

# EASTLANE

## 5,000 Miles Strong!

By Jim Ryan, Garden State Masters - age 57 SCY/58 LCM)

I have a fun note to share. There are no medals, or media, or anything much else other than personal satisfaction. Five years ago, the Greater Plymouth Community Center, in Plymouth Meeting, PA where I swim started a program to keep track of miles and yardage for fitness purposes. It was called the East Coast Swim, and was started by Zach Doll. Well, back in 2006, our national publication, Swimmer magazine, published an article when I completed the first lap of the East Coast Swim which was 1,208 miles, in 1,800 yard miles. Well, I never stopped swimming.



Last night, very quietly, I passed 5,000 miles! It's kind of funny. I felt a huge weight off my shoulders. I never thought of 5,000 as my goal. This is not a competitive thing. I just did it because it was there to do. My son called me "Mr. 5000" when I was done. I guess that's its' own reward. To get there, I've survived bouts of pneumonia, heart issues, and numerous other issues, but I've made it this far. I treated it like I was really swimming the coast. When hurricanes were coming, I'd step up my yardage toward the storm, and sit it out while the storm was pounding the area I had reached on the map. I'd step up my yardage to get past Daytona in the spring to avoid the gathering of sharks that happens every year. Oh, I wasn't really along the coast, but I treated it the way one would if he really was!



Jim's inspired his son James Patrick who has swum more than 141 miles!

In the end, it's been a long workout! I'll stop logging at 5,714. Nolan Ryan has always been one of my favorite pitchers. He had 5,714 career strikeouts. Babe Ruth had 714 home runs. I think that's a good number to end on. I'll still swim. I just won't log the yardage anymore!

At the Center, they are not into competition, and this was not a competitive event. The people who know of it are Phil Brady, Bea Black (The Aquatics Coordinator), and Gina Trembl. The Center is at (610) 277-4312. It may be a fun thing for other pools or programs to do. They could tell other groups how they set it up.

As it is, I do 99% of my training alone and 100% uncoached. This program kept me motivated. I just wanted to share my "Masters Fun and Fitness" moment!



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# Calendar 2010

## Events in New Jersey

**May 15 - Sept 15** USMS 5km and 10km Postal National Championships Hosted by Twin Rivers YMCA Masters, North Carolina LMSC. Contact Bob Husson, [onegoodbloke@hotmail.com](mailto:onegoodbloke@hotmail.com); 252/638-8425. Need a 50m pool to swim event in.

**June 19** Masters Open Water Swim Clinic in June in Lake Hopatcong, NJ. More information and a registration form will be available soon. Contact Jeff Jotz [jjotz@yahoo.com](mailto:jjotz@yahoo.com) or evenings 732/382-9419.

**August 7** Jason E. Nessel Memorial Invitational, Rahway River Memorial Park, Rahway. Contact Jeff Jotz [jjotz@yahoo.com](mailto:jjotz@yahoo.com) or evenings 732/382-9419.

**August 7** Lavallette Mid-Summer Mile Ocean Swim

**September 12** 2<sup>nd</sup> Annual Tom Wear One-Mile Memorial Swim, Lake Hopatcong. Tentative date. Contact Bridgette Hobart [bhobart@ptcllc.com](mailto:bhobart@ptcllc.com).

## Other Events

**January 1 - December 31** USMS Check-Off Challenge 2010 Fitness Event See if you can swim all 18 events. Form at [Check-Off Challenge](#)

**January 1 - December 31** USMS Go The Distance 2010 Fitness Event Information at [Go The Distance](#). Register now to maximize your yardage.

**June 20** 2010 Merryman LCM Masters Swim Meet, Upper Main Line YMCA in Berwyn, PA. Get form at <http://www.dvmasters.org/pdf/2010MerrymanEntryForm.pdf>.

**June 25-27** New England LMSC Long Course Meters Championship, Middlebury Vermont. Information at [www.middleburymuffintops.org](http://www.middleburymuffintops.org).

