

EASTLANE

18th Annual Bermuda Round the Sound

Photo taken at Palmetto Bay after everyone had successfully completed their respective swims of varying distances. Left to right: **Sarah Clark** (7.25K), **Chris McGiffin** (10K), **Susan Kirk** (10K), **Rosanne Lemongello** (7.25K), **Catherine Reichle** (0.8K), **Bill Reichle** (4K), **Deirdre O'Mara** (7.25K)



Destination open water swims~~~you've got to love them!! They are an amazing way to combine an athletic challenge, a travel adventure, promote team camaraderie, and the opportunity to build new friendships with kindred spirits!

In mid-October, a group of Berkeley Masters swimmers embarked on their adventure to Bermuda to participate in the 18th Annual Bermuda Round The Sound Open Water Swims. This year, the race field was the largest ever and was comprised of 217 swimmers hailing from over 25 US States, Canada, Europe, and Bermuda. Although the swimmers were greeted by sunny skies and warm temperatures on race morning, they also experienced some rough waters due to the very high winds. The first 6K-7K of the circumnavigational course were not fun! But then again, battling the variable elements adds to the allure of open water swimming for these enthusiasts! And oh yes, who can forget the extra distances covered by the swimmers as the navigation of the course lent itself to many a questions. No, not 'Where is Waldo?'...where is that yellow arrow sign on the next rock or island? Whatever circuitous route the Berkeley Masters swimmers took, they all successfully completed their respective distance races and gathered at the finish line to toast to a beautiful swim! They are already adding future destination open water swims to their wish lists!!

By Susan Kirk

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Volunteers Needed to Help with SWIM Inc. Program

A new SWIM program, which stands for Specialized Water Interest Movement, is due to start at the Sussex County YMCA. This free program is for adults with muscular impairment who can benefit from time in the pool. These folks may have conditions such as MS, MD, arthritis, post polio syndrome, an accident, stroke, surgery or cancer. All that's required is a doctor's signed permission to exercise in water. With the help of SWIM, Inc. volunteers, the participants are assisted through the locker room to the pool where they are assisted in their chosen water activity

The weekly program will be held on Mondays with pool time from 1:00 to 2:00 pm followed by an hour long social gathering.

To learn more about SWIM, Inc, which has been providing this great service at seven other locations around NJ for the last 33 years, you can visit the SWIM, Inc. website at <http://www.swim-inc.org>. The President of SWIM, John F. Stephenson, Jr says that, "Many participants in SWIM have been a part of the program for years because everyone benefits, even those who thought they had nothing to gain from working with persons dealing with a health condition."

Anyone interested in volunteering or who knows of someone who could benefit from this program should contact Bob Hopkins, Sussex County Coordinator for SWIM, Inc. at 973-729-3686 or e mail him at swimsmart@yahoo.com.

New Record Set

Congratulations to Chris Near, 47, who set a new NJLMSC record in the 500 free of 5:21.93 at the Gloucester County Institute of Technology Oktoberfest meet on October 12, 2008.

Keep Those Submissions Coming!

Thanks to all of you who have contributed photos and articles to the *Fast Lane*. Those additions have gone a long way toward spicing up the newsletter. So don't stop now! Send me what you've got anytime to lbk@sprintmail.com.

Happy Holidays!

Light those candles!

Happy birthday to the following 97 November and December babies:

Austin Newman 90-94
William O'Brien 80-84
Robert Stricker 80-84
Kenneth Dawson 75-79
Edward Breisacher 75-79
Bob Greenwald 75-79
Barbara Rosenbaum 65-69
Charles Whelan 65-69
Allen Bachenheimer 65-69
John Hunt 65-69
Arlene DePolo 60-64
Alan Fidler 60-64
Richard Wallace 60-64
Robert Cenker 60-64
Robert Nissen 55-59
Jan Jaferian 55-59
Cathy Deats 55-59
David Allred 55-59
John Lemmo 55-59
Thomas Nagy 55-59
Daniel O'Connell 55-59
Brian Fagan 55-59
Christine Rodgers 55-59
Michele Pfaff 55-59
Luis Berrizbeitia 55-59
Jack Wilson 55-59
Paul Gondek 55-59
Steven Levine 55-59
Christine Peters 55-59
Holly Houston 55-59
Paul Swanson 50-54
Carol Malone 50-54
Joe Wilson 50-54

