

# EASTLANE



## USMS One Mile Open Water National Championship

The NJ LMSC was well represented at the recent USMS One Mile Open Water National Championship held in Madison, Connecticut on June 21, 2008. Although it was a beautiful warm sunny day, Mother Nature threw in a couple of extra elemental challenges for all of the swimmers with a water temperature of 63 degrees (no wetsuits allowed!) and a current which helped to make this a 'long mile' swim as evidenced by the finishing times.

Congratulations to the following NJ LMSC swimmers on their successful swims!

### Women

- 35-39 Michelle Davidson 3rd place
- 45-49 Susan Kirk 4th place
- 45-49 Mary Guilfoyle 7th place
- 50-54 Nancy Steadman-Martin 1st place NATIONAL CHAMPION

**Great Job!**



Photo, above: Mike Fanelli, Susan Kirk. Photo, top of page, left to right: Susan Kirk, Mary Guilfoyle, Richard Wallace, Mike Fanelli, Nancy Steadman-Martin, Michelle Davidson, Mike Ciolino.

### Men

- 50-54 Michael Fanelli 2nd place
- 50-54 Michael Ciolino 7th place
- 60-64 Richard Wallace 4th place

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coachkarinadams@yahoo.com



Photo, above, left to right: Phillipe Delamare, Mike Fanelli, Curtis Sawin, Jeff Jotz, Lisa Bettinger and Kimberly Plewa, fresh from the One Mile Jack Wright Ocean Swim in Bradley Beach on July 5th, 2008.

**Record Set! Congratulations to  
Isaac Siskind, 80 who set a new NJLMSC  
SCY record at the Connecticut Senior Games at  
Trinity College in Hartford, CT  
on May 31, 2008! 200 IM 4:38.73**



## **Fast Lane Graphic Designer Needed**

Karin Adams, the woman responsible for the wonderful graphic design you see in the Fast Lane, has made a major move and now lives in California! She's doing the Fast Lane long distance for us, but we need someone to step in and take her place ASAP. You don't have to be a professional graphics person, just someone with an interest in taking a bunch of copy and fitting it all in. Learning on the job is perfectly fine. If you want to find out more about what's involved, contact Karin at coachkarinadams@yahoo.com or Fast Lane editor, Linda Brown-Kuhn at lbk@sprintmail.com.

**Light Those Candles!  
Happy Birthday  
to the following  
98 July & August Babies!**

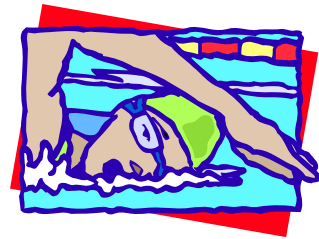


William VanPelt 75-79  
 Marie McGowan 75-79  
 Charles Woodford 75-79  
 Peter Worms 75-79  
 Jay Lynch 70-74  
 Carol Eno 70-74  
 Jerry Katz 70-74  
 Donald Cox 65-69  
 Jack Zakim 60-64  
 Karl Fenske 55-59  
 Peter McCoy 55-59  
 John Jacobs 55-59  
 Kevin Lynott 55-59  
 James Ryan 55-59  
 Daniel McConnell 55-59  
 Richard Cahayla-Wynne 55-59  
 Nancy Titko 55-59  
 Stan Konopka 55-59  
 Pam Banks 55-59  
 Nancy Steadman-Martin 50-54  
 William Beardsley 50-54  
 Mario Lepore 50-54  
 Robert Kristen 50-54  
 David Juchniewicz 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 50-54  
 Jack Szymanski 50-54  
 Charles Daniel 50-54  
 Clayton Paterson 50-54  
 Benn Doyle 50-54  
 Louis Conte 45-49  
 Dorothy Durkin 45-49  
 Michael Leddy 45-49  
 Nancy Wilderotter 45-49  
 Kieran Cummings 45-49  
 Paul Mucciarone 45-49  
 Karen Charen 45-49  
 Amy Motzenbecker 45-49  
 Godfrey Allen 45-49  
 Joseph Jankewicz 45-49