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

**August 8-13, 2010** USMS LCM National Championships, San Juan, Puerto Rico, [Information](#), online entry not up yet.

## Open Water Calendar

If you're planning your open water season check out this open water calendar compiled by our own, Jeff Jotz. Find it at: <http://www.njmasters.org/misc/NJLMSCSummer2010OpenWaterSwims.htm>

## Go the Distance Update

Kudos to the NJ LMSC for their continued strong participation in this event! Out of all LMSCs, New Jersey remains in the #5 spot with almost 7,000 miles logged. New Jersey is #4 in total number of participants with 90! The Colonies Zone is the #1 Zone with 37,879 miles!

This event is open to ALL registered USMS members. To participate, simply submit your total yardage in your on-line [FLOG](#) (under [MyUSMS](#)). For more details about this fitness event, go to [GO THE DISTANCE](#) on the [USMS website](#).

### Top (5) LMSCs as of April 30, 2010:

<b>Pacific</b>	<b>18,763 miles</b>	<b>216 swimmers</b>
<b>Southern Pacific</b>	<b>10,592 miles</b>	<b>114 swimmers</b>
<b>New England</b>	<b>9,377 miles</b>	<b>105 swimmers</b>
<b>Florida</b>	<b>8,218 miles</b>	<b>83 swimmers</b>
<b>New Jersey</b>	<b>4,881 miles</b>	<b>90 swimmers</b>

## Natatorium Needs Help

This swimming facility at the Sussex County Technical School which houses a 25-meter pool with diving well, and ample deck space housed in a geodesic dome is due to close on August 6<sup>th</sup>.

The reason: it needs repairs and there's a lack of money to do them. Here's a link to a NJ Herald story about the pool's situation: <http://www.njherald.com/story/news/06POOL>.

Bob Hopkins brought this to our attention. He believes the best case short and long term solution is probably the privatization of the facility.

If anyone out there would like to help save this pool please contact Bob at 973-729-3686 or [swimsmart@yahoo.com](mailto:swimsmart@yahoo.com).

## Revamped Website

NJ falls into the Colonies Zone and the website for the Colonies Zone has a snazzy new look. Check it out at <http://www.colonieszone.org/index.htm>. You can see some NJ swimmers in a photo album on the site at <http://www.colonieszone.org/photo.htm>. Thanks to Ed Tsuzuki for this heads up.

### Quote:

*"I can't fly, but swimming is the next best thing.... The water is my sky."*  
~Author Unknown

## Got it All Workout!

This workout comes to us via Mel Fink, coach of JCC Metropolitan NJ in West Orange. Mel's packed in something for everyone from distance to short stuff, strokes and freestyle. This one will get your heart pumping!

400 Warm-up (CHOICE)

DRILL W/ FINS: 4 x 150 on 2:15

–

All Kick- Fly / BK /  
FR (50 of each)

**MAIN SET** (3,000 yds)

500 Pull w/ Paddles- on 7:30

4 x 125 IM on 2:05

400 Pull - on 6:00

4 x 100 IM on 1:40

300 FR on 4:30

6 x 75 – Fly/Bk/BR on 1:15

200 FR on 3:00

4 x 50 – IM (by 25) on 1:00

100 FR on 1:30

4 x 25 – IM on :30

**TOTAL** = 4000 yds

# Put Your Brain to Work

By Barbara Strauch

For years, scientists thought our brains lost as much as 30% of their neurons as we got older, an idea that led researchers to largely ignore the brain as it aged. After all, why waste time researching something that was going to decay on schedule no matter what we did?

Now, new research shows that, in fact, we keep most of our brain cells as long as we live. This means that the quest for ways to maintain those cells is now being taken up in earnest. But as this idea has emerged, so has the hype. We are bombarded with ads and articles telling us to eat blueberries, drink red wine, do crossword puzzles. Does any of it work?

Luckily, science is beginning to sort out the beneficial from the bogus. And there are a few things that do make a difference.

Can specific foods help? The jury is still out. The problem is, with our relatively good diets we already get most of the nutrients we need. Not that science has given up. It's true that foods that are high in antioxidants – like blueberries and red wine – are, in theory, good for brain repair. But it's also true that we probably have to eat a barrowful of blueberries to make a real difference. So researchers are trying to develop a drug or pill that would give us that same boost. Meanwhile, eating a healthy, varied diet remains the best advice.

