

EASTLANE

Masters Swim To Raise Money for Teen Pride Program

By Dillard Kirby

Olympic swimmer Cullen Jones provided plenty of smiles and inspiring words at a May 23, 2009 swimathon held at a private residence (three-lane lap pool) in Mendham, NJ. Ranger (Drew University) Masters swimmers provided much of the aquatic energy as dollars were raised to benefit the Morristown based non-profit program called Teen Pride. This program provides "at risk" teens opportunities for counseling and substance-free interaction with their peers and role models. Over 20 members of the Rangers Master Swim program participated and also raised funds for the Varsity Swim program at Drew University.

Swim times began at 6:00am and finished nearly 12 hours later! Coupled with some other families that participated, every minute of the day was filled with swimming (well actually there was some post-swim eating and liquids consumed) and in excess of 80 miles was covered that day by the group. Over \$24,000 was raised for Teen Pride and over \$3,000 for the Drew Varsity Swim program!

As a special treat, Cullen Jones, gold medal winner in the 2008 Beijing Olympics (in the 4x100 freestyle relay team with Michael Phelps that everyone remembers!) and first African American to ever hold or share a world record in swimming, arrived at the end of the day. Cullen provided some humorous and thoughtful words to the Teen Pride kids and adults. He has worked passionately to advocate for swim lessons for minorities. Cullen had a great story to tell and stayed around for an extra hour signing autographs and participating in photo-shots.

The Rangers, currently coached by Eric Scheingolz, have become a very active group, especially over the past few years. There are up to nine practice times a week, and this year under the volunteer leadership of Bob Nissan, they have split the most active group into four teams to create some intra-team competition. At this rate they may do 100+ miles at next year's swimathon. Stay tuned as to who will be next year's non-profit recipient. Go Rangers!



Cullen Jones poses with the Drew Ranger Masters Swimmers (and some other Masters Swimmers)

See pages 8 and 9 for the September 27th Tom Wear Memorial Swim registration info.

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Annual Board Meeting and Elections

December 6th is the date for the next NJ LMSC board meeting which includes the all-important 2010 officer elections. We welcome folks who would like to get involved to help build Masters swimming in NJ. Volunteers make all the difference in our organization. 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>.

Stay tuned for details about the time and location of the meeting. Most every meeting of the NJ LMSC Board volunteers includes swimming and eating as well as a bunch of talking. How can you go wrong?

Looking for Your Input

Contributions are always welcome in the Fast Lane! If you want to offer your impressions of a meet or open water swim, share some photos of swimmers, send in a favorite workout, do a book or swimming gear review, tell us your opinion of the state of swimsuits or whatever else seems germane—please bring it on. Simply email Linda Brown-Kuhn at lbk@sprintmail.com.



Calendar 2009/10

Events in New Jersey

September 27 **The First Annual Tom Wear Memorial One Mile Swim** Lake Hopatcong, NJ. The one mile race will begin at 9am for the USMS registered swimmers and a second "open" wave will begin at 9:10am. [Click here for entry form.](#) For questions, contact the event director, Bridgette Hobart bhobart@ptcllc.com or 973.663.3663.

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

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.

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

A Goodbye to Austin Newman

By Bob Hopkins

Austin Newman was grateful.

Two weeks before he died, when I saw him at the Ocean County YMCA and congratulated him on making the United States Masters Swimming Short Course Meter National Top Ten list in the 100 and 200 freestyle and told him that he looked good, he told me that it was due to the good care that he was getting from his daughter, Diane.

Austin Newman was also inspirational.

How could you not be inspired by a man who, when he was 89, could not wait to age up to the 90-94 age group in Masters Swimming so he could kick Woody Bauersock's (the then reigning best in the age group) butt in the distance freestyle events.

How could you not be inspired by a man who, at age 90, had his bad knee replaced so that he could go back to running.

How could you not be inspired by a man, who at the age of 90, in one 1500 meter swim race, broke the world record at the 800 meter freestyle by a few seconds and the at the end of the race, had broken the world record for 1500 meter freestyle for 90-94 year olds by a couple of minutes.

How could you not be inspired by a man who continued to strive for improvement. When I last saw him at the Ocean County YMCA the week before he died, he commented that he had to work on his swimming technique (point toes when kicking) so that he could improve his time.

