

EASTLANE

Round & Round They Went In Bermuda Tuesday, October 19, 2010

300 swimmers, some who were colorfully clad, braved strong winds in the 20th anniversary of the **Bermuda Round the Sound Swim** this weekend.

The swimmers, some coming from as far away as Alaska, competed in distances of 10K, 7.25K, 4K, 2K, and 0.8K in the 78°F (26°C) water with Sir Richard Gozney, Governor of Bermuda, to present the awards.

23 swimmers from the ABC Gray Sharks in Massachusetts saw it as a great opportunity to get friends together and do something they all love. Susan Kirk of New Jersey said, "*So much passion for swimming permeates the ambiance here. It's very inspirational.*"



The Jersey gals pictured above are (l-r) Rosanne Lemon-gello, Beth Maloney, Sarah Clark, Susan Kirk, Jen Bauman and Moira McCullough. Other NJ Masters swimmers who swam varying distances in Bermuda but who were not pictured are Bridgette Hobart (10K), Dierdre O'Mara (7.25K), Jerry O'Mara (4K), Rebecca Kalibat (7.25K), Bill Reichle (2K)

--Taken from *The Daily News of Open Water Swimming* blog by Steven Munatones

Kiell's New Book

NJ LMSC member Paul Kiell, has just come out with a book entitled *Exercise and the Mind* which addresses the benefits of exercise for Mind-Body-Spirit Unity. A review of the book says: "*Exercise and the Mind* is a literary and scientific look at the notion of "a healthy mind in a healthy body."

Dr. Paul J. Kiell quotes philosophers, poets, and novelists through the ages, remarking on how exercise improves mood, heightens intellectual faculties, and stimulates creativity; and how it decreases anxiety, fear, and anger." Kiell features two Masters swimmers, himself and Austin Newman. You can find the book on Amazon at

http://www.amazon.com/Exercise-Mind-Possibilities-Mind-Body-Spirit-Unity/dp/1891369881/ref=sr_1_1?ie=UTF8&s=books&qid=1289553782&sr=1-1

Sad News

Long time swimmer Charles "Chick" Edward Harris passed away at his home in North Plainfield on October 18 at the age of 89 years. Chick was a Masters swimmer for many years. After he retired from his position with the New Jersey Bell Telephone Company, Chick stayed active by volunteering with the Special Olympics as a coach and in SWIM, Inc., an organization that helps disabled persons. Memorial contributions may be made to Swim, Inc., 120 FINDERNE AVENUE, BRIDGEWATER, NJ 08807.

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Calendar 2010/2011

New Jersey Events

February 13 OCY Unofficial Team Championships, Ocean County YMCA Toms River, NJ

[Please click here for the entry form.](#)

March 19 Drew March Madness Meet, Drew University, Madison, NJ. Information will follow.

April 9 Sussex County YMCA Meet, Hardyston, NJ. Information will follow.

Other Events

December 10-12 2010 New England LMSC Short Course Meters Championship & Colonies Zone SCM Championship, Boston University Fitness and Recreation Center. Enter online <https://www.meetresults.com/entries/> through December 6 or until the meet is declared full.

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.

September 15 - November 15 USMS 3000/6000 Yard Postal National Championships Contact Susan Ingraham, Aquatex101@aol.com or 201/493-0388. You can enter online at https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=2250 starting on September 15th.

NJ Masters Swimming Annual 100 x 100s

The ever popular Annual 100 X 100s, sponsored by NJ Master Swimming, is set for Super Bowl Sunday, February 6 from 8am – noon at Rutgers University. The swim is open to all 2011 USMS registered NJ Masters Swimmers. Stay tuned for further details.

NJ LMSC Annual Board Meeting News

Elections were held at the Annual NJ LMSC Board Meeting on October 31st. Here's our current lineup of volunteer officers:

Chair - Susan Kirk
Co-Registrars - Tom Brunson; Chris McGiffin
Treasurer - Bill Reichle
Secretary - Susan Kirk
Newsletter Editor - Linda Brown-Kuhn
Top Ten and Records - Ed Tsuzuki
Sanctions and Safety - Jennifer Bauman
Events Coordinator - Bridgette Hobart
Graphic Newsletter Designer - Sara Johnston
Open Water Chair - Jeff Jotz
Triathlete Liaison - Thaddeus Gamory
Webmaster - Bridgette Hobart/Jason Pintinalli

Find New Jersey Masters Swimming on Facebook and Twitter!