Deborah Kemp 45-49  
 Fred Nitting 45-49  
 Amy Carow 45-49  
 Charles Freund 45-49  
 Daniel Sexton 45-49  
 Laurie Ditommaso 45-49  
 Carlos Molina 45-49  
 James Muir 45-49  
 Rebecca Kalibat 45-49  
 Alvaro Polar 45-49  
 Peter Knapp 45-49  
 Lorna Cialdella-Morehead 40-44  
 Margaret Martonosi 40-44  
 Craig Hubert 40-44  
 Matt Sweeney 40-44  
 Jeffrey 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 40-44  
 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  
 Healthier Agriogianis 35-39  
 William Blumentals 35-39  
 Karin Adams 35-39  
 William DiGiacomo 35-39  
 Peter Hezky 30-34  
 Lindsey Sniegos 30-34  
 Michael Nusbaum 30-34  
 Tiffany Brennan 30-34  
 Gered Doherty 30-34  
 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  
 Elyse Turr 20-24

**Super Summer  
Long Course  
Workout  
(Perfect in Yards Too)**

This workout comes courtesy of  
 Andrea Luallen-Egg, coach of the  
 Ridgewood YMCA Masters Team.  
 Thanks, Andrea!



Warm-up  
 400 meters

Main Set: Repeat 4 Times  
 200 free, 20 seconds rest  
 100 free, 20 seconds rest  
 50 no free, 1:00 rest  
 Total 1400 meters  
 Running total 1800 meters

10 x 50 odd 50s no free,  
 even 50s free, 15 seconds rest  
 Total 500 meters  
 Running total 2300 meters

10 x 50 (25 kick / 25 swim:  
 switch mid-way on each length),  
 20 seconds rest  
 Total 500 meters  
 Running total 2800 meters

Cool-down  
 200 meters, nice and easy  
 (free and any strokes you did  
 during the main set or the 50s)

**TOTAL 3,000 meters**

# More Great Pics from Austin Courtesy of Darek Hahn



Photo, top left,  
left to right:  
Darek Hahn,  
Vanja Sikirica, Bill  
Segal, Leigh Segal,  
Scott Carpenter,  
Andy Lippitt,  
Christine Larkin  
Steve Hiltibiddle,  
Kurt Baker.



Photo, top right:  
Christine Larkin  
and Olympic  
Gold Medalist  
Aaron Piersol

Photo, middle left, left to right: Bill Segal, Steve Hiltibiddle, Andy Lippitt, Darek Hahn

Photo, middle right: Christine Larkin

Photo, bottom: The Lee and Joe Jamail Texas Swimming Center on The University of Texas at Austin Campus

**Paul J. Kiell, M.D., Reviews**  
**SWIM to WIN**  
**Train Like a Champion**

By Coach Ed Nessel

168 pp. (Paperback) Sterling Publishing, \$17.95

Swimming is intensely technique driven. Proper technique demands discipline, dedication, scholarly devotion, and a passion for what you are doing. There is no one that I know or know of who combines these attributes more as a person, as a coach, and as a teacher than does Ed Nessel. Read what he has to say, follow his dictates, and when you do, expect to find success—not only in swimming, but in everything else you do.

Such was my blurb for this book, written from the vantage of both knowing, and having been coached by the author. Coaching is critical in swimming. More so than in running or biking. Most swimmers are like musicians (Nessel is also an accomplished musician); musicians retain their teachers throughout a lifetime and all of the top-notch swimmers retain a coach indefinitely.

Coach Ed Nessel has a doctorate in pharmacy and masters degrees in public health and infectious diseases. Well versed in physiology, in nutrition, in biochemistry and pharmacology, he has lectured at AMAA seminars and has written articles for the AMAA Journal. Whatever he writes about, he also provides the scientific rationale, something he has put to use as a nationally ranked masters competitive swimmer. He is sometimes called “doctor.” But he prefers the title of “coach.”

The most essential job for the coach, aside from designing workouts, is to teach proper technique. Conditioning is important, but without technique, conditioning and strength are near useless. Technique trumps all.

Technique is only one of the areas of a book that could easily be called “The Complete Book of Swimming.” Although it is written mainly for the swimmer, runners and particularly triathloners, can benefit. And so can injured runners and bikers. (I only wish I had cross-trained and gone swimming more in the days when I was a runner.)

A typical scene is that of the prospective triathlete or injured runner for whom swimming is their weak link. Accustomed to the easy access of running or biking, they are at first put off by the necessity of traveling somewhere to swim, finding a place to swim, getting in and out of the water, etc., etc. Once in the water they try to follow the runner’s training ethic. For example, if the distance of the swim part of the triathlon is a half-

mile, they will swim enough laps to equal 880 yards, swimming steadily yet encumbered with all of their technique flaws. It becomes an onerous chore and most runner-bikers avoid the experience as much as possible.

