

September 2008

EASTLANE

**NJ Open Water
Season!**



Photo, above: A group that swam New Jersey's first USMS Sanctioned 1 Mile Open Water Race in Lavallette on August 9, 2008. Top row, left to right: Chris McGiffin, Lisa Bettinger, Dieter Wunderlich, Lynn Ascione, Sarah Clark, Susan Kirk, David Feldman, Philippe Delamare. Bottom row: Kim Plewa, Mike Ciolino, Mike Fanelli, and Greg Blessing.

Photo, above right: Overall Masters winner at Lavallette, Jeff Jotz, receives his medal. **Photo, below left:** Top three finishers in the 70 & Over category from the Ray Licata Memorial 1 Mile Ocean Swim, left to right: Dieter Wunderlich, Norman Siegal, Paul Kiell. **Photo, below right:** Spanning the generations at the 79th Annual Atlantic City Pageant 1.5 Mile Ocean Swim on August 30, 2008. Top row, left to right: Ed Tsuzuki, Mary Guilfoyle, Mike Fanelli, Susan Kirk, Sarah Clark, Dieter Wunderlich, Mike Ciolino. Bottom row: Christopher Rattray, Joe Guilfoyle, and Cameron Rattray.



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Election Time Is Rolling Around... For NJ Masters Too

While the NJ Masters elections may not elicit near the excitement of the McCain/Obama race, they'll be here soon. We're always looking for new volunteers to bring enthusiasm and fresh ideas about ways to make Masters swimming in the Garden state even better. The positions open for nominations are:



**Chairman
Vice Chairman
Secretary
Treasurer
Registrar
Sanctions & Safety Chairman
Top Ten/Records Chairman
Newsletter Editor**

Consider getting involved and making a difference in this fantastic sport. Nominations and voting will take place at a meeting in November. Details will follow.

Rules Corner

By Kathy Casey, USMS Rules Chair

Questions & Clarifications

1. Competitor's Age

Why am I 59 years old at 25-yard meets but 60 years old at 25- and 50-meter meets this year? I'm not 60 until October 5!

The rest of the world determines the age as of December 31 of that year for meters competition. The current USMS rules for age determining date are a compromise between the way the rest of the world determines age and the way USMS has traditionally determined age. For short course yard meets, age is determined as the last day of competition in a meet. For meter meets, age is determined as of December 31 of the year of competition. That way we also match the rest of the world in age determining date for World Top 10 and World Records which are meters only.

2. Breaststroke Turn

If I approach the wall with a complete stroke cycle but am still a foot or so away from the wall and after that last kick there's not enough room for another complete cycle, can I add an extra little arm pull or kick?

You can add an extra little arm pull only, since an arm pull is what would occur after the kick of that last complete cycle, and touch the wall after that little arm pull. That is an incomplete cycle which is allowed in the turn and finish rule, 101.2.4. That is not a disqualification. If you take a little extra kick following the kick of the last complete cycle, that is a disqualification. Only an arm pull can follow that last kick.

3. Butterfly Turns and Finish

If my butterfly stroke leaves me just a bit short of the wall on turns or at the finish, can I take one dolphin kick to bring me in without an arm pull? The rule only mentions one breaststroke or whip kick.

Yes. There is not a prescribed limit to the number of dolphin kicks per arm pull, and a swimmer is allowed to take extra dolphin kicks without an arm pull into the wall on turns and finishes. The kick rule for butterfly specifically addresses a single breaststroke or whip kick without an arm pull prior to the turn because an arm pull is required for each breaststroke or whip kick during the rest of the stroke (101.3.3). That is not the case with the dolphin kick.

Taken from the USMS Streamlines Summer 2008 issue

Light Those Candles! Happy Birthday to the following 50 September babies!



Gershen Konikow 85-89
George Melick 80-84
Lainey Dooman 80-84
Ron Engelhardt 80-84
Isaac Siskind 80-84
Ann Ferguson 70-74
Toms Royal 65-69
Lenny Wehrle 60-64
John Hannan 60-64
Ernest Nosedo Sr. 60-64
Maurice Sercarz 55-59
Thomas Herits 55-59
Jack Morrison 55-59
Danielle Ogier 55-59
Karen Ristuccia 55-59
Frank Turner 50-54

