

# EASTLANE

## Pics from Sussex County YMCA Mini-Meet on October 17th



Left to Right,  
Jen Bauman, Ann Marie Zoufaly, Laura Graham,  
Bob Hopkins, 50 fly



Bob Hopkins & Rich Carlson before their 500 showdown



## Annual Board Meeting and Elections

Stop by on December 13<sup>th</sup> at 10:30 am at the Berkeley Aquatic Club in Berkeley Heights to attend the NJ LMSC board meeting and 2010 officer elections. Anyone is welcome to just sit in and soak up the proceedings or to get involved in this volunteer-based group.

If you want to nominate yourself or anyone else for a position you can choose from: Chair, Vice Chair, Secretary, Treasurer, Registrar, Sanctions & Safety Chair, and Newsletter Editor. Submit your nominations to Chris McGiffin at [cmcgiff@aol.com](mailto:cmcgiff@aol.com). Descriptions of the positions can be found on the NJ LMSC website at <http://www.njmasters.org/membership/board/officerdescription.htm>.

Feel free to come swim first at the 8:30-10 am practice.

## NJ LMSC VOLUNTEERS

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# NJ Sure is Going The Distance!



Executive director of the USMS, Rob Butcher, reports that the fastest growing program is Go the Distance where swimmers keep track of how much they swim. More than 1,000 members participate nationwide.

New Jersey swimmers have embraced this program wholeheartedly coming in the 3rd highest LMSC out of all USMS LMSCs for total mileage as of the end of Sept 2009!

NJ has 11,997 miles and is behind only Pacific with 18,020 miles and Southern Pacific with 12,840 miles.

The Colonies Zone has far and away the highest Zone total with 43,183 miles ahead of 2nd place Dixie with 27,837 and Pacific with 24,638! Thanks to Ed Tsuzuki for these numbers.

To put this achievement into perspective Susan Kirk has compiled the following figures:

Top (3) LMSCs as of September 30, 2009:

Pacific	18,019.94 miles (10,657 members as of 9.30.09) = 1.691 miles/LMSC member
Southern Pacific	12,840.21 miles (4522 members as of 9.30.09) = 2.839 miles/LMSC member
New Jersey	11,997.05 miles (736 members as of 9.30.09) = <b>16.300 miles/LMSC member</b>

There is also a workout group category and Sussex County Adult Swim Team is having fun with this one. As of the end of September they were in third place nationally in the workout group category with 2,875 miles swum. The group includes the 27 swimmers listed under SCAST at [www.usms.org/fitness/results09/GTD\\_sep09\\_participants\\_wrkgrp.pdf](http://www.usms.org/fitness/results09/GTD_sep09_participants_wrkgrp.pdf)

In addition to those 27 swimmers, many of whom have joined USMS just to participate in GTD, there are an additional 16 swimmers who have not yet joined USMS but are taking part in a local version of GTD being sponsored by the Sussex County YMCA and supported by Aquatic Director, Rebecca Carlson. The total mileage for the 41 swimmers is 5,272 miles. The stated goal of the "national" GTD group is to finish in the Top Five at year end. Last year, with 12 swimmers, the group finished in eighth place nationally.

# Calendar 2009/10

## Events in New Jersey

**April 24** "Just Do It" Meet, Sussex County YMCA, Hardyston. Details to follow.

**January 1 - December 31** USMS Go The Distance 2009 Fitness Event Information at <http://www.usms.org/fitness/content/gothedistance>

### **Other Events**

**December 5-6** SCM Colonies Zone Championships Flushing Meadows Corona Park Aquatic Complex, Corona, NY Entry at <http://www.metroswim.org/entryforms/120509ColZoneSCMchampsEntry.pdf> . Deadline 11/25.

**December 11-13** 2009 New England LMSC SCM Championships, Boston University Fitness and Recreation Center. Information at <http://www.greatbaymasters.org/09scmchamp.php>

**January 24** Tenth Annual Winter Blitz Yard Meet, Nassau County Aquatic Center in Eisenhower Park on Long Island.. Entry form at <http://www.metroswim.org/entryforms/012410WinterBlitzYardMeetEntry.pdf> Questions, contact Event Director Lisa Baumann via email at [aquafitinc@aol.com](mailto:aquafitinc@aol.com)

**February 7** SC Yards Meet, Long Island University, CW Post Campus, Brookville, NY. Details to follow.

**March 7** SC Yards Spring Fling, Nassau County Aquatic Center, Long Island. Details to follow.

**May 15 - Sept 15** USMS 5K and 10K Postal National Championships. [Online entries](#) now available [Paper entries](#) and [Paper relay entry form](#). Must be swum in a 50m pool.