Swim training, however, differs from that of the runner-biker. Even the long distance swimmers swim in sets of 25-100 yard intervals with about 5-second rests per 25-yard-lap in between (e.g., swim 75 yards, rest 15 seconds).

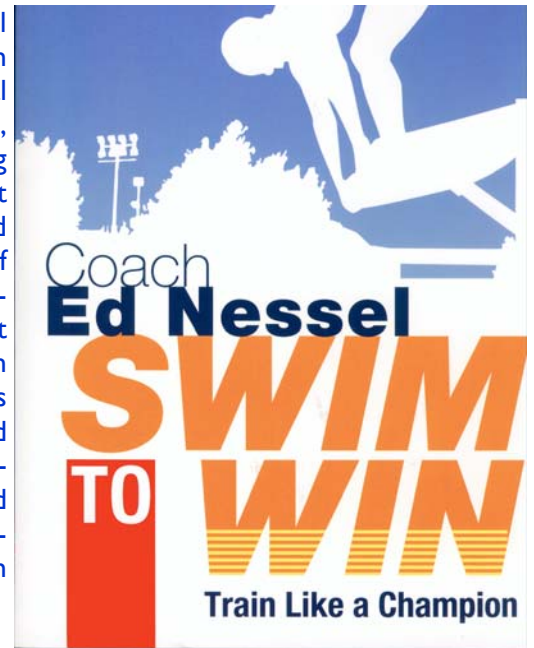
The thing to do is find a pool, find someone to do a little (or a lot) of coaching, with emphasis on technique. Swim a length or so at a time. Concentrate only on one facet of technique, e.g., breathing. Rest, avoid letting fatigue augment inherent technique flaws. Avoid too making the swim session a chore.

For the commonality swimming shares with the other two disciplines is economy of effort. In swimming, economy of effort translates to endurance and speed. Such is gained through learning efficient technique.

Technique is the core of this book, a book that can be used by all to learn about swimming, whether you are a runner, injured runner, biker, or even advanced swimmer.

Besides learning the technique of the strokes, the breadth and scope of this book is multidimensional. There are chapters covering nutrition, anti-inflammatory medications, vitamins, drugs, resistance training, stretching, the mind and spirit, and for the interested reader, the scientific understanding of the neuro-hormones, e.g., the endorphins.

There is, finally, the very human touch. In his acknowledgment, he tells of the tragedies of his life (death of two sons and illness of his wife) that fed his “obsession,” to help others reach their potential.



## *A THOUGHT in the TIME-LINE*

*By long-time Masters swimmer,  
Jerry Katz*

*It was a great day for a trip. The New England LCM Swim Meet was going to be in Middlebury Vermont, about a three hour ride from the camp (that is a Massachusetts name for a small summer cabin) my wife Debbie and I have in Goshen, MA.*

*A July birthday aged me up to the 70-74 year age group, another once in a life-time opportunity to be at the young end of the competition, which I have always considered a happy occasion.*



*We arrive late on Thursday, the day the sadists (the 1500 meter swimmers) were to compete. The Middlebury college pool is a great facility, lots of light, windows, cool water and friendly people. The competition was intense in some age groups and minimal in others like mine allowing me to take some blue ribbons.*

*While waiting for my swims, I met another swimmer from Maryland in an age group above mine. As we watched the heats we observed a master swimmer in the 85-89 age group going through his events which included the 400 IM and the 200 Fly among others. While it took him considerable time to complete these events, a hearty round of applause met him at the touch pads.*

*The Maryland swimmer said "I hope I'm never so old as to get applause at the end of my swim". I know I have had the same thought run through my head, but wondered, as I sat there if I really meant it.*

*There comes a time when ones mortality flickers in and out of the mist of your thoughts and you think how much you enjoy swimming and maybe, just maybe, you wouldn't mind ending a race this way. In fact I look forward to it with envious anticipation, yet I hope it is a few more years away.*

## **America's Top 50 Open Water Swims**

### **What are your picks?**

**By Jeff Jotz, Open Water Chairman**

At this year's Beijing Olympics, open water swimming will join the other sports for the first time in the history of the Summer Games. To gear up for this milestone, as well as to provide coverage of the 2008 and 2009 FINA World Cup marathon races, a new web site, Olympic 10K Marathon Swim ([www.10kswimmer.com](http://www.10kswimmer.com)), has been launched by Steven Munatones, a former professional marathon swimmer and USA Swimming National Open Water Swimming Team coach at several World Championships.

