

EASTLANE

Annual Banquet Set for May

The response has been great so far with more than 35 people already signed up for the 5th Annual NJ Masters Swimming Awards Banquet and Social on May 14th at the [Lafayette Lodge #7](#) in Rahway.

The festivities start early for those party goers who want to join a free coached workout offered from 4-5:30 pm at the [Cranford Pool & Fitness Center \(Centennial Avenue Pool\)](#) in Cranford.

The banquet follows in Rahway from 6-10 pm.

This year's distinguished guest speaker will be long time NJ Masters swimmer, Nancy Steadman-Martin, well known for her extraordinary open water swimming feats.

The Saturday evening will be packed full with great food, door prizes, a banquet slide show (contact Bridgette Hobart at bho-bart@ptcllc.com with any swimming photos you'd like to share), and continuous membership recognition awards. So go ahead and join the crowd by sending in your [invitation](#).

Coach of the Year

Kudos to long-time Masters swimmer and Pingry's boy's swim coach, Bill Reichle, for earning the Star Ledger Coach of the Year award for Somerset county.

The Star Ledger wrote, "Bill Reichle only had one key senior, All-America Nic Fink, which means he utilized a team of talented underclassmen to guide Pingry to its fourth straight Non-Public B title and to a sweep of the relays at the M of C for the second consecutive season."

Open Water etiquette: is there such a thing?

By Jeff Jotz, NJLMSC Open Water Chairperson

Swimmers have often said that one of the things they enjoy about open water swimming is that it can be a "contact sport." Athletes aren't separated by lane lines, walls or bulkheads. In many cases, especially during, the start, swimmers are literally reaching and clawing their way over each other to reach the first buoy.

Since the majority of open water events in New Jersey aren't governed by recognized swimming bodies like USA Swimming, FINA or USMS, "anything goes" can be the general rule in the water.

Or is it?

The start of an open water swim is generally the time when you will experience most contact with other swimmers. Inexperienced open water swimmers or those who would rather avoid other people should generally start at the rear of the pack and let the faster swimmers duke it out for the first 100 yards or so.

Of course, if you are among the speedier open water swimmers and the swim is a relatively short one, you stand a decent chance of being jostled, elbowed, scratched, kicked, dunked and/or pulled back by another swimmer racing out to the buoy. In my 20-plus years of open water swimmers, I've been the victim of all of the above tactics (although I can-

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Calendar 2011

Events

January 1 - December 31 USMS Go The Distance 2011 Fitness Event

Go to <http://www.usms.org/fitness/content/gothedistance> to enter this free event.

January 1 - December 31 USMS "Check-Off Challenge" National Fitness Event Go to <http://www.usms.org/fitness/content/checkoff> for more information or contact Nancy Brown; nancy-geoff@cablespeed.com

April 15-17 Colonies Zone SCY Championships. George Mason University in Fairfax, Virginia. Online entries are open until April 6. Entry form and meet information: <http://www.patriotmasters.org/ColoniesZone2011.htm>

April 16 First Annual SCY Challenge Meet, Wagner College, Staten Island. Deadline for Entry forms is April 8th.

April 28 - May 1 2011 USMS Spring National Championships, Kino Aquatic Complex, Mesa, AZ. Entry not up yet. Aquatic Complex, Mesa, AZ. Online entries will close at midnight on March 24th. Paper entry form must be postmarked by March 17 or received by March 24.

June 11 2011 USMS USMS 6 to <9 Mile Open Water National Championship (10K), Gulf of Mexico, Ft. Myers Beach, FL. Entry deadline is June 7.

June 18 2011 USMS > 9 Mile Open Water National Championship (25K), Morse Reservoir, Noblesville, IN. Entry deadline is May 21.

August 3-6 2011 USMS Summer Nationals, Auburn University, Auburn, AL. Complete meet information will be available with the publication of the May/June issue of SWIMMER magazine.