Austin Newman was grateful and inspirational and I, and all who knew him, will miss him a lot.

Hot Summer Records

Congratulations to the following NJLMSC swimmers for setting new NJLMSC LCM records at the **Wilton Masters Summer Sizzler** on July 19, 2009

Women

45-49

Laurie DiTommaso, 47

50 Fly 31.45

200 IM 2:52.87

50-54

Deborah Cipriano, 53

200 Free 2:38.01

Men

18-24

Greg McElroy, 19

200 Breast 2:48.32

200 IM 2:33.42

30-34

James Esposito, 30

50 Breast 30.96 (2nd)

100 Breast 1:09.59 (3rd)

40-44

Steve Hiltabiddle, 43

400 IM 5:31.84

45-49

William Segal, 45

50 Free 25.47

100 Free 56.99

60-64

Frank McElroy, 61

100 Free 1:05.25

100 Fly 1:12.67

400 IM 6:08.43

Congratulations to the following NJLMSC swimmers for setting new NJLMSC LCM records at the **Jason E. Nessel Memorial Invitational** at the Rahway River Park Pool on August 1, 2009

Women

45-49

Amy Carow, 48

200 Free 2:32.04

55-59

Carol Morman, 57

400 Free 7:44.87

60-64

June Carson, 61

50 Free 37.18

100 Free 1:26.04

400 Free 6:43.96

Marie Velucci, 60

200 Fly 4:20.42

Men

18-24

James Sheerin, 24

200 Fly 2:53.66

60-64

Frank McElroy, 61

200 Fly 2:55.59

65-69

Jim Dragon, 65

Free 29.07

50 Breast 38.07

50 Fly 29.92

85-89

George Melick, 85
50 Back 1:02.02
100 Back 2:16.92
50 Breast 1:02.22
100 Breast 2:28.61

Mixed Relay

160-199

400 Free 4:25.44

Amy Carow, 48

Heather Negley, 37

Ed Tsuzuki, 51

Jeff Jotz, 39

Congratulations to the following swimmers who set new NJLMSC Long Distance Record in the **One Hour Postal Championship held in January, 2009** and at the 2 mile cable swim held in **Lake Placid, NY on August 15, 2009.**

One Hour Postal

Women

35-39 Jennifer Bauman,

36 4410 yards

45-49 Susan Lawson, 49

4550 yards

65-69 Mary Hesselgrave,

65 2790 yards

Men

18-24 Thomas Alne,

20 4435 yards

35-39 Jeff Jotz, 38 5075

yards

40-44 Doug Clark, 40 4680

yards

75-79 Paul Kiell, 78 3320

yards

Relay

Women

18+ BERK 8935 yards

Anne-France Saillot, 46,

Mary Hesselgrave, 65,
Jackie Fanelli, 22

2 Mile Cable

Women

18-24 Dorottya Spolarics,

19 1:04:41.11

25-29 Lisa Boettrich,

27 47:10.65

45-49 Bridgette Hobart,

46 50:15.34

50-54 Carol Mateo,

50 1:15:34.30

55-59 Carol Morman,

56 1:15:57.34

Men

18-24 Thomas Alne,

21 50:19.40

25-29 Gergo Spolarics,

29 50:20.81

60-64 Richard Wallace,

61 1:01:04.58

Relays

Men

18+ GSM 2:41:44.79

Thomas Alne, 21, Gergo

Spolarics, 29, Richard Wal-

lace 61

Mixed

18+ GSM 3:26:49.47

Thomas Alne, 21, Richard

Wallace, 61, Lisa Boettrich,

27, Bridgette Hobart, 46



Light Those Candles!

