

EASTLANE

International executive swims English Channel in memory of his son

By Tiffani N. Garlic

Richard Caretto was a 21-year-old college student, with the smarts and potential to do just about anything he wanted in life. Then, one day, Richard took his life, and was gone forever. It was not the first time Richard had attempted suicide, nor was it the first time his sometimes-bizarre actions were ascribed to a mental condition that in many ways remains a mystery to science — bipolar disorder.

Also known as manic-depressive behavior, bipolar disorder is a mental illness that causes severe shifts in mood, dramatic changes in energy and activity levels, and an inability to carry out day-to-day tasks. Unlike the normal ups and downs that everyone goes through, the radical symptoms of bipolar disorder can result in damaged relationships, poor job or school performance, and even suicide. It often starts in late teens or early adult years. But is not easy to detect, and some people suffer for years before they are properly diagnosed and treated.

Martino Caretto, Richard's father, wanted to change that. Since Richard's death on April 30, 2009, the Caretto family identified TGen's genetic research into bipolar disorder as the nation's most promising. And Martino — a 59-year-old Italian-born executive of an international confectionary business called Ferrero — wanted to do something extraordinary to bring attention and funding to this cause.

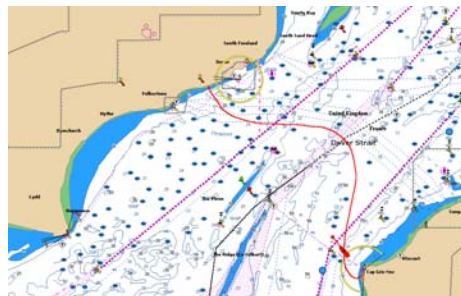
The Frigid Swim

On August 8, after waiting eight days for a break in the weather, Martino and his swimming companion, 37-year-old Michele Drocco attempted a relay swim of the English Channel. It was a first for a two-man Italian-American team, and the first as a fundraiser for bipolar disorder research. "For open-water swimmers, the English Channel is like what Mount Everest is to climbers," said Martino, who has always been an avid swimmer and even competed in his youth in water polo.

In recent years, he swam the Hudson River, not far from his family's U.S. home in Basking Ridge, N.J., and earlier this year he swam with two friends in a 24-mile marathon charity relay race in the warm waters off Tampa, Florida. But swimming the more than 20 cold-water miles from Dover, England, to Calais, France — even as a part of a one-hour-in, one-hour-out, relay — presented a greater challenge. "It is extremely challenging," Martino said. "We had enough endurance to cover the distance, but we were not adequately prepared for the cold and rough waters."

The water was cool, 62 degrees. But the temperature onboard their boat, on a mostly overcast day, was an even chillier 57 degrees, causing Martino to shiver uncontrollably at times when he would exit the water as Michele took over swimming. "The impact of the cold water is brutal," Martino said afterwards. "Once on board, I suffered from hypothermia with uncontrollable tremors in various parts of my body." His tongue became swollen from the taste of salt water.

Martino said he would not have been able to complete the relay swim without the nurturing and encouragement of his wife, Phyllis, who helped him put on warm clothes and provided him with hot drinks in between his six, one-hour swims.



Crossing the channel was not without its own

Continued on page 3

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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; 252/638-8425. Need a 50m pool to swim event in.

October 9 Sussex County Y "Just Do It" Adult Mini-meet Hardyston, NJ
Entry on pages 8 and 9. Entry deadline is 10/1. Contact Bob Hopkins swimsmart@yahoo.com or 973.729.3686

Other Events

November 21 1st Annual Duel in the Pool, NY Masters vs. NJ Masters.
Nassau County Aquatic Center, hosted by the Metropolitan LMSC. Details TK.

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 .

Annual Board Meeting and Elections

November 14th is the date of the NJ LMSC Annual Board Meeting and Elections. We'd love to bring some new voices and opinions to the current group of volunteers involved in making positive changes to Masters swimming in NJ. If you want to nominate yourself or anyone else for a position you can choose from: Chair, Vice Chair, Secretary, Treasurer, Registrar, Top Ten/Records, Sanctions & Safety Chair, and Newsletter Editor. Submit your nominations to Susan Kirk at sqkirk@gmail.com . Descriptions of the positions can be found on the NJ LMSC website at <http://www.njmasters.org/membership/board/officerdescription.htm> . The meeting location and time are to be determined.