August 6 2011 USMS >3/< 6 Mile Open Water National Championship (5K), Atlantic Ocean, Brooklyn, NY Entry form.

August 13 2011 USMS 2-Mile Cable National Championships, Mirror Lake, Lake Placid, NY Online entries will close at midnight, August 3. Paper entries must be received by August 1. Entry form.

Quote:

“Spring is when you feel like whistling even with a shoe full of slush.”

Douglas Gordon Arthur Lowe, English middle distance runner who won gold medals in 1924 and 1928 Olympics in the 800 meters.

Mixing it up

Workout

Sprinter's Delight

Thanks to Brad Thornton, coach of the Hoboken Masters for this speedy workout that will especially please those who don't like swimming anything over a 100.

Warm Up:

400 Swim, 200 Kick, 200 Pull or 15 minutes

Main Set:

Odd Rounds = Freestyle for 50's, Even Rounds = Stroke for 50's

8x's:

|100 Freestyle Long @ 100 Pace (1:20)

|50 Fast @ 50 Pace +10 seconds (50)

|50 Faster @ 50 Pace +20 seconds (1:10)

100 EZ for Cool Down

Stroke Set:

16 x 25 IM Order or Stroke @ 30

Warm Down:

200 EZ Any Stroke

Total: 3,100

Light Those Candles!

Happy birthday to the following 50 swimmers who celebrate their birthday in April.

Nickolas Demas 80-84	Scott Yeomans 45-49
Peter Gruntfest 60-64	Dougin Walker 45-49
Marie Vellucci 60-64	Robert Scott 45-49
Mary Livingston 60-64	Ken Fitch 45-49
Rita Nannini 55-59	Geoff Schenkel 45-49
William Howarth 55-59	Martin Scheidl 45-49
Cedric Druce 55-59	Jose Faria 45-49
Philippe Delamare 55-59	Scott Durpex 40-44
Stacey Keenan 55-59	Nicole Coxson 40-44
Nancy Moore 50-54	Julia Inagaki 40-4
Claudia Thornton 50-54	Barry Bachenheimer 40-44
Ray Milazzo 50-54	Beth Bigham 40-44
Howard Libov 50-54	Denise Salvatore 40-44
Deborah Fennelly 50-54	Louisa Clayton 40-44
Eric Wyszowski 50-54	Anthony Robinson 35-39
Sharon Friedman 50-54	Maria Bengtsson 35-39
Mark Hoffman 50-54	Andreas Bojesen 35-39
Don Sumada 50-54	Stacey Jones 35-39
Laura Patrick 50-54	Tom Brown 30-34
Karen Shearly 50-54	Steve Sedmak 30-34
Kathleen Carlyon 50-54	Sandy Bluhm 30-34
Chris Remetz 50-54	David Bishop 30-34
Howard Konicov 45-49	Tara Graham 20-24
Scott Carpenter 45-49	Brandon Vandegrift 20-24
Ilse Wolfe 45-49	
Rich Johnston 45-49	



Records Fall

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCY records at recent meets. On March 12 at the **New York State Championship** meet held at the Nassau County Aquatic Center, Marie Vellucci, 61 set the following new records:

Women 60-64

200 Fly 3:40.09

200 IM 3:31.88

400 IM 7:22.20

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At the **2nd Annual March Madness** meet held on March 19 at Drew University, the following new SCY records were set:

Women 55-59

Nancy Steadman-Martin, 56

50 Back 33.79

60-64

Marie Vellucci, 61

100 Fly 1:45.02

Men 80-84

Paul Kiell, 80

1650 Free 29:34.79

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Congratulations to Andrea Luallen-Egg, 45 who set a new NJ LMSC SCM record at the **Winter Blitz meet at the Nassau County Aquatic Center** on January 23. Andrea swam a 2:51.77 for the 200 breast.

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Congratulations to Paul Kiell, 80, for setting a new meet record in the 2011 **Tamalpais Aquatic Masters Postal 1650**.

