

# EASTLANE

## 100 x 100's Recap

By Chris McGiffin

Participation at this year's **Garden State 100 x 100's** was exceptional - 45 members and 10 thirty-day trial members joined the fun in the Sonny Werblin Aquatic Center at Rutgers University on Super Bowl Sunday, February 4th from 8am to 12pm. According to the event check-in/check-out, almost 60% of the swimmers completed the full 10,000 yards. It may not be NFL Rushing Yardage, but most would say it hurt like it was ...



Above: Jeff Jotz, very proud to join the fastest interval lane at the 100 x 100 challenge event. Below: Group shot of all 55 eager participants just moments before swimming on Super Bowl Sunday. Go to page 8 for more photos.



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## Light Those Candles! Happy Birthday to the following 41 March babies:



Larry Lingle 75-79	Siochain Hughes 45-49
Lou Abel 70-74	Rosanne Lemongello 45-49
Tom Brunson 65-69	Jennifer Portman 45-49
Anne Fritz 60-64	Louise Goldsmith 45-49
Frank McElroy 60-64	Xiaopu Huang 45-49
Peggy DeRosa 55-59	Gail Gendler 45-49
Sue Freeman-Patterson 55-59	Linda Bjork 40-44
Glen Fries 55-59	Roger Schenone 40-44
Linda Rashti 55-59	Sandy Carosi 40-44
Donald Asay 50-54	Chris McGiffin 40-44
Sheryl Walsh 50-54	Jonathan Briggs 40-44
Kenneth Niemi 50-54	John Bernauer 40-44
Anne Stich 50-54	Edward O'Connor 35-39
Peter Christopher 50-54	Bridget Sherratt 35-39
Loretta Wells 50-54	Monish Dhalwani 30-34
Jean Becette 50-54	Katherine McGrail 30-34
John O'Connell 50-54	Lyndsay St.Onge 25-29
Lynn English 50-54	Andrea Falcone 25-29
Mike Kriley 45-49	Stephanie Ridilla 20-24
Nancy Conroy Leib 45-49	Nicholas Jordan 20-24
Bernard McKay 45-49	

## "Shake It Up!" Workout

This workout, courtesy of coach Melanie Fink of JCC Metrowest in West Orange, offers swimmers a little of everything. Give it a try as we get ready to emerge from winter into a fresh spring season.

**WARM-UP:** 300 yds / 200yds

**DRILL SET w/ FINS:**

6 x 50 – Alternate by 50:

One arm Butterfly / Catch-up Backstroke Drill

**MAIN SET (2400yds):**

6 x 150 Pull on 2:15, 2:30, 2:45

6 x 50 IM (by 25) on 1:00, 1:15

6 x 100 Free on 1:30, 1:45, 2:00

6 x 50 KICK w/ kb & fins on 1:00

6 x 50 Free on 0:45, 1:00, 1:15

**COOL-DOWN:** 300 YDS/ 100YDS

**TOTAL: 3300 yds / 3000 yds**



## Our Records Go Postal

Congratulations to the following NJLMSC swimmers for setting new NJLMSC Long Distance Records in the following Nationally recognized events:

### **2007 3000-Yard Postal**

Lynn Ascione, 40 44:20.93  
Susan Kirk, 47 43:33.25  
Thomas Alne, 19 41:51.92  
Eric Marquard, 43 39:41.13  
David Feldman, 48 43:29.19  
Michael Fanelli, 53 42:52.13

### **Relay Women 25+ BERK**

2:04:12.97  
Julie Porro, 29  
Lisa Bettinger, 25  
Susan Kirk, 47

### **Relay Women 35+ BERK**

2:25:57.67  
Anne-France Saillot, 45  
Rosanne Lemongello, 45  
Lynn Ascione, 40

### **Relay Men 25+ BERK**

2:06:02.45  
Eric Marquard, 43  
Michael Fanelli, 53  
David Feldman, 48

### **Relay Mixed 45+ BERK**

2:58:12.32  
Michael Fanelli, 53  
David Fabian, 48  
Anne-France Saillot, 45  
Susan Kirk, 47

### **2007 6000-Yard Postal**

Eric Marquard, 43 1:23:04.36

### **2006 1-Mile**

### **Cable Swim**

Richard Wallace, 58 28:01.45



## The 22nd Annual Unofficial Team Championship at Ocean County YMCA Popular Once More

Congratulations to the Ridgewood YMCA (see team photo above) who took first place with 746 points! Second place went to Wyckoff YMCA (326 points) and third place went to Ocean County YMCA (304 points). A total of 24 teams were represented at the well-attended meet. Check out the full meet results at [www.njmasters.org](http://www.njmasters.org).

