August 4 Jason Nessel Memorial LCM Meet in Rahway, NJ**  
More info and entry form: [www.gmswim.org](http://www.gmswim.org)  
Contact Jeff Jotz at [jjotz@mac.com](mailto:jjotz@mac.com)

## Meets Outside of NJ

**January 1 - December 31 Go The Distance 2007 Fitness Event**  
Contact Mary Sweat  
[gothedistance@swimoregon.org](mailto:gothedistance@swimoregon.org)  
More info: [www.usms.org/fitness](http://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](http://www.usms.org/fitness)

**June 10 Great Chesapeake Bay Swim**  
Lottery entry form: [www.lin-mark.com](http://www.lin-mark.com)

**July 28 29th Annual Compo Beach 1 mile Point to Point, Compo Beach, Westport, CT**  
More info: [www.westportny.org/aquatics\\_events](http://www.westportny.org/aquatics_events)



## Championships

**May 15 - Sept 15 USMS 5K and 10K Postal Championships**  
Contact Susan Ingraham 210-493-0388  
[aquatex101@aol.com](mailto:aquatex101@aol.com)

**June 22 - July 7 Summer National Senior Games - The Senior Olympics, Louisville, Kentucky** [www.2007seniorgames.com/athletes](http://www.2007seniorgames.com/athletes)

**July 14 USMS 6+ Mile Open Water Championships (10K), Huntington Bay, Huntington, New York**  
Contact Bea Hartigan 631-271-3349  
[bea10k@yahoo.com](mailto: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](mailto:larry.krauser@kcgl.net) or Eric Ridgway 208-265-5412 [sage1199@yahoo.com](mailto:sage1199@yahoo.com)  
[www.usms.org/longdist/ldnats07](http://www.usms.org/longdist/ldnats07)

**August 10-13 USMS Long Course Meters Nationals at The Woodlands Aquatic Center, The Woodlands, Texas**  
More info at [www.usms.org](http://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 available soon!

**August 18 USMS 2 Mile Cable Championships, Mirror Lake, Lake Placid, New York**  
Contact Mary Field [maryfield@spacedmc.com](mailto:maryfield@spacedmc.com) or [frankfield@earthlink.net](mailto:frankfield@earthlink.net) 518-583-4048(h), 518-356-9903 x14 (w) or Ann Svenson [annb48@earthlink.net](mailto:annb48@earthlink.net) 518-893-1967

**August 18-19 Colonies Zone LCM Championships, College Park, MD**  
Entry form not yet available

**September 15 - November 15 USMS 3000/6000 Yard Postal Championships**  
Contact Dee Turner 208-365-1166  
[dd@bigskytel.com](mailto:dd@bigskytel.com) or Jill Wright 208-338-5287 [swimjimw@msn.com](mailto:swimjimw@msn.com)

**April 15-25, 2008 FINA World Masters Championships, Perth, Australia**  
More information: [www.2008finamasters.org](http://www.2008finamasters.org)  
Qualifying times:  
[www.2008finamasters.org/index.php?id=1200](http://www.2008finamasters.org/index.php?id=1200)

**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](http://www.ymcaswimminganddiving.org)

## 2007 OPEN WATER CALENDAR



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

**Sat, June 16** Manhattan Marathon 28.5 mi. Swim, New York, NY [www.nycswim.org](http://www.nycswim.org)  
**Fri, June 22** Independence Day 1 mi. Swim, 6:30 pm Somers Point, NJ [www.lmsports.com/indep5w](http://www.lmsports.com/indep5w)  
**Sat, June 23** Plunge for Patients 1 mi. Swim, Wildwood, NJ [www.plungeforpatients.org](http://www.plungeforpatients.org)  
**Sat, June 23** 1.5 mi. Swim, Greenwich, CT [www.swimcrossamerica.org/greenwich](http://www.swimcrossamerica.org/greenwich)  
**Sat, June 23** Lehigh River 1 & 2 mi. Swims, Allentown, PA [www.emacswim.org](http://www.emacswim.org)  
**Fri, June 29** Governor's Island 2.0 mi. swim, 4 p.m. New York, NY [www.nycswim.org](http://www.nycswim.org)  
**Sun, June 30** 10th Annual Bridge to Bridge 5 km and 1.3 mi. bay swims, Atlantic City, NJ [www.acaswim.org](http://www.acaswim.org) or (609)-653-0939  
**Sat, July 7** Bradley Beach 1 mi. Swim, 9:30 am, Bradley Beach, NJ [www.raceforum.com](http://www.raceforum.com) or [bbguard1@msn.com](mailto:bbguard1@msn.com)  
**Sat, July 14** Avon 1 mi. Swim, 8 am Avon By-the-Sea, NJ Contact Ron Farina (973) 761-9594 E-mail: [farinaro@shu.edu](mailto:farinaro@shu.edu)  
**Sat, July 14** Metro 5K Open Water Swim Champs, Huntington Bay, NY [www.metroswim.org](http://www.metroswim.org)  
**Sat, July 14** Metro 10K Open Water Swim Champs, Huntington Bay, NY [www.metroswim.org](http://www.metroswim.org)  
**Sat, July 14** Swim for the Dolphins 1 mi. Swim, Wildwood, NJ [www.marinemammalstrandingcenter.org](http://www.marinemammalstrandingcenter.org)  
**Sat, July 14** 1 Mi. swim, Greenwich, CT [www.gscevents.org](http://www.gscevents.org)  
**Sun, July 15** Stars & Stripes Aquathon 1.5 km swim, 5K run, New York, NY [www.nycswim.org](http://www.nycswim.org)  
**Sun, July 15** Riverside Park Tune-Up 1.5 km swim, New York, NY [www.nycswim.org](http://www.nycswim.org)