Paul swam a 29:58.29.

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCM records at the **Somerset Valley YMCA "Spring Splash"** meet on April 2, 2011.

Women 40-44

Michelle Davidson, 41

50 Back 33.69

55-59

Erica Dunckley, 56

50 Back 49.57

70-74

Carol Motyka-Miller, 70

50 Free 47.47

100 IM 2:08.82

75-79

Janet Moeller, 77

400 Free 8:42.59

50 Breast 1:01.32

50 Fly 1:00.83

85-89

Lainey Dooman, 85

50 Back 1:12.31

Men 55-59

Ken Niemi, 56

200 Back 2:43.28

80-84

Paul Kiell, 81

400 Free 7:26.30

800 Free 15:29.95

Mixed Relays 200-239 200 Free Relay

BERK 2:13.20

Jeff Gold, 44

Anne-France Saillot, 49

Susan Kirk, 51

Ken Niemi, 56

240-279 200 Medley Relay GSM 3:01.54

Paul Kiell, 81

Jerry Katz, 73

Janet Moeller, 77

Beth Alemy, 40

280-319 200 Medley Relay GSM 3:54.15

Ralph Hemecker, 78

Carol Motyka-Miller, 70

Isaac Siskind, 83

Erica Dunckley, 56

Pool Rules... by Linda Brown-Kuhn

Though different pools you swim in may have their own set of rules, among Masters swimmers there's a recognized, unwritten code of conduct. These points of etiquette keep swimmers swimming and having fun while avoiding any tiffs or misunderstandings that no one needs.

Find your lane -- In a Masters workout, lanes are almost always organized by speed. In my pool the fastest swimmers occupy the middle lanes but each pool may do it their own way. If you're new to a program, ask the coach or another swimmer how the lanes are set up. By knowing your interval for 100 freestyle you should be able to match your speed to a lane.

Just like driving a car -- Swimmers typically swim in a circle, right side up and left side down. Mess that up and you may cause a collision. Also, finding that fine line where you're not too close to the middle line nor smack up against the lane line so your hand hits those in the adjacent lane can take some practice and concentration. If there are only two swimmers in a lane and their speeds differ drastically, you might want to divide the lane in half, one person sticks to the right side, the other stays to the left.

Count to 5 --When swimming in a lane with others check the pace clock and wait 5 (not 2 or 3!) seconds in between swimmers. If you wait 5 seconds and you're right on the heels of the person ahead of you, you might want to ask them if you can go ahead of them if you have the endurance to carry that speed through the set. Or if you notice that the person behind you is touching your toes or is too close for comfort, offer to let them pass. If you only have 2 or 3 swimmers in a lane you have the luxury of waiting 10 seconds between each swimmer to avoid bunching up.

Get out of the way --Unless you're swimming last in your lane you'll need to move out of the way when you touch the wall and finish so others behind you can swim in all the way. Sometimes it's a tight squeeze to quickly get off the wall but you'll be letting your lane buddies complete a 100 instead of a 95.

Touch the wall --I'm guilty of this and I've seen many swimmers stop short of the wall even when the way is clear. It's tempting to stop 5' out when you're tired but developing a strong finish is important especially if you compete.

Be aware --Particularly during the warm up and cool down when people may be swimming different strokes at varying speeds or drilling, know what others around you are doing. If you're kicking and someone comes up behind you swimming freestyle, stop at the wall and let them pass. Swimming is a great way to relax but you can't totally zone out.

Dead Man Swimming? UK Crematorium to Heat Local Swimming Pool

From: Leon Kaye, [Triple Pundit](#), Published January 31, 2011

As municipalities ponder how they can stretch tight budgets as well as do their part to address growing concern over climate change risks, one English town's council has come up with a creative, perhaps peculiar, solution.