Below: SCAST (Sussex County Adult Swim Team) members, left to right: Craig Slaff, Bob Hopkins, Chip Freund, Bill Haas, Larry Lengle, Rich Schluter. The team improved on their 10th place finish last year with 4 swimmers scoring 97 points, to finish 8th this year with 6 swimmers scoring 146 points.



# A Long-Running Mystery, the Common Cramp

By GINA KOLATA  
NY Times, 2/14/08

It can happen for no reason, it seems, taking you completely by surprise. And it can be excruciating. **Suddenly, a muscle contracts violently, as if it had been prodded with a jolt of electricity.** And it remains balled in a tight knot as painful second after painful second drags on.

A seized calf muscle or a hamstring can be frightening. Swimmers fear they will drown. Cyclists nearly fall off their bikes. Runners drop to the ground, grimacing, gritting their teeth.

The contraction is so strong that you could not will yourself to ball your muscle that tightly. And your muscle is likely to feel sore the next day.

You have had a cramp, an experience so common among endurance athletes, researchers say, that almost everyone who has tried endurance sports has had a muscle cramp or has a friend who has had one.

Cramps afflict 39 percent of marathon runners, 79 percent of triathletes, and 60 percent of cyclists at one time or another, said Dr. Martin P. Schwellnus, a professor of sports medicine at the University of Cape Town.

Cramps can occur during exercise, immediately after, or he said, as long as six hours later.

**Yet common as they are and terrible as they can be, no one really understands cramps. They are a medical mystery.**

"I would say, bottom line, there is no really convincing biological explanation for muscle cramps," said Dr. Andrew Marks, a muscle researcher and chairman of the department of physiology and cellular biophysics at Columbia University College of Physicians and Surgeons.

Medical textbooks skirt the topic, he

added, often avoiding any explanation. And few scientists have studied cramps. But as anyone who has ever complained of cramps will attest, lots of advice is circulating on how to avoid them and lots of people -- friends, coaches, doctors -- think they have a solution.

Take a multivitamin pill to get zinc and magnesium. Massage the muscles. **Drink plenty of water.** Be sure to get enough electrolytes like sodium and potassium. Stretch before you start to exercise. No, stretch as soon as you finish. See a nutritionist to correct imbalances in your diet. See a trainer to be sure you are moving correctly.



Of course, Dr. Marks said, medical conditions can lead to cramps, including narrowed blood vessels, usually from atherosclerosis, or compression of a nerve, as happens in spinal stenosis. Cramps also can arise from hypothyroidism. And they can be a side effect of medications like diuretics, used to lower blood pressure, which can lead to a potassium deficiency that can cause cramps.

But, he and others said, those conditions do not explain the vast majority of cramps.

"You are left with the fact that cramping usually occurs in healthy people without any underlying disease," Dr. Marks said. There are three leading hypotheses about how to treat cramps and how to prevent them.

There's the dehydration proposal: you just need more fluid. But, Dr. Schwellnus said, he studied athletes who cramped and found that they were no more dehydrated before or after a race than those who did not have cramps.

**Then there's the electrolyte hypothesis:** what you really need is sodium and potassium.

Michael F. Bergeron, who directs the environmental physiology laboratory at the Medical College of Georgia, said the electrolyte hypothesis applies to a spe-

cific type of cramp that is related to excessive sweating. It occurs, he said, when the fluid that bathes the connection between muscle and nerve is depleted of sodium and potassium, which was lost through sweat. The nerve then becomes hypersensitive, Dr. Bergeron said.

"Usually you feel little twitches first," he explained. "They last for 20 to 30 minutes and if you don't do anything you can be in full-blown cramps." Those cramps, he continued can move from place to place on your body, from one leg to the next, to your arms, stomach, even your fingers or your face.