**Sat, July 21** Ocean City Masters 1 Mile Swim, Ocean City, NJ [www.lmsports.com](http://www.lmsports.com)  
**Sun, July 23** Race for the River 2.4 mi. Swim, New York, NY [www.nycswim.org](http://www.nycswim.org)  
**\*Sat, July 28** 34<sup>th</sup> Annual Andrew B. Manning Ocean Mile Swim, 6pm Sea Bright, NJ [www.sandyhookers.org](http://www.sandyhookers.org) or (732) 614-6028 or [raceinfo@sandyhookers.org](mailto:raceinfo@sandyhookers.org)  
**Sat, July 21** Ocean City Masters 1 Mile Swim, Ocean City, NJ [www.lmsports.com](http://www.lmsports.com)  
**Sat, Aug 4** Rainbow Channel 1 & 2.6 mi. Bay Swims, Ocean City, NJ [www.rainbowchannelchallenge.com](http://www.rainbowchannelchallenge.com) or (609) 646-8439  
**Sat, Aug 4** Swim Across the Sound 25K swim, Port Jefferson, NY [www.swimacrossthesound.org](http://www.swimacrossthesound.org)  
**Sun, Aug 5** Grimaldo's Mile III - Brighton Beach to Coney Island 1 mi. Swim, Brooklyn, NY [www.cibbows.org](http://www.cibbows.org)  
**\*Sun, Aug 5** John Boyd Memorial 1 mi. ocean swim, 6:30 p.m. Seaside Heights, NJ Capt. Rob Connor (732) 793-4646 or [www.seasideheightstourism.com](http://www.seasideheightstourism.com)  
**Sat, Aug 11** Atlantic City Around the Island 22.5 mi. Marathon Swim, Atlantic City, NJ [www.acswim.org](http://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](http://www.ocymca.org)  
**Sat, Aug 11** Sound-to-Cove swim 1 mile, 5K and 10K swims, Glen Cove, NY [www.swimcrossamerica.org/nassau\\_suffolk](http://www.swimcrossamerica.org/nassau_suffolk)  
**\*Sat, Aug 18** Lavallette Beach Patrol 1 mo. Ocean swim [www.lavalletteboro.com/beach\\_activities](http://www.lavalletteboro.com/beach_activities)  
**Sun, Aug 19** Ray Licata Memorial 1 mile ocean swim, Long Branch, NJ [www.raylicatamemorialswwim.com](http://www.raylicatamemorialswwim.com)  
**\*Sun, Aug 19** Breezy Point 2.5 or 5 km Swims - Brighton Beach, NY [www.metroswim.org](http://www.metroswim.org)  
**Sat, Aug 25** Little Red Lighthouse 5.85 mi. Swim, New York, NY [www.nycswim.org](http://www.nycswim.org)  
**\*Sat, Aug 25** 1 mi. Yates Swim, Atlantic City, NJ (609) 347-5466 [www.acbp.org](http://www.acbp.org)  
**\*Sun, Aug 26** 12th Annual 1 Mile Ocean Swim at Manasquan Beach, 8am Manasquan, NJ (732) 681-4094 E-mail: [tkrug@optonline.net](mailto:tkrug@optonline.net) or [www.raceforum.com/08/manasquan](http://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 mi. Swim, New York, NY [www.nycswim.org](http://www.nycswim.org)  
**\*Sat, Sept 1** Atlantic City Pageant 1.5 mi. Ocean Swim, Atlantic City, NJ (609) 347-5466 [www.acbp.org](http://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](http://www.nycswim.org)  
**Sun, Sept 17** 1 Mile Fanny's Return (Across The Narrows) - Brooklyn, NY [www.metroswim.org](http://www.metroswim.org)  
**Sat, Sept 23** September Splash 2 mile, 1 mile and 1/4 mile Swims, Wildwood, NJ [www.lmsports.com](http://www.lmsports.com)  
**Sat, Sept 29** Freedom Tower Aquathon .5 swim, 3 mi. run, New York, NY [www.nycswim.org](http://www.nycswim.org)  
**Sat, Sept 29** Cove to Cove Swim .5 miles, New York, NY [www.nycswim.org](http://www.nycswim.org)  
**Sat, Oct 6** Ederle Swim 17.5 miles, New York, NY [www.nycswim.org](http://www.nycswim.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@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 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  
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

Wyckoff YMCA Masters, Wyckoff  
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@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

