

October 2009

EASTLANE

Photos from First Annual Tom Wear Memorial One Mile Swim in Lake Hopatcong, NJ



Getting ready to take the plunge



Kristen Sonntag gives the swim a thumbs up!



Close race for male winners, Jeff Stuart and Jeff Jotz (on the right)



Carol Moran shows off her medal!

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2009 World Open Water Swimming Woman of the Year Nominees

Congratulations to NJ Masters Swimming swimmer Nancy Steadman Martin and her fellow Mighty Mermaids for their recent nomination for the 2009 World Open Water Swimming Woman of the Year. Voting is open until December 31, 2009.



Date Change for the Annual Board Meeting and Elections

December 13th is the new date for the next NJ LMSC board meeting (to avoid conflict with Colonies Zone meet on December 5-6) which includes the all-important 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. Descriptions of the positions can be found on the NJ LMSC website at <http://www.njmasters.org/membership/board/officerdescription.htm>.

The meeting will be held at Berkeley Aquatic Club in Berkeley Heights around 10:30. Feel free to come swim first at the 8:30-10 am practice.



Calendar 2009/10

Events in New Jersey

October 17, 2009 [Sussex County Y Meet](#)
Hardyston, NJ. Contact information: Bob Hopkins
swimsmart@yahoo.com or 973.729.3686.

For entry go to:

<http://www.njmasters.org/misc/091017sussexcountyyymca.pdf> .

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

September 15 - November 15 [USMS 3000/6000 Yard Postal National Championships](#), All entries must be received by November 25, 2009 [Online entries preferred](#)~~opens September 15. [Paper entry form](#)

[Relay paper entry form](#)

October 10-17 [World Masters Games Sydney Olympic Park Aquatic Center Sydney, Australia](#) More information: <http://www.2009worldmasters.com/Swimming/default.aspx>

October 18, 2009 [Bermuda Round the Sound Open Water Swims](#) Hamilton Sound Hamilton, Bermuda Contact information: Randy Nutt info@randynutt.com 954.821.3294 [Swim information](#) , [Online entry](#), [Paper entry form](#)

December 5-6, 2009 [SCM Colonies Zone Championships](#) [Flushing Meadows Corona Park Pool](#) Flushing, NY, [Entry form coming soon](#).

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.

2009 Masters Clinic Conducted By Three Olympians

There's still room at the Swim Champions' Fitter and Faster Tour on October 17 at Drew University. The Masters Clinic will begin at 4PM and will last about 3 hours. Megan Jendrick, Matt Grevers, and Ous Mellouli will be conducting the clinic covering all four strokes.

Click here for [Information](#) and [Online registration for Drew University venue](#)

If you have any questions, please contact Eric Scheingoltz, Head Coach and Aquatic Director at Drew University, escheingoltz@drew.edu

Record Setters

Congratulations to the following NJLMSC swimmers who set new NJLMSC SCY records at the Senior Olympics at the Woodbridge YMCA on September 12-13, 2009

Women

60-64

June Carson, 61
100 Free 1:13.92
500 Free 7:38.84

65-69

Barbara Rosenbaum, 67
100 Fly 2:03.49
200 Fly 4:49.02

85-89

Flo Melick, 88
200 Back 8:45.63

Men

85-89

George Melick, 85
200 Back 4:18.31

Triathletes: Now's the Time to Build Your 2010 Swim

By Don Fink

The triathlon season is winding down so it's time for us multi-sport athletes to forget about swimming for a while and run some fall road races...right? I mean, road racing is really what our background is and we are better at it any way...right? Wrong!

You probably know several triathletes who feel this way. In fact, you may even feel this way yourself. You have come from a running background and you have always viewed swimming as just the necessary evil of triathlon. So, as soon as the summer triathlon season is over, you stay as far from a pool as possible. This usually lasts until panic sets in around late January. Then, you reluctantly find your way back to Masters and rush to get your swim back up to speed in time for the spring triathlons coming up.