The solution, Dr. Bergeron said, is to drink salty fluids like Gatorade (the company sponsors his research). He said he had prevented cramps in tennis players this way.

But asked whether there are any rigorous studies to confirm this hypothesis, he said no. "We haven't done the study yet," he said. "We're at the point of kind of connecting the dots."

The third hypothesis is advanced by Dr. Schwellnus. He questions the electrolyte hypothesis because his studies of Ironman-distance triathletes as well as other studies of endurance athletes **found no difference in electrolyte levels between those who suffered cramps and those who did not.**

Dr. Schwellnus proposes that the real cause of cramping is an imbalance between nerve signals that excite a muscle and those that inhibit its contractions. And that imbalance, he said, occurs when a muscle is growing fatigued.



His solutions for cramps are to exercise less intensely and for shorter times, to be sure you had enough carbohydrates to fuel your muscles, to train sufficiently and to regularly stretch the muscles that give you problems. These recommendations are based on his recent study of Ironman triathletes, Dr. Schwellnus said.

But while he advocates those practices, he said, they have not been proved in a rigorous study.

In the meantime, some doctors have resorted to experimenting on themselves, devising their own explanations and cures.

Dr. Charles van der Horst, an AIDS researcher at the University of North Carolina, said he was stunned when his calf started to cramp without warning when he was running. The pain was almost unbearable, he said, and even when the muscle finally relaxed, it cramped again when he resumed running.

"I started carrying a cell phone with me on long runs," Dr. van der Horst said. When a cramp struck, he called his wife to ask her to drive out and get him.

"I think I was getting calcium deposits or something," Dr. van der Horst said.

His solution was to massage his calves at all hours, pushing deep into the muscle. This seems to work, he said, explaining that it's been a year now since he had a cramp.

Dr. Stephen Liggett, a professor of medicine and physiology at the University of Maryland, has a different solution. He got terrible cramps in his calf during yoga. The culprit, he decided, was the drugs he takes for asthma, which can diminish the body's supply of potassium. He knew that potassium is sold over the counter. But because high levels of potassium can be dangerous, store-bought potassium supplements are not very strong.

Dr. Liggett's solution is not one anyone who is not a doctor should try at home. Before he does yoga, he measures the potassium levels in his blood before and after taking what he describes as a hefty dose of over-the-counter supplement. Then he calculates how much additional potassium he thinks he needs, securing it from concentrated potassium tablets from his research lab -- how much he declined to say.

"I didn't want to drink two gallons of Gatorade," Dr. Liggett explained. He hasn't had cramps since he began "preloading," as he calls it, with potassium. But, he said, "I haven't done a controlled trial."

Dr. Marks, for one, is not convinced by the evidence for any of the hypotheses, nor by any of the proposed remedies.

### **What causes cramps?**

"I would say the answer to that question is still open to investigation," he said. And, he added, he hopes someone takes it up.

## **The BETTER Lane Getting Mental – We Love it!**

Want to swim better, right? Want to become more fit, right? Want to be able to swim faster? Love that wonderful feeling of having worked at a high level during a practice, the overall peace, balance and sleek fitness which swimming offers, as well as the camaraderie of teammates? How about if you have met goals at a meet or practice and are pleased with your performance?

Well, there are some roadblocks to attaining or continuing these good things. Let's take the problems, one at a time, and see if we can't figure a way to overcome each. **Remember, defeating roadblocks is within our own control.**

**Comparing ourselves to others.** If we only measure ourselves against others with different skills, experience, body types, or training habits, often we become discouraged. However, if we can progress toward our own goals, no matter what wonderful feats others can accomplish, we are still successes, not failures. Keep a record of your times, intervals, challenges and work against them.

**Staying in the comfort zone.** It is too easy to keep going along doing what we are doing, being unwilling to changes how we do a stroke or to work on a different, harder stroke, or to work on doing something differently; maybe being satisfied with doing turns the way you've gotten used to doing them even if it isn't the most efficient way. There is a fear of putting more of one's self on the line. Negative thoughts feed this. The "can't" word pops up. For example, maybe we aren't able to do the butterfly yet, but we must be willing to try the lower level skills which build toward it. Then as those become easier, move to another challenge. **Think in terms of growth.** Embrace those uneasy feelings and use the energy for excitement which comes with a move up to the next level.