**The current star in brain science research is exercise.** The brain is much like the heart. It needs oxygen and blood flow. Not only does exercise pump blood through our brain's blood vessels, but it also prompts the creation of new brain cells, even at older ages.

Scientists at Columbia University and elsewhere have watched the birth of new cells in the brains of animals and humans who have exercised vigorously. Although it's still unclear what the new brain cells do, a leading neuroscientist, Fred Gage of the Salk Institute in San Diego, believes they help us better integrate and cope with the new – from ideas and places to people – and may even help ward off depression.

We now know that crossword puzzles are not enough. To keep our brains sharp, we need to move beyond just recalling information we know (the main activity with crossword puzzles) and instead push our brains to actively embrace the new, an effort that will create and nourish new brain connections. That means anything that gets us out of our comfort zones: making new friends, learning to play the cello, taking a new route to work, even confronting ideas and people you disagree with. To stretch our grown-up brains, we have to present them with “disorienting dilemmas”—concepts that challenge our view of the world, says one Columbia University Teachers College researcher.

By middle age, we've all developed millions of connected pathways in our brains. These well-worn paths can help us size up familiar situations and actually reach solutions faster than our younger peers. But if we always use the same routes to process information, our brains may not get the stimulation they need to flourish. We need to, as one brain scientist puts it, “shake up the cognitive” egg and force ourselves to seek in new directions.

*--From April 2010 AARP Bulletin*

## Who's on the USMS YouTube page?

If you haven't checked out the USMS YouTube page, you'll want to bookmark it; [www.youtube.com/usmastersswimming](http://www.youtube.com/usmastersswimming). LMSCs and teams can include videos from this site onto their websites.

Our club development coordinators (and staff) capture the video. Ben Christoffel then edits and publishes the videos. Ben is an Emmy award winning TV producer and Masters swimmer in Indianapolis. In addition to video production, Ben works with Laura Hamel to produce all our e-newsletters and manage our social media. As you can tell by the videos, Ben has been a terrific addition!

Rob Butcher, USMS Executive Director

## Records Fall...

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCM records at the **Bearcat Masters Cinco de Mayo meet** at Baruch College (NY) on May 8, 2010.

### Women

Emily Woo, 23  
50 Back 33.93  
50 Breast 40.35

### Men

Brad Thornton, 24  
100 Breast 1:10.66

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCY records at the **USMS Short Course National Championships** in Atlanta, GA at the Georgia Tech Aquatic Center on May 20-23, 2010.

### Women

55-59  
Nancy Steadman-Martin, 55  
100 Free 1:00.27 (3rd place)  
1650 Free 19:20.23 (1st place)  
200 Back 2:28.88 (1st place)  
400 IM 5:14.40 (1st place)

### Men

25-29  
Christopher Swenson, 28  
200 Breast 2:09.59 (3rd place)  
  
50-54  
Benn Doyle, 51  
50 Breast 27.76 (3rd place)  
100 Breast 1:01.57 (2nd place)

Congratulations also to Chris McGiffin, 44 for his first place swim in the 1650. Nancy also won the 500 free and the 200 fly. Also representing NJ were Lynn Ascione (42), Dillard Kirby (50), Susan Kirk (49), Bruce Rollings (60), Bill Segal (45), Leigh Segal (45).

Congratulations to the following NJLMSC swimmers who set new NJLMSC SCY records at the **Colonies Zone SCY Championships** at George Mason University in Fairfax, VA on April 23-25, 2010.