Jonathan Olesky 50-54
Clarence Tomsen 50-54
Kevin Kilcullen 50-54
Janet DeBiase 50-54
Michael Ciolino 50-54
Ron Loria 50-54
Jane Kilcullen 50-54
Richard Schluter 50-54
Patricia Quinlan 50-54
Carol Mateo 50-54
Ed Tsuzuki 50-54
David Feldman 50-54
Martha Coy 50-54
Joann Rean 45-49
Rick Hrabchak 45-49
Chris Near 45-49
Ellen Kranefuss 45-49
Douglas Roth 45-49
Kurtis Baker 45-49
Maribeth Bowen 45-49
Craig Gruber 45-49
Brenda Ziegler 45-49
Michele Faul 45-49
Linda Flanagan 45-49
James Wood 45-49
Mary Gailfoyle 45-49
Anne Clewell 45-49
David Richards 45-49
Lynne Lopez 45-49
Eric Marquard 45-49
Norma Fallon 40-44
Holly Dressler 40-44
Elizabeth Bromley 40-44

Jacqueline Jankewicz 40-44
Joshua Raymond 40-44
William Henderson 40-44
Scott Stallwood 40-44
Kathleen Fowler 40-44
Scott Lillis 40-44
Ann Monaghan 40-44
Gregory Greene 40-44
Maryann Howes 40-44
Jack Carr 40-44
Debbie Iuliano 40-44
Alexandra Lopez 40-44
Ronald LaBenski 40-44
Robert Phillips 40-44
Nicholas Armstrong 40-44
Ann Dandurand 40-44
Kyle Kavanaugh 35-39
Debra Esposito 35-39
Jennifer Bauman 35-39
Tara Clarke 35-39
Ahmed Elghitany 35-39
David Severe 35-39
Srinivasan Mudambi 30-34
Emily McKimmy 30-34
Rebecca Rudy 30-34
Tyler Myers 30-34
Vanja Sikirica 25-29
James Specht 25-29
Stacey Brower 25-29
Megan Yonych 25-29
Christopher Kemp 20-24

Nine Ways to Cross A River

By Joe Stewart

Open water swimmers are well aware of the different characteristics of the waterways they swim in. Be it the outgoing surge of a tidal river or the underwater pull of a coastal rip, each body of water is unique.

Akiko Busch, a New York design journalist and enthusiastic swimmer, was absolutely captivated by her crossing of the Hudson River in North America. So she set out to swim across eight other rivers and write a book about her journey.

Her book "Nine Ways to Cross a River: Midstream Reflections on Swimming and Getting There from Here" delves deep into the history of each river and intimate details of her experiences with each river's personal characteristics.

From 9/08 The Swimmer's Ear, Potomac Valley Masters newsletter

Calendar '08/'09

Meets in New Jersey

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

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

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

Contact Mary Sweat: usmsgtd@yahoo.com
www.usms.org/fitness

Championships 2008

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

December 12-14 New England LMSC Short Course Meters Championship and New England Masters Workout Group Challenge, Boston University Fitness and Recreation Center.

Meet information at

<http://www.greatbaymasters.org/08scmchamp.php>

Entries accepted until December 6 (or until the meet is declared full), but \$15 late fee applies.

May 7-11, 2009 USMS SCY National Championships AND 2009 USMS I Mile National Open Water Championship Fresno, California

More information: www.clovisswimclub.org

Championships 2009

January 1-31, 2009 USMS One-Hour Postal National Championship

Contact Jane Moore 253-759-4956
swimmoore@comcast.net

October 10-17, 2009 World Masters Games Sydney Olympic Park Aquatic Center Sydney, Australia. For general information go to <http://www.2009worldmasters.com/>

Rockin' Holiday Workout

This challenging workout will help to burn off some of those extra pounds that can creep on so easily during the holiday season. Give it a try and see what you think. Thanks to Coach Eric Scheingoltz of the Drew University Rangers Masters for this gem of a swim.