**May 20-23, 2010** 2010 USMS SCY National Championships, Georgia Tech, Atlanta Georgia, Information and entry not available yet

**July 31 - August 6, 2010** XIII FINA World Masters Championships Göteborg, Sweden [Information](#)

**August 9-12, 2010** 2010 USMS LCM National Championships, San Juan, Puerto Rico, [Information](#), online entry not up yet.



## Only Have 15 Minutes? Try This Postal

Challenge yourself and your fitness in the Inaugural 15-Minute Postal, presented by Arizona LMSC. This event offers competitive swimmers, triathletes, and fitness-minded athletes a chance to test their endurance within the confines of your home pool. There is no need to travel, no tech suits needed, and you don't even have to use the starting blocks! Swim for fifteen minutes straight and see how far you can go, that's it. Swim on your own or get your entire team involved in the event. This event is simple, fun, and online at [www.15minutepostal.com](http://www.15minutepostal.com), go there for more details and to enter. You have until the end of the year to swim and enter so get going today.

If you have any questions, contact Doug Adamavich at [doug.adamavich@gmail.com](mailto:doug.adamavich@gmail.com)

### SWIM THE 2009 BRUTE SQUAD



Postal Swim  
1650 or 1500 Freestyle  
400 Individual Medley  
200 Butterfly

**Where:** Your short course pool, in your hometown

**When:** November 1 - December 31, 2009

**What:** Swim the three events in one workout or meet, in any order you choose, with as much rest in between as you want (must be swum in one 24 hour day).

**Cost:** \$25 includes a long sleeve t-shirt, or \$35 for a hoodie sweatshirt.

**Divisions:** Fitness and competitive divisions, (untimed and timed), men and women by USMS age groups.

**Recognition:** Awards for competitive division, club scoring as well!

**Forms & Info:** Entry forms and additional information available at: <http://www.BruteSquadSwim.com>

Any questions, contact Doug Garcia, 1320 Saint John Place, Fort Collins, CO 80525; 970-672-8011.

[Doug@DougMaryGarcia.org](mailto:Doug@DougMaryGarcia.org) ,  
<http://www.DougMaryGarcia.org>

## Swimming in it

On average, each person on Earth uses 328,366 gallons of fresh water each year for drinking, cooking, cleaning, and flushing waste down the toilet. But some of us use more than our share. The average American uses almost twice the global average – 655,939 per person, enough to fill an entire Olympic-size pool. Compare that to other industrialized countries, like Japan, where the average person uses 304,590 gallons of water a year. The difference is even more pronounced when you look at developing countries. The average Indian uses only 258,889 gallons. Even desert countries like Yemen and Egypt use less water per capita, 165,522 gallons and 289,797 gallons respectively. To learn more about water use and how to cut back, visit

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

--From World Ark, Holiday 2009

## Rules Corner

By Kathy Casey, USMS Rules Chair

### Swimwear Interpretation

Q. I thought FINA was going to issue a ruling on swimwear rules for Masters and we would change our swimwear rules October 1 for the short course yard season. Why haven't we heard about the new swimwear rules?

A. The FINA Masters Technical Committee made a recommendation to the FINA Bureau for Masters swimwear rules, but the Bureau doesn't meet until mid-January to make a decision on that recommendation. Until then the current USMS swimwear interpretation, dated June 1, 2009, is still in effect and suits on the June 22, 2009, FINA-approved list are still legal. When changes are made to the USMS swimwear interpretation or rule, all USMS members will be notified immediately.

--From Fall 2009 issue of

*Streamlines newsletter*

## End of the year

### “Count those strokes” workout

Thanks to Pete Hockmeyer the coach of the Berkeley Aquatics Club for this great workout that makes you use your mind and your body!

#### Warm Up

300 swim 200 drill 100 kick

#### Pre-Set:

12 x 50's in IM order. Start with 4 fly and do four of each stroke @:60

EZ 50 count strokes per length (you will use this number as a guide throughout the main set)

#### Main Set:

Maintain stroke count you did on the EZ 50 throughout the entire set! If you run out of strokes...you must kick into the wall.