Of interest to open water junkies is the site's ranking of America's Top 50 Open Water Swims (it also contains the top 50 international open water swims as well) and contains an online poll where swimmers can vote on their top three. All geographic areas of the U.S. are covered, so surf on over to the following website and cast your vote...  
[www.10kswimmer.com/2008/06/americas-top-50-open-water-swims.html](http://www.10kswimmer.com/2008/06/americas-top-50-open-water-swims.html)

### **Chance For A Clinic with Dara Torres**

As part of their sponsorship of Swimming, Toyota is working with United States Masters Swimming to conduct a number of clinics featuring Dara Torres! As many of you know Dara will be competing for an unprecedented 5th Olympic team at the Olympic Trials in Omaha this July. What you may not know is Toyota is a proud sponsor of USA Swimming and of Dara. Because of this partnership, Toyota has offered to sponsor a number of Masters Clinics led by Dara. Toyota will be selecting the host clubs based upon the number of requests on their web site.

I strongly encourage you to spread the word and get your teammates to go to the web site below and take advantage of this unique opportunity to spend time with one of the world's greatest female athletes.

Click on the Toyota/Dara Torres link below and let Toyota hear from you and your club. The club that generates the most requests may be getting a visit from one of the most decorated Olympic swimmers in history! Don't miss this opportunity!

[www.toyotaswimming.com/mastersswimming](http://www.toyotaswimming.com/mastersswimming)



# Everyone Needs A Training Buddy

By Nancy Steadman Martin

Long distance swimming is usually considered a solo sport. Most of the recognized long distance swims such as the English Channel, Manhattan Island, The Ederle Swim, Tampa Bay, and the Catalina Channel are typically swum alone – with just the swimmer and a boat. The training for these swims can be grueling because you need to spend many hours in the water, and, to make it even harder, many hours in cold water. Fortunately, I have not had to spend my training for these long distance swims alone. I have a training buddy, Michelle Davidson. We have swum so many hours together going stroke for stroke, it is impossible to count them. In fact, I cannot remember our first long distance swim together, but I think it was the Manhattan Island Swim in 2000, but we may have done a 10K or ten mile swim prior to that! Since our first long distance swim, we have done several swims and have logged many hours up and down the Jersey Shore together. I like to believe I could have made these swims without her (I did do Manhattan Island by

myself in 1984), but the part of my brain that is not waterlogged knows better. Without Michelle, I probably would still be dreaming of conquering the English Channel or swimming from Battery Park to Sandy Hook. This year, we are training to swim the Catalina Channel on August 12, 2008. It would be impossible for me to train the many miles in open water without Michelle.

Michelle and I have had many interesting experiences when training for our swims. We have learned a great deal about swimming in open water from the many hours we have spent with our heads in the water. Some of these experiences have been spectacular and some have been a bit scary. The scariest moment was swimming in Deal on one cool day in late October. The water was calm and we took off from a usual spot and headed north along the coast. As we were passing by the street where I grew up, we noticed a speed boat aiming directly for us. Boats are not looking for ocean swimmers at the end of October, and the boat was so close, I had a moment to think how ironic it was that my end was going to take place right where I grew up. As you can tell from this article, the men on the boat noticed us at the very last minute and cursed loudly at us when they went by. It was the first time I actually enjoyed being cursed at! Michelle and I have gotten much more cautious in regard to our swims along the coast and we will do laps inside the jettys unless we have a boat, kayaker or paddler with us.

On a more pleasant note, on a beautiful summer day when we were training for the English Channel, we were swimming side by side when I noticed a small clown fish swimming directly under Michelle, almost touching her stomach. Shortly after, another clown fish came and was under

me. As we continued our swim, the amount of clown fish increased and we had nearly 40 or 50 fish using us as their “host.” It felt somewhat like Rocky when he was running and every youngster in the neighborhood joined him, but only better! We swam for many miles that day and I was almost sad when it was time to end our swim and we had to turn in to the beach. The fish followed us into shore and it was only when we stood up, that they left us. People were swimming in the bathing area at the beach when we finished, and a few shouted to their friends, “Hey look at all the fish.” It was an incredible experience to have been “one” with the fish for a few hours.

Swimming in the ocean is a very humbling experience. When the surf is big, you realize how small you really are. You also realize that you are really just a guest in the ocean and it is important to treat it with respect. When training for a particularly long swim, Michelle and I will go in the Jersey ocean once per week throughout the entire year. In February, our swims are more like dips, but these brief plunges seem to help with accepting the cold on longer swims.