NJ LMSC TO OFFER A TRIO OF SWIM WORKOUTS/CLINICS

All workout/clinics are open to registered members of the NJ Masters Swimming community. Each session will be held at the Cranford Pool & Fitness Center located at 401 Centennial Avenue, Cranford NJ 07016 from 6 to 8 pm on November 7th, February 20th, and April 3rd. Each session will consist of a 30 minute clinic featuring starts, turns, and stroke technique followed by a 90 minute workout.

These workout/clinics are being offered free of charge to NJ LMSC members BUT are limited to the first thirty (30) swimmers who register for each date. To reserve your spot, contact Bill Reichle at BRSWIM@comcast.net .

English Channel swim, from cover

mysterious beauty: "We saw wonderful, enormous jellyfish around us in the sea, which was rich with plankton that reflected in the water when the sun hit it, creating a beautiful kaleidoscope of colors." Still, there are tremendous obstacles to overcome: "The cold has a cumulative effect, making it increasingly difficult to restore normal body temperature. We began to encounter huge cargo ships and merchant vessels that passed us, completely unaware of our presence, creating enormous waves that tossed us around in the water and prevented us from swimming properly."

There were times, especially when the winds kicked up, that he wanted to quit. But he kept his mind focused on his strokes — 3,000 per hour — and on the memory of his son, Richard. "I didn't want to let him down." After 12 hours and 8 minutes, the official observer blew his whistle as Martino reached shore. Tears flowed down his cheeks as he alternately hugged Michele and Phyllis. Thinking back to the end of his swim, Martino remembered looking up and seeing a single star in the east, and thinking of his son, Richard: "One lonely star shines in the night sky, showing us the way. I see your face in that star, smiling."

Taking Action Out of the Water

After Richard's death Martino's other son, Carlo, now a senior at Harvard, suggested that the family work with TGen after conducting a nationwide search of research institutes. "We were extremely impressed," Carlo said, "by the many scientific advances made by TGen, by its technological and research leadership, and by its dedication to making discoveries in the very area that concerned our family — bipolar disorder." Go to <http://tinyurl.com/Rich-TGen> to visit the Richard Caretto Memorial where you can make a donation that will support Bipolar research.

Feisty Fall Workout

Thanks to Coach Thaddeus Gamory of the new Bay City Y Aquatics-Masters Swim Team at Raritan Bay Area Y for this inspired workout. Your mind will be so busy with this workout you won't have time to worry about how tired your body's getting!

Warm-Up: 500 EZ Swim Choice (500)

Transition Set: 8 x 75 Drill/swim: 50 Drill/25 Swim (600) Drill IM Order and then repeat

Main set: 8 x 275 Broken as follow: (2200)

50 Kick @ 1:30 (kick the stroke you will swim next)

50 Swim Choice @ 1:15 (swim stroke you just kicked) (rest built into interval)

75 Freestyle Pull, build by 25's, @ 1:30 (rest built into interval)

100 IM @ 1:45 (1 minute 45 seconds rest-stretch at wall between 250's)

Cool down set:

4 x 50 Odd Free/ Even No Free Power I @ 1:00 (200)

200 Swim EZ Pull 100 Backstroke/ 100 Choice (200)

Total Yards: 3700

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Quote: "Jump right in or you might change your mind about swimming."

--From the book, Really Important Stuff My Kids Have Taught Me by Cynthia Copeland (no relation to Rob Copeland)

Light Those Candles... Happy birthday to the following 46 September babies!

Gershen Konikow 90-94

George Melick 85-89

Lainey Dooman 80-84

Isaac Siskind 80-84

William Haas 75-79

Ann Ferguson 70-74

Toms Royal 70-74

James Ferriter 60-64

Bruce Rollins 60-64

Fran Groves 55-59

Diane Duelfer 50-54

Martin Rothfelder 50-54

Fran McManus 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

Anne-France Saillot 45-49

Gregory March 45-49

Herbert Zwartkrius 45-49

Joseph Flanagan 45-49

Daniel Moore 45-49

Richard Clew 45-49

Scott Schmitt 45-49

Hanae Haouari 40-44

Sherri Plunkett 40-44

Ronald Epstein 40-44

Kevin McDermott 40-44

John McNally 40-44

Pia Mountford 40-44

Robert Barrish 40-44

Jennifer Korn 40-44

Curtis Sawin 35-39

Thomas Loscaizo 35-39

Dominic Malleo 35-39

Will Price 35-39

Kori Postma 35-39

Evan Friedman 30-34

Jennifer Neal 30-34

Chris Czvornyek 30-34

Kerry Lyn Gertler 25-29

Lisa Boettrich 25-29

Matthew King 25-29

Bryan McDonnell 25-29

Y Triathlon Training Club

A triathlon training club will be offered at the Raritan Bay Area YMCA from September 18th through November 20th. This program is designed for all level athletes and will culminate in a triathlon for those involved on November 20th. Contact Jackie Sienkiewicz at jsienkiewicz@rbaymca.org for more information.