'Like' us on our new [Facebook](#) page and follow us on Twitter @NJMastersSwim for some of the latest swimming news. Also, once you 'Like' the New Jersey Masters Swimming Facebook page, you can post announcements on the wall and share swimming pictures and videos with your fellow New Jersey Masters Swimmers.

--Thanks to Susan Kirk for this announcement

POSTAL RECORDS

Congratulations to the following NJLMSC swimmers who set new NJLMSC 5K postal records in the 2010 5K National Postal Championship held from 5/15/10 through 9/15/10. Special congratulations to Thomas Alne for his first place swim and to Laura Linenberg for her third place swim!

Women 40-44
Laura Linenberg 41 GSM 1:18:26.01

Women 55-59
Heidi Remak-Ziff 58 BERK
1:32:07.30

Men 18-24
Thomas Alne, 22 GSM 1:05:11.21

Men 45-49
Daniel Moore 45 BERK 1:15:31.29

Complete results are online at:
<http://www.usms.org/longdist/ldnats10/5kpostalresultsswmr.pdf>

Super IM Workout

With the holidays upon us, if you're looking for calorie burn, try this workout supplied by Coach Chuck Warner, Berkeley Masters at RU (Rutgers University). And on the vertical kick Coach Chucks says arms at your sides or across your chest. Yikes!

Fins - 8 x 100s every (ev.) 1:40 2 each stroke, reverse IM order (50 drill, 25 kick, 25 swim) – Weaker swimmers do 75s (25 drill, 25 kick, 25 swim)

2 x {350 Locomotive (25 fast, 25 ez, 50 fast, 25 ez, 75 fast, 25 ez, 50 fast, 25 ez, 25 fast, 25 ez) ev. 5:15 – weaker swimmers skip the 75/25 and do a 250

{Vertical kick (and say hello to everyone and hear from the coach about your technique!) 4 x (20 seconds up, 10 seconds rest)

2 x {Swim 2 x 50s ev. 50 switch strokes in IM order/weaker swimmers swim free

{Swim 2 x 100s ev. 1:40 no free/weaker swimmers do 75s stroke

{ Swim 300 free 'threshold pace*/weaker swimmers 250 or 200 ev. 4:10

8 x 50s ev. 50 ez/fast///weaker swimmers 25 ez/50 fast

200 warm down

*The Threshold pace is based upon our "Aerobic Test" that we're doing about once a month to create a target heart rate and matching time. It's about 85% of maximum effort.

3400 yards-2800 depending upon level of swimmer

"Mainly, I like to have fun. Swimming is all about having fun, and I am firm believer that you should keep swimming as long as you are having fun, but I can say that it becomes much more fun as you get older and learn more about the sport, life, and especially more about yourself".

Scott Goldblatt

2010 USAS Convention Reports

(Below you'll find convention reports from two of NJ's four attendees. You can go to www.njmasters.org to read Chris McGiffin's and Ed Tsuzuki's reports.)

Submitted by Susan Kirk
NJ LMSC Chair and Secretary
Member, USMS Long Distance Committee

This year, the 2010 USAS (United States Aquatic Sports) Convention was held in Dallas, Texas and I had the privilege and honor to attend as a 4th year automatic delegate for the National Long Distance Committee and as a representative of the NJ LMSC. As the extended family of U.S. Masters Swimming convened for its annual meetings and workshops, it presented the opportunity for us, the delegates, to reflect, exchange ideas, and excogitate with our peers, who share our passion for our sport and a vision for increasing the level of service and opportunities that we can provide to you, our fellow members. Our goal is simply to provide high quality services and programs to the Master community so that every year members will want to renew and continue to participate in U.S. Masters Swimming and help promote the benefits of an active adult lifestyle enhanced by U.S. Masters Swimming.