**Procrastinating.** It happens to all of us, something comes up and we tell ourselves we don't have the time to swim. Maybe we have been on a trip, maybe we have been sick or injured, maybe we convince ourselves we need extra sleep, or that it's too hard to get ready for work or a meeting after being wet, or it's too far to drive. Really easy to keep putting off our promises to ourselves to get back in the water, isn't it? Before we know it, weeks may have gone by and the pleasure and good feelings we derive from swimming regularly are now gone. We must tell ourselves, and believe it, that swim practice is a major priority and cannot be postponed. **Each practice missed is a lost opportunity.**

**Training inconsistently.** Our bodies naturally resist start and stop training. Having to always play "catch up" is not fun. If you are bored with swimming, **use cross-training.** I strongly urge FitLinxx or other dryland programs as well as classes from the Y. The ball classes and yoga work incredibly well to enhance swimming. So even if you aren't able to be in the water, use other exercise to maintain or support your fitness.

**Training without clear goals.** Your investment of time and energy are worth more than just floundering around. You should develop a mission or **a specific measurable list of things to be accomplished** and your practice should support progress in their direction.

*–Taken from 2/15/08 issue of VMST Newsletter, who obtained it from a July/August 2000 article by Allan Goldberg that ran in Fitness Swimmer.*

## The Man Amongst The SEALS

By Nancy Steadman Martin

There is a male swimmer within the ranks of all the Garden State Masters Swimmers whose specialty is swimming with all different kinds of sea life. He is best recognized in swimming circles as the male from New Jersey who conquered the Isle of Jersey in 2006, swimming 41.5 miles in an amazing time of 11 hours and 3 minutes with water temperatures hovering around 60 degrees Fahrenheit. On any given day throughout all four seasons, you can find Don Walsh swimming along the New Jersey shore. However, as incredible as swimming around the Isle of Jersey and as implausible as swimming in the ocean when it hits temperatures as low as 36 in February, may be, the true calling of Don Walsh goes way beyond these feats. Aside from swimming with all types of sea life, Don does much more than that. Don trains SEALS to swim. Why do you need to train seals, you may ask? Don't seals

know how to swim when they are born? I'm not talking about those cute, but sometimes dangerous creatures, who speed around in the ocean primarily off the coastlines of northern California and New England. Don's task of training SEALS is of a much more noble and patriotic calling. Don trains SEALS of a human variety – Navy SEALS!

Don Walsh came to this aquatic endeavor through a combination of his military background, his love of the water, and his natural gift to teach and mentor. Don is a recipient of the "Distinguished Service Medal" after completing three tours of duty in Vietnam. In Vietnam, Don served his country as crew chief on KC-135A tanker aircraft, whose job was to refuel B-52 bombers and F-4C fighters in flight over Vietnam. His swimming accomplishments, in addition to completing a swim around the Isle of Jersey, are numerous. Don has twice completed the 28.5 mile swim around Manhattan. He has also completed the 12.5 mile swim around Key West. He is a permanent fixture at all open water swimming competitions along the

Jersey Shore. For the past seven years, he has never missed a month of swimming in the ocean in New Jersey!

However, perhaps Don's greatest accomplishment in the aquatic world is working with young Navy SEAL candidates. Don has devised a program which involves a seven step learning sequence for mastering Combat Side Stroke. Among other things, Combat Side Stroke is required for all Navy SEAL candidates and Don trains these young, dedicated men to reach their dream of becoming a Navy SEAL and serving their country. Don says that providing instruction to these fine young men "is a privilege and an honor." Don has been volunteering his time teaching SEAL candidates since 2001.

You can now see Don's instruction and learn more about our Navy SEALS by watching a DVD, titled: "Go Swim- Combat Side Stroke with Don Walsh." Aside from being a must-see for all Navy SEAL candidates, this video can help swimmers of all levels learn proper water placement and streamlining. Moreover, when you watch this video, you can feel a sense of pride for our young men who dedicate themselves to serving us! You can purchase the video at [www.goswim.tv](http://www.goswim.tv) or call 877-GOSWIMI. I can guarantee you will feel humbled and inspired by the video.