Including time for rest in a workout routine can help fitness goals

By Lenny Bernstein, Thursday, July 29, 2010

If you're like me, you may be looking at some upcoming vacation and thinking: I wonder how many extra workouts I can squeeze into all that free time?

Bad idea. Instead, stop and remember why you tear yourself away from work for a few weeks each year: to rest.

Rest, in its various forms, is critical to your fitness program. Skip your days off or easy days to cram in extra exercise, and you risk injury, burnout or setbacks in reaching your goals, experts say.

"Even God rested for one day," says my sister-in-law, Tamie DiNolfo, a physician and marathoner who'd rather face a malpractice suit than skip her morning run.

While you're vacationing, "keep the rest in there," says Pete McCall, an exercise physiologist for the [American Council on Exercise](#), a nonprofit organization that promotes safe and effective exercise. "Use the time to take a few extra naps and get a little extra sleep."

Physiologically, you build strength while resting. The muscles you tore down by swimming a few more laps than last time, lifting a few more pounds or cycling just a little faster repair themselves and come back stronger when you give them a chance to recover. That's why, in most training programs, hard days are followed by easy days.

"Exercise is physical stress on the body. If you don't allow the body a chance to recuperate, you can over-tax the body," McCall says.

Figuring out how much rest you need and how to go about it takes a little more, well, work.

Let's start at the far end of the spectrum. Competitive athletes -- from Usain Bolt to the students on the college swim team -- put in serious training time. For them, the risk is an identified, if ill-defined, problem known as "overtraining syndrome," or OTS. Although it sometimes can be difficult to get a handle on OTS, coaches, in particular, know it when they see it.

The athlete's performance declines, sometimes suddenly, and he or she may suffer from restlessness, unusual soreness, irritability, nagging injuries and that "stale feeling."

"We don't know what it is. It's where athletes lose their zoom," says Carl Foster, a professor in the department of exercise and sports science at the University of Wisconsin at La Crosse. "The thing that makes

them magic goes away."

But we do know *why* some athletes develop OTS, Foster says: Instead of taking easy days or days off, they work harder.

"I think it's the Puritan work ethic, which is deep in the soul of our culture," he says. "And athletes are very motivated people."

In studies of runners, speedskaters, swimmers and basketball players, Foster and colleagues found a significant difference between coaches' and athletes' perceptions of easy days. Many athletes simply used a rest day built into a training schedule as an opportunity to work out more, defeating its intended purpose.

You don't have to be a competitive athlete to over-train. Anyone working hard over time to improve performance can fall victim to the idea that more training will yield better results.

"A lot of people in our culture respond to failure with effort," Foster says. "That's a good thing about our culture. But that's a bad thing, too."

For all these athletes, a day of total rest and/or an easy workout day each week can stave off overtraining. On easy days, the trick may be to cross-train. Take a leisurely swim if you're a runner, ride a bike outdoors if you've been in the gym too long. Make sure you get seven or eight hours of sleep, and on vacation, see if you can do something completely different for a couple of days, McCall says.

"Change your routine up and get away from it," he says. "I would generally use the time off, do some hiking, go out and play with the kids."

Now let's say you've been completely sedentary or exercising infrequently, and you decide that vacation is the perfect time to adopt the fitness habit. Federal guidelines recommend that adults do at least 30 minutes of brisk walking every day to maintain their health.

Do you need to build a rest day into such a schedule?

It's not a bad idea, but probably less critical than it is for long-term, dedicated exercisers, Foster says. A day of cross-training instead of six or seven straight days of the same activity also would help, he says. As a general rule, you can safely increase your workout load by about 10 percent each week.

"Even if you walk half an hour **Continued on page 6**

Starts and Turns Clinic

Sharpen up your starts and turns – they can make all the difference in a race! Attend this clinic run by Bob Hopkins on Sunday, October 3rd. [Clinic registration form](#) below. If you have questions contact Bob Hopkins at swimsmart@yahoo.com or 973/729-3686.