Given that 2010 was a 'rules year', the Long Distance Committee was extremely busy throughout the Convention. Committee members reviewed and finalized 105 different rule proposals submitted to the House of Delegates (HOD) for consideration, facilitated an open rules forum for delegates, and conducted the usual Long Distance Committee business. A number of the rules related to the restructuring of the rule book and included a new definition for swimwear for USMS sanctioned open water swims. Including the new open water swimwear rule, the [HOD voted to approve all but \(1\) of the rules submitted](#), which will become effective January 1, 2011.

(From the October 2010 Streamlines)

There are now two categories for open water swimwear: Category I is required for all Open Water National Championships and shall be scored separately from Category II, whether in a National Championship event or not.

Category I swimwear shall be made from textile materials. For men, the swimsuit shall not extend above the navel or below the knee. For women, the swimsuit shall not cover the neck, extend past the shoulder, nor extend below the knees. There are no "fastener" specifications. Everything else, such as wetsuits, rash guards, arm warmers, arm bands, etc., is considered to be included in Category II.

During the first Long Distance Committee meeting, the 2012 Open Water (11 bids) and Postal (13 bids) National Championship bids were presented and reviewed. With great pride and on behalf of the Tom Wear Memorial Swim Committee (headed by our esteemed NJ Masters Swimming volunteer, Bridgette Hobart), I presented their bid submission for the 2012 USMS >1/< 3 Mile (2-Mile) Open Water National Championship to the committee and highlighted their key points - safety, efficiency, swim course navigation and structure, and the success of their prior events. When the winners of the bids for the 2012 Open Water and Postal National Championships were announced during the second Long Distance Committee meeting, it was truly exciting to learn that the Tom Wear Memorial Swim Committee was awarded the bid! I could hardly wait to share the thrilling news with

Bridgette! Let the planning begin!

Additionally, I had the opportunity to attend the Open Water Safety workshop led by Jim Wheeler. The importance of the attention to safety cannot be overstated when it comes to running and participating in an open water swim event. Jim highlighted components of the (6) critical areas of safety that event organizers need to address when planning their open water swim events and delivered the workshop in a captivating and informative way for the delegates in attendance.

It is with great appreciation that I would like to thank my fellow NJ LMSC delegates, Ed Tsuzuki, Chris McGiffin, and Gita Roy for their valued volunteer service time to attend and participate in this year's USAS convention. I would also like to extend a large thank you to all of the NJ LMSC volunteers for their continued service and support as we continue implementing many of the initiatives and services for you, our fellow members. We have an amazing and dedicated CORE group of NJ LMSC volunteers who truly embrace their service to the local membership and we look forward to expanding and growing programs and services for the benefit of the NJ Masters community. Remember to renew your USMS membership and just keep swimming!!

Submitted by Gita Roy
First Time NJ LMSC Delegate and USMS Swimmer

What compels some people to travel long distances, “go British” and join a party? Apparently, the United States Aquatics Sports Convention (or USAS)!

USAS is a phenomenon that happens only once a year when squads of hydrophiles from all over the nation descend on a town to engage in days of parliamentary procedure that culminates with good cheer and a festive party. Hosted in a different city each September, the USAS Convention is a total immersion in the latest ventures of aqua sports.

The venue was Dallas, Texas, which should have been my first clue. Everything is big in Texas, right? Having arrived early, I watched in awe as the hotel flooded with aquatiles. More than one thousand people from all over the U.S., each a representative from one of the five governing bodies in water sports (USMS, USA Swimming, USA Water Polo, USA Synchronized Swimming and USA Diving), assembled under one roof. As a newbie to the convention, it was an awesome experience to be among so many other water fanatics.

There was a flutter of activity within the group of USMS delegates, among whom I spent most of my time. With Rob Butcher at the helm, I learned the organization had recently transformed itself from a headquarter-less entity of loosely knit clubs to a more unified and branded corporation. The USMS organization, it turns out, provides more than a website and magazine subscription. It is a strong organization, enhanced by new partnerships and technologies, with teams of volunteers powering its core. Needless to say, Masters swimmers everywhere benefit from the countless hours of effort USMS staff and volunteers devote to advancing the sport of adult swimming.