In closing, I am going use Don's words to describe my pleasure in knowing him – it's a privilege and an honor. Please look for Don along our Jersey shore at the next open water race – you can't miss his smile!

Photo: Don Walsh receiving a plaque from Navy SEAL Captain Drew Bisset after Don's fundraising swim around the Isle of Jersey, which raised over \$10,000 for the SEAL foundation.



## 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@h2ovelocivity.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 Peter Hockmeyer  
P\_Hockmeyer@yahoo.com

Blair Academy, Blairstown  
Contact Ed Dellert 973-764-5252 eddellert@warwick.net

Centennial Masters, Cranford  
Summer Workouts are T/Th 6:30-7:30pm, 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/T/F 12-1pm, M/W 7:30-8:30pm  
Contact Andrea Falcone 908-273-4242 x109  
Andrea.Falcone@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, 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@jccnj.org

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

Jersey Area Masters, TWO LOCATIONS:  
Princeton Fitness & Wellness Center M/W 7-8:30pm,  
T/Th 5-6:30am (unofficial), Sat 7:30-9:00am  
Robert Wood Johnson Health & Fitness Center  
T/Th 7-8:30pm, W/F 5-6:30am (unofficial), Sun 7:30-9:00am  
Contact Christine Larkin  
JAMSwimMembership@gmail.com

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

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

Metuchen-Edison YMCA, Metuchen  
T/Th 7:15-8:30pm, Sun 10:30am-12:00pm  
Contact Kristine Sinram 732-548-2044 x212  
Kristine.sinram@metuchen-edisonymca.org

Ocean County YMCA  
T 6:15-7:15pm, Sun 9:15-10:15am  
Contact Coach Sue Waldron ocymastrcoachsue@aol.com

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

Ricochet Health and Racquet Club, South Plainfield  
T 6:15-7:15am, Fri 8-9pm  
Contact Dawn Willemsen 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  
Team Coached by Alessandra Lynn-Lupu  
M/W 8:00-9:30pm, T/Th 11:30am-1:00pm,  
F 6:00-7:30pm, Sun 5:00-6:00pm  
Non-Coached M/T/Th 7:30-9:00am  
Contact Alessandra at alill12@eden.rutgers.edu

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

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

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

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

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

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

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

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

Wycoff YMCA Masters, 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

Monmouth Swim Hawks, Monmouth University,  
West 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

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

Princeton Area Masters, Community Park Pool, Princeton  
June-Sept M-F 5:45-7:30am at Community Park Outdoor  
50 Meter 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 or jjotz@mac.com

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

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

## 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

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

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

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

St. Francis Community Center, Long Beach Township  
Contact Linda Behr 609-494-8861  
lmbehr80@aol.com

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

**It's not  
too late  
to  
REGISTER**



If you're one of those types that does everything late or if you're new to Masters Swimming in New Jersey, **go ahead and register!**

The cost is \$35.00 for the year (expires 12/31/08) if you opt for the electronic version of The Fastlane Newsletter.

**You can print out a membership application form at**

**[www.njmasters.org/membership/registration](http://www.njmasters.org/membership/registration)**

**or you can register online at**

**[www.clubassistant.com/club/usms](http://www.clubassistant.com/club/usms)**

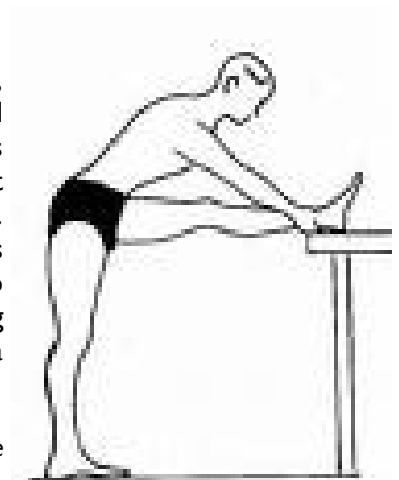


A couple more photos from the NJ LMSC 100 x 100 event on February 4, 2008. At left, from right to left: Ken Niemi, Steve Hiltabiddle, Julie Porro, and Jackie Whitty. Above: The two-minute interval group, excited to begin the challenge.