Martin Rothfelder 50-54
Bob Koppenol 50-54
Marie Quinn 50-54
Fran McManus 50-54
Karen Sacks 50-54
Sandra White 50-54
Linda Twining 50-54
Paul Grassie 50-54
Paul Mucciarone 45-49
Dillard Kirby 45-49
Errington Bennett 45-49
John Peebles 45-49
Diane Panzera 45-49
Daniel Morgan 45-49
Anne-France Saillot 45-49
Gregory March 45-49
Douglas Fulton 40-44

Joseph Flanagan 40-44
Richard Clew 40-44
Sherri Plunkett 40-44
Robert Barrish 40-44
Abigail Christmann 35-39
Laura Smith 35-39
Curtis Sawin 35-39
Alexis Goldstein 30-34
Michael Ives 30-34
Nick Mathers 25-29
Danielle McNamara 25-29
Gabriel Nieves 25-29
Kerry Lyn Gertler 25-29
Jackie Clark 25-29
Brandon Pierce 25-29
Matthew King 25-29
Henriette Hansen 20-24



Jason Nessel Memorial Invitational Meet (LCM)

July 26, 2008

Rahway, NJ

Photo, above left, top to bottom: Golden Girls Florence Melick, Lainey Dooman, and Doris Steadman.

Photo, left: Lainey Dooman with her Continuous Membership Recognition Award for 20 years with NJ Masters!



Finish Your Race!

This tip of the month is written by Dr. Paul Hutinger for the Florida Maverick Masters' newsletter called the Maverick Lane Lines found at www.maverickswim.org

The technique of finishing your race is crucial, and can be the difference in out touching your opponent for the win, or coming in a close second. In your workouts, eliminate bad habits of sloppy and careless finishes, and be specific with each of your strokes. Practice these basic techniques to give you an advantage at the end of each of your races.

Freestyle – As you near the wall, rotate your shoulders by rolling onto your side for the touch. You will gain from the extra stretch.

Backstroke – Count, count, count your strokes when your head goes under the flags. Drop your head back for your last stroke. You must touch the wall while on your back.

Breaststroke – By the time you reach the flags, adjust the number of strokes to the wall, so you are not too short or too long for the finish. You must take a complete stroke (arms and legs) on your finish. Swimmers can be DQ'd for taking a short, extra arm pull at the wall, without the kick. Drop your head and stretch your fingers underwater.

Fly – Put your head down and don't breathe from the flags to the wall (if possible). You must take a complete stroke (arms and legs) on your finish. If you are too far from the wall to complete a full stroke, put your head down, stretch your arms and kick hard.

IMs – When you change strokes, you must use the correct finish for each stroke.

All – Keep your kick strong until you finish. Always touchout underwater, especially where a timing pad is used. Never grab the top of the pad or wall. This could be a whole second slower than a fingertip touch underwater.

Warm up at Meets – Always practice your finishes, with your body stretched out, as stated above.

Summer Record Setters

Congratulations to the following New Jersey swimmers for setting new NJ LMSC LCM records at the USMS Long Course National Championships on August 14-17, 2008 at Mt. Hood Community College in Gresham, Oregon.

Special congratulations to our USMS National Champions Thomas Alne (400IM, 1500 Free), Benn Doyle (50 Breast), and Steve Hiltabiddle (50 and 100 Fly)!

Men

Thomas Alne, 20
400 IM 6:28.01

Steve Hiltabiddle, 22
50 Free 25.12
100 Free 55.20
50 Fly 25.97
100 Fly 58.18
200 IM 2:24.90

William Segal, 44
200 Free 2:08.30

Benn Doyle, 50
50 Breast 32.23
100 Breast 1:12.83
200 Breast 2:41.02
200 IM 2:30.86

Congratulations to the following NJ swimmers for setting new NJ LMSC LCM records at the New England Long Course Championships on June 20-22, 2008 at Middlebury College in Vermont.

Women

June Carson, 60
50 Free 37.37
100 Free 1:29.07

Men

Jerry Katz, 70
50 Free 32.39
200 Free 2:59.24
50 Breast 44.87
50 Fly 38.33

Congratulations to Jonathan Briggs, 42 for setting a new NJ LMSC LCM record in the 1500 free (19:38.45) at the New Jersey Silver Long Course Championships on July 20, 2008 at the Sonny Werblin Pool at Rutgers.



“Way to Go” to the following NJ swimmers who set new NJLMSC LCM records at the Jason Nessel Memorial LCM Meet on Saturday, July 26.