Happy Birthday to the following 39
September babies

Gershen Konikow 85-89 Anne-France Saillot 45-49
George Melick 85-89
Lainey Dooman 80-84 Gregory March 45-49
Isaac Siskind 80-84 Joseph Flanagan 45-49
William Haas 70-74 Daniel Moore 40-44
Judith Oehler 70-74 Richard Clew 40-44
James Ferriter 60-64 Sherri Plunkett 40-44
Bill Imken 55-59 Pia Mountford 40-44
Diane Duelfer 50-54 Robert Barrishy 40-44
Martin Rothfelder 50-54 Dominic Malleo 35-39
Mike Bohlinger 30-34
Nick Mathers 30-34
Danielle McNamara 30-34
Chris Czornyek 30-34
David Hersh 25-59
Matthew King 25-29
Aaron Weiman 25-29
Annelise Lunde 25-29
Bryan McDonnell 20-24
Jamie Amicucci 20-24
Shane Hubbell 20-24
Kyle Madison 20-24
Paul Manulik 50-54
Karen Sacks 50-54
Linda Twining 50-54
Paul Grassie 50-54
Paul Mucciarone 50-54
Jean Rutter 50-54
Dillard Kirby 50-54
Errington Bennett 50-54



Lap It Up...

A Daily Dip In The Deep End Could Add Years To Your Life

By Gabrielle deGroot Redford

As if you need another excuse to hit the pool this summer, new research shows that swimmers live longer than walkers and runners. And not just a little bit longer, either. In a study of more than 40,000 men ages 20 to 90 who were followed for 32 years, swimmers were 50 percent less likely to die during the study period than were walkers or runners.

The results were so unexpected that the lead researcher, Steven Blair, professor of exercise science at the University of South Carolina, is hesitant to draw any broad conclusions. "I was expecting to see swimmers and runners have a lower risk of dying," he said. "I was a little surprised that the swimmers had a statistically significant lower death rate than the runners, but they did."

As a lifelong swimmer, I've been touting the health benefits of my sport for ages. Swimming is highly aerobic (an earlier study with this same cohort found that swimmers' cardiorespiratory fitness was about equal to that of runners); it can be done year-round; and it's low impact, meaning it doesn't strain your lower joints as intensely as running and walking. "One might speculate that swimmers are less prone to lower-extremity injuries," Blair said.

In my role as the fitness editor of this magazine, I would be the last person to say you need to give up walking or running in favor of swimming. There's a huge body of evidence proving the health benefits of all three sports. Besides, if all my running pals descended on my neighborhood pool, I would never get in a decent workout. But if you like to swim, this is just one more reason to dive in. "People who can't walk or run because of physical limitations—arthritis, for instance—can reap all the health benefits of an exercise program by swimming," Blair said.

--Taken from the July/August 2009 issue of AARP Magazine

Rev It Up Fall Workout

Thanks to Sue Waldron, Coach of the Ocean County YMCA Masters team, for this workout that will get your heart pumping. These intervals are designed for swimmers who can hold 1:40's for 10 100's. Change the intervals to suit your needs.

Warm Up: 800 choice

6x50 25drill/25swim :10 rest interval Odds: free, evens: non-free

3x50 flutter kick 1:05 + 100 dolphin kick no board , rest :30-60

Main Set:

6x50 1-3) free fast :55; 4-6) stroke 1:05 (rest :30)

4x100 swim free, descend from 1:38 @ 1:50 (rest :60)

2x200 alt. 50 free, 50 stroke, #2 is fast 3:50

1x300 pull or swim(can use paddles here),relaxed and easy, every 4th 25 breath every 5 strokes rest a minute or two

100 choice **AFAP** (As Fast As Possible)

Cool Down: 100

Total: 3,000

Kick Timing With A Musical Beat

In his book, *Musicophilia*, Oliver Sacks, a swimmer himself, on page 243, writes:

"I have found it similar with swimming. In swimming freestyle, one usually kicks in groups of three, with a strong kick to every arm stroke followed by two softer kicks. Sometimes I count these to myself as I swim--one, two, three, one, two, three--but then this conscious counting gives way to music with a similar beat. On long, leisurely swims, Strauss waltzes tend to play in my mind, synchronizing all my movements, providing an automatism and accuracy I can achieve with conscious counting. Leibniz said of music that it is counting, but counting unconsciously, and this is precisely what swimming to Strauss is all about."

--From Paul Kiell and Bob Hopkins



Adrift without a fast suit

I sold my jewelry to get a high-tech swimsuit and was rewarded with race victories and personal-best times. But now that's down the drain.

By Kate Coleman

LA Times, August 22, 2009

I began lusting for Nero in April of this year.