## Four Minutes to Stronger Muscles

Stretching not only makes you more limber. It also makes your muscles stronger, reports a new study from Brazil. When a group of young adults were guided through stretches designed to lengthen tight muscles in the backs of their thighs (the hamstrings), both their back and front thigh muscles became up to 12 percent stronger. "Stretch the muscle groups that you use in your workout," advises Luci F. Teixeira-Salmela, PhD, of the Federal University of Minas Gerais in Brazil, who adds that limbering up is even more important as people get older and lose flexibility. To do the hamstring stretch that researchers used in the study, stand up and – keeping your legs straight – place one foot on a table or bench high enough that you feel a stretch in the back of your thigh. Hold 30 seconds; do four times on each side.

*–From the 3/08 issue of Good Housekeeping Magazine*



## Meet Calendar 2008



### Meets in New Jersey

**March 29 March Madness Short Course Yards, John Witherspoon Pool, Princeton, NJ**

Entries due March 19. Contact Darek Hahn at dareklo@yahoo.com.

**May 3 First Annual "Just Do It" Adult Mini Swim Meet, Sussex County YMCA, Hardyston, NJ**  
More info coming soon.

### 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  
www.usms.org/fitness

**March 22 Manhattan Racing Trials, Asphalt Green, Manhattan, NY**

Contact Patrick Cantrell pcantrell@asphaltgreen.org  
www.metroswim.org

**April 5 Yonkers Masters Meet, Yonkers, NY**

www.yonkersmasters.com  
Entries due Friday, March 28.

**April 27 Masters Meet, Nassau County Aquatic Center, NY**  
More info coming soon.

**July 19 USMS 25K Open Water Swim, Morse Reservoir, Noblesville, Indiana**

## Championships 2008

**April 11-13 Colonies Zones SCY Championships, George Mason University, Fairfax, Virginia**

Contact Cheryl Ward 703-359-5366  
cherylward@yahoo.com  
www.patriotmasters.org/Colonies

**April 15-25 FINA World Masters Championships, Perth, Australia**  
www.2008finamasters.org

**May 1-4 USMS Short Course Yards National Championships, University of Texas, Austin, Texas**



www.usms.org/comp/scnats08

**May 15-Sept 15 USMS 5km and 10km Postal Championships**  
Contact Bob Bruce 541-317-4851  
coachbob@bendbroadband.com

**May 15-18 YMCA Masters National Championships, Ft. Lauderdale, Florida**  
www.ymcaswimminganddiving.org

**June 14 USMS 6+ Mile Open Water Championships (10 km), Hartwell Lake, Clemson, South Carolina**  
Contact Jacque Grossman at jelg@innova.net or 864-646-8836  
www.usms.org/longdist/ldnats08  
Entries due June 7, or \$5 late fee.

**June 28 USMS 1 Mile Open Water Championships, Long Island Sound, Madison, CT**  
Contact Jen Lyman 203-464-6903 or coachlyman@hotmail.com;  
Allison Pelliccio alli@allisonp.com;  
Tom Savoca tsavoca@newsviews.com or 203-318-0182

**July 12 USMS 2-Mile Cable Championships, Chris Greene Lake, Charlottesville, Virginia**  
Contact Dave Holland 804-282-6224 or HenryDaFif@aol.com

**August 3 USMS 3-6 Mile Open Water 5km Championships, Elk Lake, Bend, OR**

Contact Pam Himstreet 541-385-7770 or himstreet@bendbroadband.com;  
Bob Bruce at 541-317-4851 or 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

**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

**September 15-November 15 USMS 3000/6000 Yard Postal Championships**  
Contact Mark Gill 480-874-7112 or markgill@usms.org

**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 or swmeet@rci.rutgers.edu

## Championships 2009

**October 10-17, 2009 World Masters Games, Sydney Olympic Park Aquatic Center, Sydney, Australia**  
www.2009worldmasters.com  
www.2009worldmasters.com/Swimming





**NJ LMSC**

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