- 4 X 75 Back (intervals range from 1:10 to 1:45; pick what's best for you)
- 4 X 125 Free (intervals range from 1:45 to 2:10)
- 6 X 50 Breast (intervals range from :50 to 1:30)
- 4 X 125 Free (intervals range from 1:45 to 2:10)
- 8 X 25 Fly, 2 drill, 2 swim (intervals range from :30 for the drill and :25 for the swim to :45 for both)
- Rest 30 seconds
- 4 X 75 Back (intervals range from 1:10 to 1:45)
- 4 X 125 Free (intervals range from 1:35 to 2:10)
- 6 X 50 Breast (intervals range from :50 to 1:30)
- 4 X 125 Free (intervals range from 1:35 to 2:10)
- 8 X 25 Fly, 2 drill, 2 swim (intervals range from :30 for the drill and :25 for the swim to :45 for both)
- 1 X 100 IM drill (intervals range from 1:30 to 2:30)

Total: 3,800 plus your choice of warm up and cool down.

"Let your hook be always cast; in the pool where you least expect it, there will be a fish."

Ovid

2008 USMS Convention Report, Atlanta, GA

“Membership: It’s Up to US!”

It’s a fact. USMS membership has exceeded 48,000 members for the very first time in its brief thirty-eight year history. Some have suggested that the over 9% increase from 2007 may be due to the thrilling live and extremely entertaining Olympic Swimming coverage for generating a re-discovery of our sport. My view is that USMS owes much of this member growth to the strength of its volunteers – 250 of whom attended the 29th United States Aquatic Sports Convention this year in Atlanta, GA. However you wish to view things, there is no disputing that Masters Swimming has experienced a very positive year for growth.

In New Jersey, the pattern held its form – for the very first time in our history, we have exceeded the 700 member threshold in 2008. It comes as less of a surprise to me, as I reflect on how swimming among adults continues to thrive in recent years as the activity that can deliver what many more participants seek – an activity that helps us maintain our fitness while creating an uniquely social outlet that feeds off the common interest in the benefits offered by the USMS membership experience.

About mid-year in 2008 a new USMS Executive Director, Rob Butcher, was hired and at the first House of Delegates meeting he delivered a compelling and passionate, introductory address. He explained why we can be proud of the progress being made, and how much of the organization’s success is due predominantly to the dedication and efforts of the member volunteers involved. Prior to the 2008 Convention, many of us did not know Rob, his background, or know where or how he might lead the organization. We certainly had a much better idea following his remarks. In his short tenure with USMS, he has already accomplished a great deal, including a very comprehensive Vision and Action Plan that will leverage local LMSCs, Clubs, and Coaches to deliver on membership experience improvements. Under his leadership, USMS is on a path of evolution which is expected to emphasize member benefits and services and increase their scope and visibility. The future of USMS is exciting, so stay tuned and plugged in to experience the positive changes.

Branding is one of the first changes underway. The USMS brand is developing into one that identifies our strengths, and builds upon our opportunities to identify who we are. We already know that only 25% to 40% of our membership in any given year is competitive, which means that 60% to 75% of the membership joins for other reasons. These statistics reveal the obvious point that membership in

USMS is a choice – one that more often than not, includes a non-competitive audience seeking compelling value from our member benefits, programming, and coaching. It is up to us to provide compelling value that leads people to choose to be a member and renew each year. Defining the USMS brand with an updated look (new logo) is one step in helping to capture the spirit of who we are.

Delegates at the 2008 USMS Convention heard Rob emphasize four key investment areas – the centralization of staff, developing the people (leaders, coaches, etc.), USMS IT services, and Marketing and Promotion. Providing improved focus and in these areas will help USMS achieve its target objectives to realize an 80% annual membership renewal rate, and grow membership 8% annually.

I am pleased to report that the NJ Local Masters Swimming Committee (NJ LMSC) has made great strides toward developing its own stable of leaders. The 2008 USMS Convention was the first one to include five delegates from the NJ LMSC. It was Ed Tsuzuki’s 9th convention, my 4th, and Susan Kirk’s 3rd. Long-time NJ LMSC Registrar, Tom Brunson, has been an attendee in prior years, but he returned in 2008 for the first time after an extended absence. And, NJ Open Water Chair, Jeff Jotz, attended his very first USMS Convention representing the NJ LMSC. All of us were pleased to attend as LMSC delegates, and we all came away with our personal impressions of the opportunity.

This past year, Ed Tsuzuki (our resident NJ LMSC webmaster and Top Ten and Records Chair) assumed new responsibilities as Chair of the USMS Records & Tabulations Committee. He also co-led a workshop on “Effective Leadership” at this year’s convention. The USMS Records and Tabulation Committee members are focused on a very exciting initiative – End-to-End Event Management.