Stay balanced and remember that you can only use your given number of strokes per length!

- 4 x 25 @ :30
- 4 x 50 @ :50
- 4 x 75 @ 1:10
- 4 x 100 @ 1:30
- 4 x 75 @ 1:10
- 4 x 50 @ :50
- 4 x 25 @ :30
- 6 x 50 kick
- 200 cool down

**Total: 3350**

## Super Swims in Sydney

Congratulations to NJ LMSC swimmers Laurie DiTommaso, 47 and Scott Carpenter, 45 who swam in the 2009 Sydney World Masters Games (LCM) on October 10-18, 2009. Laurie captured two gold medals in the 50 fly (29.75) and the 50 breast (37.48) and a silver medal in the 50 back (35.22). She also finished in 4th place in the 200IM (2:49.15). Her 50 breast and 200 IM times established new NJLMSC records.

Scott finished with a gold (100 fly - 59.51), three silvers (50 fly - 26.88, 50 free - 25.22, and 200 free - 2:04.85) and one bronze (100 free - 55.67). Scott broke the NJLMSC records in all of his events except the 100 free.

## ***Light Those Candles!***

Happy Birthday to the following 92 November December babies

Stan Hiltabiddle 80-84	Paul D'Ambrosio 50-54	Cristina Judge 40-44
Bill O'Brien 80-84	Ed Tsuzuki 50-54	Ann Dandurand 40-44
Robert Stricker 80-84	David Feldman 50-54	Mike Minwell 40-44
William Haas 70-74	Mary Hanlon 50-54	Brian O'Sullivan 40-44
Ron Globerman 65-69	Sue Lawson 50-54	Steve Duttonhofer 35-39
Barbara Rosenbaum 65-69	Irene Ayers 50-54	Sean Kehoe 35-39
Carol Motyka-Miller 65-69	Rick Hrabchak 50-54	Marianne Eybye 35-39
Mary Hesselgrave 65-69	Chris Near 45-49	Jennifer Bauman 35-39
Arlene DePolo 60-64	Ellen Kranefuss 45-49	Tara Clarke 35-39
Elise Tatham 60-64	Kurtis Baker 45-49	Christopher Rusert 35-39
Richard Wallace 60-64	Amy Rappaport 45-49	Shobana Ravishankar 35-39
Lynn Stanley 60-64	Maribeth Bowen 45-49	Holly Toth 35-39
Cathy Deats 60-64	Amy Campbell 45-49	Emily McKimmy 30-34
John Lemmo 55-59	Craig Gruber 45-49	Andre Stephens 30-34
Brian Fagan 55-59	Susan Waldron 45-49	David Camacho 25-29
Christine Rodgers 55-59	Athena Lee 45-49	James Pollack 25-29
Paul Gondek 55-59	Carolina Garcia-Paris 45-49	Randy Berkowitz 25-29
Steven Levine 55-59	Mary Guilfoyle 45-49	David Downham 25-29
Christine Peters 55-59	Anne Clewell 45-49	Rich Bean 25-29
Lindsay Diehl-Lott 55-59	David Richards 45-49	Esther Lee 25-29
Donald Denny 55-59	Eric Marquard 45-49	Kevin Bobenchik 25-29
Peter Van Nuis 55-59	Todd Schaaper 45-49	America Tadmori 25-29
Laura Rush 55-59	Norma Fallon 45-49	Uttam Mukherjee 20-24
Carol Malone 55-59	Matthew Starr 45-49	Cyndi Barreto 20-24
Clarence Tomsen 50-54	Elizabeth Bromley 45-49	Holly Gallagher 20-24
Janet DeBiase 50-54	Michael Covino 40-44	Amogh Joshi 18-20
Michael Ciolino 50-54	Joshua Rayamond 40-44	
Ron Loria 50-54	Gregory Greene 40-44	
Cynthia Orniksi 50-54	Robert Hanlon 40-44	
Richard Schluter 50-54	Michael Rist 40-44	
Patricia Quinlan 50-54	Moira McCullough 40-44	
Denis Kallish 50-54	Bobby Heim 40-44	
Carol Mateo 50-54	Alexandra Lopez 40-44	



# 2009 USMS Convention – Notes from Your NJ LMSC Delegates

September 15th – 20th, 2009, Chicago, IL

**Chris McGiffin**

**NJ LMSC Chair**

**Chair, USMS Marketing Committee**

**Member, USMS Legislation Committee**

*Moving Forward* was the theme at this year's gathering of USMS delegates at the annual Convention, and it certainly reinforces the theme reflected in the dramatic steps that the organization has taken over the last year. The continued transition of the organization from an all-volunteer led governing body to one that is evolving into staff-based structure was just one element on display in Chicago. USMS now has a total of ten paid employees, and a new administrative headquarters in Sarasota, FL.

