

March 2009

EASTLANE

Large Group Swims the 100 X 100s.



Congratulations and thanks to all of the NJ Masters swimmers who participated in the 2009 Annual Garden State 100 x 100's held at Rutgers University on March 1, 2009. This year's event was a true success with 51 total participants doing their best to achieve the maximum yardage possible. According to event exit reports, there were over thirty swimmers who accomplished the 10,000 yard milestone during the four hour workout. It was a strong showing in general, with lane intervals ranging from 2:00 down to a very fast 1:15 pace per 100. Your support and effort make us all proud. Thanks again, and we look forward to building on this conditioning and putting it to good use during the remainder of the 2009 USMS season.

2008 USMS Postal National Championship Series

Congratulations to Rosanne Lemongello, Mike Fanelli and Susan Kirk for successfully completing the sixth annual Long Distance Postal Series Challenge. This past year, out of nearly 50,000 USMS members, 46 swimmers swam ALL five 2008 USMS Long Distance Postal National Championship events which include the One-Hour Swim, 5K Postal, 10K Postal, 3000 Yard Postal, and the 6000 Yard Postal. That's quite an accomplishment!

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Light Those Candles!

Happy birthday to the following 43 March babies:

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

“If you think you can, you can. And if you think you can't, you're right.”

--Mary Kay Ash

Calendar 2009

Events in New Jersey

April 4 Sussex County YMCA Mini Meet, Hardyston.

Entries due by 3/30. Contact Rebecca Carlson; 973/209-9622.

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 2009 Fitness Event

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

Other Events

April 16-19 YMCA Nationals Fort Lauderdale, FL

More information: <http://www.ymcaswimminganddiving.org/2009Masters.htm>

April 24-26 Colonies Zones SCY Championships George Mason University Fairfax, VA

Contact Cheryl Ward cherylaward@yahoo.com 703.359.5366; Entry form: <http://www.patriotmasters.org/Colonies.April.2009.Entry.pdf>

May 7-11 USMS SCY National Championships AND 2009 USMS 1 Mile National Open Water Championship Fresno, California

More information: www.clovisswimclub.org

July 11 USMS 1-3 Mile Open Water Championships (2 miles) Canandaigua Lake, Canandaigua, NY

Contact Vern Hecker vhecker001@rochester.rr.com

August 6-10 USMS LCM National Championships IU Natatorium Indianapolis, IN

Contact information: <http://www.usms.org/comp/lcnats09/>

August 15 USMS 2-Mile Cable Championships Mirror Lake, Lake Placid, NY

Contact Ann Sveson annb48@earthlink.net 518.893.1967
Entry form: <http://www.usms.org/longdist/ldnats09/2micblentry.pdf>

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

More information: <http://www.2009worldmasters.com/Swimming/default.aspx>

Freestyle Bonanza Workout

Thanks to Pete Hockmeyer, Coach of the Berkeley Aquatic Club, for this workout that's heavy on the freestyle. (Editor's note—those 50s are not as easy as they may look.)

Warmup 200 Drill, 200 IM, 200 Pull

12 X 100 Free Descend intervals by 5 seconds in groups of 4. For example 1-4 do on 1:25, 5-8 do on 1:20 and 9-12 do on 1:15

Easy 50, count strokes per 25

20 X 50 Free

1-4 Hold stroke count same as easy 50 you just swam

5-8 Drop 1 stroke per 25 from easy 50

9-12 Drop 2 strokes per 25 from easy 50

13-16 Drop 3 strokes per 25 from easy 50

17-20 Drop 4 strokes per 25 from easy 50

Note: If you use up your strokes, you must kick into the wall!

2 X 25, 50, 75, 100 kick

Cool down 200

Total: 3,550

Record Setters

Congratulations to the following NJLMSC swimmers who posted new NJLMSC SCY records at the Winter Blitz Meet at the Nassau County Aquatic Center on January 25, 2009!

Women

50-54

Nancy Steadman-Martin, 54

500 Free 5:32.98

200 Fly 2:26.16

200 IM 2:32.11

Men

60-64

Frank McElroy, 60

500 Free 5:42.75

200 Fly 2:42.78

400 IM 5:21.74

Congratulations to the following NJLMSC swimmers who posted new NJLMSC SCY records at the Sussex County YMCA Mini-Meet on October 19, 2008!