Michelle and I fit together very well when we swim. Our pace is the same and our comfortable breathing side faces each other. (Michelle breaths predominantly to the right and I’m predominantly to the left). Our names even fit together as her name is pronounced “MeShell” and my father had long ago given me the name NanSea, so together we form Team SeaShell.

In sum, if you can find a training buddy who has similar goals, it makes reaching your goals much easier and a great deal more fun. I have the following rule that might assist you in finding a training buddy: Look for someone a little crazier than you! (If you want to do long distance swims, you need to be a little crazy so finding a training partner crazier than yourself can only expand your goals. Michelle has paddled from Cuba to

(continued on page 8)



After a training swim for the English Channel swim Rick Steadman, Nancy Steadman-Martin, Michelle Davidson and Misty Davidson strike a pose.

(...Training Partner, cont from page 7)

Florida on a Women's Relay Team and had to do her English Channel Swim through the night, so she qualifies as crazier than me, even though she might argue differently.

Finally, even if you cannot find a training partner, you should follow these simple rules to make sure you are safe in open water:

NEVER swim alone in open water. Boats are not looking for swimmers and no matter what color of bright bathing cap you wear, you must be aware of your surroundings. Stay "inside" if you don't have a boat, or paddler or kayaker to stay with you.

DO NOT go in the ocean if you even have to think that it may be too rough. If you are thinking about it being too rough, then it must be too rough. Don't go in just because others are going in. Know your own limitations.

RESPECT the ocean. Don't get rid of used gel containers, water bottles, or ripped bathing caps in the ocean.

COLD water can affect you without real warning. The effects can sometimes occur after you have gotten out of the water. This is another reason to always swim with someone else.

STAY together. There may be times when the person you are swimming with is going faster or slower than you want to go. Open water is different than pool swimming. Stay together because you don't know what can happen – there can be floating wood or a piling that you could hit or someone could get a cramp.

BE SAFE. Use your common sense and always think about safety first. Look around – is there a fisherman on the jetty; are jet skis operating nearby?

## Meet Calendar 2008



### Open Water In/Around NJ

**2008 Open Water Calendar**  
compiled by Jeff Jotz

[www.njmasters.org/misc/2008openwatercalendar.htm](http://www.njmasters.org/misc/2008openwatercalendar.htm)

### Meets in New Jersey

**October 19 Sussex County YMCA Mini-Meet, Hardyston, NJ**

Go to [www.njmasters.org](http://www.njmasters.org) for updated meet entry information

**December 5-7 Colonies Zone SCM Championships at Rutgers University, Piscataway, NJ**

Contact Alessandra Lyn-Lupu at 732-445-0457 or [alill12@rci.rutgers.edu](mailto:alill12@rci.rutgers.edu) or [swmeet@rci.rutgers.edu](mailto:swmeet@rci.rutgers.edu)

### Meets Outside of NJ

**January 1 - December 31 USMS Check-Off Challenge Fitness Event ~ From Block to Wall...Swim Them All!**

Contact Raena 317-876-3253 or [raenalex@hotmail.com](mailto:raenalex@hotmail.com)  
[www.usms.org/fitness](http://www.usms.org/fitness)

**January 1 - December 31 USMS Go The Distance 2008 Fitness Event**

Contact Mary Sweat [usmsgtd@yahoo.com](mailto:usmsgtd@yahoo.com)  
[www.usms.org/fitness](http://www.usms.org/fitness)

**October 19 Bermuda Round the Sound Open Water Swims, Hamilton, Bermuda**

Contact Randy Nutt at [info@randynutt.com](mailto:info@randynutt.com) 954-821-3294  
[www.aquamoonadventures.com](http://www.aquamoonadventures.com)

**October 19 13th Annual St. Croix Coral Reef Swim (5 miles & 2 miles) St. Croix, US Virgin Islands**

Email [coralreefswim@hotmail.com](mailto:coralreefswim@hotmail.com)  
or call 253-241-4827  
[www.swimrace.com/coral\\_reef\\_swim\\_entry.htm](http://www.swimrace.com/coral_reef_swim_entry.htm)

### Championships 2008

**May 15-Sept 15 USMS 5km and 10km Postal Championships**

Contact Bob Bruce 541-317-4851  
[coachbob@bendbroadband.com](mailto:coachbob@bendbroadband.com)

**August 14-17 USMS Long Course National Championships, Mt. Hood Community College, Mt. Hood, Oregon**

Contact Dennis Baker 503-679-4601  
or [bakeswims@yahoo.com](mailto:bakeswims@yahoo.com)