The complexion of the USMS volunteer committees has also changed. The Marketing, Communications, Publications Management, Finance, International, and Zone Committees were dissolved, and the majority of their directives are now the responsibility of the staff. The Open Water/Long Distance Committee divided into two standing committees. The Long Distance Committee will oversee the rules and administration of the events while the Open Water Committee will promote the development of open water swimming. An LMSC Development Committee was created. Its purpose will be to provide support to LMSCs and work to strengthen LMSC Governance and operations by providing educational opportunities and mentoring for LMSC boards and officers.

The committee restructuring highlighted just a few of the many 2009 Convention Legislation changes. Among the sixty-seven legislative changes submitted, the idea of strengthen LMSC operations was clearly evident. One such change that is sure to be emphasized is a new (and House of Delegates approved) LMSC Minimum Standards amendment (Rule Book, 502.10) that specifies that "each LMSC shall meet minimum standards established by the USMS Board of Directors and published in the USMS Policy manual." The supporting documentation related to this amendment offers guidelines for LMSC administration that range from minimum requirements along with suggested goals for further development. The document drafted includes specifications related to Leadership, Bylaws and Administration, Registration, Communication, Finance, Top 10, Officials, Events, Sanctions and Recognitions, and corresponding remediation procedures to assist LMSCs with achieving the new standards. The ultimate objective of this new legislation is to provide a policy, with clearly defined minimum standards to promote more consistent delivery of USMS services to its members across all LMSCs. I am happy to report that the NJ LMSC is operating at a level that meets or exceeds most of the minimum standards. We will be taking a close look at the LMSC Minimum Standards as we move forward to identify areas of improvement and opportunities to achieve greater member value.

Another HOD approved amendment formed a new LMSC Development Committee (Rule Book, 507.2.10). The LMSC Development Committee will work to strengthen LMSC governance and operations by providing educational opportunities and mentoring for LMSC boards and officers. The committee will identify and provide support for LMSCs experiencing operational and governance issues, and monitor compliance with LMSC minimum standards as defined by the Board of Directors. The rationale for adding this new committee reflects the need for a visible standing committee to address LMSC development, rather than this responsibility falling on the Zone Committee. This committee will also assume LMSC-related activities that were within the purview of the Communications and Marketing Committees.

There were numerous other modifications to existing Rule Book code, given the evolution of the organization and the shifting responsibilities that resulted. All forthcoming revisions will be posted in electronic form in the near future (<http://www.usms.org/rules/>).

As far as the final year as a USMS committee, Marketing bowed out with a number of significant fulfilled objectives. We completed and submitted our research findings regarding USMS target segments for the creation of the marketing collateral by the National Office staff. Upon request, the committee initiated a survey of club web sites to document the existence of the new logo and online registration link. An additional committee request presented the committee with the task of examining the USMS Planner, its history, cost/benefit, and its value as a member service and non-member marketing device. A final report on the findings was submitted to Executive Director, Rob Butcher.

Finally, the committee considered potential program ideas that might contribute to increasing membership benefits and growth. Among the many ideas discussed, the committee felt that there were two basic offerings - Swim Buddies and 30-Day Trial Membership - that met these criteria, and could be implemented with a minimum cost and a projected potential gain from a member value perspective and a non-member recruiting perspective. The committee submitted its program proposals to Rob Butcher for future consideration.

As sad as it was to bid goodbye to the committee, I am pleased that we accomplished so much, and feel confident that the USMS staff and new LMSC Development Committee will work together to continue the mission to grow and retain USMS membership.

As we press forward into 2010, I would be remiss not to mention the great strides the NJ LMSC and its many volunteers continue to make in many areas. First, on the competitive side, we sanctioned and/or recognized a total of 11 well-attended LMSC events (7 meets, 2 clinics, 2 OW swims). This total included a second brand new Open Water event held at Lake Hopatcong attended by 50 Masters swimmers. Second, we organized our third annual NJ Masters Swimming Awards Banquet, which we celebrated with key note speaker, and USMS Executive Director, Rob Butcher. Third, as an LMSC, we are turning heads with our member performances in the Go The Distance fitness event (3<sup>rd</sup> overall to-date), as well as increasing participation in the USMS Postal Championships.