### Women

60-64, June Carson, 61  
200 Free 2:50.26  
1000 Free 15:25.95  
50 Breast 43.27  
100 Breast 1:36.62  
200 Breast 3:30.21

### Men

30-34  
Mike Betts, 31  
100 Free 46.89  
  
45-49  
William Segal, 45  
200 Free 1:48.05  
  
65-69  
Jim Dragon, 65  
50 Free 24.54  
50 Back 32.23  
50 Breast 31.35  
50 Fly 25.93  
  
80-84  
Nickolas Demas, 80  
50 Free 33.34  
100 Free 1:18.22

Congratulations to Andrea Luallen-Egg for setting a new NJ LMSC SCY record at the **New England LMSC SCY Championships** at Harvard University on March 26, 2010

### Women

40-44  
Andrea Luallen-Egg, 44  
100 Back 1:04.41

Congratulations to the following NJLMSC swimmers for setting new NJ LMSC SCY records at the **April Antics meet!**

### Women

55-59  
Nancy Steadman-Martin, 55  
100 Back 1:12.99  
100 Fly 1:10.81

### Men

35-39  
Steve Droste  
200 Backstroke 2:02.21

### 45-49

William Segal, 45  
200 Free 1:50.76

### 50-54

Andrew Maggion, 54  
200 Free 2:00.67

### 65-69

Jim Dragon, 65  
100 Free 59.02  
100 Breast 1:12.84

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

*Happy Birthday to the following 109 May and June babies:*

Florence Melick 85-89	Linda Brown-Kuhn 50-54	Rocco Celentano 40-44
William Haynes 80-84	Robin Elise Baum 50-54	Eric Burke 40-44
Tink Bolster 80-84	Janice Baker 50-54	Yves Baeyens 40-44
William Mackolin 75-79	Lydia Chambers 50-54	Glenn Lawse 40-44
Penny Boorman 75-79	Chris Lowe 50-54	Arnold DeGarcia 40-44
Ralph Hemecker 75-79	Susan Kirk 50-54	Michelle Davidson 40-44
Dieter Wunderlich 70-74	Teresa Faria 45-49	Andrew Mitzak 40-44
Ray Hurst 65-69	Jeffrey Schobel 45-49	Jodi Barrish 35-39
Patric Mills 65-69	Alan Voorhees 45-49	John Scholz 35-39
Bob Hopkins 65-69	Rosemarie Strawn 45-49	Austin Clayton 35-39
Jim Dragon 65-69	Marybeth Jacob 45-49	Beth Alemy 35-39
Richard Alexander 65-69	Lan Ge 45-49	Douglas Miller 35-39
George Allison 65-69	Timothy Christian 45-49	Lynn Frampton 35-39
Donald Walsh 60-64	Rich Callaghan 45-49	James Smith 35-39
Robert Hengeveld 60-64	Lisa Spiller 45-49	Luke Piede 35-39
David Goldberg 60-64	Erik Werfel 45-49	Andi Sawin 35-39
Bob Cashel 60-64	Michael Cialdella 45-49	Bernie Giletta 35-39
June Carson 60-64	Todd Sarett 45-49	Peter Hockmeyer 35-39
Ellen Pease 60-64	Michael Sirkin 45-49	Matthew Donovan 30-34
Gail Seelig 60-64	Graeme Henderson 45-49	Brian Hopkins 30-34
Arthur Wein 60-64	John Esser 45-49	Kris Ohleth 30-34
Gertie Sloan 55-59	Lew Gillett 45-49	Lisa Friedman 30-34
Michael Keltos 55-59	Sara Johnston 45-49	Michael Lemberg 30-34
Mike Fanelli 55-59	William Segal 45-49	Christopher Swenson 25-29
Gail Stevancsecz 55-59	Julie Sheaffer 45-49	Kevin Nervi 25-29
Jane Riff 55-59	Andrea Luallen-Egg 45-49	Rob Mathis 25-29
Andrew Maggion 50-54	Schuyler Antane 45-49	Andrew Capers 25-29
Susan Olesky 50-54	Arnold Alday 40-44	Kevin Martin 25-29
Glenn Mogelesky 50-54	Steve Hiltabiddle 40-44	David Lillard 25-29
Stanley Fromhold 50-54	Monica Dobbin 40-44	Hillary Schranze 25-29
Gregory Kelly 50-54	Simon Bintley 40-44	Kristine Bates 20-24
Tilak Samaranyake 50-54	James Kurd 40-44	Brad Thornton 20-24
Robert Franks 50-54	Wendy Braun-VanDeVeen 40-44	Thomas Alne 20-24
David Schmitt 50-54	Mark Laccetti 40-44	Juan Henao 20-24
Jonathan Norton 50-54	Lynn Ascione 40-44	Michelle Yaeggy 18-20
Gerri Callahan 50-54	Regina Papini 40-44	
David Fabian 50-54	Joanne Ploch 40-44	

# *Snippets of the 2010 Awards Banquet*



**Attendees from the 2010 Annual Awards Banquet held on Saturday May 8**



Guest speaker Jim Halstead, USMS Eastern US Coach and Club Development Coordinator, pumps up the crowd.