Redditch is about a 2 hour drive northwest of London. At one time, the borough of 80,000 people was the 19th century global center for the [fishing tackle](#) and needle industries. By the 1960s Redditch became a model of urban planning. Now like many cities around the world, the town's leaders face fiscal challenges, and has suggested what some may think is a macabre way to [heat](#) a swimming pool. If implemented, the plan could save the town upfront costs of almost US\$100,000 (£61,000).

The Redditch Council wants to warm its Abbey Stadium [Sports](#) Centre, including its swimming pool, with renewable energy from its neighboring crematorium. By the transfer of heat from the crematorium's incinerators to a system that would warm the sports and leisure facility, the town estimates that it could not only [conserve energy](#), but save about UK£14,000 (about US\$23,000). The cost would be about £39,000, so we are talking about a quick return on investment. A conventional heating system, meanwhile, would set Redditch back over £100,000 (US\$160,000).

Article continues: <http://www.triplepundit.com/2011/01/crematorium-swimming-pool/>.

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not confirm or deny that I have ever been the perpetrator of any of the above).

No matter where you fall in between the two extremes, I would advise you to don your goggles extra tight before a swim. I like to describe the feeling as “headache tight” because you may have a headache from wearing your goggles just so! This will lessen the chance of having them knocked off by another swimmer or a wave.

Remember playing with a greased watermelon in the local pool as a kid? While body glide and other slick substances may be ineffective against cold water, they do prevent chafing and would certainly render attempts by other swimmers looking to “hitch a ride” on you useless.

Third, drafting is still permitted in USMS-sanctioned open water swims. Just like tailgating trucks on the highway, swimming directly behind another swimmer allows you to take advantage of the vacuum created by his or her wake. Touching the toes of the swimmer ahead of you can be a reminder to that swimmer that you are following him or her closely behind, throwing the swimmer out of rhythm or causing them to waste precious energy trying to shake you from their tail. Be careful! A well-placed kick from the swimmer in front on your tender fingers can be a reminder from the swimmer to back off.

Finally, exiting the water after a tough battle with the elements often requires a short run up the beach. Since we are swimmers, we are not the most talented land-based athletes, especially as we age. What contact is permitted with other swimmers as you make a mad dash out of the water and across the finish line? USMS is silent on this, but I’ve seen swimmers (runners?) deftly dodge and even shake off other competitors on the way to the chute like a running back eluding tacklers.

Open water swimming is still a developing area of our sport and the rules vary from swim to swim. Being prepared for contact with your fellow swimmers is necessary for a safe, fun time in the water.

Slice of History

Standing proud is Captain John Boyd, a former lifeguard and World War II Navy veteran. The long-running John Boyd Memorial Swim in Seaside Heights honors his memory.

The Seaside Heights tourism [web-site](#) says: “Captain John J. Boyd created the Seaside Heights beach control nearly 70 years ago. He was a lifeguard in Seaside Heights for over fifty years and the processes he implemented are still used by the Beach Patrol today. Boyd graduated from Temple University and then spent most of his

life as a resident of Seaside Heights. He served in the United States Navy Air and Sea Rescue during World War II and once served on a ship with former President Gerald Ford. Captain John J. Boyd's founding principals of the Seaside Heights Beach Patrol, upstanding, regimented, and disciplined can still be seen today.”



TRAINED LIFEGUARDS FOR YOUR PROTECTION

A trained corps of Life Guards, provided with the most modern safety equipment available, are on constant duty protecting all beaches. These young men are carefully selected for the Beach Patrol by virtue of their ability, education and personality.

Thanks to Jeff Jotz for finding this fact from the past at <http://christophervaz.com/2010/04/22/241/>

Thoughts on Training for Masters Swimmers

by Jessica Seaton, D. C.