I was at a regional swimming championship in Pleasanton and noticed how many competitors among my 65- to 69-year-old female peers had traded in their regular racing suits for the skintight, neoprene, high-tech swimsuit known as a Blue Seventy Nero. This glove-like body suit makes anyone faster, not just elite swimmers. But such suits are not cheap -- \$400 for the Blue Nero. (The LZR high-neck suit worn by Americans during the last Olympics is \$550.)

Those of us who love competing would all like to swim our best. But suddenly, swimming my best was out of my price range. I thought there was no way I could afford the suit.

Then, shortly after the Pleasanton meet, I was extracting a bauble from my old jewelry box for a rare dress-up night out and had a "eureka" moment: There was gold in there. Yes, jewelry is nice. But what does a girl in her mid-60s really want these days: a fast suit, of course! And with the price of gold in the stratosphere, my modest family jewels might just get me one.

I ransacked the box, gathering my late Uncle Harry's old class ring, some gold hoops I wore when I fancied the Gypsy look, the crumbling old gold fillings my dentist had removed, the odd extra links to a dressy watch I never wear and, finally, my dead Aunt Valerie's humongous gold earrings. Aunt Valerie, who lived in Beverly Hills and cared about these things, had told me that they were made by an Italian designer who had made jewelry for the wife of deposed Iranian Shah Mohammed Reza Pahlavi. I'd worn them once -- too embarrassed by their vulgar size to trot them out again.

Loot in hand, I drove to a local fortress inviting sales of precious metals and jewelry for cash and was buzzed into what looked like a little bank, replete with grill-fronted windows. The "teller" weighed and tested my offerings, returning with a fistful of hundred-dollar bills -- more than twice the amount I needed for the suit. Now, I was ready to go to Nationals, the U.S. Masters Swimming annual championship, held this year in May in Clovis, Calif.

I was right in style. In the women's locker rooms, row after row of aisles revealed women of all ages struggling to wriggle into their ankle-length suits, some using plastic bags on their feet to ease them through. The suits are very tight, so tight that you need help zipping them up, all in the service of becoming hydrodynamically sleek. (And for those of us lacking Dara Torres' six-pack abs, the girdle effect is nothing to sneer at either.)

If I'd had any doubts about Nero's price tag, they were immediately dispelled by my first event, the 500-yard free-style. I dove in and shot halfway across the pool, my body position perfectly streamlined. During the 20 laps of the race, I wouldn't let myself look at the woman in the next lane who, in 25 years of Masters swimming, had always beaten me. She wore the suit too. When it was over, I looked at the board and thought there must be some mistake: I had won gold, beating my rival by 12 seconds, and my time, 7:07, while not a record-setter, was nevertheless an astonishing 19 seconds faster than what I'd done the previous month at Pleasanton without the fast suit. I did personal-best times and placed in most of the other events as well.

The suit was my talisman. Yes, my times had been steadily coming down over the last two years as I had increased my training and focus, but the suit did something extra for me.

When I first bought the Nero, I was going to save it for pool competition. I'd been warned that the suits don't have a long life: as few as 15 to two dozen wearings. The fabric stretches out quickly. And I had been strictly advised not to wear it for saltwater swimming at all.

I had intended to follow the advice. But instead, I recently wore my Nero for a Northern California regional rough-water championship off the coast of Santa Cruz. (I won in my age group, thanks for asking.) And I have donned the suit for some of my summer open-water swims.

Why, you are wondering, would I take such a risk?

Because as of January 2010, these suits are banned by FINA, the world swimming body, and U.S. Masters Swimming, which complies with FINA rules, likely will fall in line. Acceptable women's fast suits can come down no further than the knees and cannot cover the arms. Neoprene is out altogether.

As a result, it's quite possible that a rash of international swimming records may never be equaled. And as for me, I don't think I can do a 7:07 500-free without my suit. It's downhill from here.

Meantime, I'm trying to get full wear out of my Nero, hence my devil-may-care donning of the suit even in saltwater at Santa Cruz. I can feel it stretching, and I mourn the cloak of relative greatness my suit conferred this year. Perhaps when it's retired in January, I can still nostalgically wriggle into it, wear it around the house, maybe hang a medal or two around my neck. I sold gold to win gold. It was a dream come true.

And nothing lasts forever.