Many triathletes repeat this pattern year after year and find that their swim never improves much. The best they seem to be able to manage is to more or less get their swim back to about where it was the previous year. The problem with this strategy is that swimming is a technique sport. As with all technique oriented sports, we need to do it frequently and re-enforce our gains, if we want to improve.

What I suggest to my coached triathletes is to break this cycle and to use the fall and winter seasons to "befriend the enemy." Make a commitment to improve your swim this year by enthusiastically joining your local Masters program and swimming at least two times a week; consistently throughout the fall and winter. Then, go the extra mile and sign up for some Master's swim meets. Establish PR's in all of the free style distances and then use your new PR's to motivate you to continue to improve right up until the start of the next triathlon season.

Athletes who follow this strategy will find that they will not only enter the next triathlon season with their fastest swim ever, but also with the most confidence. So, make the commitment, sign up for Masters, plan on some Master's meets, and begin to create the foundation for your best triathlon season in 2010. Triathlon success starts in the water.

Don Fink is an elite athlete, author, and online coach of endurance athletes www.IronFit.com

Light Those Candles!

Happy Birthday to the following 48 October babies

Doris Steadman 85-89	William Ruthrauff 50-54
Paul Kiell 75-79	Kenneth Nichols 50-54
Bill Stern 75-79	Bronwyn Glor 45-49
Ronald Medhurst 65-69	Bridgette Hobart 45-49
Paula Pycrz 65-69	Alan Burton 40-44
Lawrence Seidman 60-64	Ann Monaghan 40-44
Stephen Glassman 60-64	Brian Carr 40-44
Joel Stein 55-59	Jim Teipel 40-44
Beth Maloney 55-59	David McNamara 40-44
Catherine Maloney Falcon 55-59	Doug Clark 40-44
Tom Trainor 55-59	Soren Hastrup 40-44
Frederick Allen 55-59	Gita Roy 35-39
Richard Nowakowski 55-59	Jennifer Higgins 30-34
Carol Morman 55-59	Julie Soltys 30-34
Jeffrey Webb 55-59	Erin Grant 25-29
Jane Weeks 55-59	Lisa Bettinger 25-29
C. Browne 55-59	Peter Girgis 25-29
Jay Muldoon 50-54	Jenny Fowler 25-29
Alan Sawyer 50-54	Colleen Conway 25-29



Is Swimming Pool Chlorine Fueling The Allergy Epidemic?

By Megan Brooks for Planet Ark, Reuters, 9/15/09



A swimmer dives into a swimming pool of the public swimming place "Marzili" in Bern, Photo: Pascal Lauener

NEW YORK - Swimming in a chlorinated pool may boost the odds that a child susceptible to asthma and allergies will develop these problems, a study released today indicates.

"These new data clearly show that by irritating the airways of swimmers chlorination products in water and air of swimming pools exert a strong additive effect on the development of asthma and respiratory allergies such as hay fever and allergic rhinitis," Dr. Alfred Bernard, a toxicologist at the Catholic University of Louvain in Brussels, Belgium, noted in an email to Reuters Health.

"The impact of these chemicals on the respiratory health of children and adolescents appears to be much more important -- at least by a factor of five -- than that associated with secondhand smoke," Bernard noted.

Taken together with his team's prior studies, he added, "There is little doubt that pool chlorine is an important factor implicated in the epidemic of allergic diseases affecting the westernized world."

In the current study, Bernard and colleagues compared the health of 733 adolescents, 13 to 18 years old, who swam in chlorinated outdoor and indoor pools for various amounts of time with that of 114 "control" adolescents who swam mostly in pools sanitized with a concentration of copper and silver.

In children with allergic sensitivities, swimming in chlorinated pools significantly increased the likelihood of asthma and respiratory allergies, the researchers report in the journal *Pediatrics*.

Among "sensitive" adolescents, the odds for hay fever were between 3.3- and 6.6-fold higher in those who swam in chlorinated pools for greater than 100 hours and the odds of allergic rhinitis were increased 2.2- to 3.5-fold among those who logged more than 1000 hours of chlorinated pool time.