Finally, the close of the 2009 Registration year saw NJ Masters achieve yet another new record for membership – 739 total USMS-registered members! This total exceeds last year's record of 715, and included another exceptional retention rate of near 70%. Remember that the 2010 Registration year opened as of 11/1/2009, so make sure that you and all of your swimming buddies renew your USMS memberships, and keep on promoting your USMS experience to new recruits.

## **Michael Fanelli**

### **NJ LMSC Sanctions & Safety Chair**

As a first year NJ LMSC delegate, I attended several committee meetings and a workshop during the 2009 USMS Convention. I attended the Coaches committee, Sports Medicine, Rules committee, Open Water committee and Colonies Zones committee meetings.

The workshop focused on officiating. The differences between USMS rules, USA rules and YMCA rules regarding strokes and kicks presented me with information most people are unaware of. For example with the butterfly stroke you are allowed one dolphin and one breaststroke kick per stroke with USMS as opposed to USA where there is no breaststroke kick allowed at all with butterfly. Another interesting rule I learned is that a disabled person is mandated to inform to referee of his/hers disability prior to participating in an event. This is especially important when a disability may not be obvious such as limitations bending a knee and still able to swim a legal breaststroke.

I enjoyed the camaraderie with swimmers from all over the country. In fact, I even met up with another swimmer from California who grew up in the same town in New York that I did. We got to talking and discovered we were both members of the same youth swimming team!

## **Ed Tsuzuki**

### **NJ Top Ten Records Chair and Webmaster**

### **Chair, USMS Records & Tabulations**

### **VP-Elect, USMS Local Operations**

I have had the honor of representing New Jersey at the USAS convention at 10 of the last 11 conventions and extremely pleased to report on the 2009 convention, held in Chicago with the theme *Moving Forward*. It has been an exciting year of growth for United States Masters Swimming as we have exceeded 50,000 members! This growth has been accompanied by more focused organization with the development of a professional staff (with its new National Headquarters established in Sarasota, Florida) managing more member projects and services.

On a more personal note, I'd like to share with you the pride I feel, as a New Jersey delegate when I see the strength in both our (NJ) board and (NJ) membership participation. I have seen the our LMSC grow, under the strong and dedicated leadership of our chair, Chris McGiffin, in both membership as well as in activities (clinics and meets, sanctioned open water events, social activities, Continuous Membership Awards, to name a few). The increase in communications from the National Office is mirrored by our regular e-mail communications, newsletter, and website, and equally important, although not as visible, is the well-structured and managed administration of our LMSC. It is exciting to see so many of our NJ LMSC members post "Go The Distance" mileage ahead of every LMSC in the country, except for Southern Pacific (with 4,522 members) and Pacific (with 10,657 members)! Your NJ board members are very active on the National level as well, as Chris and I served as the chairs of the Marketing Committee and Records & Tabulation Committee respectively, and Sue Kirk stay extremely busy on the Open Water Committee. I will, however, give up my role as chair as I was elected to the position of Vice President of Local Operations and will serve on the Board of Directors for USMS.

As Vice President of Local Operations, I will oversee the Records & Tabulation, History & Archives, and Rewards & Recognition Committees, and also work very closely with the newly appointed USMS Membership Coordinator

(working out of the National Office in Sarasota) to assist LMSCs in building membership, strengthening boards and the LMSCs' alignment with responsibility guidelines and policies. Additionally, I have been asked to lead the "End-to-End Event Management" task force which will create a strategy for integrating the various activities involved in USMS events. USMS and its LMSCs run many "events" (meets, postals and open water swims), each of which follows a specific event cycle. This cycle begins with the event sanction and listing on a calendar and ends with the event results, which are tabulated. The tabulated results create event rankings, records, and other recognition opportunities (e.g. Top Ten, All-American, etc.). Ideally, the data from each process step from end-to-end should be used in each successive step to ensure accuracy, timeliness, and inclusion.

Special considerations must be made for all event types and the non-use of specific technologies; however, the goal remains to provide benefits to 100% of the event-participating USMS membership as well as LMSC sanction chairs and event directors – not just the elite competitor. Accurate and validated tabulation of records and event times will be provided at the personal (MyUSMS), LMSC, Zone, and National level.