Adult Starts & Turns Clinic

Sunday, October 3rd

5:00 pm—7:30 pm

at the Sussex County YMCA

This clinic is for any adult swimmer, members and non-members welcome. There will be 90 minutes of pool time focusing on:

- *open turns, flip turns, front starts, back starts & classroom time*

Registration Form:

Name: _____ Date of Birth _____

Address: _____

Town: _____ State/Zip: _____

Phone: _____ Cell: _____

e-mail: _____

Registration Fee:

Members: \$25.00 Non Members: \$30.00

Balance Payment Type (Circle one): Check Cash Credit Card

Check # _____

Credit Card Type: _____

Card #: _____ Exp. _____

Date: _____

Signature: _____ Date: _____

mail to:

15 Wits End Road

Hardyston, NJ 07419

(973) 209-9622

Fax: (973) 209-1483

www.sussexcountyyymca.org

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a day and you [increase that to] an hour a day, you're going to feel it," he says. Continued next page

Raising the intensity of your workout even more could lead to orthopedic or inflammatory injuries, Foster says, so build up gradually before you go on vacation. "Jogging or running is much more challenging orthopedically than walking," he says.

Above all else, experts say, regular exercisers should listen to their bodies. If your attitude toward a workout is, "I don't want to go to the gym, but I know I need to," don't do it," McCall says. "You're not going to do yourself any favors."

—From *Washington Post*, 7/29/10

NJ LMSC Record Breakers -- from the NJ LMSC Records Chair Ed Tsuzuki

The Stevens Masters August Swim Meet (SCY) was held on August 15, 2010 at the Stevens Institute of Technology's Debaun Aquatic Center in Hoboken NJ.

Congratulations to Emily Woo, 23, who set a new NJLMSC SCY record for the 50 yard backstroke (30.40)!

The Jason E. Nessel Memorial Invitational Long Course meet was held at the Walter E. Ulrich pool in Rahway River Park on August 8, 2010.

Congratulations to the following swimmers who set new NJ LMSC LCM records at the meet!

Women

60-64

Marie Vellucci, 61
100 Fly 2:04.97

Men

45-49

Daniel Moore, 45
200 Back 2:45.20

80-84

Nickolas Demas, 80
50 Free 36.84
100 Free 1:30.59

Isaac Siskind, 82
50 Fly 1:07.07

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Congratulations to Emily Woo, 23, who set a new NJ LMSC SCY record for the 50 yard backstroke (30.40)!

Congratulations to the following swimmers who set new NJ LMSC 1 hour postal records in the 2010 USMS One Hour Postal National Championships, hosted by TAM Masters.