**August 23 USMS 1-3 Mile Open Water Championships (2.4 miles), Lake Monona, Madison, WI**

Contact Dick Pitman at 608-770-2307  
[dickpitman@hotmail.com](mailto:dickpitman@hotmail.com)

**August 23-24 Colonies Zone LCM Championships and 4th Annual Terrapin Cup, Eppley Recreation Center, University of Maryland, College Park, MD**

[www.terrapinmasters.org](http://www.terrapinmasters.org)

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

Contact Mark Gill 480-874-7112  
or [markgill@usms.org](mailto:markgill@usms.org)

### Championships 2009

**October 10-17, 2009 World Masters Games, Sydney Olympic Park Aquatic Center, Sydney, Australia**

[www.2009worldmasters.com](http://www.2009worldmasters.com)



# Mountain Lakes doctor worries chlorine induces asthma-like symptoms

By Micheal Daigle  
Daily Record , 4/21/08

Dr. Brenda Ziegler wants to open a window on a health problem that is gaining interest around the world.

Opening a window, she said, is in fact a no-cost solution that could reduce the incidence of the health condition known as "swimmers asthma."

Ziegler, who operates the Mountain Lakes Family Practice, said swimmers, coaches and parents have known for years that a swimmer can develop a cough or wheeze that mimics the symptoms of asthma after a vigorous workout in a chlorinated indoor pool.

Ziegler, a competitive swimmer since the age of 6 who now competes in national Masters swimming events, said that she would sometimes leave a pool after a workout straining to catch her breath. And now in her medical practice and as a doctor for two public schools, she is seeing more children with the same symptoms.

The real concern, she said, is that "I am seeing more children with swimmers asthma who show no other asthma symptoms related to other sports activity."

Ziegler said a 2003 study in Belgium concluded that "regular attendance at chlorinated pools by children is associated with ... an increase in the risk of developing asthma." The Belgian researchers from the Catholic University at Louvain said, "The increasing exposure of children to chlorination products in indoor pools might be an important cause of the rising incidence of childhood asthma and allergic diseases in industrialized countries."

## 'Worldwide problem'

Ziegler said, "It is becoming a worldwide health problem." Ziegler said. A study of American swimmers who competed in the 2000 Olympics showed that 25 percent of them showed some symptoms of asthma after the games. That is very high, she said, when normally 5 to 10 percent of the population can show asthma symptoms.

Chlorine is essential to maintaining a

safe public pool, Ziegler said. It is used in public and private pools to control bacteria growth and keep the waters clear. She displays an advertisement that calls chlorine a "bacteriological weapon."

But chlorine reacts to the sweat, oils and sometimes waste that humans contribute to pool water creating a toxins called "chloramines," Ziegler said. It is the inhalation of these toxins that can trigger asthmatic symptoms in swimmers, she said.

And in a pool, it is nearly impossible not to inhale them, Ziegler said.

"Chloramines are heavier than air," she said. In a warm, humid environment like an indoor pool, the one or two inches just above the water line are thick with chloramines. Each time a swimmer breathes, they suck in the toxins, and for a competitive swimmer who is exerting a full effort, they breathe in more of them than a casual swimmer or a group of senior citizens in the pool for water therapy, Ziegler said.

It is possible that a swimmer in the pool could be in the middle of a thick layer of chloramines, while those walking along side would not be affected, Ziegler said.

## Warning signs

There are a few tricky factors here, she said.

First a swimming coach might see a swimmer gasping for breath after laps and conclude that the person was out of shape and have them do more laps, sending them back into the environment that may have produced the wheezing in the first place.

Asthma can be triggered by sensitivity to certain irritants or pollutants, Ziegler said. In severe cases, it requires an immediate response with drugs to loosen the closed airways. The real problem, Ziegler said, is that it becomes a chronic condition that leaves long-term damage to the lungs.

It can also be triggered by cold, dry air, she said.

"A common response then is to have that person take up swimming," she said. The warm, moist atmosphere of an indoor pool might be good for escaping asthma triggered by airborne irritants or the cold, but then possibly exposes the person to the chloramines that could trigger swim-

mers asthma, she said.

For parents of young children, asthma can look like a cold and parents can mistake symptoms as a chill caught after a session in a pool when the child failed to dry off completely or left the building with a wet head, she said.

Instead, she said, that "cold" could be the start of asthma.