Women

50-54

Nancy Steadman-Martin, 54

100 Free 59.29

50 Back 33.22

100 Back 1:09.60

100 Fly 1:07.70

60-64

June Carson, 60

100 Breast 1:39.99

Men

80-84

Isaac Siskind, 80

200 IM 4:25.30

Adult Freestyle Clinic in April

and Adult Stroke & Turn Swim Clinics

in March & May

An "Adult Freestyle Clinic" will be given by Bob Hopkins at the Sussex County YMCA on Wednesday, April 22nd from 7:30 to 9:15 PM. The clinic's aim is to improve swimming technique and show participants how to swim with greater ease and efficiency. This clinic is designed for exercise swimmers, triathletes, high school and college swimmers, adult competitive swimmers. Part of the time will be spent in the classroom and the rest will be in the pool.

For those who want to concentrate on strokes and turns, Bob will hold clinics focusing on those areas, Wednesday, March 25 and May 27th, also from 7:30-9:15.

Each clinic costs \$15 for Sussex County YMCA members and \$30 for non members. The class will be limited to 8 people, so registration is on a first-come, first-served basis.

Interested swimmers can sign up in person at the Welcome Desk at the Y or call 973-209-9622.

Two New Groups Surface

A new Masters group has formed at Lifetime Athletic Florham Park on Fernwood Road in Florham Park. Alben Fischer coaches the group Monday 6 am – 7 am, Monday and Wednesday 7:30 pm – 8:30 pm, and Saturday 7:30 am – 8:30 am.

You can reach Alben at 908-598-1212 x523 or Afischer1@lifetimefitness.com

A new masters group also has recently formed at Saint Peter's College in Jersey City. Workouts are coached and are held on Monday and Thursdays 7:30pm - 8:30pm. Anyone with questions can email or call Cheryl Shiber at shiber@gmail.com or 201.747.4350.

It's for Everyone

By Ashley Gangloff

Bryan Karkoska (PK), 36, started swimming only a couple of years ago with Auburn Masters in Auburn, Ala. PK, a former placekicker for the Auburn University football team, races in one meet a year. "I like to race," he says, but PK's busy work schedule keeps him from competing in more meets. PK is the head strength and conditioning coach for Auburn University Olympic sports. "I swim with about 20 Masters swimmers during my lunch, and almost all of us compete in the meet that we host in February," PK shares, but quickly informs that, "it's not about the competition, it's about the camaraderie." Conner Bailey, one of PK's teammates in Auburn, also competes in U.S. Masters meets throughout the year. Conner, a professor of rural sociology at Auburn, said that competing is a "real pleasure. I don't swim against the other people in the pool. I swim against myself and the clock."

"Yeah, there is a lot of smack behind the blocks," PK jokes, "but it is all in good fun," he insists and goes on to say, "I didn't get into this sport to see how fast I could go; this is a lifestyle and I do it to feel good." U.S. Masters meets are notorious for coach and athlete socials after the competition. "It is a time for us to hang out, socialize and recap on the meet." Conner agrees and calls Masters meets "one big social event." Even though racing is not PK's first priority, he recently set new goals for himself in the pool. "I've never swam a long course meet before and I think I'd like to try." Conner, 62, also shared his racing goals for the future. "My goal is to always go faster than my age in a 100 free. Last year I swam faster than 62 seconds and touched at 1:00.80!" he said.



Competition is one of the many benefits of a USMS membership and the third installment in the eight-part series, "Why join your local Master's program, and why join USMS?" Don't think that competition is for you?