A year's worth of preparation went into finalizing the USMS goals for its Convention. Masters swimmers analyzed, processed and voted on so much swimming information that I wondered whether, if bottled and sold, USMS' way of getting things done might make stagnation of any kind a thing of the past. Robert's Rule of Law, a process with British roots unfamiliar to me, may account for

some of the expediency I witnessed at Convention. USMS delegates also deserve credit; their (self-proclaimed) attributes of passion and compulsiveness bubbled up in many discussions. Whether debating the legality of new tech suits, the impact of a new rule on a region, or the validity of a study - these spirited conversations resulted in cooperation and resolution because of the positive spirit of Masters swimmers.

The Convention was not all about work. After all, USMS is about fun, friendly competition and fellowship! Masters' splashed meetings with a kind of joshing seen only among close friends and family. Voting was halted a few times for the benefit and enjoyment of a good joke. (You know, the kind only Masters swimmers get?). At USAS, USMS was the juxtaposition of fun and seriousness, and the only convention where, while wearing flip-flops, I could contemplate serious issues.

Social gatherings provided more good times outside of regular meetings. Pre-dawn, swim workouts jump-started the day. Under the tutelage of notable Masters coaches, many of us improved our technique and in the process became friends. Swimming in nationally-represented practices also broadened my view of USMS and the great swimming community to which I belong. Regardless of where people gathered, pools, hallways, cafes, or social events, Masters swimmers everywhere were eager to delight in the benefits of adult swimming.

For the final lap of the Convention, all five sports reunited to take part in USAS' fun social event. Rowdy Gaines joined the party and as Master of Ceremonies helped deliver a wave of motivational presentations that skillfully captured both the spirit and vision of each sport. Famous coaches, athletes and parents were honored, and celebrities like Adolph Kiefer and Greg Louganis inspired the crowd. The whole conference experience moved and energized us. It was clear we are all part of the same aquatic family united by a love of water and sports.

Richard Pound to Chair Open Water Review Commission

Five-Member Panel to Review Investigation Findings in Death of Fran Crippen, Submit Safety Protocol Recommendations

COLORADO SPRINGS, Colo. – Former IOC Vice President **Richard Pound** will chair the five-person Open Water Review Commission appointed by USA Swimming to review the findings of the independent investigation initiated by USA Swimming into the tragic death of Open Water athlete Fran Crippen on October 23 at a FINA race in the United Arab Emirates.

Along with reviewing the findings of the independent investigation, the Commission will solicit and consider other pertinent information from appropriate individuals and organizations and develop recommendations for the improvement of safety protocols, procedures, and precautions arising from the death of Crippen. These recommendations will be presented to USA Swimming as well as FINA, which sanctioned the UAE race.

The Commission will make its full report to USA Swimming by the end of March 2011.

--Thanks to Ed Tsuzuki for this which came from USA Swimming

Light Those Candles...Happy birthday to the following 96 swimmers who celebrate their birthday in November or December. Sorry to Mark Chiusano (55-59) who I forgot to mention for his October birthday.