The Records & Tabulation Committee has been focused on the meet results and event rankings portions of this cycle. I will now have the opportunity to integrate this work with the other process steps of event management. It's going to be a busy year, but I look forward to working to promote US Masters Swimming at both a local and national level!

**Susan Kirk**  
**NJ LMSC Secretary,**  
**Member, USMS Open Water and Long Distance Committee**

*Moving Forward* was aptly the theme of the 2009 U.S. Masters Swimming Annual Convention that we recently attended in Chicago, Illinois as it characterized many of the strides forward that various components of the organization made throughout the year. Of course, the largest move was that of the National Headquarters moving to its new home in Sarasota, Florida. The majority of the National staff also relocated to Florida this year so that they can cohesively operate out of one physical location.

As a third year member of the Open Water and Long Distance Committee, I observed first-hand major advancements this year with the introduction of online entries for the U.S. Masters Swimming Postal National Championships. With the success of the online entries for the 5K/10K Postal National Championships, a number of future U.S. Masters Swimming Open Water National Championship event directors expressed an interest in and commitment to offering online entries for their upcoming events as well. A long overdue service and convenience for our membership has been successfully implemented.

During the first committee meeting, the 2011 Open Water (10 bids) and Postal (14 bids) National Championship bids were presented and reviewed. The winners of the bids for each of the 11 National Championships to be held in 2011 were announced at the second meeting of the Open Water and Long Distance Committee. Moving forward, the Open Water and Long Distance committee fully supported the Legislation proposals approved by the House of Delegates that divided the committee into the Open Water Committee and the Long Distance Committee, each having separate responsibilities commencing in 2010.

The Championship Committee meeting offered recaps of the 2009 National Championships. Each Championship event was highly successful this year with large net profits earned. In preparation for the 2010 National Championships, the medal design was approved for the Short Course Nationals in Atlanta and the logo design was approved for the Long Course Nationals in Puerto Rico. Additionally, for Long Course Nationals in Puerto Rico, the Championship Committee approved a rule to permit participants to enter four Non-Qualifying Time events. The Championship Committee also announced the 2011 bid winners of the pool National Championships. After reviewing 4 Short Course National Bids, Mesa, Arizona was selected as the event host and made a presentation during the House of Delegates meeting. Auburn, Alabama was selected as the site for the 2011 Long Course Nationals after the review of 3 bids and also made a presentation at the House of Delegates. Also moving forward, the Championship Committee voted to re-name Short Course Nationals to Spring Nationals and Long Course Nationals to Summer Nationals as a way to more clearly identify the events for members unfamiliar with the prior event brand names.

We anticipate continued steps forward with the new volunteer committee structure, and as the National Office staff takes on more responsibilities previously supported by the strong volunteer base of U.S. Masters Swimming. The 2010 membership year should be an exciting one for all members of U.S. Masters Swimming!



# A First Hand Look at the Ironman

By Doug Clark

*(Editor's note: Doug has had a super year. His main triathlon results for '09 are an age group win in the US National Short Course (1.5k/40k/10k) Champs and 2nd in his age group by 3 seconds in the World Short Course Champs, the fastest American overall. Read on to see how he fared in the Ironman World Championships.)*

Arriving on Hawaii's Big Island a week before the race it was clear that New Jersey had not been the place to acclimate for a race where people's sneakers get sticky on the hot tar of "The Energy Lab". The next day I watched my wife do a 10k running race. It was 83 degrees at 7:45am and the humidity was rising like a pressure cooker. It wasn't the first time that our daughter had seen one of her parents soaked to the skin with sweat, with a bright red face at the end of a race. However I was only spectating. Clearly I needed to hit the hot-tub for more acclimatization.



**Doug pre race with his daughter Ellie**

In the past I've seen giant turtles during the race in the Kailua Bay but this time the animal chosen to represent god's creatures at the Ironman was the Dolphin, or more correctly about 80 of them, who stopped and played with us half a mile off shore during a pre-race swim. A fellow swimmer who stopped at the same place for this incredible experience remarked to me how you tended not to see this sort of thing so much where he was from, only later adding that he lived in St. Louis.