Women 50-54

Nancy Steadman-Martin, 54
50 Free 31.91
400 Free 5:10.53

Judy Ramirez, 50
50 Breast 43.64
100 Breast 1:40.64
200 Breast 3:41.63

Women 55-59

Carol Morman, 56
400 Free 8:26.96

Susan Freeman-Patterson, 57
100 Back 1:53.40

Women -64

June Carson, 60
50 Free 37.90
50 Breast 51.18

Women 70-74

Jane Fisher, 72
200 Breast 5:22.79

Men 18-24

James Sheerin, 23
200 Free 2:10.62
400 Free 4:43.26

Thomas Alne, 20
200 breast 3:46.15

Men 50-54

Kenneth Niemi, 53
400 Free 5:07.11

Men 55-59

Thomas Nagy, 58
200 IM 2:56.16

Men 60-64

Frank McElroy, 60
400 Free 5:19.41
200 IM 3:01.92

Men 65-69

Bob Hopkins, 66
200 Free 2:53.53
400 Free 6:24.93

Men 70-74

Jerry Katz, 70
200 Free 3:06.42
50 Fly 40.39
100 Fly 1:48.37

Men 80-84

Bob Stricker, 80
200 Free 4:01.25

Isaac Siskind, 80
100 Breast 2:10.38
200 IM 4:55.48
200 Breast 3:46.15

Men's Relay 160-199

400 Free Relay: JAM 4:01.39
Bill Segal, Darek Hahn,
Scott Carpenter, Steve Hiltabiddle

Congratulations to the following New Jersey swimmers for setting new NJ LMSC LCM records at the Colonies Zone LCM Championships on August 23-24, 2008 at the University of Maryland in College Park, MD.

Women

Danielle Ogier, 56
50 Free 33.16
200 Free 2:36.52
50 Breast 43.12
100 Breast 1:36.60

Men

Jim Dragon, 64
100 Breast 1:25.44

Frank McElroy, 60
400 Free 5:18.28
800 Free 11:05.98
100 Fly 1:15.59
400 IM 6:16.94

Jerry Katz, 70
200 Free 2:56.66
50 Breast 43.73

Congratulations to the NJ LMSC swimmers shown at right who are currently participating in the 2008



USMS Fitness Committee's fitness event "GO THE DISTANCE". At right is a chart of their year-to-date mileage reports as of July 31, 2008! Keep up the great workout mileage and good luck achieving your next mileage milestones!!

If you've been keeping track of your yardage/mileage, it is not too late to enter this great fitness event! Simply submit your total year-to-date swim yardage/mileage to Mary Sweat at usmsgtd@yahoo.com and she will enter you into this free fitness event. And then you'll need to submit your monthly yardage/mileage to Mary by the 5th of each subsequent month. You can find more details about this awesome fitness event at www.usms.org/fitness/content/gothedistance on the USMS website.

CONGRATULATIONS to the NJ LMSC participants for their stellar performance thus far in the Go The Distance Program! Out of 50 participating LMSCs, New Jersey is #2!!! WAY TO GO NEW JERSEY !!!

Top 3 LMSCs as of July 2008

Pacific 8487.35 miles
New Jersey 5859.05 miles
Oregon 5518.94 miles

"Go the Distance" year-to-date mileage reports for participating NJ LMSC swimmers as of July 31, 2008!

CLUB	NAME	AGE GROUP	MILES
GSM	Jim Ryan	55-59	504.38
GSM	Nancy Steadman-Martin	50-54	489.44
GSM	David Juchniewicz	50-54	406.75
GSM	Jennifer Bauman	35-39	321.31
GSM	Bernard Shepard	50-54	280.91
BERK	Michael Fanelli	50-54	265.58
BERK	Lynn Ascione	40-44	262.79
GSM	Thomas Alne	18-24	260
UNAT	Brenda Hershberger	45-49	250.32
GSM	Steve Glassman	60-64	238.01
GSM	Sandra Carosi	40-44	226.08
BERK	Susan Kirk	45-49	206.56
GSM	Richard Nowakowski	55-59	153.62
GSM	Laura Smith	35-39	142.2
GSM	Larry Lengle	75-79	136.17
GSM	Michael Sirkin	45-49	132
GSM	Amy Carow	45-49	131.51
GSM	Ed Tsuzuki	50-54	123.88
DRMS	Robert Franks	50-54	117.77
GSM	Charles Freund	45-49	114.96
DRMS	Ellen Kranefuss	45-49	113.69
GSM	Bob Hopkins	65-69	111.08
BERK	Rosanne Lemongello	45-49	105.37
GSM	Richard Carlson	55-59	103.94
GSM	Ron Medhurst	60-64	95
UNAT	Sara Johnston	40-44	92.46
BERK	Anne Clewell	45-49	83.39
GSM	Doug Miller	35-39	81.5
GSM	William Haas	70-74	74.5
GSM	Ann Mancuso	45-49	72.37
GSM	Robert Scott	40-44	51.9
UNAT	Mary Teel	55-59	41.75
GSM	Jennifer Earley	30-34	36.66
GSM	Lisa Spiller	45-49	31.2