Some U.S. Masters swimmers dread the word "race." Some might think that competition is only for the "fast" swimmers or the "experienced" swimmers, but that is not the case. "It is absolutely for everyone," says PK. "Yes, there are people wearing high-performance suits and worry about hitting their taper, but there are just as many of us that show up in a regular suit and just want to challenge ourselves." Conner admits to getting nervous behind the blocks, but says, "I tell myself, 'It's only about what I can do today,' and then I can compare it to what I can do in one month from today or one year from today." Conner doesn't feel pressure to swim fast, but feels a sense of pride when he knows that he has swum a "smart" race. Conner keeps a spreadsheet of his races and likes to look back on them and see where he's improved; "I've actually gotten faster in a few events over the years." (continued next page)

The Healthiest Fruit in Your Freezer

Grab some wild blueberries when you stock up on frozen foods. Researchers at Cornell University tested 25 fruits for antioxidant activity and found that tangy-sweet wild blueberries (which are smaller than their cultivated cousins) packed the most absorbable antioxidants. Their levels exceeded those of nutrient-rich pomegranates and grapes. Buy: Frozen brands like Dole and Wyman & Sons. Try: Tossing them into salads or blending them with yogurt and a banana for a super smoothie. —*Prevention Magazine, March 2009 issue*

Want to swim in a U.S. Masters meet?

Last year there were over 270 meets and 12,381 USMS competitors. Finding a meet in your local area is easy! Either visit <http://www.usms.org/comp/calendar.php> and click on your zone for a USMS calendar of events or contact your local LMSC.

Can't find time in your schedule to attend a meet? Go postal.

The U.S. Masters postal events got their name when swimmers from across the country would mail (remember those things called pens, paper, envelopes and stamps?) in results from local swims to get the opportunity to virtually compete with other swimmers in different cities. If you can't find time in your schedule to attend a U.S. Masters swim meet, you can still compete against other USMS members in a postal event. The USMS Go The Distance 2009 Fitness Event that runs all of this year is one great fitness postal to try. For more information: <http://www.usms.org/fitness/content/fitnesssevents>. Another fun year-long fitness event is the USMS "Check-Off Challenge" Find the facts about this event at: <http://www.usms.org/fitness/2009checkoff.pdf>.

2008 NJ Masters Swimming

Continuous Membership Recognition Program Award Recipients

32 Continuous 5YR USMS Members (2004 – 2008)

Lisa Bettinger	Joseph Donohue	Steve Hiltabiddle	Robert Nissen
Arthur Bilenker	Bari Erlichson	William Howarth	Fred Nitting
Carolina Bolado	Brian Fagan	Jim Jaffe	William O'Brien
Tiffany Brennan	Norma Fallon	Rosanne Lemongello	Kim Plewa
Bruce Car	David Feldman	Alan Levine	William Segal
Dan Chamby	Melanie Fink	Carol Mateo	Joan Szabo
Michael Cialdella	Robert Gannon	Ann Monaghan	Linda Twining
Monish Dhalwani	Jacqueline Gephart	Gabriel Nieves	Sandra White

11 Continuous 10 YR USMS Members (1999 – 2008)

Carol Eno	William Mackolin	Richard Schluter	Tom Stearns
Robert Hengeveld	Kenneth Nichols	Nancy Shapiro	Nancy Titko
Michael Leddy	Joann Rean	Cheryl Shiber	

8 Continuous 15 YR USMS Members (1994 – 2008)

Edward Goracy	Jeffrey Jotz	Kate Reynolds	Ed Tsuzuki
Thomas Herits	Irwin Mittleman	Toms Royal	Donald Walsh

3 Continuous 20 YR USMS Members (1989 – 2008)

Bob Hopkins	Susan Kirk	Larry Lengle
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New Jersey LMSC Presents

2009 Annual Awards Banquet

Saturday, April 4, 6-10 p.m.

Lafayette Lodge #27

1550 Irving Street, Rahway, NJ

Buffet dinner ■ Music & Dancing ■ BYOB ■ Door Prizes

Join your fellow NJ Masters swimmers for some food and fun outside of the pool as we honor swimmers achieving continuous USMS membership milestones!



Featured speaker

Rob Butcher

Executive Director

United States Masters Swimming

COST: Advance registration is \$25 for registered USMS Members; \$35 for guests & \$35/\$45 if paying at the door. Make checks payable to "New Jersey LMSC" and mail to Jeff Jotz, P.O. Box 873, Rahway, NJ 07065 by March 30.

Join us for a pre-dinner workout at the Rahway Branch YMCA next door (1564 Irving St.) from 3:30-5 p.m. Parking for the workout and the dinner is available in the YMCA parking lot at no charge.