You may wonder what End-to-End Event Management means? Basically, it is an effort to collect and report all activity related to member participation in any swim event (starting with pool meets, but will also include open water events) – from the point of USMS registration, to meet sanctioning, to meet entries, to meet results, and finally to times and record tabulation. The end product will result in an online membership service that integrates these processes (and data), enabling the most inclusive, accurate, and timely presentation of information as efficiently as possible. The committee is working very closely with the USMS IT staff and is busy testing the new tools at this

time.

In previous convention reports, Ed has mentioned the vision of offering the entire USMS membership an on-going tabulation of ALL swims, not just the top ten. This effort is underway. In fact, there are plans to pilot the new on-line tools with the 2008 Long Course times in 16 LMSCs, including New Jersey. Even though high-speed access to the Internet and web-based applications are becoming more prevalent, success will come only when USMS can recruit and support 100% of our “top ten recorder” community across all LMSCs. This consolidation effort presents challenges to provide robust data validation tools and to accommodate multiple data formats, but USMS membership is already experiencing the ability to view their times throughout the season – providing the meet results are submitted.

In the meantime, the committee is still responsible for recording and verifying US Masters swimmers’ times and publishing the Top Ten times, All-American rosters, and USMS national records annually for each course. The committee is also working on publishing the top ten archives (from 1972 through 1992) and maintaining a complete chronology of record swims (not just the latest record), all on the USMS website.

This past year was my first in the role as USMS Marketing Committee Chair. Our committee members have been working on various initiatives that relate to developing methods and materials that will assist USMS, its LMSCs and Clubs in their shared objectives to promote the membership experience to the external audience, and to help grow the membership.

Our primary task involves researching and refining the message and content USMS should use to target the external marketing segments identified by the 2006 USMS Member Survey reports. Once created, the targeted literature will serve to promote the organization and grow its membership. In addition to the efforts to develop new marketing tools, the committee reviewed its role or potential roles with some of the ongoing USMS taskforce initiatives: Club Development, Branding, and Corporate Partnership. The committee considered ways that it might be able to augment these initiatives, and in some cases, committee members are playing significant roles in the taskforce activity.

Finally, the USMS Marketing Committee decided to seek a way to collaborate with the LMSCs in order to enhance local efforts to promote USMS and grow membership. The committee launched an USMS-LMSC Marketing Partnership program to share relevant ideas and expertise when LMSCs encounter various local marketing opportunities. The committee feels strongly that this relationship has

the potential to benefit both local and national marketing strategies, and improve the overall effectiveness of the efforts to promote USMS and grow its membership.

This year was my third as a member of the USMS Legislation Committee. Since it was an alternate “rules” year, the committee attention related mostly to minor clarifications to existing code. For example, the committee and House of Delegates (HOD) approved proposed Zone Committee language under Article 201.2.1 to specify that “An LMSC shall not place any restrictions on the formation of clubs.” The rationale was based on certain club formation restrictions that some LMSCs had historically imposed. USMS Club formation is encouraged as it has a tendency to both promote USMS and grow its membership. Another legislation change was approved to revise Article 601.1.3 and add Article 601.1.4 to place the consideration of LMSC boundary changes under more relevant Zone Committee control. This change will help proactively address concerns related to LMSC jurisdictional issues prior to convention.

During the Open Water Committee meeting, committee member Susan Kirk reports that there was a proposal by the Executive Committee announcing that the Executive Director will take over management of the Postal Events by 2011. All 2010 Open Water and Postal Championship bids were reviewed and votes were cast by the committee members with the results announced during the second meeting. In order to keep up with the ever evolving high-tech suit market, the Open Water Committee will post a listing of the FINA approved high tech suits on the website as a resource to event directors and competitors.

As a “rules” year for USMS, delegates endured debates relating to dozens of significant Rule Book change proposals. For their part, the Open Water Committee had ongoing discussions about 65 different rule proposals that they were submitting to the House of Delegates.

The Places to Swim information on the USMS website is a valuable and useful tool for the membership, but it comes with the challenge of keeping the information current. The Communications Committee has made recommendations to enhance these web pages incorporating a geocode based query. Throughout the year, the Meet Events Database, another widely popular web-based tool used by the membership, has continued to be a major project with the conversion to a USMS hosted function and the continuous task of uploading results data.