Bike technology has evolved a lot recently. Thanks to the efforts of an unobservant motorist 11 years ago, I have almost as much metal in my face as in my Jamis bike. However the bike looks prettier and is even more aerodynamic. My strengths are cycling and running, while I typically swim in the 2nd lane at Berkeley Aquatic Club and Drew Rangers. All of my cycling and 90% of my running was done alone, invariably while commuting so as to minimize the impact on my family, so swimming provided a

valuable link with real humans. A workout is always easier when others are suffering with you, and I thank all of my lane mates at both clubs plus the Full Throttle Triathlon Team from NYC.

Unless you stowed away to Hawaii in your bike-box, the deep-water start is

the most claustrophobic event you'll encounter during your trip. 1700 of us jostled for a place on the 100yd wide start line, too cramped to use our arms to help tread water. Helicopters hovered overhead, Hawaiian drummers banged for all they're worth, the crowd yelled and athletes fought to be close to the front. The most intense moments of this race are certainly the ones immediately prior to the start and to the finish.

A cannon signals the end of your 4-day carbo-load, and you fight to maintain your 6 square feet of the Pacific Ocean as the mathematically challenged amongst us seem to dictate that we'll all swim straight towards the first of the 10 buoys that lead to the turnaround point, rather than swimming straight towards the turnaround. Is Pythagoras' theorem no longer taught in schools? Does the first buoy act like a light bulb to a mosquito? Trying to swim the best line only maximizes the number of bruises you'll receive.

The race was speedsuit legal, and this was one bandwagon on which I needed to jump, removing the necessity to put a tri shirt onto a wet body in T1. Wearing a speedsuit for 100 yards of the Rutgers Pool might be easy,



**Doug riding his Jamis bike**

but spending an hour in the damn thing, in salt water, entails a whole different set of problems. Despite lubing up like a farm-yard vet, my neck and shoulders lost enough skin to make a nice wallet.

Then there was a bike ride and a run, but I won't bore you swimmers with the details, except to say that the sun was relentless and the heat index, whatever the heck that is, hit 116 in the Energy Lab, causing an 8% drop out rate, the highest in a long time. A building headwind on the bike curtailed most of our hopes of a PR, but 3,700 calories after the swim, a 3:15 marathon had proved sufficient for me to **win the 40-44 age group** by 3 minutes, in 9:22. I was 73rd overall but only the 22nd amateur, a statistic which makes me only too aware how 40 must be slightly beyond one's "Best Before" date.

We arrived home on Wednesday, our luggage on Thursday, and our internal body clocks on Sunday. Two toenails later it's freezing in NJ and the hours of hard training seems eons ago. There is no better evidence of how of one's lifestyle expands to fill the time available to it than the fact that despite almost ceasing training I seem to have no additional time to do anything. I think that if we want to do something we'll find a way, and if we don't want to do it we'll find an excuse.



# Does Exercise Boost Immunity?

October 14, 2009, *The New York Times*

By [Gretchen Reynolds](#)



Two recent experiments hit rather close to home at this time of year. In [the first, published last year in the journal \*Brain, Behavior, and Immunity\*](#), researchers divided mice into two groups. One rested comfortably in their cages. The other ran on little treadmills until they were exhausted. This continued for three days. The mice were then exposed to an influenza virus. After a few days, more of the mice who'd exhausted themselves running came down with the flu than the control mice. They also had more severe symptoms.

In [the second experiment](#), published in the same journal, scientists from the University of Illinois and other schools first infected laboratory mice with flu. One group then rested; a second group ran for a leisurely 20 or 30 minutes, an easy jog for a mouse; the third group ran for a taxing two and a half hours. Each group repeated this routine for three days, until they began to show flu symptoms. The flu bug used in this experiment is devastating to rodents, and more than half of the sedentary mice died. But only 12 percent of the gently jogging mice passed away. Meanwhile, an eye-popping 70 percent of the mice in the group that had run for hours died, and even those that survived were more debilitated and sick than the control group.