"September Tune-Up"

Are you already missing the outdoor pools, ocean swimming, and sunshine of summer? Are you trudging through indoor pool workouts? Try this training set combo by Coach Karin Adams that will breeze you through 3000 yards of quality while keeping up your motivation!

Warm-up - All swims on rest 0:15:
2 x 150 (50 free + 50 breast + 50 back)
5 x 100 freestyle pull, emphasize body roll

Main Set - Follow the intervals below or adjust appropriately, but stay on the clock all the way through the set!

6 x 25 freestyle, breath once per 25 on 0:30
7 x 50 freestyle, 25 drill + 25 swim on 0:55
8 x 75 flutter kick, build speed by 25s, work on great pushoffs from walls on 2:00
9 x 100 freestyle, hold a fast enough pace to bring your heart rate up high, but controlled so that you can stay strong through all 100s on 1:30

Warm-down:
75 double-arm backstroke + 75 extra-long-stroke freestyle + 50 elementary backstroke

COACH ED NESSEL WAS MORE THAN JUST A COACH TO NEW JERSEY'S OLYMPIC GOLD MEDALIST CULLEN JONES

By Arthur M. Wein

First and foremost, all the Garden State Masters swimmers want to congratulate Cullen on his gold medal and world record performance and Ed Nessel, Cullen's inspirational coach who taught Cullen how to swim fast.

It was exciting to be at Omaha's Qwest Center during the June 2008 US Olympic swimming trials when Cullen Jones broke the American record in the long-course 50 meters freestyle. Flanked on either side by Larry Seidman and Jack Zakim, I stood observing Mrs. Jones' body language while listening to the reporters' questions that were answered mostly by Ed, and also by Debra Jones, Cullen Jones' mother. Cullen just lowered the American record and, while the press knew the Olympic coaching staff who readied Cullen for his record-breaking performance during the preliminaries, they were hungry to learn as much as they could about Cullen's past from those who molded Cullen as a youth and helped harness his athletic talent during his formative adolescent, pre-college years.

I saw Mrs. Jones consistently nodding in approval at the accuracy of Coach Nessel's responses. Coach Nessel began by modestly stating how grateful he was for the opportunity to coach and help Jonesy (Cullen's nickname) since, after the loss of his own two sons, he was given the opportunity to coach Cullen and also fill in as a father figure for Cullen in the wake of his father's untimely death from cancer. (Later I would learn that when Cullen was fifteen, his father asked Ed to watch over Cullen and to help him achieve his potential; Ed promised he would and lived up to his promise.)

As Mrs. Jones continued to nod in agreement, I observed Coach Nessel's eyes rapidly shifting left and right as he visually recounted driving to Jonesy's house early in the morning to pick him up and chauffeur him to swim practice. Ed then smiled as he recalled all of his trips from the deck of the pool to the shower to cajole Jonesy back into the pool to do more laps. Ed continued to relive his countless lectures to Cullen on how to calm his nerves before a



big race and, of course, the countless hours of lessons in racing technique, the psychology of competing, conditioning, diet, and all the other ingredients requisite to achieving one's potential.

An analogous open question comes to mind: While born with the attributes to become the best swimmer in the world, would Michael Phelps, who also enjoyed a father figure replacement, have achieved his potential without Coach Bob Bowman's assistance during the formative years of his swimming career? Would Cullen Jones, born with the physical attributes to break an American record have achieved this without Coach Ed Nessel's devotion during his formative years?

It is great that Cullen has publicly acknowledged that Ed, along with his father, were the two most influential people in his life.

New Jersey's competitive swimmers, coaches, and the NJ Masters community know that it was at the Metro West JCC where Jones learned how to swim fast, how to focus, and how to race, and we know that it was Coach Nessel who provided him with that initial guidance and encouragement and the tools to compete.

In 2006, when Cullen was competing in the Pan Pacific championships, he called Ed for some psychological encouragement and technical advice after he raced in the individual 100 meter freestyle event. The next day, as a member of the 4x 100 free relay, Cullen used Ed's help and swam his fastest 100 ever.