Athletes show certain patterns as they age. I've observed that athletes in their early twenties can get away with a lot: they can train irregularly, train hard, injure themselves and bounce back pretty quickly. By the late twenties or early thirties a swimmer may experience a more or less serious injury which serves as the first wake-up call. If he or she gets good treatment, including rehabilitation exercises, future injuries to that area may be avoided. By the time athletes are in their late thirties they are beginning to understand that they are mortal. Irregular training, training too hard, training too little, all start making a bigger difference than they did ten years before. Poor training habits will lead to poor performance or to injuries (or both). By the time athletes are over forty they know they're not spring chickens anymore. Irregular training has more dire consequences, often leading more quickly to injury, and often of a more serious nature. This in turn leads to poor performance. It takes noticeably longer to heal and to get back up to one's former training level. As the years go on, all of this gets more pronounced.

With all those nice generalizations mentioned above, there is one caveat: we are all on our own physiological schedule. Some of the factors that affect how quickly one ages are: genetics, quantity and quality of exercise, nutrition, illness, habits such as drinking alcohol or smoking cigarettes, outlook and attitude, and stress. Although stress is a kind of catchword now, it is very significant. Most of us have seen friends practically age right before our eyes when they are under a lot of stress, either from work, family, friends, or relationships.

By far the most studies on swimmers have been done on college swimmers in their late teens and early twenties. While they each have their own genetic make-up with their own biochemical and physiological individuality, they are still a rather homogenous group. Their lives are all rather similar with similar stress levels. Also, they are also all within a five year age group (18 to 23). A good training program for a twenty year-old college student might only lead to fatigue and poor performance in a forty-five year-old swimmer. A good program when life is easy and stress is minimal might cause one to fall apart when life is filled with stress. So each person may have different optimal workouts for different times of their life.

Metabolism is the sum of catabolism (the process by which living tissue is changed into energy and waste products of a simpler chemical composition) and anabolism (the process by which food or any simple substance is changed into more complex compounds living tissue). Metabolism is a process that is constantly going on, whether we're active or inactive. The rate at which substances are being broken down and rebuilt is known as metabolic rate. Basal metabolic rate is the rate of metabolism when the body is at rest. We know that this rate slows down as we age. Something that I've noticed is that there appears to be a drop when one reaches the early forties. It seems that at that point, in order to maintain one's weight, one needs to eat less and/or exercise more. People in their sixties generally eat a lot less than people in their thirties. Often by then they've adapted to a slower metabolism.

Metabolism is affected by the amount of muscle mass one has. Muscle mass begins to decline after 50, thus the basal metabolic rate also declines. The only way to slow this process down is weight training.

This same slowing of the basal metabolic rate affects tissue healing. Training is a process of overusing a tissue (muscle), causing it to break down, and then a rebuilding of the muscle as a reaction. As we get older, this process is slower. If you're training hard every day of the week, or several days in a row, you're really not giving your body time to rebuild. The result is that you simply end up being broken down. This may show up as being constantly tired, easily injured, or just plain crabby. Some people do well swimming four consecutive days before they rest. Others can only swim two days in a row. Some can swim five days in a row if they alternate easy and hard workouts.

A well-meaning, but uninformed coach may be encouraging you to do more than your body is able to do well. As Masters swimmers, we really need to listen to our own bodies. If you are feeling worn out or tired, that is your body telling you to take it easy. If you are under a lot of stress, your body's ability to repair itself may be impaired. Training hard during such times does not make sense and may very well lead to injury. However, easy to moderate workouts will help you to cope better with stress.

If you know that five years ago you were able to train a certain way, it doesn't necessarily mean that you can train that way now. If you are constantly fatigued, your form will suffer and you will be practicing sloppy and not perfect strokes. If you need to be in the water five or six days per week for your mental health, then focus on kicking for a couple of those workouts. Most of us could use more kicking, and our shoulders could probably use the rest.

Dr. Seaton is a chiropractic orthopedist in private practice in West Los Angeles. She swims with West Hollywood Aquatics and is a member of the USMS Sports Medicine Committee. This article comes from the March/April 2011 issue of SPMA Swimming News



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