Is this good news or bad? This is a particularly relevant question as two important human events converge: the peaking of the fall marathon and other sports seasons and the simultaneous onset of the winter cold and flu term. Scientists are diligently working to answer that question, perhaps because they are as interested as the rest of us in avoiding or lessening the severity of colds and the flu. The bulk of the new research, including the mouse studies mentioned, reinforce a theory that physiologists advanced some years ago, about what they call "a J-shaped curve" involving exercise and immunity. In this model, the risk both of catching a cold or the flu and of having a particularly severe form of the infection "drop if you exercise moderately," says Mary P. Miles, PhD, an associate professor of exercise sciences at Montana State University and the author of [an editorial about exercise and immunity](#) published in the most recent edition of the journal *Exercise and Sport Sciences Review*. But the risk both of catching an illness and of becoming especially sick when you do "jump right back up" if you exercise intensely or for a prolonged period of time, surpassing the risks among the sedentary. (Although definitions of intense exercise vary among researchers, most define it as a workout or race of an hour or more during which your heart rate and respiration soar and you feel as if you are working hard.)

Why exercise should affect either your susceptibility to catching an illness or how badly a particular bug affects you is still unclear. But it does appear that intense workouts and racing suppress the body's immune response for a period of time immediately after you've finished exercising and that "the longer the duration and the more intense" the exercise, "the longer the temporary period of immunosuppression lasts — anything from a few hours to a few days has been suggested," says Nicolette Bishop, an associate professor of sport and exercise sciences at Loughborough University and the author of [a review article about exercise and immunity](#) published in January.

A [telling new study](#), published in August in the *Journal of Strength and Conditioning Research*, looked at cellular markers of immune system activity in the saliva of twenty-four, Spanish, professional soccer players, before and after a strenuous, 70-minute match. Before play, the saliva of most of the players showed normal levels of immunoglobulins, substances that help to fight off infection. Afterward, concentrations of saliva immunoglobulins in many of them had fallen dramatically.

If scientists aren't sure yet why intense exercise temporarily depresses the immune system, however, they seem to be closer to understanding why, once you've caught a bug, intense exercise can make the symptoms and severity worse. In work at the University of Illinois, [reported last month in the journal \*Exercise and Sport Sciences Review\*](#), some of the same scientists who'd studied mice and flu looked at just what was going on inside the cells of the affected animals. They found that the leisurely jogging rodents showed signs of a very particular immune response to the flu. In general, and this is true in both mice and men, says Jeffrey A. Woods, a professor of kinesiology and community health at the University of Illinois and one of the scientists involved, viruses evoke an increase in what are called T1-type helper immune cells. These T1-helper cells induce inflammation and other changes in the body that represent a first line of defense against an invading virus. But if the inflammation, at first so helpful, continues for too long, it becomes counterproductive. The immune system needs, then, at some point to lessen the amount of T1-mediated inflammatory response, so that, in fighting the virus, it doesn't accidentally harm its own host. The immune system does this by gradually increasing



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the amount of another kind of immune cell, T2-helper cells, which produce mostly an anti-inflammatory immune response. They're water to the T1 fire. But the balance between the T1- and T2-helper cells must be exquisitely calibrated. In the mice at the University of Illinois, moderate exercise subtly hastened the shift from a T1 response to a T2-style immune response — not by much, but by just enough, apparently, to have a positive impact against the flu. "Moderate exercise appears to suppress TH1 a little, increase TH2 a little," Woods says.

On the other hand, intense or prolonged exercise "may suppress TH1 too much," he says. Long, hard runs or other workouts may shut down that first line of defense before it has completed its work, which could lead, Woods says "to increased susceptibility to viral infection." So, if you have just completed a strenuous 20-mile training run and have, in consequence, a depressed immune response, avoid colleagues who are sniffing. Wash your hands often. "I would recommend everyone get the annual influenza vaccination and the new H1N1 vaccination," Woods says. But if all of that has been for naught and you now feel the early stirrings of sickness, "listen to your body and be prudent in your exercise decisions," Woods says. In general, moderate exercise, such as a leisurely jog or walk, may prop up your immune response and lessen the duration and severity of a mild infection, but be honest about your condition. "If you don't feel well, especially if you have fever or body aches, I would recommend stopping daily exercise until you are recovered," Woods says. "It is okay to exercise if you have a simple head cold or congestion — in fact, it may improve the way you feel. I would avoid heavy, prolonged exercise with a head cold, though," since it can unbalance that important T1 and T2-helper cell response.

And take comfort in the results of [the most recent study](#) to look at actual, practicing marathoners. In it, 1,694 runners at the 2000 Stockholm Marathon informed researchers about any colds or other infectious illness they developed in the three weeks before or three weeks after the race. Nearly one-fifth of the runners fell ill during that time period. That's higher than the rates in people generally, but it still means that the overwhelming majority of runners didn't get sick.



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