Dieter Wunderlich, flanked by Susan Kirk and Chris McGiffin, with his award for 20 years of continuous membership!

# JASON E. NESSEL MEMORIAL INVITATIONAL

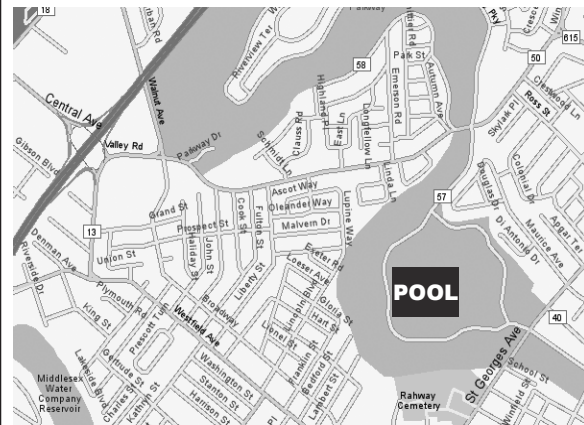
Saturday, August 7, 2010

7:15 a.m. warmup, 8 a.m. start

Sanctioned by (NJLMSC) for USMS, Inc. # 070-S04



**Walter E. Ulrich Pool  
Rahway River Park  
Rahway, New Jersey**



## ENTRIES:

The meet is open to all Masters Swimmers holding a valid 2010 USMS registration card. A copy of your card must accompany your entry! Enter times in long course meters. **Maximum four (4) entries per swimmer.**

## FACILITIES

Pool is 8 lanes, each 50 meters long. Depth ranges between 3-5 feet. Electronic timing. Bring your own lawn chair.

## AWARDS:

Custom awards for First through Sixth place.

## COST:

\$12 meet surcharge. \$4/ individual event and \$8/relay. Deck entries permitted for relays ONLY. Mail payment to Jeff Jotz, P.O. Box 873, Rahway, NJ 07065

## DIRECTIONS:

*Garden State Parkway Southbound:* Exit at Exit 135 (Clark/Westfield) and immediately bear left towards Rahway. When you pass under the Parkway, make your second right onto Valley Road. Follow Valley Road through traffic light for 1 mile and turn right into park at sign. Pool is 1/2 miles ahead on left.

*Garden State Parkway Northbound:* Exit at Exit 135 (Clark/Westfield) and immediately bear left onto traffic circle. Make your first right onto Valley Road and follow directions above.

For more information contact Jeff Jotz at (732) 382-9419 (eve.) or [jjotz@yahoo.com](mailto:jjotz@yahoo.com).

# JASON E. NESSELMEMORIAL INVITATIONAL

Saturday, August 7, 2010

## MEET ENTRY FORM

Name (print): \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_ USMS #: \_\_\_\_\_

Club: \_\_\_\_\_ Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

EVENT	TIME	FEEES
1. 400m freestyle		Meet surcharge \$12
2. 50m butterfly		Events x \$4 _____
3. 50m backstroke		No deck entries Maximum 4 entries per swimmer
4. 100m breaststroke		Relay x \$8 _____
5. 200m I.M.		TOTAL _____
6. 100m freestyle		Attach copy of your 2010 USMS card.
200 Choice of one: 7. 200m freestyle 8. 200m backstroke 9. 200m breaststroke 10. 200m butterfly	circle one	Send meet entries to:  Jeff Jotz P.O. Box 873 Rahway, NJ 07065
11. 100m backstroke		By July 31
12. 50m freestyle		
13. 50m breaststroke		
14. 100m butterfly		
15. 400m mixed free relay		

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: \_\_\_\_\_



**NJ LMSC**

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