For more information contact Jeff Jotz at (732) 382-9419 or jjotz@yahoo.com.

NAME:	ADDRESS:
USMS NUMBER:	DAYTIME PHONE:
E-MAIL:	EVE. PHONE:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, EVENT SPONSORS, EVENT COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE EVENT OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (Rule Book Article 203.1)

Signature _____

Date _____



SUSSEX COUNTY YMCA PRESENTS

"SWIM STRONG- LIVE LONG"

ADULT MINI MEET

Sussex County YMCA
Hardyston, NJ
Saturday, April 4, 2009
2:30pm – Check-in

Recognized by New Jersey Masters Swimming for USMS, Inc. # 079-R02

Facility: The Sussex County YMCA six lane 25 yard pool. Timing will be done with a Colorado Timing System with manual backup.

Directions:

From Route 23: Go to Hamburg, take Route 94 South to Wits End Road on right (approx. 2 miles). Follow Wits End Road to YMCA driveway.

From Intersection of Routes 15 & 94: Go North on Route 94 towards Hamburg. Follow Route 94 to Wits End Road on left (approx. 5 miles). Follow Wits End Road to YMCA driveway.

Schedule: 2:30-Check-in, 3:00-3:30pm Warm-up, 3:30pm start

Warm-ups: No diving is permitted during warm-up, except in the designated one-way sprint lane(s).

Entry Limit: Swimmers may register for a maximum of 4 events.

Seeding: All events will be pre-seeded. Events will be run in heats, slowest to fastest, with men and women swimming together. Entries with "No Times" will be seeded in the slowest heat.

Age Groups: Individuals: 18-24, 25-29, 30-34, etc. through 90+.

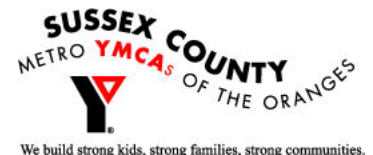
Eligibility: Open to any adult interested in participating in a swim meet. Swimmers must be 18 years of age on the date of the meet. If you are a member of USMS, a copy of you USMS card needs to be submitted with your entry form.

Awards: Ribbons for all events.

Timing: In the unlikely event that a malfunction occurs in the automatic timing system, the meet will continue on schedule with the use of alternate (stopwatch) timers.

Entry Fees: \$10.00 per swimmer to register and \$5.00 per event.

Registration: All entries must be received by Monday, March 30, 2009. Absolutely no deck entries !



We build strong kids, strong families, strong communities.

Adult Mini Meet-April 4, 2009

Entry Form

Deadline: Received by Monday, March 30, 2009.

(A copy of your USMS card must be included with your entry if you are a USMS member)

Name: _____ **Age as of 4/04/09:** _____
Sex: _____

Address: _____

Day time Phone: _____

Evening Phone: _____

E-Mail Address: _____

USMS number(if applicable) _____

RELEASE OF LIABILITY BY PARTICIPANT:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (Rule Book Article 203.1)

Signature: _____ **Date:** _____

Please enter your best short course **yard** times for each event you wish to swim (put "NT" in the blank for No Time).

Event	Entry Time	Event	Entry Time
1. 200 IM	_____	6. 100 Free	_____
2. 100 Breast	_____	7. 50 Back	_____
3. 50 Free	_____	8. 100 Fly	_____
4. 100 Back	_____	9. 50 Breast	_____
5. 50 Fly	_____	10. 500 Free- New!	*15 minute max

Entry Fee \$10.00

of Events x \$5.00 \$ _____

Total enclosed: \$ _____

___ Check (payable to Sussex County YMCA)

Credit Card (circle one) VISA MC Discover AMEX

Card # _____ Exp Date: ____/____

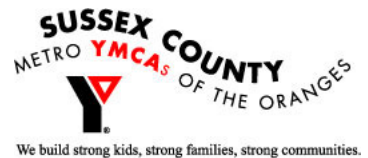
Signature _____

Sussex County YMCA

15 Wits End Rd

Hardyston, NJ 07419

Phone: 973 209-9622 / Fax: 973 209-1483



Office Use only: Member/Non-Member Receipt # _____ Staff Initial _____



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