The New Jersey swimming community salutes Ed Nessel, whose "live to help others" attitude is reflected in the achievements of Cullen Jones---an Olympic gold medalist, and a role model and inspiration for African-American youth and athletes of all races and backgrounds.

World records have become expected, nearly meaningless

By Tom Layden, Sports Illustrated, 8/11/08

BEIJING -- At 10:13 Monday morning in an Olympic swim stadium called the Water Cube, a world record was broken. Kirsty Coventry, a 24-year-old from Zimbabwe, touched first in a semifinal heat of the 100-meter backstroke, and the towering scoreboard froze numbers and letters next to her name: 58.77 WR. Three people in the audience clapped politely while yawning and checking spectator bus schedules.

Three more world records fell in the next 80 minutes: Kosuke Kitajima of Japan in winning the gold medal in the men's 100-meter breaststroke, Eamon Sullivan of Australia on the opening 100-meter leg of the men's 4x100-meter freestyle relay and, in that race, the United States' epic team record, which obliterated the old world record by a ridiculous 3.99 seconds (but which was far more memorable for the breathtaking swimdown U.S. anchor Jason Lezak laid on France and its anchor, former world-record holder Alain Bernard).

Customarily, in the Olympic realm, I am a track and field writer, but these

Photo: Kirsty Coventry of Zimbabwe is one of many swimmers to set a world record early in the Beijing Games. By Simon Bruty



are the Olympic Games, where versatility is required, and besides, the track meet does not begin until Friday morning in Beijing. I covered road cycling on the weekend for Sports Illustrated (cycling is track on bikes) and on Monday morning in Beijing I was in attendance at the Cube (swimming is track in the water). I also cover horse racing (which is track on horseback). But enough.

In my office back at home, I keep a weathered notebook page on which I record the track and field world records I've witnessed in person, during just shy of two decades covering major track and field competitions. Call me a romantic. There are eight world records on the list. On Monday at the Cube I saw four world records. Two others had been broken here on Sunday morning (Saturday night in the U.S.), for a total of six world records in two days.

Taking the point further: There are 32 events on the Olympic program, and in 26 of them, world records have been broken since the conclusion of the 2004 Athens Olympics.

The effect is a palpable devaluing of the standards. At the Water Cube, and at most major global swimming competitions, world records have been reduced to the level of the commonplace, diminished to the point where what should be hailed as historic is simply logged like a relay split. Even worse, gold medal performances that do not produce world records are even further devalued, as if it's almost embarrassing to stand on the podium without having broken the world record.

Swimmers, of course, do not agree with this thinking. "A world record means it's the fastest anyone has ever swum," said U.S. backstroker Aaron Piersol, who has four times broken -- and currently holds -- the world record in the 100-meter backstroke. "Hopefully people will realize it means that the sport is still progressing."

There's no arguing that point.

Swimming's world-record progression had been aided in recent years by pool technology (On Monday morning German head coach Orjan Madsen engaged two U.S. writers in a fascinating -- if semi-impenetrable -- explanation of why deeper pools, and wider ones, produce faster times). The same is true of suit technology, which took a Beamesque leap forward this year with Speedo's LZR Racer. And stroke rules have changed as well, all making for faster swimming.

Yet there is another side to all of this that swimming seems to have escaped.

Back to track and field. On May 31 on Randall's Island in New York City, Usain Bolt of Jamaica ran 9.72 seconds to break Asafa Powell's 100-meter world record. It was an athletic performance of almost indescribable dimensions, as the 21-year-old, 6-foot-5 Bolt accelerated away from 100-meter world champion Tyson Gay of the U.S. and actually seemed to ease up at the line. As he finished, the scoreboard flashed 9.71, and then adjusted to reflect the actual time. It looked almost like athletic evolution in real time. A crowd packed with Jamaicans celebrated wildly.

The moment was rich and memorable in large part because world records in track and field are, in truth, very rare. In the 40 Olympic track and field events, 30 world records were set before 2000, and many long before that. If you are a track and field fan -- or a writer -- you are blessed to witness a record.

But it is not so simple. On the night in May, Bolt hadn't stopped sweating before cynical and oft-burned journalists began wondering whether Bolt's record had been fueled by steroids or some other banned substance. It is a knee-jerk reaction that follows almost any world record. "That just comes with the territory," Gay said during a Monday afternoon press conference attended by dozens of journalists from around the world.