Kate Coleman is a writer in Berkeley.

Tom Wear Memorial Swim

Proceeds to benefit Jefferson Township Municipal Pound



Lake Hopatcong, NJ

September 27, 2009 - 9a.m.



First Annual Tom Wear Memorial One Mile Swim

USMS Division & Open Division

Sanctioned by New Jersey LMSC, Inc. for USMS, Inc. Sanction #:079-OW002

Event Details

Date/Time: September 27, 2009 9 a.m. Registration 7:30 – 8:30 a.m. Mandatory meeting for all swimmers at 8:45 a.m. USMS Division starts at 9 a.m. Open Division starts at 9:10 a.m. Refreshments and awards post race.

Location/Directions: Northern tip of Lake Hopatcong, NJ. Registration at Warehouse Grille on Rt 181. Parking available. Course is one mile loop starting at Warehouse Grille Dock, to Mason Street Pub Docks, over towards OH! Sullivan's Pub, and finish at Prospect Point Launch Ramp. In water start. From Rt 80 go Rt 15 North to first Lake Hopatcong/Woodport exit (approximately 6 miles), follow to Rt 181 (first available right after you exit and cross over Rt 15), then approx 1.4 miles on Rt 181 and then Warehouse Grille is on your left after you cross over water.

Eligibility: USMS Division is open to all 2009 USMS registered swimmers 18 and older as of September 27, 2009. You must submit a copy of your 2009 USMS card with entry. Open Division is open to all other swimmers.

Conditions: Since the safety of swimmers is of prime concern, the swimming event may be delayed or canceled due to bad weather. The Meet Director, NJ Open Water Director and Lake Hopatcong Coast Guard will make this decision. There will be no refund.

Entry Fee: \$20 pre-registration by August 31, 2009. \$25 between September 1 – 20th. After September 20th and race day is \$30. Fee includes T-shirts for registrations received by September 1st. After September 1st T-shirts are on as available basis.

Chip Timing: Each swimmer will be given a timing chip to wear on the ankle during the race to provide accurate times and finish places. Results and awards will be available within 30 minutes of the last swimmer finishing. Timing managed by Compuscore.

Awards: In the USMS Division awards for top 3 Overall Male & Female, and top 3 finishers in each age group: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70-79, 80-89, and 90+. In the Open Division awards for top 3 Overall Male & Female, and top 3 finishers in each age group: 19 & Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, and 90+. Wetsuits are allowed, but swimmers are not eligible for awards.

Tom Wear Memorial 1 Mile Swim



Proceeds to benefit Jefferson Township Municipal Pound

Lake Hopatcong, NJ
September 27, 2009
9 a.m.



Sanctioned by New Jersey LMSC, Inc. for USMS, Inc. Sanction #:079-OW002

Entry Form – Please provide the following information (print clearly):

Name _____ Email _____

Sex _____ Age _____ Date of Birth _____ Club _____

Telephone # _____ USMS # * _____

Address _____

City _____ State _____ Zip _____

Check One: _____ USMS Division _____ Open Division T-Shirt Size _____

* A copy of your USMS Registration Card is required to enter the USMS Event.

CHECK OR MONEY ORDER PAYABLE TO: PARADIGM TECHNOLOGY CONSULTING

SEND ENTRIES TO: Tom Wear Memorial Swim, c/o Bridgette Hobart - Meet Director, 8 Lorettacong Drive, Lake Hopatcong, NJ 07849. Questions please call Bridgette at 973.663.3663 or email at bhobart@ptcllc.com

MASTER SWIMMERS SIGN:

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 of 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. Finally, I specifically acknowledge that I am aware of all the risks in open water swimming and agree to assume those risks.

Signature Date

ALL SWIMMERS SIGN:

LIABILITY/PUBLICITY RELEASE: (failure to sign with date will delay processing of your application.) Please accept my entry in this event. I hereby state that I have conditioned myself to participate in this event. I myself, my executors, administrators and assignees, do hereby release and discharge the event committee, USMS, NJMS, host facilities, event sponsors, volunteers, or any individual officiating at the event or supervising such activities from any and/or all claims or liabilities from damages or injuries occasioned by my participation in this event. Further, I grant to all foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature Date

Signature of parent/guardian if under 18 Date



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