Ziegler said a very real concern is that the incidence of chlorine-related asthma is increasing as more children swim in indoor pools that are generally kept at higher temperatures, less well ventilated and busier than indoor pools of the past. She said the increasing number of indoor waterparks could become an additional source of chlorine-related asthma because the warm water in them is shallower, concentrating the toxins.

Ziegler said a national organization of engineers who work on swimming pools, heating, cooling and ventilation have put up nearly \$100,000 to study chlorine related asthma and indoor swimming pool design.

In recent times, she said, public pools have been built in smaller buildings that are more airtight than those in the past, a response to new building codes and concerns about energy use. Sometimes the pools have walls at either end that act as barriers to strong air circulation.

Sometimes pool operators resist opening a window because they say that seniors, for example, would feel a chill.

While there is an effort to develop monitors that could detect high levels of chloramines -- the device would have to rest a few inches above a pool's water line -- Ziegler said, the federal Centers for Disease Control has recommended such simple solutions as opening doors and windows or installing fans to stir the air.

Fans alone would disperse the chloramines through the pool building and reduce concentrations for a while but would not reduce the levels, Ziegler said.

What is needed is an open window or door, or a way to exchange the chlorine-rich air inside the pool area with fresh air from outside the building, Ziegler said.

It would reduce the odor and the potential danger, she said. It doesn't seem like too much to ask.



# A Bruising New Olympic Sport Open-Water 10K Swim Requires Endurance As Well as Aggression

By KEVIN HELLIKER  
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During an open-water race early this year, a competitor elbowed American swimmer Micha Burden, fracturing her rib -- and underscoring the brutal potential of this little-known sport.

Even by the standards of open-water swimming, however, the elbowing is likely to be unusually forceful next month in Seville, Spain. That's because something unprecedented is at stake for those who swim long distances in open water: a shot at Olympic gold. For the first time in more than a century, the Summer Games will feature a long-distance open-water swim, and the top 10 finishers in the men's and women's races in Seville will win berths in the Olympic contest this August in Beijing.

time open-water champion, declares on the Web site he recently created called 10Kswim.com.

The 10-kilometer race will plug what many aquatic fans regard as the biggest gap in the Summer Games -- the absence of any swimming event longer than 20 minutes. The roughly two-hour swim -- nearly seven times longer than the previously longest swim, the 1,500-meter -- will give marathon swimmers the same chance for Olympic stardom that marathon runners have had since the 1896 advent of the modern Games.

The 10K debut comes at a time of growing recreational passion for so-called open-water swimming. In part, this growth reflects the fast-rising popularity of the triathlon, an Olympic event since the Sydney Games of 2000. The triathlon's first leg consists of an open-water swim measuring 1.5 kilometers in the Olympics.

Yet open-water swimming is also gaining fans because of its inherent difficulties. Many more people have reached the summit of Mount Everest than have swum across the English Channel.

At a time of mounting interest in fitness and adventure, open water increasingly is recognized as the last frontier.

Open water presents challenges rarely encountered in the pool: waves, often icy temperatures, the absence of direction-helping lane lines and collisions between swimmers. "It's common for someone to come out of the water with bruises or a black eye," says Paul Asmuth, a former world-champion American marathon swimmer and current coach of the U.S. team.

Training is risky as well. Few bodies of water contain safe harbors for open-water swimming. Even more dangerous than currents and sharks are boats and jet skis.

To open-water fanatics, the Beijing 10K will seem tame. Instead of a rough sea or a river with currents, it will take place in a lake-like rowing basin built especially for the Games. The race will involve four trips around a 2.5-kilometer course that will likely be free of waves and currents.

But enhancing the difficulty of the swim will be fresh water -- salt water adds buoyancy -- and in any case the pursuit of open-water swimming's first Olympic medals is expected to unleash extraordinary aggression.

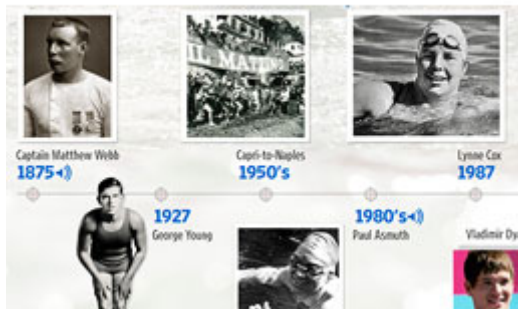
"There's going to be a lot of body contact, and the flatter the water is, the more physical the race will be," says Mark Warkentin, winner of the U.S. 10K trials last October. Swimmers will lather grease on their ankles to keep competitors from pulling on them, he says.