For example, among children and teens who swam in chlorinated pools for 100-500 lifetime hours, 22 children out of 369 (6.0%) had current asthma, compared with those who had spent less than 100 hours (2 of 144, 1.8%). The proportions with asthma rose with longer exposure, to 14 out of 221 (6.4%) who had been swimming for 500-1000 hours, and 17 out of 143 (11.9%) who swam for more than 1000 hours.

The risk of asthma and allergy was not influenced by swimming in copper-silver sanitized pools and children without allergic tendencies were not at increased risk of developing allergies.

"The only plausible explanation" for these observations, the researchers argue, is that the chlorine-based toxic chemicals in the water or hovering in the air at the pool surface cause changes in the airway and promote the development of allergic diseases.

"It is probably not by chance," Bernard told Reuters Health, "that countries with the highest prevalence of asthma and respiratory allergies are also those where swimming pools are the most popular."

The current findings, he and colleagues conclude, "reinforce" the need for further study on the issue and to enforce regulations concerning the levels of these chemicals in water and air of swimming pools.

Drills for Thrills: Board Wag

by Kerry O'Brien
August 31, 2009

Using a kickboard as a pull buoy has its challenges as far as keeping it in place. But it can also provide a very useful tool for both swimmer and coach to draw attention to the need for hip rotation on both freestyle and backstroke stroke mechanics.

The idea is to position the board long-ways, so that part of the board is underwater and part sticks up like a shark fin. The part of the board underneath creates a resistant force that requires more hip drive into the hand entry.

Swimmers will feel the pressure immediately, and coaches can see these boards wagging in the air as their swimmers focus on hip rotation. After a few laps of "Board Wag," remove the kickboard, and the added effort that was required before is now transferred into a hip-driven entry that also creates more core force through the power phase of the arm cycle.

We have found it to be beneficial to limit the "Board Wag" to single laps (be they 25 yards or 50 meters), as turns will often launch the board airborne, or what we refer to as "popping toast." Wag your way to a more rotational long-axis stroke!

(Taken from USMS site at www.usms.org)



swimgraphics.com

Brain drain could affect your workout

By Jeannine Stein

Taken from the Washington Post, 9/25/09

You've worked a pedal-to-the-medal day and now it's time to head to the gym. But as you hop on the treadmill and start to jog, your legs feel like lead.

You're probably not alone. According to a new study, energy put toward one task may deplete energy for more undertakings, like exercising.

Researchers at McMaster University in Canada studied 61 college students who were randomly assigned to two groups. Both performed 15-minute sessions on a stationary bike. In between, the intervention group was given a Stroop test in which they were given a word like "red" that was printed in blue, and asked to read the word. The control group was asked to read similar words that appeared in their actual color. All participants were also asked to plan a future workout, estimating at what intensity they'd work out.

All study subjects did worse in the second cycling bout than in the first. However, the intervention group showed a larger decrease in the intensity of their exercise. This group also planned a lower-intensity workout than did those in the control group.

But this isn't a pass to skip a workout if exercising after a tough day is the only option, says lead author Kathleen Martin Ginis, professor of health and exercise psychology in the department of kinesiology. Listening to music while exercising is one way to get energy flowing, as is making a concrete date to exercise. To that we'll add having a workout partner, which is great for accountability.

Willpower can even be strengthened, Ginis says, by things like challenging yourself to resisting a piece of cake. "Willpower is like a muscle," she said in a news release. "It needs to be challenged to build itself."

The study was published recently in the journal Psychology & Health.

Paul Kiell Reviews: *The Alpha Solution For Permanent Weight Loss*

by Ronald Glassman, Ph.D., M.P.H., with Mollie Doyle

First the disclaimer: I know the author, I like him; he is a friend. What he writes about, nevertheless, is valuable and has a solid foundation.

We have all been surfeited with diet books. None are valid; most are thoroughly dishonest, appealing to our need for immediate success and the author's financial success. All diets fail; there is no such thing as a diet. Keeping weight off involves a lifestyle, a lifestyle not always so easy to stick to.