During the Colonies Zone Committee meeting, two items of note were included in member discussions. Zone Championship event sequence continues to be a concern, and to address it the committee members approved a motion to develop recommended templates for zone meet

event orders for use as a sanction and meet director guideline when establishing the meet format. Event sequence guidelines are already effectively put to use in other USMS Zones, so it made sense to replicate this practice within the Colonies Zone. Another notable topic of discussion was related to a proposal to designate currently operated Open Water events as Colonies Zone Championships. A motion was approved to form a team of committee members to solicit, receive and review bids. This action is expected to help promote USMS Sanctioned Open Water swims and encourage greater participation from neighboring LMSC members.

Regarding Fitness Education, Tom Brunson reported that it is beginning to look like various distance tracking events, such as "Go the Distance", virtual swims, check-off challenge, postal swims, etc. may help attract the fitness-only USMS segment, producing a significant increase in membership and swimmer interest beyond classic meet competition. Individual distance tracking for these events will be incorporated into the Club Assistant event management software, to provide recognition and awards reporting. Workout group and club participation will also be traceable. The availability of swimming paraphernalia related to these events constitutes a large part of the swimmer appeal.

From the Registration Committee meeting, Tom reports that non-registrar, read-only access to the national registration database should become available soon. Access will be limited to meet managers, club representatives, treasurers, chairpersons, records & top-ten recorders. The access will be password protected to control access to such items as member name, birthdate, and club affiliation, based on a confidentially agreement. On-line club re-registration and registrar One Event Registration (OEV) capability will probably require more time to validate the

process before its implementation.

As a new LMSC delegate, Jeff Jotz attended workshops and committee meetings for Fitness, Coaching, Open Water and Postal swims. Jeff was amazed to see how some coaches grew their USMS Clubs from a few lap swimmers to organizations containing hundreds of active and dedicated members. He also was intrigued to see how many other coaches like him try to balance the love of swimming with day jobs, families and life challenges. Sales pitches were made by other LMSCs for Open Water and Postal championships, and Jeff was wishing that he had an unlimited travel budget to attend all of the fascinating swims being planned. Among his other observations, Jeff noticed the ongoing and passionate Open Water swimming debate over wetsuits and the relationships with USMS triathlete population.

Simply put, 2008 USMS Convention showcased all of the very significant progress being made by the organization. One would think that the energy level of USMS delegates would wane given the long convention meeting schedule, the early morning wake-up workouts, and the late evening Hospitality Room socializing. How delegates kept their collective eyes open to achieve all that we did is remarkable. Aside from the rigors of the schedule, however, one can clearly see that USMS is the beneficiary of people who share a genuine interest in providing compelling services and benefits to their fellow USMS members. We look forward to an exciting and rewarding 2009 for all USMS members.

- Chris McGiffin, NJ LMSC Chair

*The NJ LMSC 2008 USMS Convention delegate report was compiled with the help of Ed Tsuzuki, Susan Kirk, Tom Brunson, and Jeff Jotz.

Championship announcements

In addition to the minutes of the numerous committee meetings, election and award winners can all be viewed online on the [2008 Convention Highlights](#) page. The 2010 Open Water & Postal and Pool Championships were awarded at this year's convention.

Mark your calendars to experience some different venues!

2010 Open Water and Postal Championships Awarded To:

- One Hour Postal: Tamalpais Aquatics - Pacific LMSC
- 3000/6000 Yard Postal: Masters of South Texas - South Texas LMSC
- 5K/10K Postal: Twin Rivers YMCA Masters (TRYM) - North Carolina LMSC
- 2 Mile Cable: Lake Placid, NY - Adirondack LMSC
- 1 Mile Open Water: Charlotte, NC - North Carolina LMSC
- 1-3 Mile Open Water: TVM Del Valle Open Water Swim - Pacific LMSC
- 3-6 Mile Open Water: Colorado Springs, CO - Colorado LMSC
- 6+ Mile Open Water: Noblesville, IN - Indiana LMSC

2010 Pool Championships Awarded To:

- Short Course Yards: Georgia Tech, Atlanta, GA, May 20-23, 2010
- Long Course Meters: San Juan, Puerto Rico, August 9-12, 2010



NJ LMSC

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