Indeed, open-water swimming features an element virtually unknown to pool swimming -- disqualifications for rough-housing. To police the race, referees in boats will line the course. But they can't always see what happens below the surface: The competitor who fractured Ms. Burden's rib received no infraction.

To many stars of the pool, open-water swimming is the sport's Wild West. Superstar Michael Phelps said this week he wouldn't consider swimming outside the pool. "Not a chance. No way. I won't swim open water," he said.

The field will consist largely of former pool swimmers, because little infrastructure exists for developing open-

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"No lines, no lanes. No walls, no mercy. The newest sport at the Olympics," Steven Munatones, a one-

water specialists among children. Parents of swimmers generally prefer their children to stick to pools.

Long-distance swimming dates back to ancient times -- long before the invention of the bicycle -- yet the Olympic 10K swim is making its debut decades later than did long-distance cycling. Blame that on the swimming pool. The Olympics of 1896 included lengthy swims across the icy Aegean Sea. Back then, most swimmers had never laid eyes on a pool.

But early in the new century pools proliferated, and the world's premier swimmers essentially abandoned open water. As a sport, swimming became obsessed with scientific measurement -- strokes per lap, milliseconds per turn -- something that is hard to impose on open seas. Indeed, it is likely that no two swimmers of the English Channel have ever swum the exact same distance.

Still, open-water swimming persisted. Soloists on the English Channel kept alive the tradition. An eight-mile race across Boston Harbor began in 1908. In 1927, gum magnate William Wrigley Jr. staged a 20-some-mile race on the California coast, inducing 102 contestants to brave chilly waters and strong currents for prize money that totaled \$40,000, according to Conrad Wennerberg's "Wind, Waves and Sunburn: A Brief History of Marathon Swimming."

In the 1950s, Italy introduced a 33-kilometer swim called Capri-to-Naples. That same decade, Atlantic City, N.J., started the 22.5-mile Around the Island Marathon Swim. By the 1980s, open-water races were common enough that Amer-

ica's Mr. Asmuth could put his accounting business on hold for three months and travel around the world competing, his prize money more than sufficient to cover his expenses.

Leaders of the sport created a federation to run races, raise prize money and designate world champions. But the case of Mr. Asmuth illustrates how obscure the sport remained, largely because it had no slot in the Olympics. One of the most accomplished American swimmers of the past half century, Mr. Asmuth won seven world championships, and 15 years after his retirement, one of his records still stands.

Yet outside marathon swimming, virtually nobody has ever heard of him. "Had the Olympics had a 10K swim in the '80s, I would have been expected to win it," says Mr. Asmuth, who is now general manager of a California winery called Napa Valley Reserve.

After years of lobbying, leaders of the sport persuaded FINA, the century-old regulator of international pool competitions, to embrace open-water swimming. Under FINA's guidance, the popularity of 5K, 10K and 25K championships skyrocketed, putting the sport within reach of its Holy Grail: the Olympics. After a decade of FINA lobbying, the IOC in 2005 agreed to add open-water swimming to the 2008 Games.

Since its acceptance as an Olympic event, the sport has become enormously more competitive, gaining the interest of pool stars such as Australia's Grant Hackett. The world-

record holder in the 1,500-meter swim, Mr. Hackett won the gold



Getty Images

Open-water racing was added to this year's Games.

medal in that event in the 2000 and 2004 Olympics, and hopes to defend that title in Beijing. But he also won his country's 10K trials and is regarded as a likely Olympic medal winner -- assuming he qualifies in Seville.

Just as marathon foot races are less predictable than 100-meter sprints, distance swimming is hard to call. In any given race, a dozen or more swimmers are legitimate candidates to win, says Stephen "Sid" Cassidy, chairman of the open-water committee for FINA.

America's Ms. Burden illustrates that unpredictability. She never excelled as a pool athlete in college. During her first six 10K swims she failed to finish near the front. But at the U.S. trials last October, staged to determine which two women would go to the qualifying race in Seville, Ms. Burden won the 10K race. Now, a top-10 finish in Spain will guarantee her a shot at Olympic gold. At age 26, she says, "This is the moment I've been waiting for."

**New Jersey Masters Swimmers looking for  
Open Water races in and around NJ can refer to  
Jeff Jotz's 2008 Open Water Calendar available at  
[www.njmasters.org/misc/2008openwatercalendar.htm](http://www.njmasters.org/misc/2008openwatercalendar.htm)**





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