Not only the overweight can benefit from this book. Although the overall swimming population is forgiving, accommodating and allowing skillful navigation for almost any body shape. Swimming, however, does not take weight off as do other sports like bicycling and running. Everyone I know, myself included, who has switched from running to swimming, has gained varying degrees of poundage. Weight loss can only help the swimmer. The principles of how to do it as outlined in this book are sound, dating back to ancient times, in fact to the book of *Proverbs*, Proverbs, 23:7: *As a man thinks in his heart, so is he.* (This is the very basis of cognitive behavioral therapy.)

How does one modify and fine-tune their thinking? The method here is called medical hypnosis. It is the hypnosis all of us practice without knowing it, not the theatrical hypnosis used for entertainment. Medical hypnosis is essentially the same thing as meditation.

The first part of the book explains medical hypnosis and the "Alpha Solution." It goes something like this: We all experience hypnotic states daily. It is where our brains cycle 8-14 times a second, slower than our normal waking beta state but faster than our sleep rate. It is the state we are in when we meditate or when we are about to go to sleep. That very state, the alpha state, becomes the gateway, the vestibule, to the subconscious.

Glassman defines the subconscious as that part of us housing the blueprint for all our behaviors, habits, tastes and preferences. (He distinguishes this from the Freudian concept of the subconscious, a concept that delves into repressed and painful memories.) One reaches their subconscious thinking through the gateway of the alpha state. New thoughts are submitted to the alpha state entranceway. Here the client takes over and dictates the new thoughts.

Enter now your creativity: *You* are the composer, the writer of the new script. The beauty part of it is that the subconscious can be easily conned. It will believe most anything. The idea is to communicate with the subconscious. And that is done by first summoning one's alpha state.

To reach the alpha state, simple techniques of breathing and muscle relaxation are detailed and prescribed. One then delivers prepared messages to their inner subconscious mind. These new messages, dictated to the subconscious via the alpha state, often are a variation around the idea that you are the master of your fate, that you control the food you eat rather than that the food controls you. The individualized message, the "anchor statement," deposited when one is in the alpha state, is recorded on tape or DVD and in the client's own voice and played back at various times of the day or night. The new message is essentially first in embryonic state. It is nurtured to fruition by repetition amounting to daily boosters for the first month or so.

The book may appear repetitious at times. No matter. It is repetitious but not redundant. Each recapitulation contains something new, with repetition really more of a teaching device.\

Here are a few caveats: The subconscious will not accept any and all messages. It accepts that which is beneficial and safe; if a detrimental suggestion is made, or one outlandish or simply objectionable, it won't be accepted. The undesirable suggestion will alarm us out of alpha and awaken us. In short, it will jolt us awake and alert, alert enough to reject anything unreasonable or otherwise negative.

Once a CD or the equivalent is made, how do you use it? Using the CD while awake and alert has little or no medicinal value. So, it's recommended that it be used only while drifting off to sleep and while asleep. (If, however, you meditate or take a nap during the day, it can be used at those times.) But having it on during the day while totally alert won't do much.

The book is comprehensive and thorough although I wish it had an index. There are, however, many references sources cited. Just when you digested enough of theory and of case studies, there enters the nuts and bolts of how to get to the alpha state, with ideas of what kind of sales pitch, called the *anchor statement*, you compose, remembering that you can do a real good soft shoe job on your subconscious as long as your message is sound, healthy, positive and reasonable. The main point is that you, the client, are the director and controller.

I've given here a bare bones outline. To add some meat (lean) and potatoes (boiled or broiled) you need to read the book to be able to fashion your own blueprint. It does work. Unlike any of the fad diets or pills, its success is permanent.

Ed Note: The book is no longer on shelves having come out in 2007 but can be bought, through the author (\$15 including mailing, payable to Dr. Ron Glassman, 1501 Fox Trail, Mountainside, NJ 07092). The book is Hardcover, 249 pp.



NJ LMSC

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