("World records..." continued from page 7)

But Gay also said, "When Usain Bolt ran 9.72, I realized in order to beat him, I was going to have to run 9.6." And if he does that, he will face ever more pressing suspicion that he's not clean. It's not fair, but it's reality.

There is remarkably little of this cynicism apparent in the swimming world. When asked about the possibility that a flood of world records might trigger steroid suspicion in swimming, German coach Madsen said, "I don't think in those terms. I think of the training process and the ability to compete."

Swimming has experienced far fewer steroid problems than track and field, but it has not been without scandal. Most recently, U.S. swimmer Jessica Hardy tested positive for a banned substance at the U.S. Olympic Trials and is not competing in the Games. But in general, swimming records do not trigger a presumption of guilt.

Sadly, they also do not trigger wonder and appreciation. They are arithmetic signpost, devoid of emotion. They are expected. They are assumed. And they are, most of all, nearly meaningless.

What Do You Think?

The above article came out at the start of the Olympics. We all know that many more records fell during the course of the swimming events. Do you agree with this writer that pool and suit technology has devalued world records in swimming? Share your opinions and we'll print your views in the next Fast Lane. Email your thoughts to lbk@sprintmail.com or send them in to Fast Lane, 451 Sweet Hollow Rd., Bloomsbury, NJ 08804.

Meet Calendar 2008



Open Water In/Around NJ

2008 Open Water Calendar
compiled by Jeff Jotz

www.njmasters.org/misc/2008openwatercalendar.htm

Meets in New Jersey

October 19 Sussex County YMCA "Just Do It!" Adult Mini Swim Meet, Hardyston, NJ

Contact Aquatics Dir at 973-209-9622
Find entry form and info at
www.njmasters.org/misc/081019sussexcountymca.pdf

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

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

Contact Randy Nutt at
info@randynutt.com 954-821-3294
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
or call 253-241-4827
www.swimrace.com/coral_reef_swim_entry.htm

Championships 2008

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

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

www.2009worldmasters.com



16 Ways to Do a 1650

by Cheryl Wagner



The 1650 is an ugly beast. I like to compare it to watching paint dry, while holding a bag over your mouth to restrict your breathing and pinching yourself. But since it's such a long race there's a lot of interesting potential for improving your time, without much extra effort. And it's very forgiving, unlike the 50 and 100 where a slow start and a bad turn or two, will sink you. For example, there are 65 flip turns in the 1650. If you speed up each turn by 0.25 second and focus on getting a little extra glide (another 0.25 second gain) you could decrease your total 1650 time by 32.5 seconds. That's a significant gain for such a small effort.

Here are some ways to train for the 1650. While I can't tell you how to swim it like an Olympian I can give you ways to increase your 1650 conditioning without losing your mind from boredom. And it is important to practice swimming the whole 1650. It's very much a mental race.

1. Swim 1650, focusing on swimming fast into the wall and speeding up your turn and glide.
2. Do 4x400 (broken 1600) noting your times, plus a final 50 sprint.
3. Swim 1650, alternating 25 fast with 25 drill (finger tip or catchup).
4. Do 16x100, trying to maintain the same time for each, with a final 50 sprint.
5. Swim 1650, relaxing your body, focusing on a relaxed arm recovery with high elbow.
6. Do 3x500 (descend) plus a final 150 sprint.
7. Swim 1650, focusing on kicking and body position in the water.
8. Do 5x300 (middle 100 of each 300 = backstroke) plus a final 150 sprint.
9. Swim 1650, focusing on exhaling slowly using your diaphragm.
10. Swim 1650, alternating 50 fast with 50 easy.
11. Swim 1650, focusing on streamline and reaching when taking a stroke. Imagine reaching for a bowl of Ben & Jerry's.
12. Do 8x200 alternating easy/fast plus 50 sprint.
13. Swim 1650, count strokes on alternate 25's. (Think about your favorite movie star when not counting strokes.)
14. Swim 1650, focusing on getting a good hold on the water (no slipping) and finishing your stroke.
15. Swim 1650, focusing on hip rotation. Sing your favorite Rock 'n Roll songs. Rock those hips!
16. Timed 1650. (Pick a day when you're in a good mood.)

Now go out and do it – and no whining!

--Taken from Terrapin Masters Swim Club website at www.terrapinmasters.org

Places to Swim in New Jersey

Remember to check for new NJ Masters programs and updated training schedules at www.njmasters.org





NJ LMSC

451 Sweet Hollow Road

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