Women

35-39

Jennifer Bauman, 37 4525 yards

55-59

Beth Maloney, 59 3510 yards

60-64

Marie Vellucci, 60 3340 yards

Men

40-44

Daniel Moore, 44 4790 yards

60-64

Bill Reichle, 62 3625 yards

Relays

Women

18+

Berkeley Aquatics 11,280 yards

Anne Clewell, 47

Lisa Rivera, 27

Allyson Salisbury, 24

35+

Berkeley Aquatics 12,685 yards

Lynn Ascione, 42

Jennifer Bauman, 37

Sarah Clark, 39

45+

Berkeley Aquatics 10,720 yards

Beth Maloney, 59

Anne-France Saillot, 47

Marie Vellucci, 60

Men

45+

Berkeley Aquatics 11,400 yards

Michael Fanelli, 55

Matt Lefkowitz, 49

Bill Reichle, 62

Mixed

35+

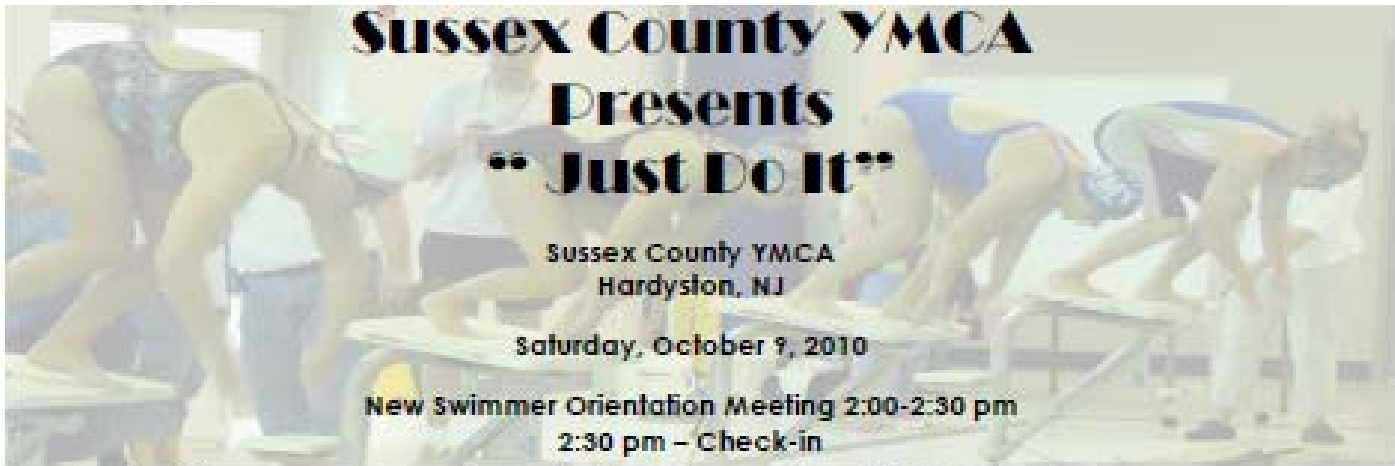
Berkeley Aquatics 17,850 yards

Lynn Ascione, 42

Jennifer Bauman, 37

Michael Fanelli, 55

Daniel Moore, 44



Sussex County YMCA Presents “Just Do It”

Sussex County YMCA
Hardyslon, NJ

Saturday, October 9, 2010

New Swimmer Orientation Meeting 2:00-2:30 pm
2:30 pm – Check-in

Recognized by New Jersey Masters Swimming for USMS, Inc. # 070-R03.

Facility: The Sussex County YMCA six lane 25 yard pool. Timing will be done with a Colorado Timing System with manual backup.

Directions:

From Route 23: Go to Hamburg; take Route 94 South to Wits End Road on right (approx. 2 miles). Follow Wits End Road to YMCA driveway.

From Intersection of Routes 15 & 94: Go North on Route 94 towards Hamburg. Follow Route 94 to Wits End Road on left (approx. 5 miles). Follow Wits End Road to YMCA driveway.

Schedule: 2:00 pm New Swimmer Orientation Meeting, 2:30 pm check-in, 3:00-3:30 pm Warm-up, 3:30 pm start.

Warm-ups: No diving is permitted during warm-up, except in the designated one-way sprint lane(s).

Entry Limit: Swimmers may register for a maximum of 4 events.

Seeding: All events will be pre-seeded. Events will be run in heats, slowest to fastest, with men and women swimming together. Entries with “No Times” will be seeded in the slowest heat.

Age Groups: Individuals: 18-24, 25-29, 30-34, etc. through 90+.

Eligibility: Open to any adult interested in participating in a swim meet. Swimmers must be 18 years of age on the date of the meet. If you are a member of USMS, a copy of your USMS card needs to be submitted with your entry form.

Awards: Ribbons for 1st through 3rd places; all others will get a label with their official time.

Timing: In the unlikely event that a malfunction occurs in the automatic timing system, the meet will continue on schedule with the use of alternate (stopwatch) timers.

Entry Fees: \$12.00 per swimmer to register and \$5.00 per event.

Registration: All entries must be received by Friday, October 1, 2010 NO exceptions. Any entries received after October 1st will be returned.

2010 Adult Starts & Turns Clinic – Sunday October 3, 2010 – 5:00-7:30pm

This clinic is for any adult swimmer, members and non-members welcome.

There will be 90 minutes of pool time focusing on: open turns, flip turns, front starts, back starts, and classroom time.

*Registration form attached.



Entry Form -Adult Mini Meet-October 9, 2010

Entry form must be received by Friday, October 1, 2010.

(In order for your results to be posted to the NJ Masters Swimming you must include a copy of your USMS card).

Age as of 10-8-10: _____ Sex: _____

Name: _____ Date of Birth: _____

Address: _____ E-Mail Address: _____
 _____ Evening
 _____ Phone: _____
 _____ USMS number(if applicable): _____

Day time Phone: _____

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 the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of these 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)

PLEASE PLACE A COPY OF
USMS CARD

Signature: _____ Date: _____

Please enter your best short course yard times for each event you wish to swim (put "NT" in the blank for No Time)

Event	Entry Time	Event	Entry Time
1. 50 Free	_____	6. 100 Free	_____
2. 100 Fly	_____	7. 50 Fly	_____
3. 50 Breast	_____	8. 100 Breast	_____
4. 100 Back	_____	9. 50 Back	_____
5. 200 IM	_____	10. 200 Free Relay*	_____

* 200 relay-Free

- Yes, Place me on a Team.
- I have my own team. Please list all participants.

All participants must be entered in meet.

Entry Fee \$12.00

of Events x \$5.00 \$ _____

Total enclosed: \$ _____

Check (payable to Sussex County YMCA)

Credit Card (circle one) VISA MC Discover AMEX

Card # _____ Exp Date: ____/____

Signature _____



We build strong kids, strong families, strong communities.



NJ LMSC

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