Edward Breisacher 75-79	Carol Mateo 50-55	Gregory Greene 40-44
Barbara Rosenbaum 65-69	Christopher Wilcox 50-55	John Sabatino 40-44
Carol Motyka-Miller 65-69	Ed Tsuzuki 50-55	Michael Rist 40-44
Mary Hesselgrave 65-69	David Feldman 50-55	Moira McCullough 40-44
Ron Sabo 65-69	Sue Lawson 50-55	Bobby Heim 40-44
Elise Tatham 60-64	Elisabeth Staehle 50-55	Jeffrey Gold 40-44
Richard Wallace 60-64	Irene Ayers 50-55	Alexandra Lopez 40-44
Cathy Deats 60-64	Valerie Williams 50-55	Amy Duncan 40-44
David Allred 60-64	Donald Hoover 50-55	Laura Gilkey 40-44
Leslie Trott 60-64	Rick Hrabchak 50-55	Mike Minwell 40-44
John Lemmo 60-64	Patricia Encinas 50-55	Mark Kolman 40-44
Brian Fagan 55-59	Ellen Kranefuss 50-55	Steve Duttonhofer 40-44
Christine Rodgers 55-59	Kurtis Baker 50-55	Sean Kehoe 35-39
Michele Pfaff 55-59	Amy Rappaport 50-55	Marianne Eybye 35-39
Paul Gondek 55-59	Bill Schuller 50-55	Ashley Pertsemildis 35-39
Steven Levine 55-59	Maribeth Bowen 45-49	Jen Bauman 35-39
Carol Martyniuk 55-59	Amy Campbell 45-49	Christopher Ruser 35-39
Zeev Bieder 55-59	Susan Waldron 45-49	Shobana Ravishankar 35-39
Don Denny 55-59	Nancy Finn 45-49	Frank Kraljic 35-39
Peter Van Nuis 55-59	Brenda Ziegler 45-49	Lisa Gilbert 35-39
Thomas Bores 55-59	Mary Guilfoyle 45-49	Angela Deveaugh-Geiss 30-34
Laura Rush 55-59	Anne Clewell 45-49	Jennifer Johnson 30-34
Carol Malone 55-59	Barry Lass 45-49	Robert Fetter 30-34
Clarence Tomsen 55-59	David Richards 45-49	Jennifer Smith 30-34
Janet DeBiase 55-59	Eric Marquard 45-49	James Pollack 30-34
Michael Ciolino 55-59	Todd Schaper 45-49	Lisa Rosynsky 25-29
Ron Loria 55-59	Craig Leisher 45-49	Esther Lee 25-29
Cynthia Orinski 50-55	Norma Fallon 45-49	Kevin Bobenchik 25-29
Rick Schulter 50-55	Elizabeth Bromley 45-49	Jessica McGuire 25-29
Bob Vanore 50-55	Joshua Raymond 45-49	Uttam Mukherjee 25-29
Patricia Quinlan 50-55	Joanna Sutherland 45-49	Allyson Salisbury 25-29
Denis Kallish 50-55	Andrew Wallace 45-49	Erin Mullins 25-29

Swim Free™ -- An Exciting New Nonprofit

When you're a Masters Swimmer, it's easy to think everyone shares your love of the sport. But that's not always the case. Many people - both children and adults - don't have access or opportunity to develop strong swim skills. Without that confidence, they miss out on all the benefits and fun swimming has to offer.

Now there's a new nonprofit making a difference. Swim Free™ is dedicated to the health improvement of children and adults through swim. Their mission is to get everybody in the water safely and comfortably, whether the swimmer is seeking novice or Olympic status.

Swim Free organizes its own programs, and supports existing, well-respected programs, too. The preferred charity of NYC Swim, Swim Free has accomplished a lot in its inaugural year, including:

- Collaborating with Dolfin Swimwear and donating 1,200 swimsuits to NYC public school kids participating in learn-to-swim programs. Until now, many of the kids were swimming in their pajamas and underwear.



NYC Public School kids wearing their brand new swimsuits donated by Swim Free & Dolfin Swimwear

- Launching the [Swim Free Angel™ initiative](#) to comfort people young and old in and around the water, offering encouragement and coping mechanisms. The Swim Free Angels provided support shore-side and in the water at multiple NYC Swim events and the Westchester Triathlon this past season, and will be supporting the 2011 Nautica NYC Triathlon.

- Placing four adults and a NYC public school second grade class of students into learn-to-swim programs. Securing fund-raising through charity participation in the 2010 TD Bank Five Boro Bike Tour, the 2011 Nautica NYC Triathlon, and the 2011 Manhattan Island Marathon Swim. And, knowing that it takes just \$250 to teach a child or adult to swim, Swim Free began its [Adopt a Swimmer](#) allowing supporters to give the gift of swimming to someone who doesn't have access to lessons, or the means to pay.



Swim Free Angels providing support to a triathlete finishing the swim portion of the event

Right now, there is tremendous opportunity for members of the New Jersey Masters Swim community to become involved in and support Swim Free. If you would like to help, learn more, or [participate in a Swim Free fundraising event, like the NYC Triathlon or an NYC Swim event](#), please go to www.swimfree.org . Swimmers unite!



Quick Shots Quick Shots Quick Shots Quick Shots



While NJ didn't win the NY vs. NJ Duel in the Pool held on November 21st, it was a fun event for all. Above, Lynn Frampton and Benn Doyle sport caps in Jersey blue.

Photos by Jon Halpern.



Beth Alemy flies along at the Sussex County YMCA "Just Do It" meet held on October 9th.





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